CHAPTER - I
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Health and physical fitness have a vital role in the life of man from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop his physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities.

Physical activity is essential for the development of wholesome personality of the child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well organised and properly administered physical education program for school children is very essential.

In ancient times people lived in the natural environment which forced them to work hard for their livelihood. They had to struggle and fight for their existence. As a consequence they developed the ability for hunting, fishing, and fighting. They also developed skills like running, throwing, jumping, climbing, swimming etcetera. As a result they possessed fitness qualities like strength, speed, endurance, agility, flexibility, co-ordination and so on.

Since the modern man depends mostly upon modern outfits for his daily routine, involving mainly his mental powers to live an easy going life, there has been a fall and deterioration in his physical health and capacities. Modern man need not sweat and toil like his forefathers for his daily life. So he has became less vigorous and lethargic.

But modern world is the out come of many scientific inventions through centuries. Scientific instruments and mechinaries have helped to live our daily life with ease and comfort.
Physical activity throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and provided the elderly care. Physical activity and movement are as old as human existence. It played numerous roles from struggle for existence to struggle for excellence.

The aim of sports envisages an inseparable unity of an allround harmonious development of personality and the preparation of a person for a creative work and the struggle for the highest ideals. The sports movement is one of the broadest forms of integration, drawing people into active public life, guided by the leading social forces towards a common aim the building of an integrated society. The increased energy expenditure that accompanies the regular physical activity contributes to more efficient function of various system, weight maintenance, reduced risk of several degenerative increases, reduced risk of morality and overall improvement of quality of life. Habits and attitudes towards physical activity developed during childhood are assumed to continue through adolescence in to adult hood. Physical fitness is a related construct and it is also often assumed that the more habitually active are more fit and that the relationship is casual.¹

Fundamental to success in education or any other fact of living for that matter is good health and that can be achieved in youth unless growth and development take place in any acceptable form.

1.1. PHYSICAL EDUCATION

Physical education today faces the unique opportunity of potentially contributing to the quality of life. No other field enjoys such a dynamic future. Physical education programs in the past have been described by various terms that skill influence this field today. Physical education is that phase of education that deals with big muscles activities and their related responses.²

Physical education is an integral part of total education. It is an education through physical activity. It is an education of the body and mind. So the word physical education, refers to the process of education that concerns activities which develop and maintain human body. Physical education is an applied science which consists of various activities right from the fundamental skills in basic movement to team sports and games. Physical education is not purely preparation for survival, but helps to find leisure time activity in a constructive manner. Physical education can bring out balance among intellectual, emotional, social aspect of the personalities and self discipline of those who participate in a well taught activity.

Physical education is an integral part of the total educational process in a field of endeavor which has its aim, the development of physically, mentally and socially fit citizens through the medium of physical activities which has been selected with a view to realising these out comes.³


Physical education is an education through physical activities in which the body is the primary tools. Its aim is the same as that of education to bring about an all around development of an individual and make him an effective member of the society.

1.2. OBJECTIVES OF PHYSICAL EDUCATION

The objectives of physical education are often more specific than the goal or aim and the purpose are comprised of particular outcome. Kukushkin⁴ says "Physical education is an educational process in which various methods including sport in its diversity (Gymnastics, Track and field, various games, wrestling and so on) are used in physical education and in raising the overall level of physical fitness.

In 1965 the American Association for health, physical education and recreation stated five major objectives (AAHPER 1965) as below.

1. To develop children more in a skillful and effective manner in all the selected activities in which they engage, in physical education programme and also in those situations that they will experience during their life time.

2. To develop an understanding and appreciation of movement in children and youth, so that their lives will became more meaningful, purposive and productive.

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3. To develop an understanding and appreciation certain scientific principles concerned with movements that are related to such factors as time, speed, force and mass energy relationships.

4. To develop through the medium of games and sports better interpersonal relationship.

5. To develop various organic systems of the body, so that they will respond in a healthful way to the increased demands placed on them.\(^5\)

There are three objectives in physical education that are cognitive effective and psychomotor.

