CHAPTER 1
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CHAPTER I

INTRODUCTION

1.1 Historical Perspectives of Women and Sports:

There has never been a time since the dawn of our civilization to the present, when women have been as involved in sports as participants or as spectators, as men have. Are sports then a “male domain”, a “masculine preserve”? Are women like Nadira Comanici, Steffi Graf and Florence Griffith-Joyner unwelcome intruders? Yes and no? While it is a historical truth that sports have usually been more important for males than for females, there has never been a time when girls and women were wholly excluded from sports and there have certainly been times and places where their involvement was almost as extensive and intensive as the men’s. If the values institutionalized in sports like physical strength, stamina, swiftness and skill are defined as masculine, then one must accept that sports are “so thoroughly masculinized that it seems unlikely that it can be reclaimed to serve women’s interests”.

Blanket statements about pre-nineteenth century exclusion of women from sports are commonly uttered in blissful ignorance of the historical record. The statement about the exclusion from the “male domain” of sports take into account neither the distinctiveness of times and places nor the complicated ways in which gender has interacted with social class and with stages of life cycle.

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Theoretical distinction between sports and non-competitive physical activities is not trivial because the psychological differences between a competitive activity and a noncompetitive are immense. Since most sports do about the exclusion from the “male domain” of sports take into account neither the distinctiveness of times and places nor the complicated ways in which gender has interacted with social class and with stages of life cycle.

Require at least a modicum of aggressiveness even when their codes of conduct require strict controls on actual physical mayhem. Female athletes are likely to be more aggressive than the women engaged in noncompetitive forms of recreation. Croquet may not bring out the killer instinct, “but it comes closer than a stroll among the golden daffodits. Aggressiveness, however, has conventionally been associated more closely with men than with women. It follows, therefore, that commitment of women’s sports has almost been to some degree problematical - in women’s eyes as well as men’s. It is really reminime to win tennis or to hurl a javelin”. The role conflict experienced by female athletes has certainly not been a universal phenomenon, but it has occurred in times and places as different as fifth century Athens and twentieth century Podunk.

It is observed from surveying the historical evidences about women and sports and it is clearly visible that in ancient History of Egypt women were participating in sports and physical activities and in recreational activities, which were used as time-pass for their leisure hours.
A number of historians, mostly German, have studied the sports in ancient Egypt with Germanic thoroughness. Wolfgang Decker, has published a scholarly monograph and edited a collection of documents in which athletic feats of Thutmois III and Amenophis II are chronicled and interpreted, but Decker has unearthed very few references to or depictions of their female counterparts. The many scenes of Egyptian sports, painted on the walls of tombs, carved on reliefs, or inscribed upon stone memorials to the dead, are almost exclusively celebration of male prowess. To prove their physical fitness and testify to their divine right to the throne, Pharaohs hunted lions, and shot arrows through layered sheets of copper. After twenty years upon the throne, the Pharaoh was expected to perform a ceremonial run which demonstrated that he was still physically virile enough to stave off the forces of chaos that continually threaten to overwhelm the universe. The Pharaoh’s soldiers proved their prowess as wrestlers or stick-fighters. The close connection between sports and military preparedness was obvious.  

Although sports historians sometimes illustrate their texts with depictions of female acrobatic dances like those carved in relief at the temple of Queen Hatshepsut in Karnak (Ca. 1480 B.C.), there is very little

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unambiguous evidence, visual to textual, for women's sports. When the images are closely examined, most of the scenes of "sports" can just as easily be depictions of a dance, an acrobatic stunt, or a noncompetitive game.

The above evidences of history revealed that the women were also taking part in physical activities and outdoor activities. Though competitive sports in the past were "masculine domain", women were participating in recreational activities. The pictorial evidences which were printed in the book of "Women's Sports", highlighted some of the historical evidences throughout the world about the participation of women in games, physical activities and in recreational and leisure activities.


