CHAPTER II

REVIEW OF RELATED LITERATURE

The knowledge of the literature in any field will readily reveal problems.

Once the problem has been outlined, the next step is to examine the literature to identify properly the extent of the problem, to make certain that the study has not been done before, to develop and understanding of the various techniques available for such a study, and to develop ideas that contribute to the overall rational and interpretation of the data. These purposes can only be accomplished by a systematic and thorough study of the research literature with every effort made to seek out all available sources.

The following reviews collected from various journals and books in the field of survey provides background for this study.

Karen Butt and Markella Pahnos\(^1\) conducted a survey of multicultural education courses in schools of higher education that offer Degree programmes in physical education.

Multicultural education and the acquisition of Intercultural skills are becoming a necessity for effective societal functioning. Over the past three decades the literature has accentuated the need for a multicultural perspective in all areas of education. However, little real change has occurred and many have bemoaned the lack of action on the part of colleges and universities in preparing future teachers to meet the ever changing needs of a cultural plus realistic society. The purpose of this study was to determine what training, if only, under graduate / graduate physical education students receive in multicultural education. “A survey consisting of four questions addressing:

Physical education departmental requirements of multicultural courses; required multicultural courses in general education; elective multicultural course offerings; and levels of these course offerings, was mailed to all 295 institutions of higher education listed in the college blue book (1989). Preliminary results indicate that of the 176 responding colleges/universities (60% response), 53% offer a course(s) in multicultural education. Only 37% of all respondents require students to take multicultural courses. Fourteen percent of those had discipline specific courses. Of those not requires multicultural education courses, 26% offer students elective courses. Six percent of the multicultural offerings were graduate, the remainder undergraduate. The results indicate that even though multicultural education is available at more than 50% of the surveyed institutions, very few saw the need to require it. Unfortunately, only slightly more than half of the respondents were compelled to offer any type of multicultural education courses. An emphasis in multicultural education in physical pace with the changing face of the nation or merely receiving lip service? For institutions of higher education to be successful in the future, they must confront the reality that this nation is not monocultural and that multicultural education must be fully embraced.

Katie M. Duncon, DCH sports care, and Keeneth E. Wright conducted a National survey of athletic trainer roles and responsibilities in the allied clinical setting.

The purpose of this study was to assess the current levels of competency, job roles, and responsibilities of certified athletic trainers employed in the allied clinical setting. Data were collected via survey instrument mailed to all NATA allied clinical setting directors. Surveys were returned by 127 respondents representing 70.5% of the sample. The topic examined in the data included specific roles and responsibilities of certified athletic trainers who were employed in the allied clinical setting.

in an allied clinical setting. Regarding job responsibilities of the clinical ATC the break down of spent in daily activities consisted of the following: treatment of athletic injuries in the clinic (25%), on site coverage of athletic events (35%) and “other” responsibilities including patient care, public relating, education and programme development (40). Over 92% of the medical coverage provided to schools and community athletics was arranged on a part-time basis. Financial sponsorship of this coverage is provided primarily through a contact with the school (58), a free service from a clinic (34%), or other means (8%). Seventy percent of the clinics that indicated some type of governmental licensure in their state cited no specific regulations for athletic trainer employed in the clinical setting. Skills and services provided by the clinical A.T.C. that were rated as very important evaluation, prevention, and rehabilitation / reconditioning of athletic injuries. Competency regarding recognition and evaluation received the highest relative importance score, which is consistent with the findings of the 1982 NATA role delineation study. Educational preparation through NATA approved curriculums had the highest importance in professional preparation for a career in athletic training. Results from this study support previous findings of the 1982 role delineation study but additional research needs to be completed addressing the levels of competency addressing the levels of competency, job roles, and responsibilities of the clinical athletic trainer.

Jayarajan conducted a survey of health related physical fitness and cultural aspects of school boys in the age group of eleven to sixteen years in Coimbatore district.

For this study he selected ten schools were considered. For selecting the schools simple random sampling method was followed. From these ten schools 1000 students were selected as subjects, who were very much interested in participating in the sports and games competitions. For getting

the results of health related physical fitness and cultural aspects from the boys
the researcher follow the AAHPERD health related physical fitness test. After
getting the results he used analysis of variance statistical technique for analysing
the data.