Cognitive objectives focus on the acquisition comprehension, analysis, synthesis application and evaluation of knowledge.

Increased cognitive involvement usually leads to better execution of skills and always leads to better understanding of the activity.

Physical activities enhances one's cognitive development. Reading, maths, language and other subjects may be enhanced through participation in certain physical activities. Mental fatigue from studying or working can be reduced through exercises so that a subsequent session is more productive stress can impede cognitive process, but activity can reduce stress and enhance productivity.

The objectives of physical education are often more specific than the goal or aim.

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In 1934, the American physical education association committee on objectives listed physical fitness, mental health and efficiency, social moral character, emotional expression and control and appreciation as the desired objectives.

Contemporary society’s need and trends influence the education of its citizens. The education of the individual may be described as taking place in three learning domains, cognitive, effective and psychomotor. Physical education contributes social need, trends and forces which influence the objectives of education also affect the role of physical education process. Recent years have been marked by calls for educational reform specifically revitalization and strengthening of the educational process. The nature of educational reforms that are being implemented may have far reaching consequences on the conduct of physical educational programmes in schools and colleges.\(^6\)

In screening the objectives we should forget the fundamental truth upon which they are based. The truth is that there is no need for intellectual development which physical growth and development stops after some time, hence in the field of physical education our primary objective should be much more close and related to physical growth and development of a individual.

1.3. SPORTS

Sports has became the prestigious concept of every Nation and sports has been subjected to various scientific investigations. Human beings are by nature, competitive and aspire for excellence in athletic performance. Not only every man, but every nation wants to show their supremacy and challenge the other nation. Thus this challenge stimulates, inspires and motivates all the Nations to sweat and strive, to run faster, jump higher, throw farther and exhibit greater strength, endurance and skill in the present competitive world of sports.

\(^6\) Charles A. Bucher, Ibid., p.55.
This is possible only by channelising their potential energy into appropriate games and sports according to their potentialities and through scientific systematic and planned sports training.

Sports is a carrier which encourages coaching of various sports and games along with rules and regulations governed by them and also it prepare the trainees to take active part in competitive sports.

Sports grow out of man's struggle for survival in a hostile world later on it acquired many different and highly ritualized forms as it became one of the tribal glues that hold a society together. But there is another root which must be taken into account if we are to fully understand the nature of sport and its values today.

Sports include athletics and games. Sports provides an opportunity to excel others. Actually sports device its roof measuring from "disports" meaning to divert oneself.

The word “sports” is highly ambiguous term having many meaning, usually "sports is a wide term which denotes games athletics and swimming. Sports is generally individualistic. Track and field events will come under athletics. Games and activities where in the movement of the body change from one action to another as in the case of games like volley ball and football.

Sports is a highly organised form of play and is a general innate tendency. Play is very important for presentation growth and development of the organisation.

Athletics being the mother of sports, has many varied items such as running, jumping, throwing, among various types of these events, sprints, middle distance and long jump which exhibit the power of legs, agility, endurance, like that in throwing events, shot put which exhibit the shoulder strength and arm power of the individual.
Sports is a every expending avenue of human life. From very simple beginning it has developed in to a highly organised activity of human society. From earliest time to the modern age, sports in its various forms has played a vital role in the life of mankind.\textsuperscript{7}

1.4. IMPORTANCE OF SPORTS

It is a well documented act that sports is necessary to develop and maintain the health of the cardiovascular system. In addition sports consumers calories and thus helps to maintain a normal weight. one thing the people all over the world who have reached their 90’s and beyond have been active in all their times including their olden years.

It is a well documented act that sports is necessary to develop and maintain the health of a cardiovascular system. “Sports is our cultural heritage, work and play daily is the best way to the tension free life”.

Sports is in man's blood, sports is recreation as well as competition, basically. Sports are individual activities relating and revitalizing innatural and provides opportunities to the individual to make the “fullest” and the most intelligent use of leisure time. Sports is a world wide phenomenon today.

Sports now a days has assumed a major influence in the world and in every day life. It reflects society, particularly with regards to the character of human and institutional relations and the ideological foundations nationalizing of over increasing numbers of people throughout the world.

