

RECOMMENDATIONS

Recommendation for Parents

1. The parent's most important role is to emotionally support their children in whatever sporting activity they chose to do. Do not discriminate them on the basis of their respective gender and acknowledge their sports skills and motivate them.
2. Try to buying all the necessary playing equipment that is needed by your children during their physical training or sports tournaments.
3. Try to provide the transport facility to your children when the sports events are organized far from the home town.
4. Whenever you have time give your children moral support by watching them while they are playing in any tournament.
5. Allow your girls to make a choice of their game. Do not deny them to be choosing any masculine game which is socially not considered “good” for women.

Recommendation for the Coaches

1. It is the coaches' responsibility to equally focused on the training of both male and female players during practice and should emphasize the importance of a healthy mental state through involvement in sport.
2. Coaches should make a healthy environment while conduction training session of the players in which participants are not hesitating to discuss their issues. They should build of a constructive relationship with peers would help to enhance,

develop and implement programmes that would foster especially female sport participation.

3. Coaches should not have too high expectations, the reason being that if the girls cannot cope with these expectations, they will simply drop out.
4. Coach must be able to identify potential, polish up the skills and direct the player. They must try to keep the girls in the team with the intention of developing them as sporting individuals. They can play a vital role in motivating the parents to treat their male or female children equally.

Recommendation for the Government/ Policy Makers

1. There is a need to promote and encourage sport at the grassroots level. Like basic primary education, sports should also be made compulsory, not competitive sports, but the recreational healthy sports.
2. In schools special physical education teacher should be appointed who educated and made girls more aware of the health benefits of sport.
3. A talent search program for sports (like SPAT conducted earlier in Haryana) will be run frequently in all over India, and mainly in the rural and semi-rural areas.
4. Government should initiate of setting up of the structures that would be able to reach out to the girls that are in the rural areas and outskirts of the cities.
5. Government should make the policy to improve the Standard of coaching. The government should launch new policy or improve the earlier one for appointment of highly qualified coaches because majority of sportspersons are not satisfied with their coaches and their coaching techniques.

6. Government should provide more scholarships to sports persons especially for women sportspersons to stay longer in their sport. Here we can learn from..
7. Girls would be made aware of the various career choices they can have related to the field of sport.
8. Government should to run a special program for sports person who are engaging in sports to join coaching as career and encourage and also run a special program for female sportspersons to guide them about sports career opportunities so that more and more of them become coaches and referees.
9. Government should provide more jobs opportunities and reserved it for female players because their economical dependency on others is major hindrance in their sports participation.
10. There should be equal number of female members in the sports ruling body because this will eliminate gender bias as well as female members easily understand the problems of female sportsperson.
11. More or more lady coaches should be appointed for female player because they are hesitating to discuss some health related issues with the male coaches. There is an urgent need to bring in more number of female-trained coaches. Most of the female respondents in the present study have suggested that they feel more happy and comfortable with female coaches.
12. Government should conduct time to time awareness campaign for parents especially in rural and semi rural areas to make them aware of the benefits and facilities available for a girl player.

13. There is less number of sports tournaments for Girls. Equal opportunities should be provided to both male and female players. There should be more opportunity to play in more competitive sports event without any registration fees.
14. There has to be some machinery which keeps tabs on the functioning of the Sport associations, the government run sport schools and other sport centers. The mismanagement of funds and facilities should be curtailed.
15. Government should provide better security to the sportsperson especially to girls when they are travelling for competitions.
16. Government should run special training programs and workshops for coaches, referees and the other people who are engaged directly or indirectly to sports to make them sensitized and aware of the problems of sportsperson especially of female players.
17. Symposiums and workshops should be held to bring more awareness and eliminate the health or body image and pregnancy type's myths among the society about sports participation.
18. Government should provide better and free medical facilities to the sports person.
19. Government should make more Sports clubs and centers especially for female sportspersons.
20. Government should provide more and more residential hostels facilities to the player so they should feel safe and secure. This might be helpful to negotiate the gender related security issues.
21. Government should make policy for the sportsperson to give them some economical help and consultations on rehabilitation after their retirement so that

they have choose sports comfortably because after this they don't have the tension of better and secure future.

22. Government should set up a tribunal to hear the complaints against the sexual harassment of sportsperson. Each State has such kind of grievance committees should be set up at various levels like at school level, college level or at University level.
23. The government should make policy for media to equally coverage the female sports tournament because the role of media is very vital in the development of women sport. Media should give more coverage to female sports so that people become more aware of it. Girls will also be motivated and encouraged to participate in sport.
24. Government should ask to Private sector Industries to provide more sponsorship to women sports tournament. If government provides them with some benefits then they would be ready provided more sponsorship for female sports.
25. Government should try to keep the political influence out of the selection process for major sports events (National sports events as well as International sports tournament such as Olympics, Asian Game, and Commonwealth Games) so that the Selection procedures should be fair and transparent.

LIMITATIONS OF THE STUDY

In spite of the important contributions made by this research, the study has several limitations. This research work has been done under considerable limitations so the study is limited only to the twelve UGC recognized universities students of Haryana state who are active or non-actively participated in different sports activities. Because the research was conducted only in different universities in Haryana and not the whole country, it was

difficult to extrapolate the findings to broader population. This is a unique population and the participation habits of students are definitely not generalizable to all. The researcher acknowledges that not all young people in India attend college and even those who do, are less likely to participate in any type of sports or physical activities. However, it was not the aim of this study to create a generalize picture of the sports habits of Indian youth in general but this would be an important undertaking for future investigations. Secondly, in the present study, it was observed that there is limited literature available on the Gender discrimination especially on Sports in India which really made it difficult to acquire adequate background and literature information specific to India. However, there is a lot of information on female lesser participation in sports but the whole notion of gender is neglected that why the other countries of the world that have similar trends related to gender in India so that literature was used.

On the questionnaires, some respondents were reluctant to share personal information and also in some cases it was difficult to establish that the respondents were truthful in their answers. Since the questions were standardized, it was not possible to explain the questions to the respondents, therefore respondents understand and interpret the questions based on their own context hence there was a possibility of subjectivity. There is also a chance that the respondents could have been forgetful when answering some questions hence omitted some relevant data. Socio-economic and religious factors which cannot be controlled by the investigator might have affected the responses of the students this is another limitation of the study. The potential for investigator bias through loaded questions or tone of voice is one such limitation. This may affect the validity of the respondent's answers. Further, the method also requires interpretation of the respondent's answers, and, as a result, a different researcher may interpret the same data in slightly different ways but by choosing to study this topic qualitatively, it makes the study more valid because the researcher is able to address questions to the decision makers themselves.