After analysing the data he concluded that there was a significant
difference between rural and urban groups in physical fitness and cultural
aspects.

Kannan conducted a survey of physical fitness of school boys between
twelve to fifteen years of age in South Arcot Vallalar District and the influence
of lazium dance on them for this study the researcher selected thousand
AAHPERD physical fitness test were administered to find out their physical
fitness levels before and after the treatment of experiment variables, For this
he conducted the following tests for data collection.

1. Abdominal hip muscular endurance (straight knee - situps)
2. Speed and change of direction (agility shuttle run)
3. Explosive power of leg extension muscles (standing broad jump)
4. To know the speed and time taken (50 yards dash)
5. To measure the cardio respiratory endurance (600 mts run / walk)

For this study to ANCOVA statistics technique were used to analyse the
data.

On the basis of the interpretation of the data the following conclusions
were drawn

K. Kannan, "Survey of Physical Fitness of School Boys Between Twelve to
Fifteen Years of Age in South Arcot Vallalar District and the Influence of Lazium
Dance on Them", Unpublished Master of Philosophy Dissertation, Alagappa
University, Department of Physical Education, Karaikudi, July 1995.
1. Lazium dance had significantly improved the physical fitness level of below average subject in some items.

2. The result of the survey showed the general physical fitness level of school boys at the age of twelve to fifteen years in different schools of South Arcot Vallalar District.

Moorthy\(^6\) conducted a survey of minimum muscular fitness of school children of age groups six to eleven years and compared the influences of selected yogic exercises and physical exercises on them. In that study, 1000 children (571 boys and 429 girls) from second standard to seventh standard attended at three schools in Pune. Ninety boys and ninety girls from the total strength were randomly selected for experimental purposes. Thirty boys and thirty girls were randomly allotted to control group. Experimental Group - I (physical exercises) and Experimental Group - II (yogic exercises) undergone the treatment for period of six weeks. He concluded that both experimental groups showed significant improvement after six weeks training when compared to control group. The percentage of improvement was seen much greater in yogics group than in physical exercise group.

Rajaguru\(^6\) conducted a survey of physical fitness on school boys age between eleven and sixteen years in Thanjavur and Pudukottai districts and the influence of selected weight training exercises on them.

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This study was designed to survey the physical fitness of high school boys age ranging from eleven to sixteen years in Thanjavur and Pudukottaidistricts and the influence of selected weight training exercises on them. To achieve this purpose, four thousand, six hundred and eighteen boys form the above said districts were selected at random. For this study physical fitness variables were selected as a variables. To test the physical fitness of the boys the researcher used six test items.

<table>
<thead>
<tr>
<th>Test</th>
<th>Test Item</th>
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<tbody>
<tr>
<td>1</td>
<td>pull-ups for shoulder strength</td>
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<td>2</td>
<td>sit-ups for flexibility</td>
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<td>3</td>
<td>shuttle run for agility</td>
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<td>4</td>
<td>standing broad jump for power</td>
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<td>5</td>
<td>50 yards dash for speed</td>
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<td>6</td>
<td>600 yards run for endurance</td>
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After collecting the data from the subjects reanalyzed by using t-ratio statistical technique.

On the basis of interpretations of data the following conclusions were drawn.

1. The selected weight training exercises had significantly improved the physical fitness level of below average subjects in all six items.

2. The selected weight training exercises two hands press, high pull up, press behind the neck, triceps press, bench jump, jumping squat and step upon bench had improved the performance in all the physical fitness components namely speed, strength, agility, endurance and flexibility.
Tajudeen conducted a study on, survey of physical fitness of school boys (age 11 to 16) in Madurai and Ramnad districts and the influence of flexibility and physical exercises on them. This study was conducted to assess the physical fitness of school boys, age ranging from 11 to 16 years in Madurai and Ramnad districts and to find out the influence of flexibility and physical exercise on them. To achieve this purpose 4320 boys were selected from the two districts at random. Six test items from the AAHPERD test were used for this study. He concluded that flexibility exercise and physical exercises had significantly improved the physical fitness of the high school boys.

