



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2018; 5(2): 88-95
© 2018 IJPESH
www.kheljournal.com
Received: 21-01-2018
Accepted: 22-02-2018

Geeta Devi

Research Scholar,
Department of Physical
Education, Chaudhary Devi Lal
University, Sirsa, Haryana,
India

Dr. Monika Verma

Professor, Department of
Physical Education,
Chaudhary Devi Lal University,
Sirsa, Haryana, India

Sports and non-sports women police officers in India: A case study of Haryana women police

Geeta Devi and Dr. Monika Verma

Abstract

Sports are necessary because it brings physical and mental fitness to the person involved in this on regular basis. Being involved in sports activities benefits a person in many ways. It does not provide only physical strength however it increases mental power too. Sports and games are very beneficial to us as they teach us punctuality, patient, discipline, teamwork and dedication. Playing sports help us in building and improving confidence level. If we practice sports on regular basis, we can be more active and healthy. Women who play sports have higher levels of confidence and self-esteem and lower levels of depression. The Police in India recruited a decent number of women over the last twenty years. For the present study the sample was selected from the Madhuban Police Academy situated at Karnal. It is included fifty sports and fifty non-sports women police officers.

Keywords: Non-sports, women police officers

Introduction

The assumption of women's health being governed by her womb was not seriously challenged until later in the twentieth century. Any ailment that a women had from a sore throat to back pain was thought to be related to the uterus, physicians agreed with the theory that all women were frail and weak making them unable to participate in sport. The eco cultural model given by Berry (1979) states that it is the socialization process which is more responsible for gender differences, as women are not much encouraged to take part in many social activities including games and sports. In developed countries women are allowed to take part in sports competitions. In India also the fair sex was prohibited to take part in sports due to certain myths related to physical activities. Despite the health warnings, women wanted the freedom to play sports. As women began participation, it was inferred that women who participated in exercise would become unfeminine, muscular and subject to uterine damage (Powell, 1981). However some people also believed that physical exercise could benefit women by helping with the birthing process. There is wealth of evidences to support that sport women have differences in their body composition physiological and psychological functioning as compared to their counter parts i.e. non-sports women.

In recent years there has been a progressive increase in the number of young women in occupation that involve strenuous work performance, either on an acute basis or over prolonged periods, in addition, many female athletes now pursue athletic careers, that extend through their optimal childbearing years in the third and fourth decades of life. This is probably result of better physical conditioning access to improved athletic therapy resources and enhanced economic support both at the amateur and professional levels. There may also be other socioeconomic and biomedical factors. (Larry *et al.* 2005) [2]

Based on current scientific evidence on the positive effects of regular physical activity (PA) on health and functional capacity, several authorities have stated that increasing the PA level of general population is one of the key issues in today's health promotion. Hypokinetic, sedentary life in middle aged men and women is apt to lead to obesity and deterioration of aerobic power and both are characteristics problems of developed countries in recent years (Kozma, *et al.*, 1991) [3].

Increased participation of women in sports both in number and quality has naturally raised the question of scientific investigation and study in the area of women and sports, it is an

Correspondence

Geeta Devi

Research Scholar,
Department of Physical
Education, Chaudhary Devi Lal
University, Sirsa, Haryana,
India

important issue but the gap of scientific knowledge in this field is still enormous. Not only is women's involvement in the world of sport science still restricted furthermore only a small part of the scientifically related literature deals with women's performance. There are almost no studies concerning the long range effects of intensive conditioning programs on women, there is no overwhelming information on the physical capacities of older women. Assessment of the females function in sport and exercise has mainly been generalized from results of investigation of male participants, sports standards were in fact male oriented and thus the women in sport were compared more with men than with other women.

Women's Participation in Sports

Following the 1970s, a combination of societal changes and progressive legislations paved the way for women to enter law enforcement.

The chronicle of women in Indian police started in the early 70s when its first woman joined the uniformed force. She entered the profession at the top of the tier of an extremely hierarchical formation and put in a good three decades of exemplary work. During those decades, thousands of women joined the force from the ranks of constable all the way across the spectrum.

In 2010, the Bureau of Police Research & Development estimated that there are around 30,000 women in various Indian police forces. However, despite these "achievements," even a decade-old figure by the 7th UN Survey on the percentage of women police in 13 Asian countries reflects a very low percentage of women in India's police force.

