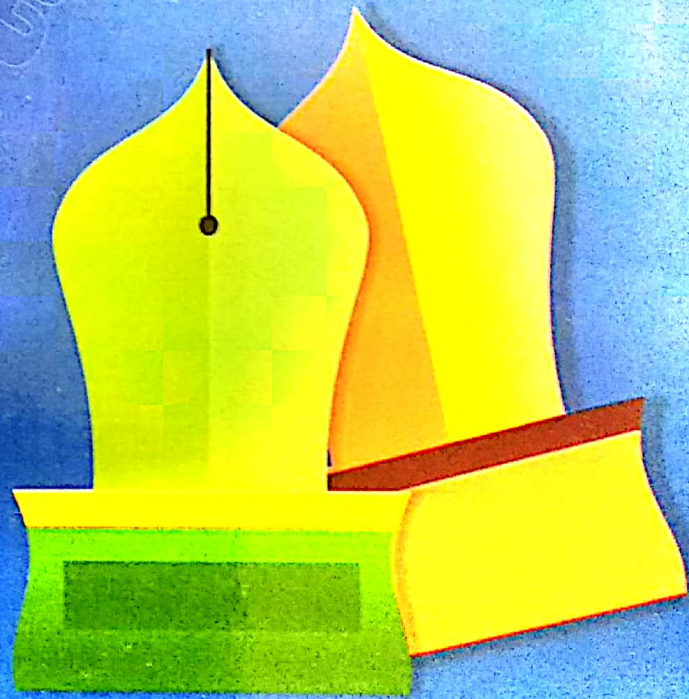


International Multilingual Research Journal

Vidyawarta®



Editor
Dr. Bapu G. Gholap



MAH/MUL/03051/2012
ISSN-2319 9318

01

The Role of women in Indian Sports

Mahesh R.Paiil

Director Of Physical Education,
Appasaheb R.S.Garud Arts, Commerce and
Science College Shendurni Tal.Jamner
Dist Jalgaon

Abstract

'Women in Sport' has been a topic virtually ignored by most scholars and thus Women sport participation has 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 Indian culture, and recent trends have sparked a need for knowledge about the female sport participation.

Introduction

In these modern times there has been an increasing trend of women participation in sports, particularly in India. However, besides their participation and achievements in sports, it felt that the extent of women participation in sports shall also be addressed. Most of the literature reviewed and government authorities promote only the merits of sports for women by which they are motivated to participate in sports. The primary purpose of this study is to appreciate and encourage the women participating in sport's without damaging their family and relationships and not neglecting children. Also it emphasizes on the merits and demerits arising out of Indian women participating in sports, the effects of poor parenting on children and its effect on the society; alerts all men regarding the damaging effects that would come across in married life with women in sports; advices those women to

understand the sufferings being experienced by any family member because of their improper planning of priorities of their ambitions..

Statement of the problem

The problem under investigation was a study on the constraints of women participation in sports in India. The constraints referred to in the problem stated above will be confined to the study of parental, community, tradition, religion, college and personal constraints of women participation in sports in India.

Significance of the Study

This study has brought to light some new facts regarding women's non-participation in games and sports. The results may go a long way in removing some of these prejudices. Thus, some hidden talents of women will be helpful to improve the level of participation and achievement at the national and international level.

This is what truly defines a 'WOMAN'. Women, Today, relish most of the perks in the society. Are treated Equal to men in all walks of the life, are empowered: so, what-if it was not cutting the corners! We today LIVE our Lives. Ever Since being, empowered, women have been hoisting flags of success in skies of all colors- education, politics. Society or sports. here's to all the established women sports stars of the nation who are an inspiration to man) and have brought laurels to the country-

SAINA NEHIVAL:

"The Golden Girl of Indian Badminton "this Haryanvi lady is a go-to person for badminton. Nehwal. The former world no. 1 has won over twenty-one international titles, which also include super series titles. She reached world ranking 2 in 2009, however it was in 2015 that she became the Queen of International Badminton. She thereby is the only Indian female player to reach this zenith of success. She has represented India three times in Olympics and has won a bronze medal in her second appearance. Considered as the most successful Indian Sportsperson. She has been conferred upon with Padma Bhushan. Rajiv Gandhi Khel Ratna and Arjuna Award.

MC MARY KOM:

Nicknamed as 'Magnificent Mary'. Mary Kom, From Manipur is an Indian Olympic boxer, She is a five, time World Amateur Boxing Champion, and the only women boxer to have won a medal in each one of the six World championships. She is the only Indian women boxer to have qualified for 2012 Summer Olympics, competing in the flyweight (51 kg) category and winning a bronze medal. She has also won a gold medal in Asian Games in 2014. She has been conferred with Padma Bhushan, Padma Shri, Arjuna Award and many others.

SANIA MIRZA:

An Indian professional tennis player. formerly ranked no 1 in women's doubles ranking was ranked by the , Women's Tennis' Association as India's No 1 player. Both in singles and doubles. Throughout her career she has established herself as the most successful Indian Tennis Player. She is the third Indian women to win a Grand Slamtitle. She has been conferred upon with Arjuna Award. Rajiv Gandhi Khel Ratna Award. Padma Bhushan and Padma Shri.

P.V. SINDHU:

An Indian professional badminton player. Sindhu is ranked no 2 in BWF World Ranking, She is the second Indian female badminton player. after Nehwal, to have won a medal in Olympics In 2013. She became the first ever Indian women's singles player to win a medal at the Badminton World Championships. She is a recipient of Padilla Shri.

Indian woman are creating history in every field. So.role and status of an Indian woman in sports is equivalent to that of a man. There are many of them who represent India in various events and brought glory to the nation.

P.T usha was an Indian sprinter and was known as queen of Indian track and field. She became the first Indian woman to reach the final of an Olympic event. She was inspiration for many Indian women to join sports.

Sakshi Malik, Gaeta Phogat, Babita Phogat etc are freestyle Indian wrestlers and they won Medals in Summer Olympics and Common wealth games.

Aditi Ashok is an Indian professional golfer and she represented India in Rio 2016 Olympics but

couldn't win a medal.
Karnam Malleswari represented India in weightlifting and won a bronze medal in 2000 Olympics.

Koneru hampi represents India in Chess.
Mithali Raj, Jhulan Goswami, Smriti Mandhana, Ekta bisht etc. represents India in cricket. This current Indian women team is very close to win the ongoing women world cup with every women contributing to the team's success. Also mithali raj is the highest run scorer in the world in women cricket.

There are many more Indian women who represents India in various sports and we Indians are proud of each of them

Conclusion

An important role in encouraging women to participate is played by the educational society, be it at school or at college the provision of sporting facilities on an even scale to both Women and men shows the new trend this has seen a rise in the number of women participating in sports. More people want to see women play sports now than in the past because of the better quality of players Women are perceived as inferior to men when it comes to sports. Society has enforced these norms by using media for example. There are an, unequal amount of sports ads that feature men most of the time although I may agree with some of these norms, such as hitting a female is wrong, not all stereotypes about women in sports are true. Women have the potential to shape their body image into a more sport like appearance. Women could play men's sports regardless of potential. subjects we have observed from the pass articles were about the domination of men, women considered as weak, and how sports are only for men.

Reference:

Rintalajan "playing' nice politics in Apologies in Women "Women in Sports &physical Activity Journal 7.1(1998):225 Proquest Web 13 May 2013

Goldberg Roberta Women In Tradationally Mail Sports 1983

Wikipedia in Women Sports

Sing MK Indian Womwen and Sports

Rawat Publication 1990