Donely surveyed the physical education programmes and facilities in secondary schools of southern Alaska. The evaluation of programmes and facilities were based on laports score cord No.11. The major area in which the schools collectively below the recommended standards were programme of activities modified individual activities and swimming pools. After evaluating the programmes and facilities, he found that in major areas the schools were collectively below the recommended standard and he made appropriate recommendations to improve the standard.

Kohali and Dureha conducted a survey of postural defects in elementary schools of India.


For this study the whole population of the elementary section of different schools of India was taken as the subjects for this study. The number of subjects were sixteen hundred. The survey method was used to spot testing and observations for the detection of defects. The tests used were for detection knock knee kiputh method, for detection kyphosipedograph, Aligrometer for lordosis and plumber line test scoliosis.

According to the school records the age of the selected subjects ranged between 6 years to 10 years. All survey reading were obtained during the physical education class and 3 months were utilized for this purpose. During all survey study one child specialist and two qualified PG students of orthopedic dept helped them to diagnose the defects.

It is concluded that a careful check up of the elementary school children population finds that 48% of the total students have one or more common postural deviations the most common one existed in shoulder girdles, leg, feet, chest and lower back areas.

Murugavel\(^{10}\) conducted a survey of minimum muscular fitness of high school boys in Madurai, Quaid - E - Millet, 1 Ramanathapuram, Pasumpon Thevar Thirumagan Districts and the Influence of Exercises on Them.

For this purpose two thousand boys age ranging from 11 to 15 years from above said districts were randomly selected as subjects. Muscular fitness selected as variables for this study. For this he conducted the following tests for data collection.

Rathinasamy\textsuperscript{11} conducted a survey of professional status and problems faced by physical directors and physical directors working in higher secondary schools in Tamilnadu. For the purpose of the study he has selected separate, questionnaire for the physical directors and physical directors and separate questionnaire was also prepared for the headmasters. Each questionnaire consisted of 28 questions and were divided into socio-economic status, professional status, socio economic problem and professional problem. Pearson’s product moment correlation was computed and analysed. 1. From the study it is understood that 80 percentage of the respondents are in favour of the opinion that the physical directors and physical directors are having good social status, 2. The study reveals that the economic status of the physical directors and physical directors is not satisfactory, 3. The study also reveals that 80 percentage of the respondents are in favour of the opinion that the physical directors and physical directors have good professional status.

Suresh\textsuperscript{12} conducted a study on the survey of health related physical fitness and cultural aspects of school boys of the age group between fourteen to sixteen years of Karnataka State. For the purpose of this study he has selected 1028 boys from Karnataka State at random. For this study physical fitness variables were selected as variables for that the following for flexibility.

\begin{itemize}
\item Test - 1 Abdominal plus - A\textsuperscript{*}
\item Test - 2 Abdominal minus - A\textsuperscript{*}
\item Test - 3 Psoas and lower
\item Test - 4 Upper back - UB
\item Test - 5 Lower back - LB
\item Test - 6 Length of back and Hamstring muscles - BH
\end{itemize}


Test 1 - Sit and reach for flexibility
Test 2 - Sit ups for abdominal muscular endurance
Test 3 - Bent arm hand for shoulder muscular endurance
Test 4 - Shuttle run for running speed and agility
Test 5 - Harvard step test for cardiorespiratory endurance.
Test 6 - Body composition (skin fold measurement) sum of Bicept, Triceps, Subscapular and supra for body composition.

Find out cultural questions, relation to the family, rural and urban background, interest of family and friends sports and games etc., T-test was obtained. The analysis of variance for health related physical fitness and sports club participation was also used.

1. No significant difference exists among rural and urban group in sit and reach for flexibility.

2. There was no significant difference exists among rural and urban in sit-ups for abdominal muscular endurance.

3. Significance between rural and urban group intend arm hand for shoulder muscular endurance, Harvard step test for cardiorespiratory endurance. No significant differences are found in shuttle run for running speed and agility.

