

EQUALITY FOR WOMEN IN THE OLYMPICS AND EDUCATIONAL AND INTELLECTUAL DEVELOPMENT

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ABSTRACT

Women are typically prevented from participating in sports and other forms of physical exercise due to factors such as poverty, an excessive amount of responsibilities at home, concerns regarding their own and others' safety, a lack of accessible transportation, inadequate sporting and recreational facilities, and limited opportunities for the acquisition of physical education and new skills. At the same time, a large number of international organisations and institutions support and encourage the participation of women in athletics. A body of evidence that is still relatively small but growing has shown that sport has begun to establish itself as a viable vehicle for confronting gender equity on a broader scale .

Keywords: Equality, Olympics , Educational , Intellectual , Development

INTRODUCTION

Equality for Women in the Olympics

The year 1900 marked the beginning of women's participation in the Olympic Games. At that time, the only sports available to female athletes were golf and tennis. Since the first Indian woman participated in the Olympic Games in 1952, the number of women who compete in various events has been gradually but steadily increasing over the course of the years. In the year 2000, Karnam Malleswari created history by becoming the first woman to ever win an Olympic medal. She did this in the 400-meter event. Sushil Kumar was chosen to carry the flag at the opening ceremony of the Olympic Games that were held in London in 2012, while Mary Kom was chosen to carry the flag during the closing ceremony. Both of these ladies are strong advocates for achieving gender parity in society. There were 73 Indian competitors competing in total at the Olympic Games in London.

This included 60 male athletes and 23 female athletes. Two of India's total six medals went to female athletes, making India a medal winner in all six categories. Once every four years, the International Olympic Committee (IOC) holds a global conference on the topic of women in sports. The most recent conference was held in

February of 2012 in Los Angeles, California. The location of the conference was in California. The "Los Angeles Declaration" is a collection of proposals aimed at improving gender equality in sport and using sport as a vehicle to promote the lives of women all over the world. The delegates agreed unanimously to adopt "The Los Angeles Declaration," which is a collection of suggestions. The delegates also decided to make the utilisation of sports a priority in their efforts to make children's lives better. There is still discrimination based on gender even though there has been a lot of progress done in this area. Despite the fact that almost every nation sent at least one female athlete to compete in the Olympic Games in 2012, a few of Muslim nations continue to prevent female athletes from participating in public.

Benefits of Sports and Physical Activities

Physical Health -

It is common known that maintaining a consistent routine of physical activity on a regular basis is beneficial to a person's physical health and should be done on a regular basis. Regular engagement in these kinds of activities has been connected to a variety of health benefits, including a decreased risk of acquiring a number of different diseases, a more extended and larger sense of personal satisfaction, as well as other mental and emotional advantages. Inactivity is one of the leading causes of death, disability, and decreased levels of personal enjoyment in the created world, as is proved by a large quantity of written information that can be obtained to support this argument. Other causes of death, disability, and decreased levels of personal happiness include smoking, obesity, and alcoholism. These tidbits of evidence have been amassed from a huge variety of distinct locations throughout the world.

Mental Health -

In recent years, there has been research that points to an alarmingly high frequency of mental illness among teens and even younger children. These youngsters are at a far higher risk than older children. These percentages are at a horrifyingly high level. These alarmingly high rates have been linked to a broad variety of issues pertaining to mental health, including but not limited to low self-esteem, anxiety, despair, nutritional diseases, drug abuse, and even suicide. There has also been a correlation shown between these issues and the rates of drug misuse and suicide. Immature girls are more prone to the difficulties that are linked with anxiety and depression. By the age of 15, females are twice as likely as boys to have experienced a significant depressed state, and girls are also considerably more likely than boys to have seriously contemplated the idea of ending their own life.

Participating in physical activities can improve young women's mental health in two separate ways, as evidenced by the findings of a large number of studies, which have been conducted on the topic. To get things started, there is a significant body of data that suggests engaging in regular physical activity may have a positive impact on the mental health of young women. There is no doubt that a few pieces of evidence hint to the likelihood that females may react more strongly than boys in terms of the immediate advantages. This is something that cannot be denied. In addition, research have shown that engaging in physical exercise can help contribute to the reduction of potentially harmful levels of anxiety and sadness. This can be accomplished by participating in physical activity. Getting regular exercise has many benefits, and this is just one of them.

Educational and Intellectual Development -

There is a variety of data that points to the fact that for some young women, the engagement in sports and other types of physical exercise represents the highlight of their academic goals and achievements. Vanves, which is located in France, was the site of the main investigation that was conducted on the link between physical exercise and the use of corporal punishment in schools. This investigation was completed in the middle of the 1950s. The amount of time that was spent on 'academic' educational programs was reduced by 26% and the time that was lost was replaced with time that was spent on physically active activities. However, the academic outcomes were not negatively affected, and there were fewer instructional issues, a stronger emphasis on mindfulness, and a drop in the number of students who did not attend for class.

