CHAPTER - III
METHODOLOGY
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The procedure adopted for the selection of subjects, selection of variables, collection of data and statistical techniques used for the analysis of data is described in this chapter.

The purpose of the study was to survey the constrains and controversies towards women participation in sports and games in Tamil Nadu.

3.1. DESIGN

For the purpose of the study, Survey method was employed for the collection of data using questionnaire. Data were collected from sports women, women lawyers, women police, women doctors, women students, women uneducated parents, women educated employees, women educated house wifes, women college professors and women teachers from various parts of Tamil Nadu.

3.2. SELECTION OF SUBJECTS

For the purpose of this study altogether one thousand women from various parts of Tamil Nadu working in different capacities were chosen as subjects for the survey. One hundred subjects from each category was chosen.

The purpose of the study was to survey the constrains and controversies confronted by women towards participation in sports in Tamil Nadu. To facilitate this study the investigator followed the survey method based on the questionnaire for the collection of data. The age of the subjects was between 18 to 50 years.
3.3. SELECTION OF VARIABLES

The research scholar reviewed the available scientific literature relevant to the study from books, journals, periodicals, magazines and research papers. Resulting from the review of literature and discussions with the women experts and considering the feasibility criteria of the study the following constrains and controversies have been identified to collect data for the study.

Identified Constrains:

1. Religion
2. Financial Crisis
3. Education
4. Anatomy
5. Sports Facilities
6. Job Opportunities
7. Gynecological Differences
8. Other Reasons

3.4. REASON FOR SELECTING VARIABLES

3.4.1. Religion

India is divided by many religious factors. Often people are fighting with each other. But in sports the religious factors is exemptional.

Muslims, Hindus, Christians and Sikhs are playing in one team. Muslims are playing under the captainship of Hindus and Hindus are playing under the captainship of Muslims. Whether religion was a constrain for women participation in sports is yet to be found out. Secularism is being followed in sports.

Some religion does not allow the ladies to come out from the house even. In such situation girls may not be permitted to take part in sports activities in public. Thus religion has become a constrain towards participation in sports. Because of the above reasons religion was chosen as a variable for this study.
3.4.2. Finance

The economic status of an individual may influence an opportunity towards participation in sports. Often the home environment influence the participation in sports.

Economic condition of the family may play an important role towards participation in sports. Adults belonging to lower economic conditions remain busy in the work. Economic status assumes an important role in the society from high to low. Besides that occupation, education, health, life-style, cultural way of life and so on play significant role towards women participation in sports.

Economic status shows the income and wealth of a family. People from lower income group in India do not prefer to play cricket, golf, billiards, swimming, Tennis, rifle shooting. Considering the above facts, finance was chosen as a variable for the study.

3.4.3. Education

Education is for the perfection of the individual and for the betterment of the society. Education is to create faith in one's own self. Education must create self confidence and self reliance. Education need to develop moral character.

Education must create self confidence and self reliance. Education must create or develop moral character. It should expose man to the practical side of life and spirit of renunciation. Education is the best motivation for sports.

Ladies from uneducated families take part in sports very rarely. Their concentration will be to earn money for their bread and butter. They may not have time to think about sports participation. Thus education has an important place in the sports participation. Considering the above reasons education was chosen as a variable for this study.
3.4.4. Anatomy

The biological position of human being indicates that there are more biological similarities than differences between man and women.

The biological characteristics determine the sex of a person, but will not determine the gender of a person. Women afraid that participation in sports may bring changes in their anatomy. Women suspect that participation in sports will make them manly.

Physiologically it may be taken that women are weaker, because of the periodic loss of blood. Now a days women are trying to reach the men's achievements and records in sports and education. Because of the above reasons anatomy was chosen as a variable for this study.

3.4.5. Sports Facilities

Availability of facilities in sports is an important factor for the players. Even though a player is having good individual skills, without using facilities he cannot compete with international players. Usage of sports facilities during the childhood may aid the performance and motivate everybody.

Facilities like grounds, balls, equipments like shooting board, accuracy board, hanging ball, swimming pools, velodrum etcetera play an important role in sports carrier to become an outstanding player.

Practicing regularly makes the person to become master over the skill. Availability of facilities help an athlete to practice well and become proficient. Considering the above factors, sports facilities was chosen as a variable for this study.
3.4.6. Job Opportunities

In any sports if the participant reaches the top level achievements, he is sure of getting a job in any government organisations or private sector. Getting a job is bleak for the low level achievers. Considering these points the women participants should strive for top level performance for getting a job. For some sports participants like women football, women kabaddi the employment opportunity is very minimum. So the participation in the above said sports are coming down. Thus job opportunity is an important point towards women participation in sports and hence it was chosen as a variable for this study.

3.4.7. Gynocology

The human body does not wear out 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.

The performance of young athlete 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 rare in women athletes than in non athletes. Following child birth, performance returns or reseeds previous level with in a year or two.

Giving birth is generally easy for a fit women and the new born will be healthy. Judy Vernon an American born hurdler and common wealth games gold medalist began jogging four months after the birth of her first child and later on she followed her normal work outs. Six months after she resumed competitive training and went on to win the gold in the common wealth games. So giving birth to child is not a hurdle for sports participation.
Some people believe that child birth will make a women a strong athlete with adequate endurance. Banny blankers and Sxen winska are examples to have had major triumphs after having children. Hence gynecology may not be a constrain towards women participation in sports. Taking into consideration of the above facts gynecology was chosen as a variable.

3.5. OTHER REASONS
3.5.1. Sports and Family Background

Game performance of a player may be influenced by the family members. Say, if father was a football player his child may be interested to play football. So family sports background plays an important role in selecting the game.

Family background in sports indicates whether the sports person has with sports background or without sports background. If parents or sisters or brothers are not players he is considered that he is without sports background. Speed of a player is inherited.

