

REVIEW OF RELATED LITERATURE

2.0. INTRODUCTION

The involvement of women in sport continues to be a fascinating issue. There is also a large body of literature on gender studies. Similarly, there are a number of studies on sports related themes such as performance, group cohesion etc. However, there are not many studies looking at Gender issues in Sports. Again, most of the research studies are based outside India; very few are done on an Indian sample. The topics of these studies cover themes such as performance of women athletes, self-image, social status and participation in sports, sexual harassment, political and economic factors in sports etc. There is limited academic research that has been done on the gender discrimination especially on the discrimination in sports aspect (in respect of participation, competitiveness, prize money, sexual exploitation etc.) especially in Indian Context. In our country, very little research work has been done as compared to other countries in relation to this field. A careful study and exploration of the literature is essential to have insight into work already done within the field. The investigator reviews several research works to build an adequate background to the study. The investigator has given a deep thinking for those studies and has gained valuable methodological hints from their procedure and findings which were of great importance in the formulation of the research problem.

2.1. GENDER IDENTITY

Some theorists put forward that biological differences between male and female also fall out in their mental and physical variances. They strongly claim that biologically, males are physically and mentally superior to females. Some others claimed that these biological differences are exaggerated. They argued that these differences are a result of social and cultural structure of the patriarchal system.

Simone de Beauvoir (1949) strongly claimed in her book **‘The Second Sex’** that “one is not born, but rather becomes a woman”. She elucidates that the only reason behind a man being superior in society is all because he is the breadwinner to the family. She affirms that Gender

differences in society are set in a hierarchal position. She claimed that Women's position in society is consider to be second or that of the "other" and women's are still consider as outsiders.

Shulamith Firestone (1970) argued in her work '**The Dialectics of Sex**' that the patriarchal structure of the society exploits women's biological capacity. She claimed that a women giving birth or to reproduce as their essential weakness. She elucidates that the only approach for women to break out the chains of oppression is to use technical advances of freeing themselves from the burden of giving birth to child. She strongly advocated that breaking down the biological boundaries between mothers and children by forming communes where there monogamy and nuclear family does not exists.

Ann Oakley (1972) in her literary work '**Sex, Gender and Society**' explores the term gender. She discussed that in the Western societies females are playing roles of "housewives" and "mothers" only because they are forced to play these roles just only because of their sex. Ann strongly claimed that in western societies it is believed that any attempt to change the traditional values and roles of male and female in society will cause to mutilation of social fabric. She argued that to maintain this social fabric these differences are created.

Many of feminist claimed that biological differences do contribute to some social characteristics. As **Movia Gatens** says that "male body and female body have a pretty diverse social value and worth and cannot but help have a marked effect on male and female consciousness". Certain bodily events have huge significance especially of they occur only in one sex. She mentions the example of menstruation. She claims that masculinity is not esteemed, unless it is not completed by biological male. She argued that it is believed that the male's body itself is imbued in ours.

Naomi Wolf (1991) in her book '**The Beauty Myth**' reveal the tyranny of beauty myth. She argued that media and literature are main causes behind to legitimate this beauty myth to the females. She explains this with some relevant examples, she antagonises the

beauty industry and the media for its advertising which make this type of beauty myth a hegemonic ideal. In her work she tries to expose the full picture why females are using such beauty products.

Theresa, O'Keefe (2014) in her article on 'My Body is My Manifesto! Slutwalk, FEMEN and Feminist Protest' tried to understand the contemporary methods of women's popular protest. In her paper she explores that the protest of SlutWalk and FEMEN helps to understand that such type of body protests demonstrate a challenging interface between third-wave feminism and post feminism. She argues that any revolutionary forces behind these mobilisations might offers a limitation. She is saying that these type of movement are limited to very basic types of discrimination such reproduction, patriarchal domination, cultural hegemonic norms.

2.2. SELF IMAGE

Pricilla Choi tried to examine from a critical feminist perspective, how this beauty myth influences women's involvement in sport and physical exercise. To explain this, she takes the activities of aerobics and bodybuilding chosen as representative of two opposite ends of a conceptual continuum. In her research paper she describes how aerobics is considered an acceptable physical activity for women to participate in because the aim is to lose fat (reduce the body) and create the body beautiful of slim, toned and sexy. In contrast, the aim of bodybuilding is to build muscles and make the body larger and stronger, which is not acceptable, because it is not consistent with the ideology of femininity.

