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## Parental approach in the direction of female involvement in sports

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### Abstract

**Aim:** The aim of this study will centre on the imperative character played by psychosocial factors persuades why some girls involve yourself and while others do not involve in sports. In this study an effort has been completed to examine some of the problems against women's interest.

**Methodology:** A self-made questionnaire was prepared and 100 subjects were selected for the purpose of study from both rural and urban areas of Kashmir. The responses were collected and evaluated to assess the parental attitude towards female participation in sports.

**Procedure:** Parental approach to be assessed in the direction of female involvement in sports.

**Statistical tool:** Percentile and Frequency methods were used to assess the parental approach in the direction of female involvement in sports.

**Conclusion:** The findings of the study expose that common of the parents have positive approach in the direction of female involvement in sports. Further this some psychological restraints stops some parents in showing the positive approach.

**Keywords:** Parental approach, involvement, sports, girls.

### Introduction

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

Women's competition in sports has been frowned upon by several societies within the past. The rise has been part related to the drive for additional women's rights. Within the u.s., female student's involvement in sports was considerably boosted by the Act in 1972, preventing gender discrimination and civil right for females to involve yourself in sport in the least levels. Pressure from sports funding bodies has additionally improved gender equality in sports.

Female participation in sport has come back an extended means. Efforts have been and are being created in obtaining a lot of females to participate in sports. However, plenty a lot of effort continues to be needed to come up with larger female involvement within the world of sports. Attitudes concerning female sport involvement are ever-changing as there are females who have created sport a part of their daily lives. that specialize in the on top of dimensions can reveal positive reasons that cause ladies to participate in sport and negative reasons that cause many ladies to settle on to not participate in sports. In 1896, Baron pierre de Cubertin, founding father of the modern Olympics, stated: "No matter however toughened a sportsman is also, her organism isn't cut intent on sustain bound shocks." Such stereotypes fuelled gender-based discrimination in education and in recreational and competitive sport, sporting organizations and sport media. There are several reasons to play sports, together with fun, fitness, social interaction and stress relief. Collaborating in sports is particularly vital for ladies as a result of its variety of mental and physical edges which will considerably improve women's health and enhance their quality of life. Any sport is helpful if you participate often.

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## Methodology

The purpose of the study was to seek out the parental approach in the direction of female involvement in sports. A self-created form was designed thus on get the relevant data that may be used for numerous functions. The knowledge is to be collected from the various sources of information. 100 subjects are enclosed i.e; each male and female parent is designated for the current investigation from each rural & urban area of the Haryana for the study. Random sampling method is employed for the gathering of the information. A self-created form has been used for evaluating the parental approach in the direction of female involvement in sports from each urban & rural area of Haryana. so as to research the data, share and frequency methodology were applied to seek out the share of parents AGREE & DISAGREE the various statements of form so as to judge the parental approach in the direction of female involvement in sports.

## Analysis and Interpretation of Data

In charge to analyze the approach of parents in the direction of female involvement in sports, percentile method was used. The findings pertaining to approach of parents in the direction of female involvement in sports are symbolize in the below table.

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

Reasons	Frequency	Percent
Agree	69	69%
Disagree	31	31%
Total	100	100%

## Findings

### Reasons for Non-Participation

This study signified that the following reasons are imperative when considering females lack of involvement 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.

### 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.

## Discussion

Sports may be a positive experience for your child's body and mind. Outdoors unstructured activities and games are essential for each kid. Let a baby explore, go trekking together with his friends, encourage him to get, run around, jump, etc. These activities are an important method of emission out physical energy. Do you recognize the factors influencing female Participation in Sports? By age 14, female are dropping by the wayside of sports at twice the rate of boys. Through over twenty five years of analysis, the Women's Sports Foundation has known key factors that contribute to the present appalling statistic read on to find out additional regarding however these factors influence girl's sport experiences and why they have to remain within the game.

