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## Parental attitude towards female participation in sports

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### Abstract

**Aim:** This study will focus on the important role played by psychosocial factors influencing why some girls participate and while others do not participate in sports. In this study an attempt has been made to discuss some of the problems against women's involvement in sports.

**Methodology:** A self made questionnaire was prepared and 200 subjects were selected for the purpose of study from both rural and urban areas of Kashmir. The responses were collected and evaluated to access the parental attitude towards female participation in sports.

**Procedure:** Parental attitude to be evaluated towards female participation in sports.

**Statistical tool:** Percentile and Frequency methods were used to access the parental attitude towards female participation in sports.

**Conclusion:** The findings of the study reveal that majority of the parents possess positive attitude towards female participation in sports. Besides this some psychological constraints stops some parents in showing the positive attitude.

**Keywords:** Parental attitude, participation, sports, girls

### 1. Introduction

Historically, it has been understood that the "natural order of the universe" consisted of man to the market place, woman at home with her family, woman the mistress of domesticity, man the master of all else, man the rational thinker, woman the guardian of morals, man dominant, and woman subordinate. The injection of equality between the two genders challenged the foundation of the social order. In 1916 the Amateur Athletic Union (AAU) holds its first national championship for Women.

Women's competition in sports has been frowned upon by many societies in the past. The increase has been partly related to the drive for more women's rights. In the United States, female students participation in sports was significantly boosted by the Act in 1972, preventing gender discrimination and equal opportunity for women to participate in sport at all levels. Pressure from sports funding bodies has also improved gender equality in sports.

Female participation in sport has come a long way. Efforts have been and are being made in getting more females to participate in sports. However, a lot more effort is still required to generate greater female participation in the world of sports. Attitudes regarding female sport participation are changing as there are females who have made sport part of their daily lives. Focusing on the above dimensions will reveal positive reasons that cause girls to participate in sport and negative reasons that cause many girls to choose not to participate in sports. In 1896, Baron Pierre de Coubertin, founder of the modern Olympics, stated: "No matter how toughened a sportswoman may be, her organism is not cut out to sustain certain shocks." Such stereotypes fuelled gender-based discrimination in physical education and in recreational and competitive sport, sporting organizations and sport media. There are many reasons to play sports, including fun, fitness, social interaction and stress relief. Participating in sports is especially important for women because it has a number of mental and physical benefits that can significantly improve women's health and enhance their quality of life. Any sport can be beneficial if you participate regularly.

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## 2. Methodology

The purpose of the study was to find out the parental attitude towards female participation in sports. A self made questionnaire was designed so as to get the relevant information that can be used for various purposes. The information is to be collected from the different sources of data. 200 subjects are included i.e; both male and female parents have been selected for the present investigation from both rural & urban areas of the Kashmir for the study. Random Sampling method is used for the collection of the data. A self made questionnaire has been used for evaluating the parental attitude towards the female participation in sports from both urban & rural areas of Kashmir. In order to analyze the data, percentage and frequency method were applied to find the percentage of parents AGREE & DISAGREE with the various statements of questionnaire in order to evaluate the parental attitude towards female participation of sports.

## 3. Analysis and Interpretation of Data

In order to analyze the attitude of parents towards female participation in sports, percentile method was used. The findings pertaining to attitude of parents towards female participation in sports are represented in the below table.

**Table 1:** Percentage/frequency analysis of responses of parents for various statements related to the objectives of female participation in sports.

	Frequency	Percent
Agree	134	67%
Disagree	66	33%
Total	200	100.0

## 4. Findings

### 4.1 Reasons for Non-Participation:

This study indicated that the following reasons are important when considering females lack of participation in sports.

- The most important reason for not playing sport is the fact that the girls did not enjoy sport and showed little interest in getting involved in sport.
- Some of the girls could not participate in sport as they had to perform household duties.
- Some of the girl’s parents did not want them to be involved in sports for various reasons.
- Socio-economic status also played an important role because the data showed that most of the girls could not afford to purchase sport equipment.
- Some girls did not think that their bodies were ideal for playing sport and this could stem from low self-esteem.
- The non-sport participants also thought that academics were more important than sport.
- The girls also felt that sport was putting a lot of unnecessary pressure on them to perform and do well.
- Some of the girls could not participate in sports because they were involved in cultural activities.

### 4.2 Reasons for Participation:

This study indicated that the following reasons are important factors that make females to take part in sport.

- Enjoyment of sports was chosen as the most important reason for playing sport.
- Wanting a healthy life style was another important reason for the sport participants.

