

A review study on status and recognition of sports women in Indian society

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Abstract

This study begins with an understanding the actual status and recognition of female athlete in the male dominated domain. Certain research show that, many sports fans argue that women's sports are boring compared to men's sports. Simultaneously, women's sports compared to men's sports are rarely broadcasted in the media. Therefore, could the media be making sports fan believe that women's sports are less desirable by giving them less coverage. In addition to playing an important role in combating lifestyle diseases, participation in youth sports provides opportunities to develop skills & competencies in sports & in life long social, moral, & personal development. Many Indian sports clubs are supporting to the Indian sports women.

Keywords: women, society, sports, media etc

Introduction

In nature sport is universal. It does not discriminate on color, caste, creed, gender or race etc. Sport participation is not only about health but also about overall development. Earlier days it was not only intended for males to engage in physical activity, sports & games and women faced restrictions, but later they also started to participate actively (Rather Hilal Ahmad, 2015) ^[2]

Women in Vedic, Post-Vedic, Mughal and British Period

Women in Vedic & post Vedic period enjoyed equal rights with men. The women in pinnacle of the royal family (Queens) and every other woman in the country enjoyed physical activity and involved in playing different kinds of sports of those times. Some women were also trained at sword fighting, horse riding, archery etc. (your article library).

Certainly, it deteriorated during the Medieval, Mughal & British period. Women were confined to four walls of room and it was the time when purdah system rose. Woman were made believed to that they are just birthing machines & care taker of family. Playing a sport or participation in any physical activity was barely a dream.

Modern Era

In the early 20th century when club life was introduced in India, sporting activities also found a gradual change in lives of women. They were encouraged to participate in various sports and games. It was then the status of women in sports started to rise minimally. It was the time they broke the barriers and started enjoying the sports they wanted and gradually started marking their mile stone at every sport.

Few of the famous women who left a mark of glory are listed below

Table 1

Hima das	Athletics
Dutee Chand	Athletics
Mithali raj	Cricket
Tintu Luka	Athletics
Gomathi Marimuthu	Athletics
P T Usha	Athletics
Anju Bobby George	Athletics
Sahana Kumari	Athletics
Monika Batra	Table tennis
Saina Nehwal	Badminton
Dipika kumara	Archery
P V Sindhu	Badminton
Mary Kom	Boxing
Sania Mirza	Lawn Tennis
Dipika Pallikal	Squash
Saikhom Mirabai Chanu	Weight lifting
Ashwini Ponappa	Badminton
Sakshi malik	Wrestling
Karnam Malleshwari	Weight lifting

Status & Recognition of Sports Women

The above listed women are truly an icon for every sports enthusiast from every corner of world. No doubt Indian sports women are followed and admired for their achievements. Yet the question remains, do they really are enjoying equal status, attention and recognition?

Vasanthi kadhiravan (1900's) when clublife was introduced in India, sporting activities also found a serious place in female lives due to the facilities provided. Women pioneers has started blazing the trail. Rajkumari Amrit Kaur health minister in India first set an example for north Indian women by taking to competitive tennis.

The female sensation in badminton today's World No 2 ranking P V Sindhu, similarly legendary sports women are Karnam Malleshwari, Anju Bobby George, P T Usha & Sania Mirza, even if they are a step ahead, a number of factors ensures that sportswomen stay two steps behind though they have yielded fruits, the Indian culture looks up to a woman as a mother of race. Women's are naturally inferior to men because of the faith that a women's duty is bound only to birthing & taking care of her family. The level of physical education & sports for females has been hampered because of endless limit.

Conclusion

Regardless of whether they are a stride ahead, various variables guarantee that sportswomen remain two stages behind. In spite of the fact that the Indian culture admires a lady as a mother of a race, the Indian culture is uncompromising with the conviction that ladies are normally sub-par compared to men in light of the confidence that a lady's obligation is bound distinctly to birthing and dealing with her family (Geraldine forbes, 1996).The degree of physical training and sports for females has been hampered in light of the unlimited confinements. Their street to greatness is a battle against inadequacy and segregation. Customs and conventions leak their way into debilitating lady achievers.

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