Recent studies have demonstrated that elevating the total amount of time that children and adolescents spend participating in physical activity throughout the course of the school day can lead to improvements in the academic performance of a subset of those youngsters. In a report that provides a summary of the findings of three longitudinal studies, it is emphasized that 'scholarly performance is maintained or even improved by an expansion in an undergraduate's degree of consistent physical activity, independent of a decline in educational programs or additional time for the research of scholastic content.' This statement is made in light of the fact that These findings can be seen in the report that was analyzed.

There is strong evidence to show that there is a good association between girls' involvement in athletics and the professional educational ideals held by educators, despite the fact that it may be difficult to differentiate between relationship and causation at this time. This is despite the fact that it may be difficult to distinguish between relationship and causation at this time. A number of hopeful findings, some of which are as follows, have been produced by researchers in the United States of America: Female secondary school competitors expressed a more prominent interest in graduating from both secondary school and school; female competitors from ethnic minority groups detailed better school grades and more noteworthy involvement in additional curricula; and so on. Girls who take an interest in sports are more likely to make academic progress than individuals who don't play sports. Individuals who don't play sports are less likely to make academic progress. Several studies have found a link between girls' engagement in athletics and higher performance in mathematics and scientific problems. This association has been seen in both competitive and recreational settings. Because of these findings, experts have come to the conclusion that the habit of playing sports may pose a threat to the conventional gender roles that have been connected with intellectual capacity. These roles have traditionally been associated with academic brilliance.

Regenerative Health -

Real societal issues may be found in every region of the world, such as the pregnancy and transmission of sexually transmitted illnesses among adolescents. Early studies that were conducted in the United States found that young girls who participate in sports have a tendency to become sexually active later on in life, have fewer partners, and, when they are sexually active, make more significant utilization of contraception than non-sporting girls do. This is in spite of the fact that there is a lack of research in this area. Early studies that were conducted in the United States found that young girls who participate in sports have a tendency to become sexually active later on in life. Despite the fact that there is a paucity of study in this field, these results have been discovered nonetheless. There are programs now being implemented in the creative industry that make use of the participation of young women in sports as a means of providing them with the ability to detach themselves from sexual behaviors that are considered to be high risk.

OBJECTIVES OF THE STUDY

1. To study on Benefits of Sports and Physical Activities
2. To study on Educational and Intellectual Development -

RESEARCH METHOD

Women students from Women's colleges, Arts or Science institutions, and Training Colleges in selected states in India served as the subjects of this study. These students were enrolled in pre-degree (Intermediate), Degree, and Post-graduate programs during the academic year 1997-1998. Those people who have never taken part in a sporting activity were chosen to be the subjects of the study. In order to provide the groundwork for the development of a standardized program for the involvement of women in sports in the future, the objective of the study was to identify the barriers that prevent women in India from taking part in games and athletic competitions.

Pooling of Statements

After determining the limitations, the investigator gathered information from a variety of sources, including professionals in the fields of psychology, education, sociology, women's studies, and physical education; students attending a college in Andhra Pradesh; and the investigator's own circle of friends. Overall, 124 different artifacts were collected in their entirety..

Construction of WOSPI

The Women's Sports Problem Inventory (WOSPI) was developed with the several features of the study taken into mind as it was being developed. The WOSPI was divided into three distinct sections:

It was the intention of the first section to leave blank any personal information that may have been requested, such as the respondent's name, class, college name, college type, college locale, religion, community, parental employment, nativity, district, or state, among other things.

DATA COLLECTION

An inventory known as WOSPI was prepared by the investigator after consultation with the advisor and other specialists. This inventory covered personal information as well as psycho-social components of the limits that women face when participating in sports. It was decided to print the inventory forms and the instructional pages. Along with one thousand inventory forms, Inail also sent covering letters to each of the 25 different types of institutions that it contacted, in which the covering letters explained the purpose of the research and asked for the colleges' wholehearted cooperation. Fifteen of the schools sent back the inventory forms, and for the remaining colleges, the investigator visited each one in person to collect the inventory forms that had been properly filled out by the ladies who did not participate in the sports or the games. The names of the educational institutions that received copies of the inventories may be found in the attached document .

The opinions of the respondents about the barriers that prevent women from participating in sports were gathered during the months of January and February of 1998, which corresponds to the academic year 1997-1998. It was stated in the letter that accompanied the opinion inventory that their replies would be used solely for research purposes and that the information would be treated in the strictest of confidence. In this particular stage of the inquiry, there were a total of 600 college-aged women who took part.

