CHAPTER - II
REVIEW OF RELATED LITERATURE
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The review of literature gives an indication of direction to the investigator and gives him up-to-date information about the literature related to his own problem. It helps the researcher to locate the problem for research. Review of literature provide the method, procedure, sources of data and statistical techniques appropriate for the solution of problem. It avoids implication of the work.

2.1. FAMILY AND SPORT

Singh¹ (1994) selected 80 sports women and studied the socio economic back ground of sports women of Amritsar district and found that

1. Most of the sports women came from higher caste in terms of traditional caste system.

2. Most of them belonged to low and lower middle class families.

3. Religion could be seen as an influencing factor in sports participation.

4. Social back ground had effect on participation in sports.

Adhirana² (1988) studied that female sports participation was a function of socio economic status. More specifically, team sport participants come from a lower social class back ground, where as individual and dual sport participants come from higher social class back grounds.


Sohi and Yusef⁶ (1989) conducted a study on 90 female elite athletes from 12 sports and found that the athletes of racket sports mostly come from middle and low social classes. Athletes from team sports more in number belonged to low status.

Mangayarkarasi⁴ (1989) analysed socio economic status and its influence on the athletic ability of high school girls and found that family plays a crucial role affecting athletic performance.

Thomson⁶ (1985) presents data of 185 females (age 10+2 years) who were actively involved in the sport of orienteering in New Zealand to illustrate characteristics of their participation and to highlight contrasts with women's sports participation in other sports. Results indicate that the predominant age group of orienteering was (30-39 years) was usual for female sports participants, although their socio economic status (SES) was consistent with other research findings. Immediate social circles of friends and family appeared to be the strongest influences on participation; however, enjoyment appeared to be derived predominantly from intrinsic aspects of the sport.

According to Kenyon and Mc Pherson⁶, (1978) peers were important agents for stimulating interest in most of the sports, while teachers and coaches

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appeared to be most influential than peers in stimulating interest in track and field. Family influence was noticed in generating interest in traditional spectators sport.

Synder and Spreitzer\(^7\) (1978) have worked on “Socialisation of Adolescent female athlete and musicians”. The purpose of their study was to compare the social background, characteristics and psychological attributes of high school girls who were participating in inter scholastic athletics and music. The findings showed a clear correlation between selective parental encouragement and participation in these two extra curricular activities. Moreover, the findings showed no evidence of psychological stress among the female athletes in comparison to the musicians.

Geendolfer\(^8\) (1981) in his study examined whether differences existed between the systems of socialising agents family and peers of school, during three life cycle stages. She found that during childhood, the female participating was more likely to have been influenced by peers and family respectively, than by teachers and coaches. At the adolescent stage, the influence of family and teachers had great influence. During young adulthood, the most influential agent was the peer group.

Synder and Spreitzer\(^9\) (1973) analysed family influence on sports and found that involvement in childhood is reinforced by parental encouragement continuously into middle age and diminished during the last stage of life cycle.

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In another study conducted by Givi Masoud\textsuperscript{10} (1983) titled "The role of the family in the socialisation of Children into sports", the purpose of this study was two fold: (1) to investigate the role of significant others in general and the role of mothers in the socialisation of children into sports, and (2) to examine in greater detail the role of mothers in the sports socialisation of children as well as to consider the process of sex typing and its relationship to sports.

It was concluded that the value that girls play on sports is equal to the value boys play on sports. Peers compared with family and teachers were the strongest predictors of children's active sports involvement within the family context, fathers proved to be the most important agents of sport socialisation.

A study done by Greendolfer\textsuperscript{11} (1978) provides descriptive information related to age of first sports participation, type of sports and influence of socialising agents. His study was based on a sample consisting of 585 women athletes. He found that approximately 70 percent of women were participating in some form of sports by the age of 8. Further more, the entire sample was actively involved at the age of 14. Regarding relation to agents responsible for sports participation/involvement, he found that 39.5 percent were stimulated by family. 31.3 percent by neighbourhood, 23.6 percent through school, 3.4 percent through community, and 1.7 percent through other clubs. In this study major population of the sample was stimulated by family, neighbourhood and school.


Malumphy\textsuperscript{12} (1970) indicated that the age of first participation differed according to sports type and girls received complete approval from their socialising agents. In another study by the same scholar, it was found that family influence was a major factor in college women's participation in sports and games.

