



Contribution of Indian Women in Sports

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Abstract:

Sport is an important part of everyone's life. Healthy society tends to healthy nation. For that everyone must participate in sporting events. Unfortunately in India there are restrictions to women for participating in such activities. Participation of Indian women in sports is very less due to so many problems like social, economic, communal, political etc. However, its use to promote gender equity and empower girls and women is often overlooked because sport is not universally perceived as a suitable or desirable pursuit for girls and women. This article aims analyze the contribution of India women's participation in sports and physical activity at international and national levels. As we know the Olympic, Asian games, Commonwealth games, International championships are platform of maximum countries of world to meet together for sports. Not only for countries but especially to women to prove themselves at International Level. So these tournaments are the best representatives of all games and sports competition at various levels. Present article explains the Indian women participation in these games. Some women i.e. Karnam Malleswari, Saina Nehwal and M.C. Marry Kom won the medals in Olympic games and we can add so many names in it. On the basis of this trend we can say that, the participation of Indian women in sports will be equal to men's in this era of such games or tournaments.

Keywords: Indian Women, Sports, Participation, Physical Activity, Olympic Games.

Introduction:

It is very unfortunate that 'Play' is denied to the girls of developing countries because of the factors like wrongly directed educational policies, poverty, social customs, less importance to play than academics, attitude of teachers, parents and school administrators, urbanization etc. and India is no exception to it. In India Sports is always second preference for parents. The participation of women in Indian sports is very less as compared to developed countries. Women in rural area are not encouraged to participate actively in sports. Socio-

economic factors in India mainly affecting on participation of rural women in sports activities. Participation of women in rural areas in sports is a topic virtually ignored and undeveloped. Thus factors affecting the participation can be studied. Sport is an important part of everyone's life. Healthy society tends to healthy nation. For that everyone must participate in sporting events. Unfortunately in India there are restrictions to women for participating in such activities. Participation of Indian women in sports is very less due to so many problems like social, economic, communal, political etc. Contribution of

Indian women in sports has been a topic virtually ignored by most of research scholars and thus female sport participation has been a relatively undeveloped area of research. Currently, sport for women represents a fast growing changing element in culture, and recent trends have sparked a need for knowledge about the female sport participation. Numerous social and environmental factors affect participation. Genders, age, level of education are some of the variables identified that influence participation in sports and physical activity. Sport is an integral part of the culture of almost every nation. However, its use to promote gender equity and empower girls and women is often overlooked because sport is not universally perceived as a suitable or desirable pursuit for girls and women.

But now days despite of all problems contribution of Indian at International level are increasing and India getting very good result from women category in different games. This contribution can make big difference by all means. Women's participation in sport can create a substantial contribution to social life and tradition development. With the help of these social reformers, women of India slowly started seeing her true potential. She set about questioning the rules set down for her by the society. The Games also make employment of many venues which were already in place before the bidding. Recently in 2016 Rio Olympics Sakshi Malik and P.V.Sindhu

got only medals for India. Also if we see result of Asian Games, Commonwealth games and other International tournaments we can say slowly but certainly the contribution of Indian women in sports is increasing. The main objective of the study is to convey present status of participation and achievements of Indian sports women at different games.

Attitude of Indian women towards participation in sports:

Females continue to be poorly represented in sport as participants, coaches, advisers and as team administrators and are seldom seen in the capacity as managers of different sporting codes. This article sets out to determine the different psychosocial factors that influence female sport participation .This article will provide knowledge that will aid the understanding of the phenomenon of participation and nonparticipation. Several factors were identified as influential determinants of whether Female decides to participate or not to participate in sport. The following factors were identified: financial benefits; family support; career opportunities; stereotypes about female sport participation; physiological nature of females; self-esteem; ability; motivation; competitions; need for recognition; coaching preferences and how well females get the recognition over their male counterparts.

