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## Influence of psycho-social factors on sports participation of college women in coastal Karnataka

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### Abstract

Sport is widely regarded as a social good – something that contributes to both the health and social capital of young people. In recent years, sport and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Sport and physical activity have not yet been used on a large scale as a strategy within women's movements. Women's increased involvement in sports can promote positive development in sport by providing alternative norms, values, attitudes, knowledge, capabilities and experiences. Women in India are still unable to take a stand for themselves. A society, which does not allow a girl to do something simple as primary education, is unlikely to let her participate in sport without any hurdles. It is possible only with the co-operation and motivation of the family, proper guidance and facilities from the educational institutions, encouragement from the Government and sports authorities and mainly psychological readiness of the girls. This study sets out to determine the different sociological and psychosocial factors that influence college women sport participation in Coastal Karnataka. This study will provide knowledge that will aid the understanding of the phenomenon of the determinants of sports and physical activity participation, among college women aged 16-21.

**Keywords:** Women, sports, psycho-social, Coastal Karnataka, empowerment, society etc

### Introduction

*To awaken the people, it is the woman who must be awakened. Once she is on the move, the family, moves, the Village moves, the nation moves.*

Jawaharlal Nehru

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 sport. Attitudes regarding female sport participation are changing, as there are females who have made sport part of their daily lives. Participation in sport and physical activity can provide a wide range of physical, psychological and social benefits for women and girls. Studies of women's and girls' experiences of sport suggest that positive experiences can contribute to a sense of empowerment for participants and the development of a sense of ownership of their bodies. Positive sport experiences can contribute to the full inclusion of girls and women by enhancing their health and well-being; fostering their self-esteem and empowerment; facilitating their social inclusion and integration; changing gender norms; and providing opportunities for female leadership and achievement. (Canadian Centre for Ethics in Sport, 2008, p25). Participation in sports can decline as girls become teenagers, decreasing opportunities for physical fitness and socialization. The Women's Sports Foundation reports that if a girl does not participate in sports by the time she is 10, there is less than a 10 percent chance that she will be participating when she is 25. Overcoming barriers to sports participation can increase the number of teenage girls active in individual and team sports.

### Objectives of the study

This study sets out to determine the different sociological and psychosocial factors that influence college women sport participation in Coastal Karnataka. This study will provide knowledge that will aid the understanding of the phenomenon of the determinants of sports and physical activity participation, among college women aged 17-21. Some of the important objectives for the study are:

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- To understand Social factors which affect college women’s participation in sports.
- To analyse the influence of psychological factors which affect college women’s participation in sports in Coastal Karnataka.

**Methodology**

The descriptive survey research design was adopted for the study. 124 respondents are selected from 10 colleges from the Coastal belt of Dakshina Kannada, Udupi and Uttara Kannada Districts of Karnataka State. 40 from Dakshina Kannada, 44 from Udupi and 40 from Uttara Karnataka Districts. Questionnaire is used to collect the data. Cross tab analysis and Percentage analysis is used to analysis the data.

**Limitations**

1. The study is confined to Government Colleges of Coastal Karnataka only.
2. The questionnaire in itself has its own limitations. As such any bias opinion that might be given by the subject in the form of responses that affect the result of the study might be considered as limitation of the study.
3. Different ways of living, nature of activity, daily routine & habits of different locality which were not under the control of research scholar were considered as a limitation of the study.

**Delimitations of the study**

The quality information of the study is purely based on willingness and co-operation of the physical education directors of various colleges and their women athletes to disclose facts. The traditional conservative attitude of physical directors and college women athletes not to provide appropriate and adequate information to the investigator may acts as limiting factors of the research findings. Some of the limiting factors are:

- The findings based on the data supplied by the respondent.
- The study is limited to Government Colleges of Coastal Karnataka.
- The study is limited to 10 Government Colleges.
- The study further delimited only to the following socio-psychological variables.
  - Motivation
  - Interest
  - Self Confidence
  - Inferiority
  - Worry
  - Socio demographic variables

**Literature review**

(Nisha, 1995) [2] in her unpublished thesis on Socio Cultural Deterrents of Participation in Sports for Punjab University Female Students finds that the attitude of parents is very significant for the female participation in sports despite their belief that sports is a less famine issue. Participation in sports

is seen as deviation from the general behavior of girls. In such a society, parents who allowed their girls to participate in the sports seen as taking something uncommon and exceptional step. Even then this support and permission from parents is also not one time permission for participation in any of game at any of place. There are some more hurdles in way of participation as girls are not allowed to move freely anywhere as and when it is required to take part in sports. It is observed that sports women are bounded within the restrictions of parents consent and fear of society’s rejection. However, the researcher doesn’t find any significant obstacle from the point of religion regarding women sports participation but this study do not look into the relation of caste and parents support for participation in sports by SC girls.