Vijayakumar\textsuperscript{13} conducted a survey of health related fitness and cultural aspects of school children of Kerala. For the purpose of this study he has selected 1000 school boys of age ranging from 14 to 17 years from the schools of five districts of Kerala both urban and rural. 1. Urban group consists of 642

boys, 2. Rural group 358 boys. Health related physical fitness were administered and the social and cultural aspects of their parents. A questionnaire was also administered to each student. To find out the significant difference among the groups ‘t’ test and ‘F’ was calculated. 1. There was no significant difference between urban and rural boys in sit and reach test of flexibility, 2. There was no significant difference between urban and rural boys in shuttle run for running speed and agility, 3. No significant difference between rural and urban boys in sit ups for abdomen, 4. No significant difference between the health related physical fitness of school boys and their opinion on the physical education lessons.

James\textsuperscript{14} conducted a survey of physical fitness of higher secondary school boys age between sixteen and nineteen years at low, medium and high altitudes in Tamilnadu. For the purpose of this study he has selected 315 school boys studying XI to XII standard form nine schools at low, medium and high altitudes for this survey, the scores made by these subjects at each level of altitudes was compared with other level of altitude. Physical fitness emotional, social, spiritual and mental fitness tests were conducted. The datas collected at different analysed by using one way analysis of variance (ANOVA). 1. The medium altitude students of the age 16 to 19 years performance better in pull ups and 50 yards run than low and high altitude students of same age group. 2. The same subjects at high altitude performed well in standing broad jump, 600 yards run walk than the low and medium altitude studying. 3. They have done well at low altitude in shuttle run than the other two level of altitude.

Rajakumar Thangairasu\textsuperscript{15} conducted a survey of health related physical fitness and cultural aspects of school boys in the age group of 11 to 16 years in Madras District. For the purpose of this study she has selected 1700 school boys aged ranging 11 to 16 years form Madras city. The urban group consists of 507 boys and rural group 193 boys. To evaluate the performance of the boys in health related physical fitness a set of 6 selected test items were administered. A questionnaire was also administered to each student. For analysing the data percentile method for questionnaire analysis 't' test to compare the fitness of rural and urban boys. For the significance difference with in among factors. One way analysis of variance (ANOVA) statistical technique was used.

On the basis of statistical findings:

1. There was significant difference between urban and rural boys in sit and reach flexibility.

2. There was no significant difference between urban and rural boys in sit ups for abdominal muscular endurance.

3. There was significant difference between urban and rural boys in shuttle run for running speed and agility.

4. There was significant difference between urban and rural boys in bent arm hang for arm and shoulder muscular endurance.

5. There was significant difference between urban and rural boys in Harvard step test for cardiorespiratory endurance and health related physical fitness of school boys and there membership of school sports clubs.

6. There was significant difference exist among urban and rural boys in estimated body fat percentage also.

Joseph James\textsuperscript{16} conducted a survey of physical fitness of Kendriya Vidyalaya boys in Kerala State and the influence of acceleration sprints and hollow sprints on them. To achieve this purpose he selected 3500 boys from Kendriya Vidyalayas in Kerala and their age ranging from 11 to 16 years.

AAPHER Youth physical fitness test was selected to find out their physical fitness levels before and after the treatment of experiment variables. For this he conducted the following tests for data collection.

1. Pull-ups - Arm and shoulder strength
2. Sit-up (flexed leg 60 sec.) - To measure abdominal strength
3. Shuttle run (40 yards) - To measure specific agility
4. Standing broad jump - To measure power
5. 50 yards sprint - To measure speed
6. 600 yards run/walk - To measure endurance

For this study ANOVA statistical technique were used to analyse the data.

On the basis of interpretation of data the following conclusion drawn by him.

1. The physical fitness level of the boys of Kendriya Vidyalaya in Kerala between eleven and sixteen years of age were not similar.

2. Acceleration sprints and hollow points had significantly improved the physical fitness of high school boys.

3. The effect produced by acceleration sprints over the boys was significantly more than the effect produced by hollow sprints on the physical fitness of high school boys.

Balasubramanian\textsuperscript{17} conducted a survey and influence of selected physical and yogic exercised on low back pain of transport corporation employees in Madurai District. For the purpose of this study he has selected 30 low back pain patients aged 25 to 55 men, divided in to two groups. Eight weeks treatment was given, Group A participated physical exercises, Group B participated yogasana exercises. The significance of the difference among the means of physical and yogasana by 'F' ratio through analysis of variance. There was no significant difference between the yogasana group and physical exercise groups.