Cozens and Stump⁸ believe that "sports and games provide a touchstone for understanding how people live, work and think and may also serve as a parameter of nation’s progress in civilization.

“Sports is an activity which has a many sided effect of on man and as a sphere of diverse inter human contacts it has an even deeper meaning conditioned in the final analysis by the aggregate of basic social relations of which the given activity is a part.

Sports help the individual to adjust more easily to his constantly changing environment and to understand more readily his experiences in that environment. This change is illuminated through growth development and achievement.

Sports is a many sided social phenomenon which under certain social conditions has general cultural, ideological, anesthetic, pedagogical and economic significance. Hence the reasons of an all increasing attention to sport in a society became understandable.

1.5. SPORTS AND WOMEN

“A horse sweats, a man perspires but a lady only grows”. This statement express the general attitude towards exercise and athletics for girls during the later part of the last century and probably in the beginning of this century. Because of traditional, cultural and social attitudes towards women, most of the women had been restricted in their opportunities and their outlook. Many young women did not expose their full potential in sports because of some psychological barriers and traditional superstitions, which came in their way while they were participating. There are still cultural restrictions for women taking part in sports, wearing sports uniforms and exposing their bodies in public.

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The participation in sports at times poses a problem to the women in marriage arrangements. Women are discouraged from participation in vigorous physical activity for fear of injury.\textsuperscript{9}

Unlike in a permissive society, the social beat of Indian women from taking part in outdoor sports activities almost restricted the gentler sex to the background of the home. Almost all cultures in the world have given the girls and women a passive domestic role only. Their participation in social activities and sports completions are rather limited.

Our Indian culture expects women to be committed to family and house besides that a women entering the field of sports have to bear a social stigma and psychological tension in over coming the restricted life.\textsuperscript{10}

Women and girls have long been deprived of participation in games and sports by direct and indirect social inhibitions. The earlier social handicaps were Purdah, early marriage, inferiority complex, inconvenient dress, jewelry, early marriage attitude and these handicaps became the constrains for women towards sports participation.\textsuperscript{11}

In India sporting world is still man's world contribute almost 50% of the total population.

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\textsuperscript{10} W.B. Sen, Development of Womens Education in New Indian (New Delhi: New Book Society of India, 1973), p.74. \\
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Many sources enable us to have only a glimpse of the recreations of girls during the vedic and epic periods. Music and dancing formed the principal indoor games. Public and dramatic contests were often organised and girls used to go out to see them along with their elders or lovers. In fashionable circles game with the ball (Kandukarida) seems to have been the chief outdoor physical exercise. Shakuntala and kunti are for instance, represent as spending their leisure hours in this game in the Mahabaratha. Players could so regulate this game as to have just the amount of exercise they wanted. The Ramayana represents girls as going in the evening to gardens for playing and talking with their friends, but this was probably possible only in towns and cities.\(^\text{12}\)

We have some references to girls going out to swim as well girls playing a number of games like hide seek and ‘Run and Catch’. They gave very good exercise for the player and helped their general fitness development and gave suppleness to their limbs. These games have been very popular with all classes of society, since very early times. They were however, played usually before the marriage.

1.6. SPORTS AND CONSTRAINTS

The constrain is the uneasyness to do any work and unnatural condition. It is compelled by any of the components.

The low status of women in society was further exemplified by the prevalence of SATI and FEMALE INFANTICIDE in Northern India. Aristatile said that “There is nothing in the world worse than a women”. Even the great PLATO when a casting aspiration claimed there is nothing worse than women or as weak as a women”. Shakespeare proclaimed Fraity thy name is women ‘GOTHE called her” the external feminine who draws up and which is the source of Mystery and Mercy, sorrow and suffering and compassion.

The games which are usually played by the women on those days belong to various categories and the following constitute the most important of them. Dancing and Music, swimming, spraying colored water on each other, water sports, driving and riding horse and gardening. They engaged in less noisy and less risky work, but more amusing games sculptural evidence shows that driving and riding were also among the sports of Indian women.