Plate No. 1 clearly indicates Queen Hasthepsut of Egypt and Steer - God Apis performing a ceremonial run; this picture is collected from Wolfgang Decker.

Plate No. 2 is collected from Musee-du-louvre which is clearly showing that the Egyptian in the past were using spoons with a handle of women swimmers.
Plate No. 3 from the Trustees of British Museum which indicates Archaic Greek bronze statue of a running girl which is probably from Spartan.

Plate No. 4 This is a painting on a big pot collected from Musco Civico (Bari) which is Red figured Attic Vase which indicates young women washing after exercise.
Plate No. 5 Another bit of evidence, the famed "Bikni girls", of the Pizza Armerina comes from Sicily, which was also a part of Magna Graecia before its incorporation in the Roman Empire.

Plate No. 6 Clearly indicates Regatta of Venetian peasant women which was collected from Giacomo Franco Habiti delle Donne Venetians, 1610 (The Spencer Collection, New York Public Library). This picture indicates that the women were participating in Regatta competition in the year 1610 and people were encouraging these women.
Plate No. 7 This plate is collected from the Yale centre for British Art, which indicates “the ladies shooting pony” in year (1780). This picture indicates the women’s participation in sports in the year 1780.

Plate No. 8 was published in the Sporting Magazine, June 1794 which shows that the Marchnioness of Salisbury clearing a gate on horse-back. Marchiness of Salisbury continued upto her 70th year when with the spirit
unsubdued by advanced life, she was heard to say, "if she could not hunt a pack of foxhounds, she was still able to follow the harries. She was an elegant and accomplished horse woman, and rode with as much intrepidity as judgement; no day was too long for her, and she was ever anxious to give good sports to the field."  

A few English women were as bold as their colonial cousins and as ready to race their mounts. Colonel Thomas Thornton of Falconer's Hall in Yorkshire had a beautiful twenty-two-year-old wife, Alicia, who won an impromptu race against her sister's husband, Captain William Flint. Injured pride impelled the defeated military man to challenge his sister-in-law to a more formal race. The stake was a thousand guineas. A huge crowd was gathered to see the contest on August 25, 1804, but drama turned farcical when Alicia's horse broke down and the captain cantered across the finish line. Alicia's husband refused to pay the thousand guineas, which led to some nasty verbal exchanges in the York Herald. Captain Flint, feeling his honour impugned, horse whipped Colonel Thornton and was sent to prison for assault. A year later the unchastened Alicia challenged Francis Buckle, a professional jockey, a five-time Derby winner, to a two-mile race for 700 guineas and a gold cup. The race was run at the York racecourse, where the amazing Alicia, riding sidesaddle, won by half a neck. She was a toast of the town until it was discovered that Alicia was actually nobody's wife. She was the unmarried daughter, daughter of a Norwich clockmaker. Society's reaction was predictable. Her reputation suffered, her lover's did not.

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This is the example of the women's contribution for sports. A few equestrian women rode in time trials and thus contributed even more than Alicia did to the rise of modern sports. These are the few examples of women's contribution to the rise of modern sports. In historical period the sports were very much popular amongst the women and they were participating freely in the sports.

Americans confronted the same dilemma: however women to become more physically active without the negative consequences, mostly imaginary, of strenuous physical activity? For many middle-class women, Catharine Beecher seemed to have an answer, as early as 1832; she offered her readers, "A course of Calisthenics for young ladies". She responded sympathetically and warned in her very popular "Threatise on Domestic Economy (1841)" that lack of exercise produced, "softness, debility and unfitness". To remedy the situation, she advises in her "letters to the people on Health and Happiness' (1855), that, "every man, woman and child, - - - - - ought to spend one or two hours every day in vigorous exercise of all the muscles". Her concerns were hygienic rather than athletic. She thought that housework was the best form of exercise. For women with servants, calisthenics were her recommended substitute for 'mop and the wash tub'. By no stretch of imagination can she be said to have been an enthusiast for women's sports. Her philosophy of "house work was the best exercise", is similar as the Indian old philosophy based on housework for women as the best form of exercise:

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This historical review of women and sports is a clear proof of the fact that the sports and games were the popular activity amongst the women all over the world. There are more historical reviews quoted below which is clear proof of sports liked by the women throughout the world.

