
CHAPTER-6

WOMAN AND SPORTS

Key Points :

- Sports participation of Women in India
- Special consideration (Menarche, Menstrual, Dysfunction, Pregnancy, Menopause)
- Female Athletes Triad (Anaemia, Osteoporosis & Amonorrhoea)
- Psychological Aspects of Women Athlete
- Sociological Aspects of Sports Participation
- Ideology

6.1 Sports Participation of Women in India

Reasons for the low rate of sports participation by women in India

1. Gender equity & social attitude

- a. No parental encouragement
- b. Traditional society
- c. Less motivation and inspiration
- d. Women constraining other women

2. Lack of plans and initiatives for sports women by the Government

- a. Male dominant culture
- b. Less availability of women coaches
- c. No independent games facilities for women
- d. More emphasis on study
- e. Less competition

3. Economic Factors

4. Social Customs and Rights

5. Low Health Consciousness

6. Stress on Academics

7. Media Coverage

8. Lack of Incentives & Career

6.2 Special consideration (Menarche, Menstrual, Dysfunction, Pregnancy, Menopause)

1. **Menarche:-** "It is the first natural cycle and is a central event of female puberty".
 2. **Menstrual dis-function:-** Painful and irregular menstrual cycle of women to be on the rise with the decreasing involvement of the women in the physical fitness and endurance sports.
 3. **Pregnancy:-** Pregnancy is the 9 months term, when women need to care and nurture the growing fetus till child birth. Heavy duty trainings, too much physical exercise and any kind of impact or injury to the women can harm the baby and mother
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- 4. Menopause:-** Menopause marks the end of a woman's reproductive era and is marked by the end of menstrual periods. The menopause leads to hormonal changes in the women's body.

6.3 Female Athletes Triad (Anaemia, Osteoporosis & Amenorrhoea)

"A sports woman is too little or exercises beyond limit three interrelated illness may develop. These are called Female Athlete Triad"

- 1. Anaemia:-** Resulting from the inadequate nutrition.
- 2. Osteoporosis:-** Low bone mass.
- 3. Amenorrhoea:-** Absence of menstrual period for more than 6 months.

The triad may cause a condition called "Stress Fracture".

6.4 Psychological aspects of women athlete

1. More goal oriented
2. Psychological stronger
3. Less aggressive
4. Fast adaptation
5. Image conscious
6. Poise & confidence

6.5 Sociological aspects of sports participation

1. Religious faith discourages woman participation in sports
2. Illiteracy in society
3. Biological inferiority
4. Male dominancy
5. Lesser concentration to develop woman sports equipment & facilities
6. Less competitive spectators for woman sports

6.6 Ideology

An ideology is a set of opinions or beliefs of a group or an individual

1. Overall development of the students (female)
2. Support enhancing the literacy rate of female in society
3. Increase incentives
4. Proper plans and initiatives by the government for female
5. Proper media coverage
6. Encouragement from family and society
7. Provide required equipment and facilities for talented sports women
8. Improve health consciousness for women
9. Equal competitive environment for academics and sports

- 2. Environment:-** Encouragement, love & security helps the children to take risk to explore fearlessly and to know more about their surroundings, which leads to a better
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sensory development, healthy environment and interpersonal relationship leads to a good personality of a child.

3. **Nutritious food promotes good motor development:-** Sensory and motor development depends on nutrition that the child gets to a great extent. Balanced nutritious food helps to develop stronger and healthier children.
 4. **Opportunity for children:-** Opportunity to play or gain knowledge give a better chance of developing sensory motor activities. Children get more opportunity to develop agility, balance, coordination, flexibility, strength and speed.
 5. **Postural deformities:-** Postural deformities may be caused due to some disease, accident or by birth. Children suffering from deformities of posture encounter hindrance in performing normal activity, therefore their motor development is impacted negatively.
 6. **Sensory impairment:-** Sensory impairment means senses like hearing, sight, speech etc. not functioning properly. Motor development is affected in children suffering from sensory impairment. For example: A child not able to hear finds difficulty to understand and follow instructions, which causes hamper motor development.
 7. **Obesity:-** Excessively over weight and obese children find it difficult to move properly or perform certain fine movements of body. They become slow and sluggish in movement. Therefore obesity has a negative Impact on motor development in children.
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