In modern times women are the builders of nation, statistical analysis of past achievements has brought into sharp relief the fact that high achievement is very rare among women.

1.7. SPORTS AND CONTROVERSIES

Controversy is prolonged argument, escaped over social, moral or political matters, may be seen in any member of professional and academic areas, prolonged discussion over the same matter of importance.

Certain Controversies

1. If we apply cybernetic theories of learning in women in their sport development, we will have to take into account the capacities, limitations and adoptive qualities of them in their total performance.

2. There are certain warnings regarding weight, training but it should be further emphasized that among educationists this form of training is not acceptable and therefore it should not be used for school girl.

3. Many myths have been propagated regarding the supposed inter relationship of menstrual function. Till recently the majority of the international Olympic committee believed that sports training and competition were detrimental to proper productive function in women. The American College of sports medicine virtually eliminated the so called medical objections to long distance running by women, as a result the 3000 metres and Marathon races were included in the 1987 Olympics.
4. Evidences indicate that there are no contradictions to exercise during normal pregnancy. The amount and type of exercise engaged during pregnancy should be decided in consultation with a physician.

5. There is some disagreement among physicians about swimming during the later stages of pregnancy. Some believe that water may enter the vagina which may be harmful.

1.8. SPORTS AND RELIGION

It is true that before the advent of the muslims in India. Women used to enjoy a good deal of freedom. They were allowed enough opportunities to take part in games and sports both indoor and out door.¹³

But the life of Indian women during the Muslim period became very much secluded due to the growing practice of “Purdha” and as such they got very little opportunities to take part in sports and games. They passed most of their leisure hours in gossiping and sleeping.¹⁴

In course of time around 1950’s Indian women has distinguished themselves in many walks of life. They have earned high offices and positions of responsibility.

There has been little or more instance on the part of the Indian women to take part in sports. Her effort indeed had been conspicuous for its quality judged by international standards of achievement. There had been depressingly little evidence of quality in the sporting endeavor of women.¹⁵


¹⁴ Ibid., p.122.

It is not an easy task to give a definition of religion which will satisfy everyone. The principle difficulty is that many people take the word to mean their own religion, regarding all other forms as non religious, irreligion, superstition, or anti-religion.

Religion as a system of beliefs and symbolic practices, and objects governed by faith rather than by knowledge, which relates man to an unseen supernatural realm beyond the known and beyond the controllable.16

India is a vast country. It is separated by lot of religious systems like Hindu, Muslim, Christian, Sikh and so on. In sports there is no religious deviation among players. There is no specified game for any particular religion. All people are playing all the sports. Every sports and games are part and partial of every religion.

In one way or other, religion is a barrier to take part in sports and games in India. Hindus, Christians, sikhs take part in sports activities without much barrier. Whereas Muslim girls take part in sports very rarely. Because of their religious customs and habits. So religion becomes a constrain to certain people.

1.9. SPORTS AND FINANCE

We do not know the proportion of parents who believe that the athletic path will lead to occupational well being and therefore encourage their children to concentrate in sports. Although some parents place great emphasis on their children’s athletic performance and spend a considerable amount of money providing opportunities for competitions. But it is doubtful that how many parents believe that their off spring will make their living as professional athlete.

Social situations factors play a more important function in accounting for socialization into sports roles. Studies show that opportunities to become involved in sports are differently distributed among various groups. Sports involvement and by rather strong influence sport socialization have been shown to be strongly influenced by socio-economic background and ethnic background. National norms and values would also appear to be significant situational conditions.  

Every aspect depends on the economical status in the world. A player needs nutritious food, that can cast more expenses. Further, participating in coaching camps and regular competitions also are expensive. If the parents have a good economical status, they can afford more attention and support to the players to improve their performance. So the parents income plays an important role in socio economic status.  

Parents class system shows the income and the wealth of a family. That is the economic status of a family. According to their income of the family it is divided into upper class (Rs.15,000 and above) upper middle (Rs.10,000 to Rs.15,000/-) lower middle (Rs.5,000 to 10,000/-) lower class (Rs.5,000/- and below).  