Throughout the nineteenth-century in France, in circuses, in musical and at fairs, French women of the working class boxed and wrestled. Although eighteenth-century London had been the preferred venue for female pugilists, it was from London to Paris that Lydia Harris fled in 1872 when ferocity of her blows injured her opponent and brought in the police. Some forty years later, Francis Carco’s novel “Jesus La Caille”, (1914) narrated the exploits of female boxers at the famed Moulin Rough where Henri de Toulouse-Lautrec had once sketched his beloved Jeanne Avril.

Plate No. 9 A Daumier-like drawing by Amadee Charles-Henri Cham, Comte de No’e, published in 1868, caricatured pair of tuddy wrestlers as they pulled and tugged at each other before a crowd of grining male spectators.

\(^*\) Ibid, pp 120-22
Owner of British cycling tracks lost their licences if they permitted women promoters unimpeded by the law, were more than willing to meet the spectators’ demand for the newest spectacle.

In the year 1868, cycling was also popular among the females of London and France. A writer for “cycling” agreed that a woman who raced to set new record was indeed “an object of ridicule”. Since the swiftest female cyclists were young women of the working class, there was surely a modicum of elitist bias in the preference for leisurely tours rather than hectic races.  

Plate 10 In 1868, French girls raced in the Bois de Boulogne before cheering crowd of Mesdames et. Messiemas.

Andrew Ritchie, Coombs and cycling : quoted in, King of the Road. (London : Wild Woodhouse, 1975), pp 155-56
In 1869, the Oliver Brothers, who manufactured bicycles, and Le Velocipede Illustre, which propagandized for the new sports, sponsored a dash from Paris to Rouen. Four intrepid French women joined the men (The winner, James Moore, averaged 7.5 mph). Paris soon boasted of several velodromes, of which the most famous were “Le Velodrome de la Seine” and (Le Velodrome Buffalo”, both operated by Toulouse-lautree friend Tristan Bernard.

This shows that cycling was popular sports amongst the women. In the years of 19th century also sports and games were very much popular amongst the women and they were participating along with the males. Though the sports was a male dominated domain, women also took equal interest in participation in sports and games.

The present state women’s sports is now changed and in nineteenth century the sports was very popular among the women in United States. In the 1960’s and 1970’s old attitudes were eroded and washed away. By the early 1980’s, women’s sports were radically transformed, but the sports were not a primary concern for most of the angry women who demanded equality at home and on the job. The low priority given to women’s sports was matched by the detachment of most female athletes from the goals of women’s liberation. Indeed, surveys often found socially conservative attitudes among women who stepped out of conventional roles in order to participate in inter-collegiate sports.10

10 Nancy Theberge, noted that signs, had one article on women’s physical education while “Feminist Studies” and the “International Journal of Women’s Studies” had none. See Sports and Feminism in North America, Woman in Sports, ed. Amyl L. Leeder & John R. Fuller (Carollton: West Georgia College, 1985) pp 41-53.
A convergence of views occurred in mid seventees as many athletes became feminists and many feminists discovered the importance of sports. No one did move to bring about the convergence than Billie Jean Moffit King, the daughter of a Long Beach fireman. In 1970, she won the Italian Tennis Championship and received $600 while the men’s winner pocketed $3500. When she learned that the Pacific Southwest Championship planned to award a men’s prize of $12,500 and a women’s of $1500, she decided that such gross disparities were no longer tolerable. King called for boycott, to compel tournament sponsors to end the discriminatory treatment. Having dominated women’s tennis since her first Wimbledon singles victory in 1966 at the age of twenty three, she was in a relatively strong position.