The Police in India recruited a decent number of women over the last twenty years, but acceptability and assimilation as "equal partners" to men within the professional core has left much to be desired. There are not many studies on this lack of acceptability of women in uniform, but the few that exist, such as James Vadackumchery's "Police, Women & Gender Justice," point to the fact that women in uniform are still perceived as "they" versus "us" in all rank and file of the uniformed profession.

It can be safely said that discrimination and contradistinctions vis-a-vis their counterparts are constant and invidious, though subtle. While women are (hopefully) not unwelcome in the profession, having them in key leadership roles is resisted, and exceptionally challenging and important jobs or assignments are "handed over" to the select few with reservation.

By and large, lack of requisite social attitudes and work culture in the Indian society at large, and, in particular, government and its workplace, are squarely responsible for the gender bias in the profession.

Women Police in India: A Case Study of Sports and Non-Sports Women Police Officer

In recent years, sports and physical activity as a strategy for the empowerment of women has been gaining recognition worldwide. „Women win“ is the first international organization with a sole focus of providing support for innovative sports and physical activity programmes for empowerment and creating a social movement around sports for the advancement of women's rights. Empowerment of women through games and sports helps in maintaining the physical, mental and social health of the women. Participation in games and sports makes them physically active; improve their health, positive feeling of well-being, prevention of

chronic disease, and prevention of osteoporosis.

Kiran Bedi, India's first and highest ranking Officer who joined the Indian Police Service in 1972, who is also a social activist says, "Sports and education were the key pillars of our upbringing." The women's sports foundation (WSF) is an educational nonprofit organization founded in 1974 by tennis legend Billie Jean King. Its stated mission statement is – "To advance the lives of girls and women through sports and physical activities." Indian women have achieved great laurels for the nation in every sport. Some women sports icon of India, engine of sports are P.T. Usha (Athletics) Kunjarani Devi (Weightlifting), Diana Abdulji (Cricket), Induprui (Table Tennis), Preetamrani (Hockey), Sania Mirza (Tennis), Karnam all Eshwari (Weightlifting), Saina Nehwal (Badminton).

Sports and Non-Sports Women Police Officers in India

There are many Women Police Officers in India which are recruited on Sports and Non-Sport basis. Some of them are discussed as under:

Kiran Bedi

Kiran Bedi (born 9 June 1949) is a retired Indian Police Service officer, social activist, former tennis player and politician who is the current Lieutenant Governor of Puducherry. She is the first woman to join the Indian Police Service (IPS). She remained in service for 35 years before taking voluntary retirement in 2007 as Director General, Bureau of Police Research and Development.

As a teenager, Bedi became the national junior tennis champion in 1966. Between 1965 and 1978, she won several titles at national and state-level championships. After joining Indian Police Service (IPS), Bedi served in Delhi, Goa, Chandigarh and Mizoram. She started her career as an Assistant Superintendent of Police (ASP) in Chanakyapuri area of Delhi, and won the President's Police Medal in 1979. Next, she moved to West Delhi, where she brought a reduction in crimes against women. Subsequently, as a traffic police officer, she oversaw traffic arrangements for the 1982 Asian Games in Delhi and the 1983 CHOGM meet in Goa. As Deputy Commissioner of Police (DCP) of North Delhi, she launched a campaign against drug abuse, which evolved into the Navjyoti Delhi Police Foundation (renamed to Navjyoti India Foundation in 2007).

In May 1993, she was posted to the Delhi Prisons as Inspector General (IG). She introduced several reforms at Tihar Jail, which gained worldwide acclaim and won her the Ramon Magsaysay Award in 1994. In 2003, Bedi became the first Indian woman to be appointed as a Police Advisor to Secretary-General of the United Nations, in the Department of Peace Keeping Operations. She resigned in 2007, to focus on social activism and writing. She has written several books, and runs the India Vision Foundation. During 2008–11, she also hosted a court show *Aap Ki Kachehri*. She was one of the key leaders of the 2011 Indian anti-corruption movement, and joined the Bharatiya Janata Party in January 2015. She unsuccessfully contested the 2015 Delhi Assembly election as the party's Chief Ministerial candidate. On 22 May 2016, Bedi was appointed as the Lieutenant Governor of Pondicherry.

Archana Ramasundaram

This lady has proved her mettle several times over the many decades she has served in the Indian Police Service (IPS). Her list of achievements is impressive.

In 1995, Archana Ramasundaram was awarded the Police Medal for Meritorious Services, and in 2005 she got the President 's Police Medal for Distinguished Services. In 2014, she became the first woman officer to be made an additional director in the Central Bureau of Investigation (CBI), and in February 2016, Ramasundaram earned the honour of becoming the Sashastra Seema Bal (SSB) Director General – the first woman police officer to lead a central paramilitary force that guards the country's borders with Nepal and Bhutan.