A person who has high standing in the community and income and who lives in a well furnished house of good quality and ample proportions is said to have good socio economic status, while a poorly educated labour of small income who lives in a small town has low socio economic status.  

Sports have been a vehicle in which many sportsman have rised from a lower socio economic status. According to Lawther. Popular opinion seems  

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to be that the majority of very highly skilled team sport athlete comes from the lower socio-economic classes and particularly from families in which the male parent is engaged in physical labour. In addition it is hypothesised that the boys from poor homes have better physical experience.

Young people from lower income group in India do not have facilities for cricket, golf, billiards, swimming, basketball, rifle shooting, tennis which incur, more expenditure on the other hand many of the greatest soccer players, boxers, track and field athletes, kabaddi players have come from lower income group. Hence the income of an individual does influence sports participation.

1.10. SPORTS AND EDUCATION

Sports is a part of education. Physical education is also one of the programmes in the educational programme. Education is the best motivator for sports participation.

A good programme of physical education is vitally important for college and university women.

The programme for girls and women includes more recreative sports and games and with the lifting of social tags there is increasing participation in sports activities.

Recent studies have shown that there is good correlation between education and sports. It is a false myth that sports will spoil education. Sports and education should go hand in hand. Educated parents normally encourage their words to take part in sports activities where us uneducated parents do not know the significance of sports. So education plays vital role in encouraging sports activities.
1.11. SPORTS AND FACILITIES

Availability of facilities in sports is an important factor for the players. Even though a player is having good individual skills and facilities, without facilities she can't compete with international players. But in an University level some of them have not tasted the facilities in sports. Facilities like ground, balls, equipment like shooting board, accuracy rings hanging wall, coaching camps etcetera plays an important role in sports women careers to become an outstanding players.

Sports programme vary from place to place institution to institution. The sports programme conducted in college and university are many and varied. Facilities are usually more in universities when compared to colleges and schools. practicing again and again makes person to become master over the skill. Availability of facilities helps an athlete to practice more and perform better. Availability of facilities helps an athlete to practice.

Availability of facilities shows the facilities availed during yearly years of his sports career. Facilities are nothing. But the equipment which helps to practice and to play the game, like balls, goal posts, shooting board, accuracy ring, hanging ball etcetera in soccer, play grounds, coaches and coaching camp are also considered as a availability of facilities. Thus facilities motivate the participation towards sports.

1.12. SPORTS AND JOB OPPORTUNITIES

In any sport if the participant reaches the top level achievements he is sure of getting a job in any government organisations or private sector. Otherwise getting a job is bleak for the low level achievers. Considering these points, the women participants should strive for top level performance. Even after that getting a job for some sports participants like women football, women kabaddi, is very minimum. So the participation in the above sports, are coming down. Thus job opportunity has became a constrain towards their participation in sports.
1.13. SPORTS AND ANATOMY

The biological position of human being indicates that there are more biological similarities than difference between men and women. The biological characteristics determine the sex of a person. But do not determine the gender of a person.

Human anatomy shows that the difference between men and women does not take one particularly stranger or more endurance than the other. There are same number of bones and joints. The wider pelvis in women only allows them to carry what their men counter part are destined to carry.

Records and researches throw light on the general belief expressed above. Bunker and Dyer\(^\text{19}\) agree that as the gap between women's and men's sports records are closing up fast, it may either disappear completely or be negligible.

Physiologically it may be taken that women are weaker because of the periodic loss of blood. But should the weakness if there is last the whole loss free period? what are of before menstruation commence?.

Harris\(^\text{20}\) asserts that women have more fat than men, which account for the facts that women held many distances swimming records, women may better suited to long distance running than men, because of their ability to utilize stored for fuel.


\(^{20}\) Harris Darathy V. The Fat Factors in Women Sports, (Sports Science Section, 230 Park Avenue, New York, 10017), August 1977, p.52.
Now a days women are trying to reach the man's achievements and records. Since 1969 the women's world records has improved by some 46 minutes while the man's has fallen by less than one and half a minutes. In marathon running, more than any other athletic event, the women seem to have a chance of one day catching the men.\textsuperscript{21}

1.14. SPORTS AND GYNOCOLOGY

The human body does not wearout from exercise, but it actually flourishes as a result of being used. Mild exercise does not appear to have a significant effect on menstrual disorders. In fact dysmenorrhea is less common in physically active women than the sedentary. For majority of young athlete's performance is not materially affected by the menstrual period. Therefore women athletes should be allowed to exercise and train and of course, compete in any sports during menstruation.