Harely Joe and Blanke Baker's\textsuperscript{13} (1975) research revealed that athletes in non combative sports came from families of higher social status than did the non athlete, while athletes involved in combative sports came from families little different in social status than those of non athletes. There was little difference in the percentage of athletes and non athletes that had brothers, sisters, or were first born or later born. There was also little difference in the family size of athletes and non athletes.

Marie\textsuperscript{14} (1972) concluded that, attitudes towards women in sports have been slow to change the myth. It has become difficult to allay the fear that sport activities will produce bulging muscle which imply masculinity. Young girls are frightened away from the sports.

Sohi\textsuperscript{15} (1973) found that the family is an institution which has its own attitudes towards sports involvement and it has definite influence on the children


\textsuperscript{13} Harely Joe and Blankebaker, "Relation of Inter Scholastic Athletic Participation to Social Class, Sex or Sibling, Ordinal Position, and Family Size", Dissertation Abstract International, (December 1975), p.7413.


in the direction. Parents have usually a tendency to be extra careful about the first issue. This protection again results in different type of sports involvement. Usually, the child coming first on the ordinal position, selects activity which is not full of risk and danger, the children at the lower position indulge in combative and dangerous games and sports.

Thomas\(^6\) (1982) studied the relationship between the parental attitudes towards physical activity and physical fitness of primary age children. In addition to this, he examined the relationship between the attitude towards physical activity of the mother and that of the father, the findings of this study were also compared with the findings of three other investigations. The major findings were:

1. A Significant positive relationship was reported between the attitude scores of mothers and fathers on physical activity, and
2. Positive attitudes towards physical activity by mothers and fathers were found.

### 2.2. WOMEN AND PERSONAL PROBLEMS

Alok Ghosh\(^7\) (1978) from his study felt that, during menstruation, the modern sports physicians do not ever recommend stoppage of swimming (gynecologists may differ for fear of infection) or gymnastic lessons during menstruation periods. According to them, it is more of a psychological effect besides the sanitary problem because of the difficulty in wearing dresses during menstruation that hinder activity. The girls are unnecessarily taught to feel ill by their grand mothers during menstruation.


Kocián\textsuperscript{18} (1981) from his survey of the personality of young female athletes found that they tended to be more stable emotionally, had more lust for life, were more self confident and sociable, more highly valued public recognition, liked to take risks, were more frank, talkative, skillful and active than non athletes.

Epstein\textsuperscript{19} (1983) found that parental participation in school activities improved parent-teacher relations, revitalise both teachers and parents and will have a positive impact on the students.

Research findings relating the advantages of parental involvement have virtually gone unnoticed. A survey of 1,270 parents and 3,700 teachers conducted by EPSTEIN indicated that the majority of parents had neither the time nor the inclination to participate deeply in school matters. Over 75 percent never helped teachers or participated in school functions.

Miller\textsuperscript{20} (1978) concluded his study that children who receive supervision from parents during play at home were significantly more active than those who were given "free play". In spite of the apparent advantages, parent participation is not as popular as one might expect.


According to Acosta and Carpenter\(^2\) (1990), only 32 percent of the administrative jobs in sports are held by women. Further, the average number of women involved in the administration of women's program is less than one per school. The decrease in the percentage and number of women serving continues. The absolute number of coaching jobs has also declined in the last several years. There is a general agreement in the literature that 90 to 100 percent of coaching jobs for women's teams were held by females when Title IX was enacted in 1972. By 1977 our data show a precipitous decline had already taken place with women holding only 58.2 percent of coaching jobs. In 1990 the percentage dropped to 47.3%.

Alexander\(^2\) (1978) attributed the under representation of black women in sport to a number of factors, including lack of money for lessons and equipment, lack of role models, lack of affirmative action on the part of colleges, and lack of available opportunities in geographical areas of minority population concentration.

According to Acosta\(^3\) (1986), the effort to increase the representation of minorities in sport is hampered by problems such as low representation of minorities in high school graduating classes, low representation among those enrolled in colleges/universities, lack of minority role models within the educational system, stereotyping of sport abilities of minority athletes, and inadequacy of support mechanisms.


Peter Brown\(^{24}\) (1994) conducted a longitudinal study of sports coverage in two Australian newspapers, in which newspaper coverage of women in sports has changed in the last 100 years. A content analysis of sports news within a selected sample of editions of the Sydney Morning Herald and New Castle Herald was conducted for the years 1890, 1914, 1940, 1965 and 1990; the analysis addressed both the extent and nature of coverage during each sample period. The data suggests some improvement in both the extent of women's sport covered. However, throughout the last 100 years, women have consistently been the subject of "Invisibility", "Containment", and "Stereotyping" in the sporting press.