After completing her post-graduation in Economics from the University of Rajasthan, she became a lecturer in the same varsity. But later, she went on to train at the National Police Academy in Hyderabad. Ramasundaram was the only woman in the class, but that did not deter her. In 1982, she joined the police service in Tamil Nadu.

Always aiming to excel, Ramasundaram took study leave between 1989 and 1991 to pursue a Master of Science degree in Criminology from the University of Southern California in Los Angeles. There too, she performed well, securing the highest Grade Point Average. She has handled all kinds of assignments with courage and conviction, with an underlying aim to work towards the protection and welfare of women.

Saba Anjum Karim (Hockey)

Saba anjum hockey player Born on 12 June 1985, Saba Anjum Karim was a member of the Indian woman hockey team and was the youngest of all at the 2002 Commonwealth Games in Manchester. The former hockey player was born in the state of Chhattisgarh represented India in many games like under-18 AHF Cup in 2000, Asian Games in 2002, Asia Cup in 2004, Commonwealth Games in 2002 and 2006, Manchester, Junior World Cup in 2001, Buenos Aires and Australian Test Series and New Zealand Tour. She and her team bagged many medals for India like gold in Manchester Commonwealth Games (2002) and Delhi Asia Cup (2004) and bronze in Doha Asian Games (2006). She was honored with Arjuna award by the President of India (2013), 4th highest civilian award in India- Padma Shri (2015) and Government of Chhattisgarh gave her the post of Deputy Superintendent of Police (DSP) in the police department.

Mithali Raj (Cricket)

Mithali Raj is the captain of the Indian Women cricket team. All-rounder right-hand batsman was born on 3rd December 1982 in a Tamil family in Jodhpur, Rajasthan. She was picked for the Indian women cricket team at the age of 17 and made her debut One Day International (ODI) against Ireland in 1999 with an impressive score of 114 (and remain not out). At the age of 19, in her 3rd international test she broke the record of Karen Rolton of the world(s) highest individual test score by scoring a new high of 214 against England in August 2002 that stood for 19 months. At 2013 Women(s) World Cup, she was starred as the No.1 Cricketer in the ODI (One Day International). She is also named as the Tendulkar of Indian women (s) cricket as she is currently the all-time leading run-scorer of India in all formats (Tests, One Day Internationals, and T20s). Indian skipper is the 1st woman to cross the 5000 runs milestone in One-Day Internationals who was awarded the Arjuna award by the Government of India in 2003 and Padma Shri in 2015.

Sunita Rani (Track and field athlete)

Sunita Rani is an Indian athlete who was born on 4th December 1979. Ace Indian athlete won a gold medal in the

1500m and a bronze in the 5000m during the 14th Asian Games. Her current track record in the 1500m of 4:06.03 is the national record. She was honored with the Arjuna award and Padma Shri for her achievements. Currently, she is working as SP in Punjab Police.

Sakshi Malik (Wrestling)

Sakshi Malik is an Indian freestyle wrestler who was born on 3rd September 1992. Recently she gained fame at the 2016 Summer Olympics where she won the bronze medal in the 58 kg category and became the 1st Indian female wrestler to win a medal at the Olympics and the 4th female Olympic medalist from the country. Earlier at the 2015 Asian Wrestling Championship of Doha, she won a bronze medal and a silver at the 2014 Commonwealth Games in Glasgow. Born in the Mokhra village of Haryana, Sakshi got her motivation towards wrestling by seeing her grandfather Badhlu Ram. Even after facing opposition from the locals she continued towards her dream and marked her 1st success as a professional wrestler at the Junior World Championships 2010 by winning the bronze medal in the 58 kg freestyle event. Apart from her various success in wrestling field she is currently employed with Indian Railways in the commercial department of its Delhi division, in the Northern Railway zone and is a part of the JSW Sports Excellence Program. Due to her performance, she has received multiple cash prizes including a brand new Bayerische Motoren Werke (BMW) from former Indian Cricketer Sachin Tendulkar and is also honored with the highest sporting honor of India-Rajiv Gandhi Khel Ratna in 2016.