1. The physical exercise and yogasana significantly decrease the low back pain of aged people.

2. The decrease in pain probed that the obtained results are mainly on account of the influence of physical exercise and yogasanas.

3. There was significant decrease in the lock back pain when compared.

4. Some of the severe cases took more time for cure.

A study was conducted on “Recreation and sport participation in Christ church” by Hillary Commission\textsuperscript{18} The Hillary commission periodically carried


\textsuperscript{18} Recreation and Sport Participation in Christ Church, by Hillary Commission.
out a nationwide survey on sports and physical activity. The survey results can
be analysed on a regional basis with Christ Church falling in the Canterbury /
westerland region. The following information was provided from the 1997, 1998
sport and physical activity survey which collected data from 419 adults and 127
young people in the Canterbury / westerland area.

71% of young people and 71% of adults in Canterbury / westerland area
are active i.e. they do 2.5 hours or more sport and active leisure a week.
These figures are higher than the national averages for both young people
(69%) and adults (67%).

More boys in Canterbury / westerland (77%) are active than both girls in
the region (64%) and boys (74%) nationally. On average boys in Canterbury /
westerland spend around 8.3 hours per week compared to 4.7 hours for girls in
the region and 6.9 hours for boys nationally. Girls in Canterbury / westerland
spend less time than the national average (5.4 hours).

Almost all young people in Canterbury / westerland (94%) take part in
some sport or active leisure. Participation rates are high for boys (92% - 40,700)
and girls (97% - 41,200).

Around seven in ten (71%) young people are involved in sport and active
leisure at school in Canterbury / westerland. Girls are more likely to participate
more than boys (78% compared to 65%). 18% of young people take part in
sports and active leisure organised by the school but outside school hours.
Again these opportunities are more popular with girls than boys.

A much higher preparation of young people participate in sport with a
club in Canterbury / westerland than the national average (50% compared to
34%). Boys take part in sport and active leisure with a club than girls.

Over three quarters (77%) of people in Canterbury / westerland receive
some coaching or instruction to help than improve their performance in their
chosen sports and activities.
The preparation of young people living in this region that receive coaching is significantly higher than for the country as a whole the figure for Newzealand in 63%.

In 1999 the Department of statistics carried out a survey in which 8500 Newzealanders completed 47 hour time use diaries. The data generated through this survey provides as interesting insight into how people in this country spend their time. Sport and hobbies is included as one of the eleven major time categories used in the survey. A wide range of recreation and sports activities are incorporated within this category, along with more passive recreation.

The major constraints identified for people with disabilities to participate in recreation and sport are as follows: cost of participate, transport, support people, special equipment.

The general motives for older people to be involved in recreation and sports have been identified as; expressive motives (e.g. because its fun / stimulating / enjoyable), social motives (e.g. chances to meet new friends/ championship), health benefits (e.g. to keep fit and active).

Nick Rowe / Ross Champion conducted a survey on sports participation and ethnicity in England. This survey is part of sport England's continuing commitment to understand the extent and causes of inequity in sporting opportunities for certain groups in the population and ways to overcome them.

The findings are based on a random sample of 3,084 adults (aged 16 years and over) from ‘non white’ ethnic minority communities who were interviewed in their home during the period June 1998 to March 2000. The survey was carried out to the highest quality standards in relation to sampling, survey administration and analysis.

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For the purpose of the survey, respondents were classified in the following ways VIZ 'ethnic groups'; 'Black African'; 'Black Others'; 'Indian'; 'Pakistani'; 'Bangladesh'; 'Chinese' and 'Other non white'. This enabled comparison with the GHS.

The findings: For ethnic minority groups the overall participation rate in sports is 40% compared with a national average of 46%. The overall participation rate for male ethnic minorities is 49% compared with a national average for men of 54% and for female ethnic minorities it is 32% compared with a national average for all women of 39%.

On average Black Caribbean (39%), Indian (39%) and in particular Pakistani (31%) and Bangladeshi (30%) populations have rates of participation in sports.