Jim Clough, Coralie Mccormack and Rontrall\(^{25}\) (1996) in their study addressed the need to look at girls sporting participation from a different perspective. In addition to identifying girls sport participation and variables associated with participation and dropout. This study described the sporting experiences, and the decisions associated with those experiences, of a group of girls opposing traditional pressures by participating in a "Male" sport. This study involved 105 girls between the ages of 13 and 18 years. A structural questionnaire was administered to all the sample, with follow up semi structured interviews being conducted with fifteen of the participants. The issues of enjoyment and friendship were the key elements in the decisions of these girls to play soccer. They sought a social sporting experience rather than a competitive sporting experience.

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Kirk\textsuperscript{26} (1996), in a study examined the economic impact of adolescent sports noted that higher income families were able to provide greater opportunities for their children to participate in sports which requires large amounts of money to be spent on uniforms, travel and equipment. He concluded that participation even at a club level is not open for all, regardless of how talented they are.

Timothy Bungum\textsuperscript{27} (1995) felt that regular physical activity is an important health behavior. This study dealt with the determents of physical activity among adolescent females. The present study, using cross sectional data assessed 24 social learning and demographic variables thought to influence current physical activity. The sample included 852 females, 14 to 18 years of age, from 8 high schools located in rural south Carolina. Respondents completed a 7 day recall of physical activity and a 97 item survey. The sample was further sub divided by race, African - American and white and then age so as to ascertain whether determents of physical activity vary by those sub groups. The results indicated physical activity decreased with age. Nature from Biological fathers and participation in organised sports also positively associated with physical activity among all subjects. Viewing Television for more than two hours per day negatively associated with physical activity. Among all African - American females participation in organised sports, friend support for exercise and nature from biological fathers were significantly associated with physical activity. Among all white females attitude towards physical activity was sole significant correlate. Among younger (14 and 15 years) African American females, participation in


organised sports and self efficacy positively associated with physical activity. Enjoyment of vigorous physical activities, friend support for exercise, perceiving benefits from exercise and participation in organised sports were significant and correlates of physical activity among older (16-18 years) African American females. Among younger white females attitudes and enjoyment of vigorous physical activity significantly associated with physical activity. The sole significant influence on physical activity among older white female was participation in organised sports. Tentatively, determints of physical activity appear to differ by age and race among adolescent females from rural south carolina.

Ballmann\textsuperscript{28} (1997) in his research has developed a survey instrument which assesses the acceptance of woman who engage in traditionally masculine sports and exercise activities (Eg: heavy weight training, contact sports). Results of this study were based on data collected from two separate samples. The first sample was composed of 325 undergraduate from general psychology and wellness courses who completed a pool of 27 items believed to assess perceptions of women who engage in traditionally masculine sports behaviour. Principal components analysis with various rotation revealed a undimensional structure with nine items loading on a single factor accounting for 27% of the variance. A second sample of 105 undergraduates completed the revised nine item physical activity acceptance scale. Confirmatory factor analysis indicated that the proposed unidimensional factor structure represented a moderate bit of the data. Cronbach’s alpha indicated the physical activity acceptance scale items possessed strong internal consistency ($r=.91$), construct validity of the physical activity acceptance scale was supported through Manova which revealed that physical activity acceptance scale discriminated between

\textsuperscript{28} Ballmann: Katie L., “The Development of Physical Activity Acceptance Scale: Determining Gender Views on Female Participation in Traditionally Masculine Sport and exercise activity”, Research Quarterly, 68:1, (March 1997).
genders on most of the nine items as well as the scale total for both samples. In all cases where differences were evidenced, women reported being more accepting than did men. In general this research suggests that the physical activity acceptance scale shows promise as a reliable and valid measure of individuals perceptions of women who engage in traditionally masculine sport and exercise activities. The physical activity acceptance scale may be particularly applicable in areas such as rehabilitation, where participation in sport or exercise may be hindered by gender role stereotypes.

Browney29 (1998) in his study compared the responses of 206 preservice physical education teachers from Canada and Kenya to questions about the gender appropriateness of physical activities in their respective university curricula. Each activity was rated on a continuum from 1 = "Mostly for Males" to 7 = "Mostly for Females". For all sports that appeared in both countries, effects of culture and gender on the scores were analysed (2 x 2 analysis variance) Gender differences were also addressed within each culture. Canadian respondents perceived fewer sports to be on the extremes of the male female continuum than did the Kenyan respondents. Women considered more activities to be neutral than did the men. However, some sports were unanimously perceived to be primarily appropriate for only men or women.