One of the key ways to regulate females' sports participation is to 'defeminise' successful female athletes. Female athletes who cross gender boundaries by playing 'men's' sports are constructed as 'unnatural'. The culture of India society, the females are not supposed to walk straight, with head held high; they should definitely not be muscular or show strength, If this happens then are called masculine.

Wright and Clarke (1999) in their examination of media coverage of female rugby players, suggested media discourses construct "compulsory heterosexuality". Which help to reinforce social and sexual control by naturalizing and normalizing acceptable sexual

relations. The study found that media coverage was swift to defend players' sexuality by portraying the players as 'feminine really', i. e. not a 'proper' threat to masculinity or to the notion of rugby as a 'man's game'. Players' families, husbands and children were continually referred to, reassuring the audience that outside rugby, the women lead 'normal' feminine, heterosexual lifestyles despite playing a sport associated with male dominance. If this 'normality' cannot be affirmed the implication is that the player is unnatural, not a 'real' woman, either in terms of sexuality or physically.

The media and societies promote the slim figure and this puts a lot of pressure on women to either maintain that smaller figure or to monitor their weight.

2.3. BIOLOGICAL ISSUES AND SPORTS PARTICIPATION

The physical capability of females in games has been always questioned because of a variety of issues concerning menstrual cycle, reproduction, injury to breasts and genitals. Many theorist argued in their studies that females should not be involved in physical activities. They claimed that due to physical exercises female lose their femininity. They also suggested that due to physical exercise the frequency of menstruation should be delayed and have a bad impact to the reproductive organs of female.

2.3.1. MENSTRUAL CYCLE

For many years it has been believed that delayed onset of the menstrual cycle caused many girls to continue playing sports based on the observation that menses occurred later in athletes than non-athletes. Girls experience less physical distress associated with their menstrual cycle when they participate in any physical activities. Many studies argued that participation in physical activities leads to cessation and irregular menstrual functioning, Web et al¹ reported a 59% rate in menstrual difficulties in a group of 56 Olympic athletes, their primary complaint being missing their menses and experiencing a delay in the onset of the period.

¹(LeUnes& Nation, 1991),

For many years researchers argued that menstrual irregularities are caused by heavy exercise and training.² It has also been argued that delayed menses subsequently affected fertility and lead to complications associated with pregnancy. Scientific evidence provided by Erdeiyi and Zaharieva, in a combined study of more than 740 female athletes indicated that athletes had fewer instances of toxemia, fewer premature deliveries and a lower rate of caesarean section than did a comparable non-athletic sample. But in his study Erdelyi found that out of the total sample (729 Hungarian females) 83% of the females indicated no change in their menstrual cycle. The same result is out of Zaharievas (1985) study when he studied female Olympiads from 10 different countries. The results of the study indicated that 92% of the respondents had a regular menstrual cycle, the length of the menses was not affected and their blood flow was regular.³

2.3.2. PREGNANCY/ CHILD BEARING

Females who participate in sports often experience delayed menarche and this could have both positive and negative consequences. Historically delayed menarche, which was often associated with high levels of training, was a problem as it compromised fertility. But Wyrick (1974) argues that athletic fitness is associated with a sound pregnancy and delivery.

Many studies also found that many female athletes return to top form rather quickly after having had children. As Zaharieva and Sigler in their study found that 75% of the female athletes enhanced their Olympic results after two years of their delivery. When Bloom (1986) interviewed Mary Decker a famous female athlete, she stated that she get back on the track six days after giving birth and was running successfully after one month. So these types of myths related to female body should be neglected as the **Gerber at al (1974)** suggest in their study by saying that females could look forward to having an active and exciting sports life uncomplicated by irregular menses, pregnancy and childbirth.

²ibid

2.3.3. BODY FORM

Young (1980) suggest the physical use of the body in sport is contrary to the education that girls and women have received regarding how they should use it. From the earliest age female infants and young children receive less physical play opportunities than boys, making women and girls more hesitant in using their bodies when taking part in physical activity. The strength of appearance and body discourses has ensured that women are encouraged to view their bodies as objects with limited movement.

Coakley (1986) discussed the myths that are prevalent in society to exclude the females from sports. The author claimed that it is believed in our society that women's participation in physical activities might damage their breasts. She argued that there is no single evidence which shows that physical activities or sports participation cause to breasts damage or other reproductive organs. Gerber (1974), argued in his work that in average man is 20% stronger than a women. He claimed that man's also have 25% faster reaction time as compare to their female counterpart.