Black African men (60%) and Block Other men (80%) have higher participation rates than the national average for all men (54%) while Indian (47%) Black Caribbean (45%) Bangladeshi (46%) and Pakistani (42%) men are less likely to participate in sport than men generally.

Home and family responsibilities, 'Work / study demands', 'lack of local facilities', 'lack of money' and 'I am lazy / I am too embarrassed' are the reasons mostly frequently given amongst all ethnic groups for not taking part. Home and family responsibilities rank particularly high amongst the Indian and Bangladeshi Communities with 43% and 40% respectively. The Bangladeshi and 'Black other' populations are most likely to refer to problems with lack of / unsuitable local facilities with 48% and 45% of these groups respectively giving these reason. Lack of money is given by 25% of the 'Black other' group and 24% of black Carribeans.
Kuruhiira Gadfrey Netuseera Ajuna Akiiki conducted a study on “Achievements and Challenges of Women in Local Governments” women participation in national and local decision making forum in Uganda has for long have been very nominal due to institutional biases, negative social cultural norms and beliefs and the statutory environment towards women’s participation and recognition in the leadership of local governments.

The women in local government have come face to face challenges like a chicken crossing a highway amid heavy traffic. While the local government draw their mandate from the decentralization policy, the attainment of the broad objectives of the decentralization policy largely depends on the political commitment of the central government (Nsibambi A. 1996). The inability of government to live to this principle as enshrined in the 1995 constitution has a lot of implications on the service delivery by local governments.

Women leaders interviewed during this study said that among the many challenges they faced the following were outstanding.

That while participation in local government has given women status, recognition and built self-confidence among the individuals, they have been exposed to a strange public sphere with an unfriendly media that is unsupportive to women in politics and decision making. This devies than space for privacy. The social and cultural discourses construing women’s participation in politics and decision making is very unfavourable. At a political level, the multifaceted construction of the African family cannot be ignored as it raises awareness of the subordination, segregation, exploitation and oppression of women. The political and ideological construction of the African family enables men to

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perceive women as their possessions because, for the majority of them, home is the only arena where they have authority. Married women leaders at this level are at time asserts, “It is therefore, futile for anyone to talk about women’s emancipation at the national / international level without first tackling their subordination and discrimination at the family level. This equally applies to the local governments level.

Many people (men and women) still under value and under invest in female participation out side the home life. This has affected the value and quality of women leaders in council business. “In Uganda poverty whether among women or men goes beyond lack of access and control over resources. It is also influenced by beliefs, attitudes and cultural practices that hinder participation in decision making the progress in development. (Action Aid, Uganda Gender Policy 2000). The above statement highlights that women leaders represent people who are dis-empowered by culture poverty and ignorance. Women’s one third constituencies were an add on and are bigger than the men’s both in area and number of voters.

Women’s participation in local government has been enhanced by current institutional and legal framework that has enabled and provided for women’s inclusion as 1/3 of the council. However it should be noted that this is only a drop of sugar in a basin of water, many of the women at the grass roots still find no opportunity to use these previsions either due to poverty, ignorance or subordination. Therefore, women’s leaders, civil society organizations and government still have the task of creating awareness to the women and the entire population on why we need women on leadership.

The multified nature of the African family and many other challenges seen above demand from women as leaders and individuals to always to prioritize challenging such ideological constructions or practices which tend to enhance women’s sub ordination, discrimination, exploitation and oppression which limits women’s agendas. Since what is important is effective influence
women leaders can be make in political and decision making than the numbers they constitute. Therefore legislation and supportive environment appears not to be enough. Women should be given them ability not appreciate the opportunities for participation in leadership but utilize them and demand for more to achieve equality.

Vicky Constantine\textsuperscript{21} conducted a survey on sports and recreation for visually impaired people in Wales. The subjects were the few visually impaired people taking part in their sport.

The following sports are not recommended for visually impaired people. They are Amateur Boxing Crown Green Bowling, Fencing, Life saving, Motor cycling, Pistol Shooting, Rugby shooting etcetera.

In general there is a great willingness to promote and provide facilities for visually impaired people. There have been no requests for specific from visually impaired people for the use of facilities. There is no sufficient number of visually impaired people in the area to use the facility. (Community Halls).