P.V. Sindhu (Badminton)

Pusarla Venkata Sindhu is an Indian professional badminton player born on 5th July 1995. At the Summer Olympics of 2016, she became the 1st Indian woman to win an Olympic silver medal and is one 2 Indian badminton players to ever win an Olympic medal other than Saina Nehwal. She has won various medals at international badminton championships like bronze at the World Championships in 2013 and 2014, Incheon Asian Games in 2014 and Asia Championship (2014) and a gold medal at the Commonwealth Games in 2011. Daughter of Arjuna award winner was also honored with the same award in 2013 along with Rajiv Gandhi Khel Ratna (2016) and Padma Shri (2015). Since 2013, she has been employed with Bharat Petroleum as deputy sports manager in Hyderabad.

Dipa Karmakar (Gymnast)

Dipa Karmakar is an artistic gymnast who was born on 9th August 1993 in Agartala. She is the 1st Indian female gymnast to compete in Olympics in 52 years. She is also one of the 5 women who has successfully landed the Produnova that is considered the most difficult vault in gymnastics. She is also the 1st Indian female gymnast to win a medal at the 2014 Commonwealth Games in Glasgow. Since 2007 she has won 77 medals including 67 gold in the state, national and international championships. She was honored with Khel Ratna award for her commendable performance in Rio Olympics in 2016.

Shikha Tandon (Swimming)

Shikha Tandon is a champion swimmer from Bangalore who was born on 20th January 1985. At the age 13, she participated in the Asian Games and her 1st World championship was at 16. She has won 146 national medals,

and 36 in international level including 5 gold. In 2004 Athens Olympics she was the only swimmer to represent India. She was the 1st sportsperson to receive the Government of India Scholarship for Assistance to Promising Sportsperson. The pool of talent was honored by the Eklavya Award in 2001 and Arjuna Award in 2005. At the 57th Senior National Aquatic Championship in 2003, Tanden broke the Indian women's 50 freestyle record, with a time of 26.61 s. Currently, she is a member of United States Anti-Doping Agency (USADA) science team, who assists in the daily operation, development, and maintenance of the resources, reporting, and projects critical to United States Anti-Doping Agency (USAD) scientific initiatives.

Krishna Poonia (Discus Throw)

Krishna Poonia is an Indian discus thrower who was born on 5th May 1976 Agroha village of Haryana. At the Delhi Commonwealth Games, she won a gold medal with a throw of 61.51 m. She set a new national record with a throw of 64.76 m on 8th May 2012 in Hawaii, United States. Earlier she also became the only 6th Indian to make it to the final round of track and field events in an Olympics event. In 2011, the Government of India also awarded her the civilian honor of Padma Shri. Ace Indian Discus thrower was born in one of the conservative Jat community with limited resources but later after getting married to Virender Singh Poonia who is a former athlete, as well as her coach, supported her fully in her journey. She also resigned from her North-Western Railway job to join and represent a political party called Congress. Her journey and passion for excelling as an international athlete are inspiring for many of us.

Karnam Malleswari- Weightlifting

Karnam Malleswari is a retired Indian weightlifter who was born on 1st June 1975 in Srikulam, Andhra Pradesh. 1994 World Championship of Turkey is considered the 1st major success where she won 2 gold and 1 bronze medal. She also set a new record by lifting 113 kg in 54 kg of the Asian championship in Korea. In 2000 Summer Olympics in Sydney the Iron Lady became the 1st ever Indian woman to win an Olympic medal in weightlifting. For her achievements in sports, she was honored with the Rajiv Gandhi Khel Ratna award in 1995-96, Arjuna Award in 1994 and Padma Shri in 1999.

Anju Bobby George (Long Jump)

Anju Bobby George is an Indian athlete who was born on 19th April 1977 in Cheeranchira village of Changanassery taluk, Kottayam, Kerala. In 2003 World Championships in Athletics of Paris she created history by winning bronze in Long Jump and became the 1st Indian athlete ever to win a medal. At the IAAF World Athletics Final of 2005 is considered the best performance where she won a gold medal for India. She was honored with Arjuna Award in 2002 and Rajiv Gandhi Khel Ratna in 2004. Her talent was noticed in the national school games where she won the 3rd place in 100m hurdles and 4x100m relay. The ace athlete was appointed as the president of the Kerala State Sports Council (KSSC) and resigned from the post in June 2016.

Harwant Kaur (Shot Put)

Born on 5th July 1980, Harwant Kaur is an Indian discus thrower and shot putter. In 2002 Asian Championships she won the silver medal at the Asian Championships in 2002 and Commonwealth Games in 2010. 63.5 m is her personal best

throw achieved in Kiev 2004 and is coached under the guidance of Parveer Singh.