When the United States Lawn Tennis Association resisted demand for equality, King helped Gladys Heldman organize the Virginia Slims Circuit financed by the Philip Morris Company. Within three years the women’s tennis circuit encompassed twenty-two cities and offered prize money of $775,000 (The men played in 24 cities for $280,000). An official poster, referring the players as “Ballbusters”, suggested the women’s lack of awe at male opposition on court or off. In 1973, the USLTA bigwigs gave way. The U.S. Open equalized its awards for men’s and women’s singles, each winner received $25,000.11

In these paragraphs the researcher has enlightened the history of women’s participation since ancient olympic to nineteenth century in western world. Women were taking interest in participating in games and sports and by their own efforts they entered the male dominated domain.

Along with this history of western women, the sports researcher highlighted Indian women’s position in physical exercises and sports and games. India has a very rich heritage of women’s participation in wars along with the kings and soldiers.

1.2 Indian Historical Perspectives of Women and Sports

The available sources enable the scholar 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 concerts were often organized and girls used to go out to see them along with their elders or lovers. In fashionable circles, games with the ball (KanduKrida) seems to have been the chief outdoor physical exercise.

Shukuntala and Kunti are, for instance, represented as spending their leisure hours in this game in the MAHABHARAT. 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 in towns and cities.12 There are some references available to girls going out to swim as well as girls playing number of courtyard games like “hide and seek” and “run and catch”. These games were fulfilling the need of exercise and girls were getting exercise for their body-development. These games were very popular among all classes of society since very early times. They were played usually before marriage.

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12 A.S. Astekar, “The position of women in Hindu Civilisation, from prehistoric times to the present day”, 1956, pp 15-16
The above references are the clear picture of the position of games and sports popular among the women during the Vedic and epic periods. It is true that before the advent of the Muslims in India, our women used to enjoy a good deal of freedom. They were allowed enough opportunities to take part in games and sports both indoor and outdoor. But the life of Indian women during the Muslim period became very much secluded due to the growing practice of purdah, and as such, they got very little opportunity to take part in games and sports. They passed most of their leisure hours in gossiping and sleeping.

At the time of medieval period many Kshatriya heroines were defending their hearths and homes in times of danger. Women from Karnataka seem to have led the way in this matter. A heroine from Mysore is known to have died in a village affray at Siddhanhalli in 1041 A.D. In 1264 A.D. another Karnataka heroine was honoured by the Government of the day with the reward of a nose-jewel in recognition of her bravery in overpowering a dacoit. A Nilgund inspiration records a military expedition led by a feudatory queen. In 1446, a Mysore heroine died in Shikoga Taluka fighting to avenge the murder of her father.

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15 S.I.E.R. for 1921, No 73 EC 1 No 75, ASR for 1928-9, p. 117, EC Volume VII, Shikarpur No. 2
It is quite well known that Rajput princesses were adept in the use of the sword and the spear. They could lead armies, and direct the government in the hour of need. Kurmadevi, a queen of king Samarasi, took over the administration of her kingdom on her husband’s death and repulsed the attacks of Kutub-ud-din. Javalurdevi, a queen of King Sanga, died fighting at the head of her army, while defending Chittor after her husband’s death. Rajput history is full of such instances and they need not be all enumerated here.

This tradition of giving military training to girls continued.

It is observed that the Indian women are taking less interest in sports and games and their participation in sports and games is decreasing day by day. Government of India now-a-days announce incentive for women to participate in games and sports. There are number of schemes sponsored by the Ministry of Human Resources and Sports Authority of India for women for their participation in games, but response is very poor.

In ancient olympics women were banned from participating and being spectators. The first women to witness the Olympic games as a spectator was ‘Calipatria’ who helped to bring women into the arena of sports. She belonged to a family of athletes. Her husband died while coaching her son Pisidorns; she took charge of coaching her son and risked herself attending the games in disguise. Her ambition was to make her son a winner in the Olympic competition. When she was overjoyed with the victory of her son, her disguise was detected and her legs were spared as she belonged to the family of Olympic victors. Ever since women were allowed as spectators and gradually they were permitted to compete.16

Since then women have been taking part in games and sports, and almost all the nations of the world started sending their women teams to compete in Olympics.