Sports background of the family seems to have influence on the performance. But we can’t say that the player from without sports background may not be a skilled players. Considering the above facts family background was chosen in the other reasons.

3.5.2. Time Factor

Many of the employed ladies don’t take part in sports activities due to their pre occupation in the house hold activities right from the morning till night. Even during their holidays they spent their leisure time in watching TV. With their wards and husband, going cinema or for purchase of house hold articles. So they hardly found time to go to the ground for recreation or for sports. Because of the above said reasons time factor was included as one of the variables for this study.
3.5.3. Coaching Personals (Lack of Coaches)

A man who teach us anything is a teacher. A man who coach us anything is a coach. The role of coach plays a vital role in the development of sports carrier of anybody. It is the coach who identifies the potentiality and coaches to improve the 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 are playing important role towards sports participation and improvement in the performance. Because of the above facts coaching was chosen as a variable in other reasons.

3.5.4. Seasons

Participation in sports is largely affected by the seasons namely rainy season, summer season, cold season etc. During rainy season all the grounds will be water logged and playing is not possible. Similarly during very hot summer participation is largely impeded by the hot climate thus the participation in sports is affected by the seasons. Considering the above said reasons, season was chosen as a variable in other reasons.

3.5.5. Geographical Situation

Geographical location shows the urban area as well as rural area from where the players hail. Urban area people are well educated and equipped than rural area people. But physically rural area people are better than urban people. It is true that the geographical location influence the game. Urban area students usually choose the game like tennis, golf, billiards, cricket, shuttle etcetera, the rural area students usually select kabaddi, kho-kho, volleyball, etcetera. So it is important to know the geographical location 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 because of geographical location. So geographical situation is an aid towards sports participation in one place and it is an impediment in some other place. Considering that point it was chosen as a variable in other reasons.

3.6. RELIABILITY OF THE DATA

The reliability of data was ensured by establishing the instrument reliability, testers competency, reliability of the test and subject reliability.

3.7. INSTRUMENT RELIABILITY

The investigator used standardised questionnaire followed by interview technique for the collection of data. As the questionnaire was a standardised one, the instrument used was considered reliable.

3.8. TESTER’S COMPETENCY

The testers competency was assessed together with the reliability of the test.

To determine the testers competency the above said data were collected from 10 subjects on the chosen variables on two consecutive days under similar conditions.

This was done by test retest method. The data thus collected by the test - retest method were correlated using the Pearson's product movement co-relation as suggested by Garrett¹.

TABLE I

PEARSONS PRODUCT MOMENT CORRELATION COEFFICIENT
OF TEST - RETEST

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Variable</th>
<th>Correlation Co-efficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Religion</td>
<td>.97</td>
</tr>
<tr>
<td>2.</td>
<td>Finance</td>
<td>.98</td>
</tr>
<tr>
<td>3.</td>
<td>Education</td>
<td>.95</td>
</tr>
<tr>
<td>4.</td>
<td>Anatomy</td>
<td>.97</td>
</tr>
<tr>
<td>5.</td>
<td>Sports Facilities</td>
<td>.96</td>
</tr>
<tr>
<td>6.</td>
<td>Job Opportunities</td>
<td>.91</td>
</tr>
<tr>
<td>7.</td>
<td>Gynecology</td>
<td>.93</td>
</tr>
<tr>
<td>8.</td>
<td>Other Reasons</td>
<td>.90</td>
</tr>
</tbody>
</table>

Table value at 0.05 level = .89

\[ df = N - 2 \]

\[ = 8 - 2 \]

\[ = 6. \]

3.9. SUBJECT RELIABILITY

The testers competency also indicated subject reliability as the same subjects were used under similar conditions by the same tester.

3.10. ORIENTATION OF THE SUBJECTS

Before giving the questionnaire to the subjects, the research scholar explained the need of the survey and explained how to fill up the questionnaire clearly.
In order to get full co-operation from the subjects the investigator very clearly explained about the purpose of the study.

This explanation helped very much to ensure the effective co-operation from the subjects to obtain the reliable data. Prior to the administration of test, it was clearly explained to the subjects in detail about the procedure to be followed in the test.

### 3.11. QUESTIONNAIRE

Questionnaire is a systematic compilation of questions that are submitted to a sampling of population from where information is desired. In survey, questionnaire is the best tool. Because the classified information can be collected only through a set of battery of questions. The questionnaire used for this study consist the following categories namely religion, finance, education, anatomy, sportsfacilities, job opportunities, gynocological and other reasons. The standard questionnaire was used to collect the needed information from the subjects. The questionnaire covered all the areas of information needed for this study.

### 3.12. COLLECTION OF DATA

The standard questionnaire was given to the subjects in person and their option was marked. Some subjects opted three or four reasons for their non participation insports and it was marked in the order. The total was found out in each categories for all variables seperately.
SPORTS WOMEN
WOMEN LAWYERS
WOMEN POLICE
UNEDUCATED PARENT
3.13. STATISTICAL TECHNIQUES EMPLOYED

To analyse the constrains and controversies towards women participation in sports and games, chi-square test was employed as suggested by Harrison Clarke.

In each category it was expected that there would be equal number of subjects. But it was observed that the number deferred in each category. Hence to find out the relationship between observed frequency and expected frequency, chi-square test equal accordance of choice method was employed. Besides that percentage in each category was also employed.

The data were collected from the following personals namely sports women, women lawyers, women doctors, women students, uneducated parents, educated employees, educated house wifes, women professors, teachers and women police.

The chi - square formula is\(^2\)

\[ \chi^2 = \sum \frac{(fo - fe)^2}{fe} \]

Fo = Obtained frequency
Fe = Expected frequency

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