Bhawana Kanth, Avani Chaturvedi, Mohana Singh – IAF Women Fighter Pilots

These three women made history by becoming the first women combat pilots to be inducted into the Indian Air Force in July 2016.

Bhawana Kanth from Darbhanga in Bihar is a keen sportswoman with interests in badminton, volleyball and adventure sports. But to fly like a bird had been her childhood dream. During her training, she faced several challenging moments, the biggest being her debut solo spin. When her plane was at 20,000 feet, she began doubting her ability to make her aircraft recover. However, she put all her fighter pilot skills to use and managed to successfully complete her spin.

Avani Chaturvedi had been part of her college flying club. Joining the Air Force as a fighter pilot fueled this passion. This girl from Madhya Pradesh loves to play table-tennis and also engages in creative pursuits like playing the violin and painting. Her experience in the IAF is one she cherishes. Not only did she find all the instructors and colleagues supportive during her training, she got the opportunity to fly two different aircraft. Hailing from Jhunjhunu in Rajasthan, Mohana Singh loves singing, sketching, reading, travelling and cooking. She joined the Air Force to carry on the family legacy of serving the nation. Flying in the night was a memorable experience, for it taught her one important rule of flying – to trust the instruments. Some lighting next to her aircraft temporarily shook her confidence as she was unable to distinguish between the stars and the clusters of light below. Disregarding the visuals, she concentrated on descending to the ground depending only on her instruments, and was able to land safely.

Kalpna Devi (Judo, Manipur)

Kalpna Devi is an Indian judoka hailing from Imphal, Manipur (born in 24 Dec, 1989). In September 2010, she won the bronze medal in the Women's World Cup Judo Championships held in Uzbekistan. She also bagged the first ever bronze medal for India in World Grand Prix Tashkent in Uzbekistan. At the age of 9, in 1998, Devi won the silver medal in the Sub-Junior National Championship. She later won four gold medals at the Junior National Championships and also managed to bag a gold medal at the Asian Junior Judo Championship. She later won bronze medal in *Commonwealth Games* at Glasgow, 2014 in 52 kg weight class. Besides being a judoka and making India proud, Devi also serves the country as a constable in the Indo-Tibetan Border Police.

Benefits of sports for girls and women

In recent years sports and physical activities as a strategy for the empowerment of girls and women has been gaining recognition worldwide.

- Women who play sports or participate in physical activities have a more positive body image, build life skills, confidence and may create social networks than women who do not participate.
- Women who participate in sports and physical activities have higher self-esteem and pride in them.
- Sports involvement can play a significant role in promoting the physical and mental wellbeing of women, fostering opportunities for their leadership and

achievement, initiating social inclusion and social integration of women and challenging gender norms.

- Women involvement in sports can make a significant contribution to public life and community development.
- Teenage sports participation may help prevent osteoporosis. "Four hours a week or more of such sports, played by men during their teens and 20s, increases bone mass and might provide some protection from developing osteoporosis later in life, according to a new study in the May, 2012 issue of the Journal of Bone and Mineral Research."

Women who play sports have higher levels of confidence and self-esteem and lower levels of depression. Women involved in sports feel better about themselves, both physically and socially. It helps to build confidence when you see your skills improving and your goals becoming reality.

- Involvement of women in sports and physical activities creates merits of inspiration, faith, hope and courage.
- Physical Exercises in the form of walking, playing or watching any game which they prefer may make a world of difference to their lives Experts agree that involvement in sports and physical activity can potentially offer a wide range of life benefits for women.

No doubt, women participate professionally in practically every major sport, though the Level of participation typically lessens when it comes to the more violent contact sports. More measures need to be taken to increase and improve the participation of women and girls in sports for their better enhancement and empowerment

Women in Independent India have evolved with the flow of history, but it has only been over the last 35 years that they have experienced the post-industrial revolution and subsequent positives of globalisation. These developments have radically transformed their gender relations at home, the workplace, with peers, and possibly in society at large, quite similar to the kind of social transformations women in the US experienced in the 1960s.

This revolution was specifically linked to the proliferation of higher education and income levels of nuclear families going up throughout the country. The Indian woman ever since has come a long way in being part of the active workforce and has possibly broken all barriers in most professional fields, including that of donning the uniform of the police and the para- military.

Review of Literature

Sheldon *et al.* (2002) ^[4] reported sportswomen to be less endomorphic and more monomorphic as compared to non athletic women of similar age. Scientific evidence on the positive effects of regular physical activity (PA) on health and functional capacity, several authorities have stated that the increasing the PA level of general population is one of the key issues in today's health promotion.