In modern Olympic women are creating new world and Olympic records by participating in athletics and games of Olympic, but the participation of women contingent in Olympic is very poor.

In our country also it is observed that Indian women are not taking that much interest in participating. Reasons for non-participation can be many. These are psychological, physiological, social, economical and of many other types. It is also observed that parents also do not allow girls to participate in games and sports, though the girls are interested in participating.

It is also thought that the reason may be of physiological type, as due to female body structure the women find difficulties in executing the skills required for games and sports. This can also be one of the reasons apart from social and economical reasons.

The Indian Society does not permit women to participate in sports and games. Therefore Indian women feel shy of participating in sports and games, because of prevailing Indian customs and traditions.

Economical reasons also cannot be overlooked. Costly equipments and cost of travels for competitions in other cities also are obstacles in the way of participation.

In traditional Indian society, women can be looked as member of the family, or a group as daughter, wife or mother or sister, and not as an individual with an identity or right of her own. The radicalism of the Constitution and its implicit assumption that every adult women, whatever her social position or accomplishments, will function as a citizen and as an individual partner in the task of nation building, have not yet changed the status of women in our society.
The special attention given to the needs and problems of women as one of the weaker sections of Indian society and recognition of political equality was undoubtedly a radical departure from the norms prevailing in traditional India.\textsuperscript{17}

Number of studies were conducted on women’s status in physical education, sports and games. In these studies it was found that women were custodian of the family and responsible for the well being of children inculcating in then the cultural values and heritage of the Indian civilisation. As they saw it, women were to perform these roles efficiently with dignity in the family. Very few of the studies thought of the rights of participation in social function outside the family framework.\textsuperscript{18}

Men departed from early reformers by his revolutionary approach to women’s role in society and their right to personal dignity as individuals without belittling their roles as mothers and wives, insisted that they must play an equal role with men in the achievement of freedom and social justice.

The position of any woman in any society has been the subject of many expert opinions and guesses and has often been misrepresented by stereotypical portrayal. A more balanced and scientific way to women’s position has been given by anthropologist.\textsuperscript{19}


\textsuperscript{18} Ibid., p 1

\textsuperscript{19} Ibid., p p2-3
Women participated for the first time in 1928 Olympics. Today they are still lagging behind men even though the coaches, the facilities, the techniques and the climatic conditions remain the same. The drawbacks inherent in them in giving them a second rank next to men only, perhaps are anatomical aspects and social taboos which play a major role in controlling their performances.

It has already been said that sports as an institution reflects society and, of course, what is valued in sports with the exception of a few small societies women have played a minor role in sport, if they played at all, a role characterized by dependence, passivity, frailty and non-aggression. Since society did not place value on sport competition as a part of the female role, institution, customs and norms of society were arranged to perpetuate these stereotyped traditional sex roles.

Consequently, sexism in sport was institutionalized in culture and internalized by women in the processes of socialization. Over the ages women in sport have frequently been denigrated and always denied an opportunity. The Civil Rights Movement of the 1960’s, however, furnished a model for the Women’s Liberation Movement of the 1970’s. Women have broken out of the fetters of repression and inhibition in a wide area of concerns. Sex roles have changed dramatically because society has changed. However, sport was an area where discrimination was especially blatant. In the schools physical education and athletics were the only curricular or extracurricular programs that were distinctly separated according to sex.

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For the girls and women to participate in sports was contrary to the Victorian ideal. Sport would take a woman out of the home to engage in a vigorous activity. It would place a woman in a situation where modesty might be compromised, where emotional control might be jeopardised, and where overall propriety could be endangered. It was also feared that attracting a male and child bearing could be hindered or prevented by injuries to the face and reproductive organs, resulting from sport accidents.