Statistical Techniques Adopted In the Study

Following is a statistical analysis that was performed on the scores that were acquired from the women's sports issue inventory.:

Product Moment Coefficient Correlation

Calculations of the coefficient of correlation were performed in order to validate the dependability of the approach of maintaining internal consistency. The degree to which two characteristics collectively deviate from their respective averages is measured by the coefficient of correlation. There is a range of potential magnitudes of correlation extents from +1.00 all the way down to 0.00..00

Correlational Formula for ungrouped data:

$$r = \frac{N \sum XY - (\sum X)(\sum Y)}{\sqrt{[N \sum X^2 - (\sum X)^2][N \sum Y^2 - (\sum Y)^2]}}$$

Spearman-Brown Prophecy Formula

Correlation can be found out by the amount of statements, correlation can be found out by applying the Spearman-Brown Prophecy formula, and correlation can be obtained using the split-half test, despite the fact that it produces a lower correlation than other tests due to the decrease in size to two sets of half the number of statements.").

The Spearman-Brown Formula for Predicting the Future:

Spearman-Brown Prophecy Formula:

$$\frac{2 \times r \text{ for halves test}}{1 + r \text{ for halves test}}$$

where, r= split- half correlation.

DATA ANALYSIS

In this chapter, the findings and debate on the empowerment of women brought about by the psycho-social restrictions of their involvement in sports and wrestling have been presented in a dimensionally appropriate manner.

The limitations that parents place on their daughters' ability to compete in the sport of wrestling

Table 1 chi-square value for the number of answer options that were collected, proportion of 'true' replies or 'false' responses, and number of respondents in scale options for the women's wrestling problem inventory

Statement no.	Chi square obtained	% of true responses	Dt Definitely true	Mt Mostly true	Mf Mostly false	Df Definitely false	% of false responses	P
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1	236.36	78.83	20	10	20	10		7,8 1
2	54.32	60.67	10	12	24	14		7.8 1
3	139.12	73.33	20	10	20	10		7.8 1
4	28.51	55.67	10	12	24	14		7.8 1
5	91.05	69.17	20	20	10	10		7.8 1
6	130.52	73.17	15	15	15	15	-	7.8 1
7	35.08		10	26	14	10	53.17	7.8 1
8	3.54		10	15	10	25	52.33	7.8 1
9	28.36		10	26	14	10	50.34	7.8 1

Findings

The chi-square test was used to determine the likelihood of 0.01 level of significance for each of the first 10 statements of the parental dimension in the questionnaires that were filled out and returned by women. There were a total of 600 of these questionnaires.

Table 1 displays the number of choices available in each category of the scale, the chi-square value that was achieved, and the proportion of replies that were either 'true' or 'false' for each statement.

The following statements include answer alternatives that significantly differ from one another; as a result, we took them into consideration for debate and investigation.

1. The parents in the family do not have a strong understanding of the sport of wrestling.
2. Wrestling for women is never encouraged by any other member of the family than the parents.
3. Parents believe that their daughters' engagement in wrestling would be detrimental to their scholastic development, thus they urge their boys rather than their daughters to take part in the sport.
4. Due to the fact that women have more day-to-day home chores before and after college hours, they do not have time to participate in wrestling.

5. After taking part in games and wrestling matches at universities, parents do not let their daughters return home late in the evening.
6. Parents are concerned that they won't be able to keep a close eye on their daughter's actions if they let her compete in wrestling since it requires a lot of physical exertion.
7. Parents are reluctant to urge their daughters to participate in wrestling because they believe it to be an impolite activity for their daughters (to wear wrestling uniforms).
8. Parents are concerned that their children's engagement in wrestling might result in injuries that could affect their future relationships.

Discussion

After conducting an analysis of the responses to each statement in the parental dimension with the aid of percentages, it was discovered that the majority of the respondents expressed a favorable opinion with the exception of the seventh, eighth, and ninth statements. As a result, the researcher's hypothesis was accepted due to the fact that the majority of the statements showed a favorable opinion. The seventh, eighth, and ninth assertions are not taken into consideration as restrictions, and the statistical analysis of the following statement using the chi-square test indicates that there is no significant difference between the response alternatives at the 0.01 level of confidence in their likelihood.

Parents may fear that allowing their daughters to participate in wrestling will bring to a loss of respect in the eyes of society. Statement 8.

The present research leads the researcher to the conclusion that the respondents' parents have a negative attitude towards their daughter's participation in wrestling and games; thus, it is reasonable to assume that parental restraints are preventing women from participating in wrestling and sports.