(Dutt, Bhan, & Singh, 1989) [3] in Socio Economic Background of Sports College Students of Haryana Agriculture University, Hissar revealed that women and girls deprived from participation of sports due to some social inhabitations. The Caste distribution of the sports person showed that the Jat students of agriculture background dominating in college sports. And the factor which leads them to sports is their physical strength and ability to expend on sports. On the other hand mostly schedule caste students do not participate in the games because they are not able to bear expenses though they have strong desire to participate in sports. This study also indicates other socio economic constraints in relation to sports participation and shows that how sports become confined to men of rural and urban areas leaving behind women’s participation. The authors suggests that radical and revolutionary social change required in society to made the sports more democratic and equal to all irrespective of gender and caste.

J. Lever (1976) [4] observed the sports participation differences among boys and girls, sex plays an important role in sports participation. As per her observation, when girls reach the age of tenth and eleventh year they play in smaller groups, play out door less frequently and play less often in competitive sports than boys. Boy’s game continues for a longer duration (about 25 minutes) than girls (15 minutes).

Kenyon and Mc Pherson (1978) [5, 16] in their study “An Approach to Study of Sports Socialization”, observed that, peers are the important agents for stimulating interest in most of the sports. Teachers and Coaches appeared to be most influential than peers in simulating interest in track and field whereas family influence was noticed in generating interest in traditional spectator sport.

Hart (1972) [1] wrote a book ‘Sports in The Socio Cultural Process’ and he expressed the opinion that, the attitude towards women is very unprogressive due to spurious thinking and masculine myth of the society. Most of the people believed that women will look like man because sports activities will enlarge women’s muscles. Due to this type of wrong assumption girls hesitate to participate in games.

**Statistical Analysis and Discussion**

**Table 1:** Friends may make fun of me if I lose in the competition

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	12	9.7	9.7	9.7
	Disagree	28	22.6	22.6	32.3
	Undecided	16	12.9	12.9	45.2
	Agree	40	32.3	32.3	77.4
	Strongly Agree	28	22.6	22.6	100.0
	Total	124	100.0	100.0	

Psychological factors mainly hinder the college girls to participate in sports in the college days. They have the fear of losing and at the same time they feel that their peers and friends make fun of them if they lose in the competition.

54.9% of the respondents are either strongly agree or agree with this. Very nominal percentage of the respondents i.e. 9.7 disagree with this thought.

**Table 2:** Someone may comment me badly

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	16	12.9	12.9	12.9
	Disagree	36	29.0	29.0	41.9
	Undecided	20	16.1	16.1	58.1
	Agree	44	35.5	35.5	93.5
	Strongly Agree	8	6.5	6.5	100.0
	Total	124	100.0	100.0	

By participating in sports girls will be isolated and friends will start commenting on their appearance. It is the general opinion that the participants in sports bring the changes in the behavior as well as physically. That thinking keeps them

away from the group. This is strongly supported by the opinions of the respondents. Nearly 42% of the respondents are having this opinion.

**Table 3:** Losing any event makes me to feel worthless

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	12	9.7	9.7	9.7
	Disagree	24	19.4	19.4	29.0
	Undecided	8	6.5	6.5	35.5
	Agree	44	35.5	35.5	71.0
	Strongly Agree	36	29.0	29.0	100.0
	Total	124	100.0	100.0	

64% of the respondent showed their fear of losing. That shows a kind of lack of sportsman spirit among the participants. They go to the extent that losing makes them

worthless. Change in their attitude might improve the women participation in sports.

**Table 4:** worry to participate in sports during menstruation period

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	48	38.7	38.7	38.7
	agree	60	48.4	48.4	87.1
	Undecided	4	3.2	3.2	90.3
	Disagree	8	6.5	6.5	96.8
	Strongly disagree	4	3.2	3.2	100.0
	Total	124	100.0	100.0	

Menstruation is another problem which generally keeps the girls away from sports participation and which is strongly

supported by the results of the analysis. 87% of the respondents agree with this opinion.