When a female chooses to participate in vigorous competitive activity, she may be risking a great deal. She is laying on the line everything she may represent as a female in much the same as the girl who first smoked in public raised her image, or the female who first appeared in public wearing pants. The female who has the courage, conviction and the security of her feminine concept, is still taking a risk when she wins a tennis match from the male opponent, any male whether it be in sports, business, or a profession dominated by the male. Competitive sports are still primarily the prerogative of the male in this society.

There is perhaps no other role for females which has historically been seen as the antithesis of femininity than that of the female athlete (Hall, 1980). Until recently, to be a female and to be an athlete meant to challenge traditional beliefs about ‘appropriate’ female behaviour. The conflict between female sport participation and normative standards of femininity has been a direct consequence of the nature of sport in American society.

In the sphere of sports, females are participating in all activities and events starting from Athletics, Judo, Kabadi and Karate. Generally women do not have complete equality in saying. What is the fundamental cause behind it? Is it merely a question of prejudice in this man-dominated world or do women really seem to be inferior to men?
The tradition of giving military training to girls continued in the Maratha royal families, which were ruling over a considerable part of India during the 17th and 18th centuries. Rani Bhimabai, the daughter of Yeshwantrao Holkar, told Sir John Malcolm that it was an incumbent duty on a Maratha princess to lead her troops in person when there was no husband or son to do so. Tarabai, the founder of Kolhapur state used to lead her army and direct her government. The example of queen Laxmibai of Jhansi who excited the admiration even of her opponents by remarkable bravery and sound generalship, is well known. The Late Princess Kamalabai Scindia, the sister of then Maharaja of Gwalior was an adept in all military exercises. Her father was but carrying out the old Maratha tradition when he laid down detailed directions in his will in this connection.22

The above are the Indian historical evidences which prove that the Indian women were participating in all types of physical activities and military training. The women in old days were also free to participate in physical activities and this tradition of participation continued till today.

At present the women are taking interest in all the athletic events, games and sports. Women are also taking part in pole vault, triple jump and other activities which are supposed to be the activities for men only.

By going through all these historical evidences regarding participation in sports, it has observed that the women are very much interested in participating in games and sports but due to male dominated world women were getting less chances for better exposure in participation.

The researcher being working in the field of physical education since the last 10 years and herself being an athlete, coach and now acting as manager for university teams, observed the dearth of girls' participation in almost all the games. Women are not taking the required interest as they are suppressed by the society or parents or due to being in economically weak position or for other reasons. “Why women are not participating”, particularly in India, is a problem to study.

Therefore the researcher decided to undertake this problem and tried to locate the causes for poor participation of women in the physical education and games and sports. Reasons can be many but the researcher made an attempt to trace out some reasons for less participation and to suggest ways and means to increase the participation.

1.3 Statement of the Problem:

The problem is stated as: “To locate the causes of poor participation of Indian women in sports and games”.

The above problem was selected on Indian women and it was decided to conduct this study on all India level, because, India is a vast country having different types of traditions, cultural, climatic conditions, social environment, economical status and other differing factors.

In modern times women are creating new records in all the events in Olympic games, but participation of women contingent in Olympic games is decreasing.

In our country it is observed that Indian women are not taking that much interest in participating. Reasons for non-participating can be many. These are psychological, physiological, social, economical and of many other types.
It is also observed that parents also do not allow girls to participate in games and sports, though the girls are interested in participation.

It is also thought that the reason may be of physiological type, as due to female body structure the women find difficulties in executing the skills required for the games and sports. Apart from this social and economical factors may also be the reasons.

The Indian society also does not permit the women to participate in sports and games. Therefore Indian women feel shy to participate in sports and games.