Community Constraints Regarding Women Participation in Wrestling Sport

Table 2 Chisquare Value For The Number Of Response Options Obtained Percentage Of 'True Responses Or 'False Resonses And Number Ofrespondents In Scale Options In Women Wrestling Problem Inventory

Statement n0.	Chi square obtained	% of true responses	Dt Definitely true	Mt Mostly true	Mf Mostly false	Df Definitely false	% of false responses	P
11	454.73	76.33	15	22	13	10		7.8 1
12	231.41	83.0	22	15	10	23		7.8 1
13	97.40	66.67	21	15	14	10		7.8 1

14	37.96	59.33	14	21	10	15		7.8 1
15	8.96		13	16	12	19	50.17	7.8 1
16	143.08	73.17	18	25	7	10		7.8 1
17	93.30	68.17	17	23	9	11		7.8 1
18	39.05	58.0	13	21	11	15		7.8 1
19	53.99	64.17	18	25	7	10		7.8 1
20	57.60	50.5	17	23	9	11		7.8 1

P = Chi square table value at 0.01 level of confidence.

Findings

The chi-square test was used to do statistical analysis on each of the ten statements numbered from eleven to twenty that dealt with community limitations dimension in the questionnaires that were answered by women. The purpose of this analysis was to determine the probability of difference at the 0.01 level of significance. Table 2 displays, for each statement that was observed and collected, the number of possibilities on the Likert scale, the Chi-square value that was obtained, and the proportion of replies that were either true or false..

1. All the ten statements given below showed a significant difference in the option of true and false responses and hence they are taken for findings and discussion.
2. It is because there are not enough wrestling clubs or groups that are specifically for women that there are less women who participate in wrestling.
3. The absence of women's groups on the level of the local community is the root cause of the low number of female competitors in wrestling and other sporting events.
4. Due to a lack of support from the local continuity at large, women's wrestling participation has decreased.
5. Women wrestling superstars do not receive the respect and acknowledgment they deserve in the community for their accomplishments.
6. The low number of female participants in wrestling can be attributed to the lack of publicity the sport receives on television and in periodicals.

7. Only a select few women wrestlers are able to inspire more women to compete in wrestling and other sports.
8. As a result of the limitations that are placed on them by the culture, many women are reluctant to try their hand at wrestling.
9. Wrestling is not a sport that is popular among women's friends and family, hence they seldom participate.
10. The mentality of men in the culture is one of discouraging female participation in wrestling as much as they can.
11. It is the consensus of the community that the engagement of women in wrestling may be detrimental to their moral image (also known as their character image).

Discussion

The analysis of the responses to the statements in the community dimension shows that a high percentage of respondents showed favourable opinion towards the statements. This finding reveals that the community does not encourage empowerment of women's participation in wrestling sport and hence the hypothesis of the investigator is accepted.

Conclusion

It is evident from the findings that were collected and are presented in Table 4.2 that the community has been a barrier in the way of prohibiting women from participating in sports such as wrestling and games.

The Average Income Of The Parents Of Women Who Attend Private And Government Colleges And Universities

Table 3 Women Attending Public and Privately Funded Educational Institutions

S.NO.	Respondents	Upto Rs.500		Rs.501-100		Above Rs. 1000		Total	
		No.	%age	No.	%age	No	%age	N0.	%age
1.	Government College	10	3	5	1.5	15	4.5	30	100

2.	Private College	16	4.8	4	1.2	10	3	30	IOO
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Calculated value of X2 = 12.966

Expected value of X2 for significance at 0.01 level = 9.210.

Degrees of freedom = 2.

A look at Table 3 indicates that 34 percent of the parents of college women attending a government institution fell into the group of having an income of up to 500 rupees, whereas only 2 1.33 percent of the parents of college women attending a private college do. 17.33 percent of women parents attending government colleges and 24 percent of those attending private colleges were found to fall into the group of having an income between 501 and 1000 rupees. A total of 48.67 percent of the parents of women who attend a government college and 54.67 percent of the parents of women who attend a private institution have an income of more than Rs. 1000.

In addition, the contingency chi-square was used to test the hypothesis of independence of frequency distribution in the contingency table relating the level of income of the parents of Government college women and private college women. This was done in order to compare and contrast the two groups of college women. The value of chi square that was computed to be 12.966 was obtained, and this value is significant at the 0.01 level. The researcher is forced to draw the conclusion that the amount of parental income is significantly different between Government college women and private college women as a result of this finding.

CONCLUSION

It is vital to strive toward developing an adequate framework relevant to the involvement of Indian women in games and sports in order to facilitate the reduction of "psychosocial constraints of women participation in sports." The history of sports is largely one of male dominance over the entirety of its timeline. Because of this, the vast majority of academics in our nation have entirely disregarded the issue of women competing in sports. As a result, the participation of women in games and sports has been a study field that has been largely underdeveloped. The primary objective of this research was to identify the barriers that prevent women in India from taking part in sports and games so that a practical and effective program to encourage women to take part in sports may be developed for the future.

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