Leisure can be a valuable and important part of life and everyone has the right to choose how it will be used. Wisely used leisure time can provide stimulation, challenge, enjoyment and freedom from habits and constraints.

The value of sports and recreation for the general public is indisputable. People who are visually impaired have an equal right to choice of activities and sports. Access to and participation in recreation offer a variety of benefits to the individual. The benefits for those with a visual impairment are probably even more important in order to combat the potential loss of confidence, mobility and occupation.

Lack of information about that is available, lack of trained staff; preference towards integrated supports; however, several did not seem to mind. "Special facilities" having drawbacks; lack of volunteers; lack of transport; lack of local facilities. Too embarrassed to participate; majority wanting to try new sports, little being done to provide a service for vil. people.

Lack of facilities can encompass various aspects to provision. It is linked to lack of awareness of the leisure facilities themselves, inaccessible buildings and poor publicity material. Hence the reason for respondents mentioning lack of information. The information needs to be in an accessible form, in large print, braille or tape. Indeed, the facilities may be there but the individual does not know about them.

The research has shown that at present there are few facilities that provide activities for visually impaired people. Government bodies of sports are in the main unaware of facilities and visually impaired people participating in their particular sport. Sports can be adapted where necessary. Professionals in the field of sports and recreation are keen to promote the use of facilities. There is a great willingness and enthusiasm to do this. There has been little demand for the use of facilities and therefore no interaction with visually impaired people.

David Coady, Xinyi Dai and Limin Wang conducted a study on community programs and women's participation. Using Household level data specifically collected for the purpose of evaluation, we empirically evaluate the impact on household income of a rural program in China that focuses on increasing women's economic and social participation and household income and also generates positive social benefits. The results also suggest that the income gains accrued to participants only, and partly at the expense of non-participants. It was found out that the magnitude of the program impacts depends sensitively on the program's ability to increase participation rates within villages.

David Coady, Xinyi Dai and Limin Wang, Community Programs and Women's Participation: The Chinese Experience.
In the presence of the programme individual participation helps to avoid the negative externalities and to buy into the positive gains accruing the participants. Our results support the view that effectively implemented gender focused interventions can have substantial social benefits when supported by the necessary legal and institutional framework.

Globally, over the last few decades, women's economic and social well-being has improved substantially. However, gender inequality is still widespread and particularly within developing countries. Empirical evidence from a number of countries establishes the fact that women still have substantial disadvantages over men both within households and in economic and social life.

An important feature of the program is its emphasis on enhancing women's social as well as economic participation in the community. Improving women's access to income generating opportunities is obviously expected to result in higher income. However, a more recent body of literature also draws attention to the nation of social capital and its links with social participation. The concept of social capital, according the Putnam (1993), refers to features of social organisation and participation, such as trust, norms and networks.

The literature on social capital suggests that there are a number of ways through which social participation can be enhanced. Firstly, Voluntary Co-operation is more likely to occur in a community where the stock of social capital is abundant leading the superior economic outcomes in comparison to those from non-co-operative behaviour. In particular social capital can enhance greater co-operation and collective action in the provision of local public goods. Secondly, social capital reduces the cost of information, thus lowering transaction costs, increasing of volume of mutually beneficial trading and facilitating the diffusion of modern technology thirdly, greater social capital can to some extent compensate for information imperfections that could form barriers to many economic activities taking place.
In this section we present brief discussion of the data used in the analysis. This is then followed by an explanation of the methodology used to evaluate the social and economical impact of the program.

Although the survey and the community program were primarily designed to assess the impact of a woman’s participation in community life on her fertility preferences, the information available from the survey is sufficiently extensive to allow us to address a somewhat broader set of issues related to women’s economic and social participation. The survey collected detailed information in three areas: (1) Household socio-economic data (2) Women’s community participation activities, and (3) Women’s attitudes to gender and fertility issues.

The Social Benefits of Women Participation

Recent empirical evidence from many countries has repeatedly shown that gender focused public policy generates substantial social externalities, including improvement of child welfare (e.g. health, nutrition and education attainment) and reduction of gender bias and fertility rates. In this section we analyse some channels through which these benefits may emerge from the program. However quantifying the full extent of such social benefits is a formidable tasks as the information required is difficult to obtain and measure accurately.