Robert J. Bustard30 (1996) in his study with a purpose to gain a better understanding of the contribution of parental socialisation processes and gender to children's interest in physical activity using Eccle's expectancy-value model of motivation. An additional purpose was to examine the nature of these relations ships among children of a lower socio-economic level, a sample that has been under represented in pediatric exercise research to date.


Fourth to sixth grade children (N=107) from a large metropolitan school district were participants in the study and completed questionnaires assessing attraction to physical activity, perceived physical competence, and perceptions of their parents physical activity beliefs and behaviours. Multivariate regression analysis revealed a significant relationship between parental socialisation processes and children's perceived physical competence and attraction to physical activity. Gender differences were also identified and primarily related to the liking of the exertional characteristics of physical activity and exercise. These findings were consistent with theory and research regarding parental and gender role socialisation during childhood.

Decker31 (1995) is of the view that orientation towards a moral or self interested point as was determined by children's moral point of view scale. The children's moral point of view scale was administrated to 106 children from a public elementary. They were randomly selected. The children's moral point of view scale to assess the moral point of view of fifth and sixth grade in both every day sports. Twenty eight prosocial behaviours were selected, 14 in sports context and 14 in every day life contexts. The 28 situations were culled from an initial list of 45. Each subject was assigned a specific level of participation in youth sports and recorded a scale for sports point of view and life point of view. Means, standard deviation and standard errors were calculated on Apple Macintosh using super Anova programme, A three factor ANOVA was employed to determine the interaction of the variables. Significance was accepted at .05 level.

He found that it is probably unrealistic to expect students to adopt completely moral point of view. There is no difference found between limited, moderate or extensive participants on life or sports scores. When males and females were compared on level of sports participation, sports and life scores, moderate participants did not differ, indicating less influence of organised sports on their point of view.

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Michelle's (1995) in his study examined the relationships between competitive and recreational sports structures, gender and athletic motivation. Subjects completed the sports motivation scale, valid reliable measure of sport motivation which assesses 3 types of intrinsic motivation, 3 types of extrinsic motivation and amotivation. Results revealed that competitive athletes demonstrated less intrinsic motivation to experience stimulation and less intrinsic to accomplish things than recreational athletes, while exhibiting more identified regulation and more motivation than this group. Gender differences also emerged. Female athletes were more intrinsically motivated to accomplish things and exhibited more identified regulation than male athletes, while displaying less external regulation and less a motivation.

Daniel (1995) felt that a variety of issues relating to gender and sports have been investigated, an examination into the possible inequalities in sports psychology and sociology journals had not been conducted. Such an investigation was focused in this topic. Specifically data relevant to the gender of the authors and subjects from sports psychology and sociology journals for the years 1987 - 1991 were recorded. It was found that female authors were under represented in terms of overall proportion of authors, proportion of first authors, and proportion of sole authors. Further more female subjects were under represented in terms of studies examining, only one gender as well as those investigating both genders.


Benjamin³⁴ (1995) in his study compared the participative motives of male and female runners registered in races of varying lengths (Marathon, half Marathon and 5km/10km) using the motivations of marathoners scales (Master, ogles & Jolton 1993). Shorter races were composed of a higher proportion of women. Women endorsed weight concern, affiliation, self esteem, psychological coping and life meaning as more important motives for running than men.

Ryckman³⁵ (1992) in his study examined dispositional predictors of female adolescents’s involvement in organised team sports. Intra personal motivation variables, including affiliation, competition and achievement, were investigated as predictors of degree of sport involvement. Involvement was operationalised as the number of different sports played by these adolescents. Results indicate that girls who had greater involvement in sports had stronger needs for positive stimulation through friendship and weeker needs for emotional support and attention than girls with lower levels of involvement. Girls with higher involvement also had stronger competitive attitudes based on personal development goals. There was, however, no relation between hyper competitiveness and sport involvement for these adolescents. The results were discussed primarily in terms of coach athlete compatibility in attitudes towards competition and their implications for the fulfillment of female athlete’s needs.