Young and White (2003) ^[5] found that Sport participation also provides girls and women with opportunities to reconnect with the power of their own bodies. Many images of women

in society present the female body as an object to be looked at, evaluated and consumed. Some girls and women even learn to objectify their own bodies as they apply these images to themselves. Because identity and a sense of power are grounded in a persons body and body image, sport participation can help women overcome the feeling that their bodies are objects. Developing physical skills can give women the confidence that comes from knowing that their bodies can perform with physical competence and power. Furthermore, the physical strength often gained through sport participation goes beyond helping a women feel fit; it also can make her feel less vulnerable, more independent, and more in control of her physical safety and psychological well- being.

Anu Dandona (2015) ^[6] in a Study on Anxiety of Sports and Non-Sports Personnel: This research attempted to determine the state and trait anxiety of sports and non-sports personnel. To investigate the state and trait anxiety of athletes and non-athletes, 200 adolescents and divide according to sports and non-sports personnel (100 from each group) and 50 girls and 50 boys were selected from each sports and non-sports groups. Finding of the study are revealed that sports play an important role in one's life.

Rao & Overman, (2016) ^[7] in their article Sex Role Perceptions among Athletes and Non- Athletes females while reviewing dozens of books and articles which centers around the theme of women's participation in sports, recognised the necessity of space for women's expression through socially constructed symbolic activities like sports and dance etc. The different values system of a society for a single object like sport can convert it into a complex unwanted phenomenon for women participation in such a society. Some prejudices and myths always adversely influence women's taking parts in competitive sports. Some barriers and social disabilities were also noticed but the study does not cover caste related hindrances due to foreign genesis.

Objectives of the Study

1. To study about the Women's Participation in Sports
2. To study about Women Police In India with a Case Study of Sports and Non-
3. Sports Women Police Officer
4. To examine the working Sports and Non-Sports Women Police Officers in India
5. To explored the benefits of sports for girls and women
6. To analyze the data taken from sports and non-sports women police officers in Haryana Police.

Research Methodology

The Methodology is a doctrinal research study it outlines the way in which a research is to be undertaken and among other things, and also identifies the methods to be used in it. The present study is done with the help of Primary i.e. self-prepared questionnaire and Secondary sources i.e. books, magazines, newspapers, websites, journals, articles, etc. The sample for the study was selected from the Madhuban Police Academy situated at Karnal. It is included fifty sports and fifty non-sports women police officers. The subject for the proposed study has been delimited to the sports and non-sports female police officers. Total sample size of the present study 100 (Sports=50 and Non-Sports=50) women police officials.

Data Analysis and Interpretation

Table 1: Age wise distribution of Respondents

| | | Group | | Total |
|-------|-------|--------------|--------------|---------------|
| | | Sports | Non Sports | |
| Age | 18-24 | 31 44.3% | 18 60.0% | 49 49.0% |
| | 25-30 | 39 55.7% | 12 40.0% | 51 51.0% |
| Total | | 70 100.0% | 30 100.0% | 100 100.0% |

Table -1 shows the Age wise distribution of the respondents i.e. Sports and Non- Sports Persons and it is found that 44.3% sports persons were of 18-24 years age group and 55.7% sports persons were of 25-30 years age group, whereas 60% non-sports persons were of 18-24 years age group and 40% non-sports persons were of 25-30 years age group.

Table 2: Category wise Distribution of Respondents

| | | Group | | Total |
|----------|----|-------------|-------------|--------------|
| | | Sports | Non Sports | |
| Category | BC | 15 21.4% | 7 23.3% | 22 22.0% |
| | | 46 65.7% | 15 50.0% | 61 61.0% |
| | SC | 9 12.9% | 8 26.7% | 17 17.0% |
| | | Total | | 70 100.0% |

Table 2 depicts information regarding category of the respondents and it is found that 21.4% sports persons belonged to B.C. category, 65.7% sports persons belonged to General Category and 12.9% sports persons belonged to S.C. category, whereas 23.3% non-sports persons belonged to B.C. category, 50% non-sports persons belonged to General Category and 26.7% non-sports persons belonged to S.C. category. Results shows that majority of respondents i.e. 65.7% sports persons and 50% non-sports persons belonged to the general category.

