



WOMEN'S PARTICIPATION IN PHYSICAL ACTIVITIES AND SPORTS BENEFITS

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Abstract:

The purpose of this study was to describe the “Women participation in physical activities and sports benefits”. It was a descriptive study. In this study focused the women play the vital role in the field of physical education and sports. Women participation in various sports for physical and mental fitness as well as success to achievement awards. Participation women in physical activity and sports in physical health benefits of regular physical activity are well established. Regular participation in such activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits. Regular activity can have a positive effect upon girls' psychological well-being; indeed, some studies indicate that girls may respond more strongly than boys in terms of short-term benefits.

Key words: Women Participation in Physical Activity and Sports.

Introduction:

There is an international consensus that participation in physical activities can offer a great deal to individuals, Communities and nations. Evidence suggests that from an early age, differences in gender-based attitudes towards and opportunities for sports and physical activities can have a vital influence on children's participation. This may, in turn, affect later involvement in physically active lifestyles, and the social and health benefits that may result for them. This report offers a summary of research into girls' participation in sports and physical activities. It focuses upon the following themes:

1. Benefits of Sports and Physical Activities;

2. Patterns of Girls' Participation in Sports and Physical Activities;

To make the paper as useful as possible for readers from different backgrounds, and to keep the main paper of a manageable size, we have appended some additional information, including some suggestions for future research in the area of gender and physical activity, further reading, and details of relevant organizations.

Benefits of Sports and Physical Activities:

Physical Health:

The physical health benefits of regular physical activity are well-established. Regular participation in such activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits. There is also a large body of literature showing that inactivity is one of the most significant causes of death, disability and reduced quality of life in the developed world. Physical activity may influence the physical health of girls in two ways. First, it can affect the causes of disease during childhood and youth. Evidence suggests a positive relationship between physical activity and a host of factors affecting girls' physical health, including diabetes, blood pressure and the ability to use fat for energy. Second, physical activity could reduce the risk of chronic diseases in later life. A number of 'adult' conditions, such as cancer, diabetes and coronary heart disease, have their origins in childhood, and can be aided, in part, by regular physical activity in the early years. Also, regular activity beginning in childhood helps to improve bone health, thus preventing osteoporosis, which predominantly affects females. Obesity deserves special mention. There seems to be a general trend towards increased childhood obesity in a large number of countries, and this increase seems to be particularly prevalent in girls from highly urbanized areas, some ethnic minorities and the disabled. Obesity in childhood is known to have significant impact on both physical and mental health, including hypertension and abnormal glucose tolerance. Physical activity can be an important feature of a weight control programme for girls, increasing calorific expenditure and promoting fat reduction. Indeed, recent systematic reviews on both the

prevention and treatment of childhood obesity recommend strategies for increasing physical activity.

Mental Health:

In recent years, there has been evidence of disturbingly high rates of mental ill-health among adolescents and even younger children, ranging from low-self-esteem, anxiety and depression to eating disorders, substance abuse and suicide. Adolescent girls are particularly vulnerable to anxiety and depressive disorders: by 15 years, girls are twice as likely as boys to have experienced a major depressive episode; girls are also significantly more likely than boys to have seriously considered suicide. Research suggests two ways in which physical activities can contribute to mental health in girls. Firstly, there is fairly consistent evidence that regular activity can have a positive effect upon girls' psychological well-being; indeed, some studies indicate that girls may respond more strongly than boys in terms of short-term benefits.

Patterns of Girls' Participation in Sports and Physical Activities:

In addition to benefits for women and girls themselves, women's increased involvement can promote positive development in sport by providing alternative norms, values, attitudes, knowledge, capabilities and experiences. The contributions of women, particularly in leadership positions, can bring diversity and alternative approaches and expand the talent base in areas such as management, coaching and sport journalism. The participation of women and girls in sport challenges gender stereotypes and discrimination, and can therefore be a vehicle to promote gender equality and the empowerment of women and girls. In particular, women in sport leadership can shape attitudes towards women's capabilities as leaders and decision-makers, especially in traditional male domains. Women's involvement in sport can make a significant contribution to public life and community development.

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