In this paper we empirically analyse the impact of a public program that focuses on empowering rural Chinese women by increasing their level of economic and social participation as well as its effectiveness, we find support for the view that such programs can substantially increase the household incomes of participants but that some of this comes at the expense of negative income externalities for non participant households. The results also suggest that the program is extremely successful at increasing participation rates within villages and that the program’s income impacts depend sensitively on the ability to achieve some increases. The more successful the program is at increasing
participation rates the greater both the positive impact on participants incomes and negative impact on non participants incomes, with the former substantially greater than the latter. In this sense in the presence of the program the gain from participation come from protecting oneself from these negative effects and from buying into the substantial income gain accruing from increased participation rates. We also analyse a range of channels through which social benefits could emerge from the implementation of the community program. One results indicate that the program has a significant positive influence on gender and fertility attitudes as well as on children’s welfare though increasing education expenditures.

In conclusion the results support the view that public policies geared towards increasing women’s economic and social participation can generate substantial economic and social returns. However, the findings that the program has negative externalities for those who do not participate suggests that it is important to consider how such programs may be designed to avoid such adverse effects. Our results also lend support to the view that the range of gender focused public policies implemented over the last few decades provides a complementary back ground which contributes to the success of effectively implemented gender focused programs. It is thus likely that further research aimed at improving our understanding at Chinese experiences can provide important lessons for the design of effective public policy in this area.

Sandra\textsuperscript{23} made a study of colleges and universities in Massachusetts with intramural program for women and the problem faced by them. A detailed interview form was developed from the literature and the interviews were recorded on tape and information obtained related to purpose of the programmes. Facilities, Supervision, financing, physical examinations, eligibility activities, officials awards and publicity. Institutions were classified as residential or non-residential provide or public.

Mohamed Nabi\textsuperscript{24} conducted a study on sports achievements of Sacred Heart college during the last decade (1981-91) and the constrains faced by them. The investigator collected the data from the available published literature in the college and by way of interview with the principal and physical director. He came to a conclusion that the facilities and financial resources were sound to be the basic for the better and excellent achievements of the programme of the college. Particularly the sports and games activities of the college.

Banumathi\textsuperscript{25} conducted a study on achievements and contribution of SDNB Vaishnav College for women towards sports and games and difficulties faced by them from the year 1991 - 1995. The investigator collected all the related data and tabulated the women's achievements in sports and games and facilities of S.D.N.B. Vaishnav College from the year 1991 to 1995 in the various list of tables clearly.

Raja\textsuperscript{26} conducted a study on the contribution of Don Bosco Higher Secondary School, Katpati to the field of physical education its facilities problems and achievements from 1978-79 to 1988-89. This study emphasised the individual representation and team achievements of the school at district, division and state level. The investigator collected the data through the annual records the report of physical education department and direct interviews with physical education teacher and headmaster.


Farooq surveyed existing facilities of physical education in some high schools of Chennai city and the problems faced by them in the organisation and the data were collected by interview method. The results indicated that the development in the field of physical education was very low because most of the schools are suffering from lack of play grounds and facilities. It was found that Chennai city high schools were below the recommended standards.

Gullam conducted a study to evaluate and compare the existing physical education programmes for women at the university of south carolina with other co-educational institution and the constrain faced by them. The data were collected by means of questionnaire, from 144 women who had been in requirement of physical education. In conclusion it was found that in general the programmes compared favorably with those in other state co-education institutions and students considered the programmes valuable but the primary criticisms by students were inadequate facilities, variety in course offerings and number of instructors.

Mellroy studied the physical education programme for women in selected institutions of higher learning in three north - west states of America and the constrains and controversies faced by them. He found that in all they twenty two institutions studied there was lack of facilities while service was above average. The state-aided institutions were better in all aspects that the private institutions. But they also were lacking in participation and achievements in extramural programmes.


28 Mangurat, J.Gullam, “An Evaluation of the Required Programmes in Physical Education for Women as the University of South Carolin”, Completed Research, Vol.6; (1964), p.73.