

PARTICIPATION OF GIRLS IN SPORTS

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The basics of every physical activity are for fulfilling the primary needs as food, water, and safeguarding oneself from predators. As the socialization process has picked up the velocity many changes in the societal development were observed, such as division of work according to the anatomical and physiological capabilities. The stress on physical activity was more but as the development in science and technology has taken place the cerebral part started developing. Human being out of his development started adopting luxuries patterns of life and due to ignorance; the physical activities are given secondary priorities.

Over the generations the women were considered anatomically and physiologically weak compared to men. The work allotted to them was of low physical activity which demands less strength and endurance. The participation in physical activity was restricted and over the years they lost the physiological and anatomical make up to sustain more shocks which demands higher strength, speed and endurance.

Today in every field women are excelling with leaps and bounds sports being exception to it. Day to day every individual is thinking of career and earning with minimum of expenditure of energy and time. Sports is a field which demands highest dedication, hard work, consistency etc. the attitude of generation is the materialistic returns for what they invest. The attitude of change and the attitude of trend play a major role towards any development. The trend is changing so fast that one is not stick to any particular profession. The mastery in any one field is not fetching any substantial returns. Earlier the saying flourished “Jack of all trades and master of none” on contrary the globalize situation is demanding the quote as “Jack of all trades and master of one”. The challenging task is demanding a person to be multidimensional as well as multi-tasking. Hence an individual is not ready to spare time for sports especially competitive sports. By adopting one sided jobs and luxurious attitude people are going unfit and unable to perform regular task with ease and comfort. Many of us say that regular house fold work of women will keep them fit, but may be justified to say that it is exertion not exercise. The term exercise and exertion are completely opposite. Exertion is one sided type of work which strains particular group of muscles. Whereas exercise is done intentionally to give work to all groups of muscles and joints making them supple and strength for overcoming regular loads with ease and comfort.

REASONS AND REMEDIES IN NUTSHELL

1. Indian tradition and culture / Male dominated society.
2. Quantity gives quality (Performance sports requirements).
3. Physiological set up – Anatomical hazards.
4. Attitude of generation – Shortcuts.
5. Luxurious trends.
6. Changing attitudes.

7. Returns in terms of materialistic gains if adopted as career (options).
8. Sports produce more losers.
9. Motivation from parents and society.
10. Performance sports/ recreational/ leisure / fitness sports.
11. Hybridization of foods.
12. Globalization impact.
13. Performance sports require extraordinary capabilities.
14. Misconception about exercise and exertion.
15. Status point (players is non-intelligent and non-academic).
16. Infrastructure facilities.
17. Sports culture.
18. Outlook of village people about sports.
19. Media supporting only a few games and sports.
20. Major drawback and irony of Indian sports is the politicians are running the sports federation and association.

REMEDIES:

1. Sports participation is for name, fame and money- misconception.
2. Sports infrastructural facilities to be made glamorous by updating.
3. Special incentives in the form of cash awards, prizes, career options for the participants.
4. Special time to be allotted in the time table for sports, physical education and recreation.
5. Citizens and parents awareness.
6. Role models to emphasize on sports participation.
7. Sports, physical Education, fitness etc to be given priority as environmental awareness.
8. Weight of marks in memorandum of marks for motivation.
9. New and fanciful sports are to be introduced.
10. Mass-participation is to be aimed for.
11. Consistent policies of sports should be prepared by experts not by politicians.
12. Hb is less because of food habits- fast foods.
13. Rules of the games should be made easy.
14. Duration of the sport should be manipulated according to the requirement.
15. Demand of skill and techniques may be manipulated accordingly.
16. Economy in the sports arena should be established.
17. Importance of good health and fitness through sports in mass is to be cultivated through lectures and other celebrities.
18. Media to play a major role in developing interest among mass.
19. Sports nurseries are to be established for mass participation.
20. Facilities of all kinds within vicinity are to be established to encourage participation.
21. Syllabus at schooling level is to emphasize on sports activities and its importance to inculcate physical exertion habit and sports culture.