**Table 5:** Parental Monthly Income \* Qualities of good sport person

		Qualities of good sport person				Total
		Strong Disagree	Undecided	Agree	Strongly Agree	
Parental Monthly Income	Below 5000	0	0	22	4	26
	5000-10000	4	8	12	0	24
	10000-15000	0	8	36	8	52
	Above 20000	0	0	18	4	22
	Total	4	16	88	16	124

Cross table analysis between income and confidence of the respondent shows that higher income group people are more confident and firmly believes that they possess the good sports-man's quality. Good family support may be the reason

for this. Nearly 44% belong to the upper income group strongly believe that they possess the qualities of good sports person.

**Table 6:** Qualities of good sport person \* Awkward to participate in sports

		Awkward to participate in sports					Total
		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	
Qualities of good sport person	Strongly disagree	0	0	0	4	0	4
	Disagree	0	0	0	0	0	0
	Undecided	0	8	4	4	0	16
	Agree	12	40	8	16	12	88
	Strongly Agree	4	8	0	4	0	16
	Total	16	56	12	28	12	124

There is inverse correlation found between possessing the qualities of good sports person and awkwardness to participate in sports. Generally those who possess the qualities of good sports person will not have awkwardness

feeling to take part in sports. This opinion is strongly supported by this survey where in 70% of the respondents showed inverse opinion to these two variables.

**Table 7:** Parents Encourage me to perform in sports \* Confident about Future as a successful sport person

		Count					Total
		Confident about Future as a successful sport person					
		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	
Parents Encourage me to perform in sports	Strongly Disagree	4	4	8	4	4	24
	Disagree	0	4	16	12	0	32
	Agree	1	4	16	23	4	48
	Strongly Agree	4	0	4	12	0	20
Total		9	12	44	51	8	124

Generally girls who get parental support to participate in sports will be more confident about their future as a successful sports person, as it will be easy for them to balance

the academic as well as sports activities. This view is positively supported by the respondent as nearly 64% of the respondents are with the same opinion.

**Table 8:** Confident about Future as a successful sport person \* Physical education Teacher/Coach absence in the school reduced my confidence to take part in sports

		Physical education Teacher/Coach absence in the school reduced my confidence to take part in sports					Total
		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	
Confident about Future as a successful sport person	Strongly Disagree	0	0	4	0	5	9
	Disagree	0	4	0	8	0	12
	Undecided	4	16	4	16	4	44
	Agree	4	2	16	12	17	51
	Strongly Agree	4	4	0	0	0	8
Total		12	26	24	36	26	124

Presence of Physical Education Teacher in the Educational Institution very much influence student's confidence to take part in sports. They instill the confidence among the students

which mostly boost the student's confidence. We generally find the positive correlation between these two variables which is strongly supported by our survey report.

**Table 9:** Absence of Physical Education Teacher/Coach in the school \* Exposure to participate in sports

		Exposure to participate in sports					Total
		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	
Physical education Teacher/Coach absence in the school reduced my confidence to take part in sports	Strongly Disagree	4	8	0	0	0	12
	Disagree	0	4	16	12	4	36
	Undecided	0	8	4	4	8	24
	Agree	0	12	4	16	4	36
	Strongly Agree	0	0	4	4	8	16
Total		4	32	28	36	24	124

Every college must have a Physical Education Teacher or Coach to get better and secured exposure for the girls. Very week enrolment for sports we find where there is no Physical Education Teacher or Coach. This survey positively response to these two variables. Nearly 80% of the respondents are positively agreeing with this.

**Conclusion and Suggestions**

With this survey we mainly observed that low income, lack of parental support, Lack of confidence, Peer influence, worry, biological problems, Body image, and facilities from the educational institutions and absence of physical education teachers may influence college girls' sports participation in Coastal Karnataka. It is observed that rural girls are strong and they have most of the physical fitness components

because of the lifestyle and food habits. Unfortunately as rural girls are not given adequate facilities and exposure for sports in schooldays itself, when they grow older they hesitate to take part in physical education activities. If we observe in the field of sports majority of the athletes hailed from rural areas. Presently State and Central Governments have many plans to uplift sports in India. Let's hope that these plans will execute properly so that our girls will get more and more opportunities to come up in their future.

**Suggestions**

Government, Educational Institutions and parents must take the following steps

- a. Appointing Physical Education Teachers / Coaches in the School/colleges

- b. Providing adequate sports facilities so that girls will get motivated to take part in sports
- c. Providing sports hostel facilities for rural girls.
- d. Creating awareness among girls and their parents about the benefits of sports participation.
- e. Organising more and more sports competitions for girls, so that they get more exposure and interest.

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