Alhayek³⁶ (2001) in his study has designed to determine and compare the psychological factors that motivate the American and Jordanian male and

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female students towards participation in recreational basket ball. There were groups of under graduate male and female students, one from Ohio university which composed of 62 male and 60 female American students and the other group from Jordan University, which composed of 58 male and 61 female Jordanian students. The hypotheses focused on student's motives that are categorised into four dimensions: first, physical development, second, skill development, third, social development and fourth, recreational relaxation and emotional release. Based on the results cultural differences are reflected on students motives. It was the most affective reason on their motives of participation in recreational basket ball. The findings of the data analysis indicate that the American male and female students valued significantly higher on the dimensions of physical development, skill development and recreational relaxation and emotional release than the Jordanian male and female students. Where as the Jordanian students valued significantly higher only on the dimension of social development by the Jordanian female students.

Colley37 (1992) and others in their study examined the relationship between liking for play activities stereo-typed for own or opposite sex, parental sport participation and recreational participation in 60 nine year old children. According to Gresson and colley (1986), using an older; late adolescent sample, had previously found that the possession of masculine behavioural attributes and parental sport involvement were associated with greater sport participation for females not for males. The present data present similar picture. Liking for masculine play activities was significantly associated with and significantly predicted recreational sport participation for girls, but not boys. Parental sports participation was also significantly associate with recreational sport participation for girls. The findings indicate that masculine behavioural attributes and sports participation in the family are important factors in female sport involvement before, as well as after adolescence.

37

Yannis\textsuperscript{38} and Others (1992) aimed this study to adopt the children's attitude towards physical activity inventory for adult Greek women, participants in physical fitness programmes, since it is probable that a number of socio cultural factors may restrict its use to other languages and cultures. The inventory consists of 9 subdomains namely social growth, health and fitness social continuation, vertigo, anesthetic, catharsis, ascetic, body shaping and relief from boredom. The sample consisted of 185 females 18 to 25 years of age. The main group consisted of 120 female participants in physical fitness programs. 35 females participants in modern and classical dance, and 30 top athletes were also used as control group. Results show differences, in a number of sub domains, among the three groups, which appear to discriminate the subjects according to the type of activity. Dancers were discriminated from the fitness group within the Aesthetic, Ascetic, Vertigo, and body shaping domains and top athlete group was discriminated from the fitness group within the vertigo and Ascetic sub domains.

Bente Wold and Anderssen\textsuperscript{39} (1992) has conducted this study as health promotion perspective, a survey on health behaviour (focusing on sport and other physical activities) and life style in school children was carried out in ten European countries in 1985-86. Three grades were included, mean ages being 11.5, 13.5 and 15.5 years. Based on data from these countries, the sport participation of the parents, siblings and peers was related to children's participation in sport. The findings indicate that children whose parents, siblings and best friends take part in sport are much more likely to take part themselves, then are children whose significant others are not involved in sport. Also, the


sport participation of children's best friends is more strongly associated with children's sport activity than is the sport participation of family members. Further, sport participation of same sex family members seems to be more strongly associated with children's sport participation than that of opposite sex family members. School age children should be considered one of the main target groups for the promotion of habitual leisure time physical activity. The study reveals that involving parents in physical activity and sport participation would be more effective.

Murata Hikaru40 (2000) conducted a study to identify socio cultural incentives and influences of Judo participation of collegiate Judo athletes in the united states. Socio cultural incentives were defined environmentally included social agents such as family and community back grounds, initial contact Judo, duration of Judo participation and ethinical identity such as parental expectations and support for participation in Judo. Comparisons was done to see if socio cultural incentives affect Judo participation. Questionnaire was used to survey attitudinal and belief differences among collegiate Judo participants. The findings suggested that socio cultural incentives affected collegiate athletes initial interest in Judo and personal excellency with in Judo participation. Also socio cultural environment influenced the athletes participation in Judo more specifically their expectations and support for participation in Judo.

Roesky41 (2001) has three principal goals for his investigation i.e. 1. To determine, why students fail to engage in physical activity through organised

40

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physical education. To determine the strength of the variables or factors which deter participation in organised physical education activity or programme. 3. To compare deterrents to participation in physical education and multiple socio-demographic variables. The study identified eight deterrent factors, time constraints was the highest reported factor determine participation in physical education. This was followed by low personal priority, lack of course relevance, cost, lack of external support, physical education and activity related experience, personal problems, and lack of confidence. comparison of deterrent factors with socio demographic variables revealed that older students were more inhibited to participate by lack of confidence. Also female students were more deterred by personal problems, lack of external support, lack of confidence and cost. Individuals who possessed low fitness, or were over weight, indicated that they were more deterred by lack of confidence and lack of external support.