



## The Status of Sports Women in India

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### Introduction

The women of today are emerging and excelling every walks of life from home management to space station. During the concluded Asiad, our sports women have proven the sporting power of our country. Which is known to us.

For the years together, female were treated as an instrument in our society. There was ban on her education. How can one think of her sports carrier?

The Indian history shows numbers of social reformers have spent their life, for the cause of liberation of women. It was Raja Rammohan Rai, Ishwarchandra Vidhyasagar, Swami Vivekanand, Swami Dayanand Saraswati, Mahatma Gandhi, Who were after the upliftment condition of women in India.

In the year 1975 our late Prime Minister Mrs. Indira Gandhi has taken a step ahead of all these by starting a special national level sports competition for women. Known as women's festival, she promoted sports amongst them.

Though women are not at par with her counterpart in western world. She is struggling hard to make her marks in men's world.

There are many barriers on her excelling in sports. i.e.

### **(1) Personal problems (2) Social problems (3) Custom & Tradition.**

The sports women are facing obstacle for her excellent sporting performance. There are challenges problems, social stigma, customs, traditions, which are the causes of hindrance to her performance.

### **Personal problems**

The international Olympic committee medical commission expert's panel observed that sexual harassment and abuse occurs worldwide. No sport is immune to these problems which occur at every performance level. The consequences of abuse are also disastrous to the sufferer as she may develop low self esteem, imbalance may perform badly or completely hate the sports.

Abuse of women in sports is common because nearly all the authoritative positions have been occupied by male figures. Coaches, managers, promoters and organizers are usually men and some of them often use their masculinity to exploit women.

### **Social problems**

Exploitation in pay & sex for the equal work they are not paid at par with male. Even the male sports teacher are preferred for women's college. They have to tolerate the eve of teasing and obscene words while at sports.

Society do not recognize her as a sports person. Especially after she quits her education or after completion of her education. She is not permitted to compete. This reminds me of a quotation which I want to share with you.

“ Father controls unmarried daughter, Husband commands wife, Son controls widow mother, never free is women life.”

In the family itself he is not employing equal status with her brother and the female child is overburdened as she has to carry out domestic work, which is hardly recognize. Her household chores are never counted as work. For her education is secondary and the sports comes last.

The male of the family will decide what she will play. She cannot choose the sports, she is interested in the family has preferred male child. For the food too, preference is given to boy. This attitudes leads to malnutrition which causes poor health, which ultimate leads to poor performance.

### **Custom and Traditions**

In India female is not allowed to play mostly after her marriage even if she is outstanding in sports. The paternal family decided about her participation in sports without her consultation as she is taught to abide by the whims & fences of them.

In India a large percentage of women do not have power as I discussed before. They cannot take decisions independently not even related to their own life. They have to take permission of male members for each and every issues. They don't have any say in important decision including her sports.

The great example of Iranian women kabaddi team, who was seen in top to bottom uniform while playing Asiad kabaddi. The same is true with Indian female in some way or the other.

In sense of equality only the judiciary of India has given equal right to male to female. But, where is the application of law? As in India so many people are illiterate. If the right is violated even through they though they can not rebounded in court for justice. In urban area it seems that there is a consciousness towards the sports by women, but still position is worst in rural and tribal area. (Now a days Indian women have achieved a great laurels in many sports. In commonwealth games and in Asiad and made country proud it shows that women are struggling very hard for their achievement and they have proved themselves.

As in commonwealth games one gold medalist **DEEPIKA KUMARI** In **ARCHARY** is not yet an adult and is daughter of an auto driver from a small town. The other history creator and the first gold winner women **KRISHNA POONIA** In **DISCUSS THROW**, is the mother of nine years old son and many others have come up trump against all odds and not just in tennis and badminton, they have stormed the erstwhile male bastions like wrestling and weight lifting too.

Thought there are problems in the lives of Indian sports women, but they are always ready to fight all the odds and enjoy their life the full they have their own talent, hobbies and they socialize according to Indian customs. Indian women have mastered anything and everything which a women can dream of. But she still has go a long way to achieve equal status in the minds of Indian men.

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