- Sport participants liked to play sport because all their friends played sport.
- For some girls playing sports was important as they were trying to lose weight.
- The support from parents was another contributing and inspiring factor.
- The feeling of competition is a challenge and winning a game is even more fulfilling.

## 5. Discussion

Sports can be a positive experience for your child’s body and mind. Outdoors unstructured activities and games are essential for every child. Let a child explore, go trekking with his friends, encourage him to lay, run around, jump, etc. These activities are an essential way of venting out physical energy. Do you know the factors influencing female Participation in Sports? By age 14, girls are dropping out of sports at two times the rate of boys. Through more than 25 years of research, the Women’s Sports Foundation has identified key factors which contribute to this alarming statistic. Read on to learn more about how these factors influence girl’s sport experiences and why they need to stay in the game.

**5.1 Lack of access:** Girls have 1.3 million fewer opportunities to play high school sports than boys have. Lack of physical education in schools and limited opportunities to play sports in both high school and college girls have to look elsewhere for sports – which may not exist or may cost more money. Often there is an additional lack of access to adequate playing facilities near their homes that makes it more difficult for girls to engage in sports. Through sports, girls learn important life skills such as Teamwork, leadership and confidence.

**5.2 Safety and transportation issues:** Sports require a place to participate – and for many girls, especially in dense urban environments, that means travelling to facilities through unsafe neighborhoods or lacking any means to get to a good facility miles away. And If there isn’t a safe option like carpooling with other families, the only option for a girl and her family may be to stay home. Girls active in sports during adolescence and young adulthood are 20% less likely to get breast cancer later in life.

**5.3 Social Stigma:** Despite recent progress, discrimination based on the real or perceived sexual orientation and gender identity of female athletes persists. Girls in sports may experience bullying, social isolation, negative performance evaluations, or the loss of their starting position. During socially fragile adolescence, the fear of being tagged “gay” is strong enough to push many girls out of the game. Sports are an asset to American families, fostering communication and trust between parents and children.

**5.4 Decreased quality of experience:** As girls grow up, the quality level of their sports experience may decline. The facilities are not as good as the boys venues and the playing times may not be optional. The availability of quality, trained coaches may be lacking in their community or these coaches may be more focused on the boys programs that have more money for training. Equipment and even uniforms aren’t funded for many girls’ programs at the same levels as boys, so their ability to grow and enjoy the sport is

diminished. In short, sports just aren't "fun" any more. More than three-quarters of working women feel that sports participation helps enhance their self-image.

**5.5 Cost:** School sports budgets are being slashed every day, all across the country. Fewer opportunities within schools mean families must pay to play in private programs while also footing the bill for expensive coaches, equipment and out-of-pocket travel requirements. This additional expense is just not possible for many families. Female involvement with sports is related to higher levels of family satisfaction.

**5.6 Lack of positive role models:** Today's girls are bombarded with images of external beauty, not those of confident, strong female athletic role models. To some girls, fitting within the mould that they are constantly told to stay in is more important than standing out. Peer pressure can be hard for girls at any age; when that pressure isn't offset with strong encouragement to participate in sports and healthy physical activity, the results may lead girls to drop out altogether.

## 6. Conclusion

The finding of the study clearly reveals that majority of parents possess positive attitude towards female participation in sports. 67% of parents have AGREED that the female participation in sports have contributed to the development of their physical, mental & social aspects of their life. The study also reveals that the female participation in sports have made them economically and psychologically strong at the grass root level. The study shows that there should not be any gender hindrance for females to participate in various events at national, international & Olympic level. Now –a-days females are given prime and equal importance as their male counterparts. They participate in almost all the events in which their male counterparts participate. Participating in various events have made them fit and healthy. Recently females have turned as professionals and have become popular than males like in tennis, badminton, & gymnastics. This study shows that there is still a lot of work that needs to be done to encourage more females to take part in sports. Hopefully this study may contribute towards some positive changes coming from the Department of Education and Training at national level, at provincial level and at district level and eventually filter down to the schools. This study contains information, which can put systems into place that may nurture girls interest in sport and eventually have more women representing the country at an international level. Changing negative attitudes of people regarding female sport participation might be one way of promoting females in the field of sports. The portrayal of female sport participants in the media will be a means of showing the female community that females can be as dedicated, as determined and can excel as well as their male counterparts. The results of this study have confirmed some of the psychosocial factors that have made it impossible for most of the girls to participate in sports. This study has achieved its aims, which is to determine psychosocial factors that contribute to girls participating in sport.

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