Serious injuries to either the breast or external and internal reproductive organs are rare in women. Even in contact sports, complications of pregnancy and child birth are favor in women athletes than in non athletes. Pregnancy periods does not affect adversely athletic participation or exercise. Following child birth, performance returns or recedes previous levels within a year or two. Although the effects of birth control pills on exercise are not exactly known, it is felt that could alter performance.

Giving birth is generally easy for a fit women and therefore the newborn should be healthy too. Judy Vernon, an American born hurdler and common wealth games gold medalist began sagging four months after the birth of her first child and later on she followed her normal workouts. Six months after this she resumed competitive training.

1.15. SPORTS AND PHYSICAL EFFICIENCY

Besides proficiency in skills, Anthropometric measurements and psychological built up physical efficiency plays a vital role in any performance in any game. Those who are physically fit alone will choose sports activities. Those who are weak in physical efficiency will not apt sports. Physically handicapped persons and mentally retarded persons have no place in sports activities. Thus physical efficiency contributes much towards sports participation.

1.15.1. Anthropometric Measurement and Its Importance

Anthropometric measurements of body structure is the oldest type of body measurements known dating back to the beginning of recorded history. One use of these measures is to show a succession of annuals means during the growth period. Another use of anthropometry is to determine relationship between body structure and motor performance.\(^{22}\)

Performance in games and sports depends not only upon physiological, psychological. Sociological and scientific training of the individual, but physique and body composition also affect it considerably. Though the training is equally important at higher level of competition where training is given to the individuals, suitable physique and body composition are of fundamental importance.

Similarly, segmental length of individual body parts, the arm length, specifically is of considerable advantage in selected events in athletics and volleyball.

The player must possess all of the body parts necessary to the performance of the task and at the same time one must have appropriate shape and size of the body for a particular game. In a game like basket ball, the height of the player is a basic requirement.

Soccer is such a game as can accommodate players of various shapes and sizes but this is quite acceptable up to a point for the recreational players who has no higher aspirations. For this their requirements may never need modification. But at higher levels even though there is variety of players from the anatomical standpoint, it is more likely that specific anatomical qualities are necessary for players to achieve success at that levels of play.

Body size and proportions, physique and body composition have long been accepted as important factors in the performance of motor tasks.

Many reports in this area refer to anthropometric characteristics that are likely to influence skill development and performance in soccer. The anthropometric components prove to be significant to distinguish different levels of proficiency of soccer players.

Anthropometry is essentially a method and should be treated as such a means to an end not an end in itself.

The ability of a player in a team game like soccer depends largely on his various anthropometrical and physical parameters. Present day science is very much interested in estimating the optimum anthropometric make up of a player. So the scanning and selection of a particular player may be achieved successfully to a great extent by measuring anthropometric components.

Scientific evidence obtained from different investigators have revealed that apart from somatic and anthropometric variables, higher level of performance of a soccer player is dependent upon his physiological factors also.\footnote{Farmosi, \textit{The Somatic Development and Material Performance of 12 Year Old Children Considering Factors of Socio-cultural Conditions}, \textit{International Journal of Physical Education}, XXIII (September 1986), p.15.}
From the available literature, it has been fully recognised by all experts and sports scientists that performance in soccer does not depend on mastery of skill alone, but also on the optimum development of physical anthropometrical and physiological components.

1.15.2. Sports and Family Problem

Game performance of a player may be influenced by the family members. Say if father was a football player her child also interested to play football. So family sports background plays an important role in selecting the game. From this we can also know whether a player has sports background or without sports background.

Family background in sports indicates whether the sports person has with sports background or without sports background. If a person's parents or sisters or brothers are not players he is considered that he is with out sports background.