1.4 **Significance of the Study**

The researcher has selected the problem to locate the causes of poor participation of the Indian women in sports and games. The study was very important and significant because,

i) The study probably related to the women who were denied participating in male dominated sports and games which was thought to be the “male domain”. Therefore the causes of less participation of the Indian women were traced out.

ii) It would be helpful to take on record the attitude of society towards women participating in sports and games. It could be found out whether the society encourages women to participate in sports and games, or whether society restricts the women from participation in sports and games.

iii) The study would be significant in tracing out the views of the parents and guardians of women players about their encouragement or discouragement for participation in sports and games.

iv) The views of the family members regarding women’s participation would be found out.
v) The study would be helpful in finding out the facilities available in various parts of the country along with separate facilities for women.

vi) This study would also help the various organisations and institutions to take the measures in creating interest in girls and women for more participation in sports and games.

vii) The study would be helpful to locate the various causes of poor participation of Indian women in games and sports.

viii) This study is significant because it would suggest the ways and means to the government, sports institutions, clubs and other social organisations and agencies how to create interest and motivate the girls and women to participate in games and sports in large number.

ix) This study is also significant because it would wash out the misconceptions from the minds of people about the ill effects of the games and sports on the physiological factors of girls and women.

1.5 Purpose of the Study:

Researcher herself was an athlete of international and national reputation and herself faced many problems when was participating in Athletics. Her own experiences in the field sometime compelled her to leave the events but she bravely continued to participate facing all odds of society and others.

Now the scholar is working as a lecturer in the post-graduate teaching department of physical education, Amravati University. The scholar decided to undertake the study to locate the causes of poor participation of Indian women. This study was mainly divided into five factors:

a) Sociological factors which include parents' views,

b) Psychological points of view because psychology is a very strong factor that sometime compels the athlete to quit sports and games;
c) Physiological factors which includes changes in body structure due to hard practices, change in nature, change in menstruation, change in beauty, change in period of pregnancy or painful pregnancy, etc. which restrict the women from participating in games and sports;

d) The fourth factor is economical. Sometime women players do not get financial support from their own family to go out of station for participation, sometimes they do not get any financial benefit after showing excellence in games and sports. This can also be a reason;

e) The fifth factor was, others which included politics in sports, selection of teams, No response from government, no job opportunities and security.

These could be the reasons due to which participation of women in games and sports decrease. Therefore research decided to undertake the study with the following purposes:

i) The purpose of this study was to find out the sociological causes which related to the views of the society, views of the parents and family members, lack of separate facilities of sports in society for women to participate in games and sports.

ii) The second purpose of this study was totally based on psychological factors, which are mentioned below:

a) Whether women become more aggressive by participating in games and sports and they find any difficulty in future life adjustments.

b) Second purpose under psychological factor was to see whether women lose emotional control by participating in games and sports.

c) The third purpose was to see whether women become narrow minded by participating in games and sports.
d) The forth was, to see whether the confidence in women increased by participation in games and sports, was the fourth purpose.

e) The fifth was, to find out whether the sense of humour, alertness and discipline increased in the women by participating in games and sports.

These are the various psychological purposes for which this study was undertaken by the researcher.

iii) **Physiological purposes of this study:**

Effect of participation, of women and girls in games and sports, on physiological factors, whether adverse or favourable, was studied under this title, which are enumerated as follows.

a) First purpose was to find out whether the participation affects the growth and fitness positively or negatively.

b) Second purpose was to know whether participation in games and sports causes loss in beauty and fairness.

c) Third purpose was to see the effect on femininity of women by participation in games and sports.

d) Fourth purpose was to see whether the participation in games and sports affect figure.

e) Fifth purpose was to see the effect of participation on menstruation.

f) Sixth purpose was to see the effect of participation on desire of sex.

The above were the physiological factors which were considered while tackling the programme.

iv) **Economical Reasons**

It was evaluated whether participation was affected by economical conditions of women and girls.
a) The first purpose under this economic factor was to see whether parents are providing financial help to their girls fully for participation.

b) Second purpose was to see who else help women participants financially for participation in sports and games.

v) Other Reasons

Last purpose includes all other reasons that affect the participation of women in sports and games, which are mentioned below.

a) to find out the political influence on participation of women in games and sports.

b) to find out climatic condition suitable for participation.

c) to find out the religious conditions that influence participation

Once purposes are known to the researcher, the researcher could get a correct guideline for the study. Once the purpose was clear researcher established the hypothesis or assumptions on which the scholar had to work. The following hypothesis and assumptions were made by the scholar.