**Lack of access:** Girls have 1.3 million fewer opportunities to play high school sports than boys have. Lack of education in faculties and restricted opportunities to play sports in each high school and school girls have to be compelled to look elsewhere for sports could not exist or may value more cash. Typically there's a further lack of access to adequate taking part in facilities close to their homes that produces it harder for ladies to interact in sports. Through sports, girls learn vital life skills like cooperation, leadership and confidence.

**Safety and transportation issues:** Sports need a place to participate and for several women, particularly in dense urban environments, means that movement to facilities through unsafe neighbour hoods or lacking any means to induce to a decent facility miles away. And if there isn't a secure possibility like carpooling with different families, the sole possibility for a woman and her family is also to remain home. Women active in sports throughout adolescence and young adulthood are 200th less seemingly to induce breast cancer later in life.

**Social Stigma:** Despite recent progress, discrimination supported the important or perceived sexual orientation and personal identity of female athletes persists. Women in sports could experience bullying, social isolation, negative performance evaluations, or the loss of their beginning position. Throughout socially fragile adolescence, the worry of being labelled "gay" is robust enough to push many girls out of the sport. Sports are an asset to american families, fostering communication and trust between oldsters and youngsters.

**Decreased quality of experience:** As female get older, the standard level of their sports expertise could decline. The facilities don't seem to be nearly as good because the boy's venues and therefore the enjoying times might not be optional. The supply of quality, trained coaches is also lacking in their community or these coaches are also additional cantered on the boys programs that have extra money for coaching. Instrumentality and even uniforms aren't funded for several girls' programs at a similar levels as boys, thus their ability to grow and luxuriate in the game is

diminished. In short, sports simply aren't "fun" from now on. Quite three-quarters of operating girls feel that sports participation helps enhance their self-image.

**Cost:** School sports budgets are being slashed each day, all across the country. Fewer opportunities among colleges mean families should pay to play privately programs whereas conjointly footing the bill for high-priced coaches, instrumentality and due travel needs. This extra expense is simply unfeasible for several families. Female involvement with sports is expounded to higher levels of family satisfaction.

**Lack of positive role models:** Today's girls are bombarded with pictures of external beauty, not those of assured, strong female athletic role models. To some girls, fitting among the mould that they're perpetually told to remain in is a lot of vital than standing out. Peer pressure will be exhausting for ladies at any age; once that pressure isn't offset with strong encouragement to participate in sports and healthy physical activity, the results could lead girls to drop out altogether.

### Conclusion

The finding of the study clearly reveals that majority of parent's posse's positive perspective towards female participation in sports. 69 of oldsters have AGREE that the female participation in sports have contributed to the event of their physical, mental & social aspects of their life. The study conjointly reveals that the female participation in sports have created them economically and psychologically robust at the grass root level. The study shows that there mustn't be any gender hindrance for females to participate in varied events at national, international & Olympic level. Currently a day's females are given prime and equal importance as their male counterparts. They participate in most the events during which their male counterparts participate. Collaborating in varied events has created them match and healthy. Recently females have turned as professionals and became well-liked than males like in court game, badminton, & gymastic exercise. This study shows that there's still a lot of work that has to be done to encourage a lot of females to require half in sports. Hopefully this study might contribute towards some positive changes returning from the Department of Education and coaching at national level, at provincial level and at district level and eventually filter all the way down to the colleges. This study contains info, which may place systems into place that will nurture ladies interest in sport and eventually have a lot of ladies representing the country at a global level. Dynamical negative attitudes of individuals relating to female sport participation can be a way of promoting females within the field of sports. The portrayal of female sport participants within the media are going to be a method of showing the female community those females may be as dedicated, as determined and may surpass still as their male counterparts. The results of this study have confirmed a number of the psychosocial factors that have created it not possible for many of the ladies to participate in sports. This study has achieved its aims, that are to see psychosocial factors that contribute females taking part in sport.

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