With background there is little influence on his performance. But we can't say that the player from without sports background may not be a skillful players.

1.15.3. Sports and Coaching Personals

A man who teaches anything is a teacher. A man who coaches anything is a coach. A role of a coach plays a vital role in the development of sports carrier of anybody. It is the coach who identifies the students and coaches to improve his performance. Coaching is a cream the coach shapes and builds a players. In the absence of coaches senior player will substitute their work. But there is no substitute for coaches. So Coaching personals play magnificent role towards sports participation and improvement in performance.
1.15.4. Sports and Geographical Situations

The community is bone and flesh of his flesh. He carried a sense of dependence upon the community which is the both physical and psychological. Since his material wants are satisfied within in and since it sustains him and provides him solicitude.

Geographical situations show the urban area as well as rural area from where the players hail. More or less the urban area people were well educated and equipped than rural area people. But the rural area peoples are better than the urban people. It is true that the geographical situations influence the game. Urban area students usually choose the game like Tennis, Golf, Billiards, Cricket, Shuttle etcetera. But the rural area students usually select Kabaddi, Kho-kho, Volleyball etcetera. So it is important to know the geographical situations in sports.

Tribes living in the forests don't take part in any of the sports even though they are skilled. People living in the high altitude don't take sports seriously. It is because of the geographical location. So geographical situation is an aid towards sports participation in one place and it is an impediment in some other place.

1.16. PURPOSE OF THE STUDY

Female are physiologically and genitically different from males. Female after puberty upto menopause experience periodic menstrual cycle. Several great people in past century were deeply touched and moved by the plight of Indian women in sports.

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There has been controversies over the participation by women in competitive sports which were based on certain biological, sociological and philosophical concepts. Women has the courage of her conviction and has developed the quality of initiative courage and certain degree of leadership. In spite of all these qualities some special problem attached to them keeping themselves a step behind a male counter part.

Many constrains were identified which forestalled their active participation in sports. Whether it is a rural area or urban area, whether it is educated family or uneducated family. Whether it is a school or college or university, whether it is a hindu religion, or musilim religion, or christion religion whether it is a wealthy family or not every where women confront constrains towards sports participation. But no research has been done in this area so far and this motivated the investigator to do this research.

1.17. STATEMENT OF THE PROBLEM

The primary purpose of the study was to identify the constrains faced by women towards sports.

The secondary purpose was to findout which are the major constrains that impede women participations towards the sports.

1.18. HYPOTHESES

It was hypothesised that there may be constrains that will affect women participation in sports.

It was also hypothesised that job opportunities may be the important constrain followed by financial constrain towards women participation in sports.
1.19. SIGNIFICANCE OF THE STUDY

1. The result of the study may help to identify the constrains for the women participants towards participation in sports.

2. This study may be used to remove the controversies which are identified to the women participation in sports and games.

3. The result of the study may be used to bring out more women participants to take part in sports and games.

4. On the basis of the results of the study authority may take necessary steps to minimise the difficulties towards women participation in sports.

5. The study may motivate further research in the area of women and sports.

1.20. DELIMITATIONS

The study was delimited on the following respects.

1. The study was conducted only on women participants.

2. This study was conducted to findout only the constrains and controversies faced by the women participants in sports and games.

3. Eight categories of constrains have been identified and the data were collected only on these categories.
1.21. LIMITATIONS

1. The ability to understand the questionnaires by the sports women, women doctors, women lawyers, women professors, educated house wife, uneducated parents, women teachers, education women employees, women police persons and women college students may have an affect on the results of the study and that was considered as limitation.

2. No motivational techniques were used for collection of data.

1.22. DEFINITION OF THE TERMS

1.22.1. Constrain

Make to do something by using force or strong persuasion.

1.22.2. Controversy

Controversy is prolonged argument, escaped over social, moral or political matters.

1.22.3. Sports

It has been described as a phenomenon which depends complete relaxation and full effort. It provides physical education yet, rehabilities, it can be casual diversion or a complete fulfillment, it shapes man and shaped by man. What ever else its is, sports is a "Thing" of remarkable power.25

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