Table 3: Views about misconceptions regarding capability of women police personnel

| | Group | | Total | Chi- Square | p-value |
|-------|-------------|--------------|--------------|-------------|---------|
| | Sports | Non Sports | | | |
| Yes | 56 80.0% | 22 73.3% | 78 78.0% | 0.544 | .461 |
| | 14 20.0% | 8 26.7% | 22 22.0% | | |
| Total | | 70 100.0% | 30 100.0% | | |

Table-3 depicts that when it is asked about the views on misconceptions regarding capability of women police personnel then, it is found that 80% sports persons respond in yes and 20% respond in no whereas 73.3% non-sports persons respond in yes and 26.7% respond in no. Result shows that majority of sports and non-sports persons respond in Yes which means there were misconception regarding capability of women police personnel. Calculated value of Chi-Square (0.544) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement that there are misconceptions regarding capability of women police

personnel.

Table 4: Opinions regarding men colleagues are sensitive toward their women police in police departments of Haryana

| | Group | | Total | Chi- Square | p-value |
|-------|-------------|--------------|--------------|-------------|---------|
| | Sports | Non-Sports | | | |
| Yes | 65 92.9% | 27 90.0% | 92 92.0% | 0.233 | .629 |
| | 5 7.1% | 3 10.0% | 8 8.0% | | |
| Total | | 70 100.0% | 30 100.0% | | |

Table-4 reveals that when it is asked about the opinion regarding men colleagues are sensitive toward their women colleagues in police departments of Haryana then, it is found that 92.9% sports persons respond in yes and 7.1% respond in no whereas 90% non-sports persons respond in yes and 10% respond in no. Result shows that majority of sports and non-sports persons respond in Yes which means there were men colleagues were sensitive toward their women colleagues in police department of Haryana.

Calculated value of Chi-Square (0.233) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement that men colleagues were sensitive toward their women colleagues in police department of Haryana.

Table 5: Views regarding satisfaction with behavior of male police personnel at the work place

| | Group | | Total | Chi- Square | p-value |
|-------|-------------|--------------|--------------|-------------|---------|
| | Sports | Non-Sports | | | |
| Yes | 45 64.3% | 21 70.0% | 66 66.0% | 0.306 | .580 |
| | 25 35.7% | 9 30.0% | 34 34.0% | | |
| Total | | 70 100.0% | 30 100.0% | | |

Table-5 reveals that when it is asked about the perceptions regarding satisfaction with behavior of male police personnel at the work place then it is found that 64.3% sports persons respond in yes and 35.7% respond in no whereas 70.0% non-sports persons respond in yes and 30.0% respond in no. Result shows that majority of sports and non-sports persons respond in Yes which means according to most of the respondents, satisfaction with behavior of male police personnel at the work place.

Calculated value of Chi-Square (0.306) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement that behavior of male police personnel at the work place is satisfactory.

Table 6: Perceptions regarding satisfaction with the opportunities provided for overtime

| | Group | | Total | Chi- Square | p-value |
|-------|-------------|--------------|--------------|-------------|---------|
| | Sports | Non-Sports | | | |
| Yes | 7 10.0% | 1 3.3% | 8 8.0% | 1.268 | .260 |
| | 63 90.0% | 29 96.7% | 92 92.0% | | |
| Total | | 70 100.0% | 30 100.0% | | |

Table-6 reveals the information regarding Perceptions regarding satisfaction with the opportunities provided for overtime and it is found that 10% sports persons respond in yes and 90% respond in no whereas 3.3% non-sports persons respond in yes and 96.7% respond in no. Result shows that majority of sports and non-sports persons respond in no which means according to most of the respondents, they are not

satisfied with the opportunities provided for overtime. Calculated value of Chi-Square (1.268) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement regarding satisfaction with the opportunities provided for overtime.

Table 7: Perception regarding Satisfaction with salary

| | Group | | Total | Chi- Square | p-value |
|-------|--------|------------|--------|-------------|---------|
| | Sports | Non-Sports | | | |
| Yes | 12 | 3 | 15 | 0.84 | .359 |
| | 17.1% | 10.0% | 15.0% | | |
| No | 58 | 27 | 85 | | |
| | 82.9% | 90.0% | 85.0% | | |
| Total | 70 | 30 | 100 | | |
| | 100.0% | 100.0% | 100.0% | | |

Table-7 point outs the information regarding Perceptions regarding Satisfaction with salary and it is found that 17.1% sports persons respond in yes and 82.9% respond in no whereas 10% non-sports persons respond in yes and 90% respond in no. Result shows that majority of sports and non-sports persons respond in no which means according to most of the respondents, they are not satisfied with the salary. Calculated value of Chi-Square (0.840) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement regarding satisfaction with the salary.

