



## WOMEN PARTICIPATION IN SPORTS

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### ABSTRACT

*From time immemorial , there have been numerous inequalities and biases among the genders in our society. In many prominent ancient civilizations, women's social role was limited to day-to-day house affairs and family care. This has had an impact in all aspects and fields of life, including sports. Even as recent as 1900, women weren't allowed to compete in the most important sports events (i.e. Olympic Games); until the past few decades, sexist attitudes that prevented women from participating in some sports were still present. That situation has thankfully changed over the course of time and nowadays, female athletes can participate in every athletic competition. This paper discusses on the rising influence of women's participation in sports. Outdated stereotypes about the roles and ability of each sex to participate in social activities have in most societies changed for the better, affecting sports' culture as well. Over the last 50 years, the number of female athletes in sports events is in a quick and steady ascension. women's participation in sports events has a positive impact in the overall performance of a country. The Nike advertisement has been highly praised by viewers for correlating girls' participation in sports with strength, health, and self-esteem.*

**KEY WORDS:** *women's sports; sports media; gender discrimination.*

### INTRODUCTION

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. "Women in Sport" has been a topic mostly ignored by most of research scholars and thus participation of women and girls in sport has been a relatively undeveloped area of research. Sex role, stereotyping, male research bias and the reward structure of society have contributed to this neglect. 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. However, despite the prevalence of campaigns promoting the health benefits of physical activity, participation rates remain low in some groups. Participation rates among women and girls are

much lower than among men. This gender gap is caused by many barriers, which can be categorised as 'practical', 'personal' and 'social and cultural'. These play a significant role in women and girls' attitudes and behaviour. Societal inequalities and biases for women have been present in multiple fields of life. Although this is changing, women have in the past been excluded from political decision-making, religious rites and other social activities. This social bias has also had an impact in sports events. Historically women had not been allowed to participate in main sports events and their role was usually limited to spectators. Though women in sport leadership can shape personality towards women's capabilities as leaders, especially in traditional male areas. Women's participation in sport can create a substantial contribution to social life and tradition development. In all this procedure women do not have any say they induce to do according to the wish of their husbands even if she does not desire to abort her have any alternative. Now women all over the world have started seeing their true potential by actively participating in sports events. She set about questioning the rules set down for her by the society.

#### **WOMEN'S PARTICIPATION IN SPORTS EVENTS**

Women's participation in sports has a long history. In the first modern Summer Olympic Games in 1896, only male athletes competed. Women had a secondary role during the re-birth of the Olympic movement. Athletic competitions were promoted as an outlet for men's physical strength and endurance while also forging their moral compass. Women first started to participate from Paris Olympic Games 1900 onwards. In this Olympic only 22 women participated in 2 sports events. With the passes of time, the number of women participants in Olympic Games was persistently increased and exactly after 100 years i.e., in 2000 Sydney Olympics the number of women participants increased up to 4069 (38.2% of total athletes). The participation in Olympic Games of women's is revealed their interest and awareness of game & sports and physical activities. With the passing of time, the number of female athletes in the Olympic Games has persistently increased. From the Olympic Games of 1900 until the Games of 1968, the number of female athletes didn't exceed 1000.

The percentage of women's participation in the Summer Olympic Games, increased to more than 10% of total participants after the 1950s. That's more than double the figure from the Games of 1976, just 40 years ago.

#### **ADVANTAGES FROM WOMEN'S PARTICIPATION IN SPORTS EVENTS**

The increasing rates of female athletes' participation in sports events help counter gender biases. By participating in athletic events, women, achieve so much more: They boost their involvement in society and accelerate the progress towards gender equality while tearing down long-standing gender stereotypes. Furthermore, it has been observed that women that do sports and participate in athletic events are, besides improving their physical health, more likely to overcome biases, feel empowered and develop leadership skills. That been said, achievements and distinctions from famous female athletes also work as role models leading

more young girls into sports, while ensuring the continuation of the road towards gender equality.

In sports events such as the Summer Olympic Games, it has been observed that nations also benefit from women participation. Many countries have improved their overall performance in athletic events due to their having achieved equality between genders thus rising female participation. More female athletes participating in the events, means more medals that will be brought home.

## **CONCLUSION**

The potential solutions to the stigmatization and inferiority created by girls' and women's athletic opportunities range from skill based co-ed teams to completely nurturing, supportive teams . Whatever the solutions are to the problems inherent in girls' and women's sports experiences, one thing is clear--the current model for sports participation offered to girls and women alike is a male model Though time is changing very fast and situations are improving. A number of sportswomen has been defying the odds i.e., social and psychological hurdles related to participation of women in sports but there is still a lot to be achieved. No doubt the number of women participants in sports is having an increasing trend year by year but it is lesser than to men. There may be number of reasons for less number of women participation in sport. In fact women will have to challenge all the social hurdles with their herculean efforts to enhance their participation in sports. it has been observed that the growing number of female participation in sports events has a positive impact on countries' overall performance.

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