Status and recognition of sportswomen in India:

In the early 1900s, when club life was introduced in India, sporting activities also found a serious place in female lives due to the facilities provided. Women pioneers had started blazing the trail. Rajkumari Amrit Kaur, Health Minister in India first sets an instance for North Indian women by talking to competitive tennis. The efforts of such sporting personalities have yielded fruit. The female sensation in badminton today is Saina Nehwal. Similar legendary sportswomen are Karnam Malleshwari, Anju Bobby George, PT Usha and Sania Mirza. Even if they are a step ahead, a number of factors ensure that sportswomen stay two steps behind. Though the Indian culture looks up

to a woman as a mother of a race, the Indian people are steady with the belief that women are naturally inferior to human beings because of the faith that a female's duty is bound only to come at a housewife care of her children. The degree of physical education and sports for females has been blocked because of the endless limitations. Their road to way is a battle to face prejudice, low tone and traditional drama. Customs and traditions seep their way into discouraging woman achievers. We want sportswomen of yesteryear to handle the reigns and encourage the coming generations. Our society accepts to make towards a massive tradition, reform where we sustain a healthy work ethic. Until that is done Indian women will be just giving way after a mirage, not medals, in international sporting events.

Contribution (Achievements) of Indian Players at Olympics:

Sr.No.	Name	Game	Achievement
1	Karnam Malleshwari	Weight lifting	Bronze Medal (2000 Sydney Olympics)
2	Saina Nehwal	Badminton	Bronze Medal (2012 Beijing Olympics)
3	Mary Kom	Boxing	Bronze Medal (2012 Beijing Olympics)
4	Sakshi Malik	Wrestling	Bronze Medal (2016 Rio Olympics)
5	P.V.Sindhu	Badminton	Silver Medal (2016 Rio Olympics)

Contribution (Individual Achievements) of Indian Players at Asian Games 2018:

Sr.No.	Name	Game	Achievement
1	<u>Dutee Chand</u>	100 m, 200m	Silver Medal
2	<u>Hima Das</u>	400 m	Silver Medal
3	<u>PU Chitra</u>	1500 m	Bronze Medal
4	<u>Sudha Singh</u>	3000 m	Silver Medal
5	<u>Seema Punia</u>	Discus Throw	Bronze Medal
6	<u>Neena Varakil</u>	Long Jump	Silver Medal

7	<u>Swapna Barman</u>	Heptathlon	Gold Medal
8	P.V.Sindhu	Badminton	Silver Medal
9	Saina Nehwal	Badminton	Bronze Medal
10	<u>Malaprabha Jadhav</u>	Kurash	Bronze Medal
11	<u>Pincky Balhara</u>	Kurash	Silver Medal
12	<u>Roshibina Naorem</u>	Wooshu	Bronze Medal
13	<u>Harshita Tomar</u>	Sailing	Bronze Medal
14	<u>Heena Sidhu</u>	Shooting	Bronze Medal
15	Rahi Sarnobat	Shooting	Gold Medal
16	<u>Ankita Raina</u>	Tennis	Bronze Medal
17	<u>Vinesh Phogat</u>	Wrestling	Gold Medal
18	<u>Divya Kakran</u>	Wrestling	Bronze Medal

Conclusion:

It is for sure that participation of women in sports as compare to men is less but from last decade this scenario is definitely changing. Though time is changing very fast and situations are improving a number of sports women from country has been defying the odds i.e. social and psychological hurdles related to participation of Indian women in sports but there is still a lot to be achieved. In fact Indian women will have to challenge all the social hurdles with their herculean efforts to enhance their participation in sports. The mind set of persons will have to be changed specially of parents, families, schools, colleges, teachers and administrators. There may be number of reasons for less number of women participation in sports. Indian women are recently performing well at International level. The participation of Indian women also increased during last few years. They have good chance to achieve better at different international reputed games and

tournaments. Indian women sportsperson can become icons for next generation. 'Sports: A Powerful Strategy to Advance Women Rights' said by Astrid Aafjes. If we can find the exact reasons of less participation of women and try to solve problems then definitely Indian women can give new glory to Indian sports.

Suggestions:

- Government should make a policy for promotion of Specific games in specific areas then there will be better chance of Inclination of female participation at International Level.
- Grants and financial Incentives also given to the various Institutions by the government must be spent on the Promotion of Women sports.
- On the basis of not much better economic and educational level found in the areas under study

should be made for promotion of women's sports.

- Women should herself be motivated towards their carrier in sports.
- Efforts should be made to remove all the ill-conceived ideas along the society there is a need to awaken the parents.
- Encourage our girls to get involved in sporting events. If participation increases competition among them automatically increases.
- Introduce all women sportspersons as a role models to encourage girls

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