Table 8: Perception regarding whether women police can act as an instrument of social change

| | Group | | Total | Chi- Square | p-value |
|-------|--------|------------|--------|-------------|---------|
| | Sports | Non-Sports | | | |
| Yes | 69 | 29 | 98 | 0.389 | .533 |
| | 98.6% | 96.7% | 98.0% | | |
| No | 1 | 1 | 2 | | |
| | 1.4% | 3.3% | 2.0% | | |
| Total | 70 | 30 | 100 | | |
| | 100.0% | 100.0% | 100.0% | | |

Table-8 shows the information regarding Perception regarding whether women police can act as an instrument of social change and it is found that 98.6% sports persons respond in yes and 1.4% respond in no whereas 96.7% non-sports persons respond in yes and 3.3% respond in no. Result shows that majority of sports and non-sports persons respond in yes which means according to most of the respondents, women police can act as an instrument of social change. Calculated value of Chi-Square (0.389) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement that women police can act as an instrument of social change.

Table 9: Views regarding whether Female Police Officers have higher level of patience than male Police Officers

| | | Group | | Total | Chi- Square | p-value |
|-------|-----|--------|------------|--------|-------------|---------|
| | | Sports | Non-Sports | | | |
| Q6 | Yes | 65 | 28 | 93 | 0.007 | .932 |
| | | 92.9% | 93.3% | 93.0% | | |
| Q6 | No | 5 | 2 | 7 | | |
| | | 7.1% | 6.7% | 7.0% | | |
| Total | | 70 | 30 | 100 | | |
| | | 100.0% | 100.0% | 100.0% | | |

Table-9 shows the information regarding whether Female Police Officers have higher level of patience than male Police Officers it is found that 92.9% sports persons respond in yes and 7.1% respond in no whereas 93.3% non-sports persons respond in yes and 6.7% respond in no. Result shows that majority of sports and non-sports persons respond in no which means according to most of the respondents Female Police Officers have higher level of patience than male Police Officers.

Calculated value of Chi-Square (0.007) has been found less than the table value at 5% significance level which shows that there is insignificant difference in the views on the statement that Female Police Officers have higher level of patience than male Police Officers.

Conclusion

Sport is a physical activity that tests our athletic abilities. It’s kind of a physical exercise in which we compete with the opponent/s solely for the purpose of entertainment. Basket ball, foot ball, cricket, volley ball, hockey are some of the most well-known sports. Sports have many physical and psychological advantages on the participants as well as the viewers. They result in a better physical stamina and improved reflexes along with other advantages. Sports play a great in everyone’s busy life especially for students. Everyone should involve themselves in the sports activity even for a small time all through the day. Sports are necessary because it brings physical and mental fitness to the person involved in this on regular basis. Women who play sports have higher levels of confidence and self-esteem and lower levels of depression. Women involved in sports feel better about themselves, both physically and socially. It helps to build confidence when one sees one’s skills improving and goals becoming reality.

References

1. Beilock SL, Feltz DL, Pivaranik JM. Training patterns of athletes during pregnancy and post partum. Res. Q. Excerc. Sports. 2001; 72:39-46.
2. Larry A, Wolfe Sarah A, Charlesworth, Nicole M, Glenn Aaron P, Heenan *et al.* Effects of pregnancy on Maternal Work Tolerance Canada Journal Applied Physiology. 2005; 30(2):212-232.
3. Kozma A, Stones MJ, Hannah TE. Age, activity and physical performance: an evaluation of performance models. Psychology and aging. 1991; 6:43-9.
4. Sheldon, Jones, Graham. The development and

- maintenance of mental toughness: Perceptions of elite performers. *Journal of Sports Sciences*. 2002; 26(1):83-95.
5. Young S, White J. Parental influences on youth involvement in sports. In M. R. Weiss (Ed.), *Developmental sport and exercise psychology: A lifespan perspective*. Morgantown, WV: Fitness Information Technology, 2003, 145-164
 6. Anu Dandona. Anxiety, Aggression and team-cohesion as related to performance in selected team sports. Unpublished Doctoral Thesis. Punjabi University, Patiala, 2015.
 7. Overman SJ, Rao VVP. Motivation for and Extent of participation in Organized Sports in High School Reported Physical Exercise in Young Student. *Research Quarterly*. 1981, 2016; 52:228-237.