1.6 Assumptions:

On the basis of the purposes of the study, following assumptions were made by the researcher.

The problem was related to locating the main causes of less participation of women in the games and sports.

i) Society does not support women’s participation in games and sports.

ii) It was also assumed that because of the psychological problems, girls and women do not participate in the tournaments.

iii) Due to physiological factors/problems women are not very much interested in
participation in games and sports

iv) There may be certain economical reasons for not participating in sports and games.

v) There may be other reasons such as politics in sports, climatic conditions which may not permit women to participate in games and sports.

vi) There may be some other causes which may be affecting women's participation in sports and games.

1.7 Delimitation of the Study:

The scope of this study was delimited to the following aspects:

i) The study was delimited to Indian women only.

ii) The study was delimited to women's participation in sports and games.

iii) The study was delimited to society's views regarding women's participation.

iv) The study was delimited to psychological factors that affect participation in sports and games.

v) The study was delimited to physiological factors that affect women's participation in sports and games.

vi) The study was delimited to economical factors that affect the women's participation in games and sports.

vii) The study was delimited to the women who had participated in university, state, national and international competitions.

viii) The study was delimited to all the states of India.

ix) The study was delimited to the sports women living in urban as well as rural areas and localities.

1.8 Limitations:

The researcher would have certain limitations of this study which she could not control as mentioned below.
i) Socio-economic status of the subjects were different.

ii) Study being conducted on all India basis, hence climatic and environmental conditions of places where subjects were residing were different.

iii) Age level of the subjects were different but all were players who participated in some or the other game of standard tournaments.

iv) Researcher could not control prejudice and biased answers to the questions and even in some cases could not get correct responses.

v) Researcher could not contact each and every respondent, therefore she was dependent on the respondents’ response sent by post.

vi) Researcher could not provide a motivational technique to motivate the subject and get correct response.

vii) Researcher was dependent on the sports organisations and university directors from where she could get addresses of the players.

viii) Researcher tried to visit all the important centres of India to collect data like Patiala, Gwalior, Bangalore, Nagpur, but could not visit other centres like Calcutta, Gandhinagar, etc.

ix) Researcher’s limitation was that she could only write to respondents for quick responses, and she could collect questionnaire duly filled up from 18 states of India.

In this way the researcher, though having lot of limitation, successfully collected 550 questionnaire duly filled-in by 550 women players of different states, climate and environment. The possibility of false and fabricated answer to the questions could not be ruled out. There was possibility of not getting all the relevant information which were required as mentioned in the questionnaire.
1.9 Definition of Terms:

To have the clear idea about the problem that research was going to handle, the problem and the terms and phrases included in the title of the problem should be properly defined in terms of the context. All the terms which were related with the title are given below:

1. To locate: To find out, to trace out. Dictionary meaning is “To show the position of” or “to establish in a place”.

2. Participation: “Taking part”, “To have share” or “to take part in”.

3. Games and Sports:
   i) An activity involving challenge, some amount of risk, some pleasure and a deep involvement irrespective of success or failures at the time”.
   ii) Sports: is sum total of social achievement connected with women’s physical development and education.
   iii) “Sports is the part of overall culture of society and represents all measures taken to make people healthy and to improve their physical activities”.

To have a clear understanding of the problem selected by researcher for her own study, it was obvious to go through the various literature, journals, books, research articles and other related material available at various libraries in India, and to collect the literature. Because researcher must see whether same type of research in past was conducted by anybody. The researcher visited NSNIS, Patiala library and libraries of SNIPE, Gwalior, Nagpur University, Alagappa University, DCPE, Amravati, Shivaji College of Physical Education, Amravati, Amravati University Library and collected related reviews which are mentioned in next chapter.

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