Johnston, (1996) suggest that men in contrast have learnt to express themselves in forceful, active ways and sport sits easily within this. There are multiple global and local pressures on women and girls to ensure that they adhere to discourses regulating 'correct' female body shape and appearance. Whilst there has been a broadening of definitions of femininity to accept a well toned female body, there are still strong limits placed on 'how much' muscle is acceptable. Ideally sports women have toned bodies but avoid excessive masculine-perceived muscular bodies.⁴ If females develop their bodies in adherence with visual and body discourses female identity is not brought into question.⁵

⁴ Young, Kevin (1997) "Women, Sport and Physicality: Preliminary Findings from a Canadian Study." *International Review for the Sociology of Sport*, 32/3, pp. 297-305.

⁵ Hargreaves, J. (1994). *Sporting Females: Critical Issues in the History And Sociology of Women's Sports*. London, UK: Routledge..

Birrel (as cited in Kane, 1998), argued that females should not take part in certain sports activities, and there are those activities that require 'masculine' traits such as physical strength and power. **Bradner (as cited in Kane, 1998)**, argued that many girls seldom show an interest in sports and if they are interested, they do not have the strength and endurance to be successful. Often they cannot perform to the best of their abilities because of the risks they are exposed to.

Lines (2000) argued that in recent years 'Presenting' female's body in sports has been extended to regulate what a female player to wear or not to wear. The author claims that they are consider her a sexy lady first and player second. To further explain her contention the author gives examples such as beach volleyball. She says that nowadays in Olympic Games it is also instructed to female athletes not to wear briefs with the verges longer than six inches. She argued that behind this provision there is no concrete rationalisation for this other than to feminize games and ensure the athletes are seen as sexual objects rather than players.

Harris (2004) says that the 'Correct Presentation' of the body is a fundamental aspect of conforming to heterosexual discourses. She claimed that biological structure of body plays a key role in forming a female identity. **Harris** argued that mass media and celebrity culture enforced the values to the society which make us to think on the correct appearance through body shape. She argued that physical appearance and their body shape can legitimise or judge sports participation of females. She also claims that only those female athletes are appreciated in sport, who have feminine visual body discourse ⁶. In order to avoid criticism and insinuations of lesbianism, heterosexual women need to remain within the regulations perpetuated by discourses constructed in wider society (Hargreaves, 1994). Female athletes therefore continually have to negotiate competing feminine and sports discourses. The significance of the sporting body goes beyond issues of appearance.

⁶ Kolnes, L. (1995). Heterosexuality as an organising principle in women's sport. *International Review for Sociology of Sport*, 30, pp. 61-79

Krane et al's, (2004)in their research discussed that the majority of female athletes having to wear revealing uniforms which they felt sexualised and exposed their bodies, making them objects for the male gaze.

Roth and Basow (2004) discussing female ice skaters suggest the result of this is that men and women are not reminded that women's bodies are capable of incredible strength and athletic feats but instead that their bodies are sex objects capable of displaying "incredible femininity".

The literature illustrates that 'The body' plays a key role in forming of an identity as a male or female. Through body shape and appearance they can legitimize or condemn their sports participation. The females are not considered as much qualify to take part in sport as male because it is assumed that reproductive organs are at risk when female participate in games. However, those women who transgress gender norms by developing sporting bodies (nearly all elite female athletes) risk having their sexuality questioned if they do not adhere to norms, and their participation in sports helps to affirm that they could be homosexual (Caudwell, 1999). In wider society, disregarding feminine norms concerning the body could lead to a loss of popularity and ostracising within a female's community (Benson, 1991). Starting from a young age, females are socialised into gendered embodiments and certain feminine ideals, and these influence and affect their decisions to become involved in sport⁷. Benson argued that those female who are participating in sports, are stand to lose their 'feminine' identities if they does not follow to body discourses.

2.4. SPORTS PARTICIPATION AND SOCIETY

It clearly stated that despite the robust claims for the benefits of sports participation and physical education, the present review of related literature suggests that they are not easily attained. As **Eileen Xhakaza (2005)** in his Dissertation "**Psychosocial Factors: Influence Female Sport Participation in Secondary Schools**" tries to identify the

⁷International encyclopedia on women

physiological, biological and most importantly, psychosocial factors that influencing female sport participation. The investigator collected the data through a structured questionnaire from the grade 10-12 female students of three ex-model C high schools which were selected as a sample within the southern suburbs of Johannesburg. Sample size of the study is 266 female students from (grade 10-12). The study found that the reasons why girls seemed to participate in sport included the fact that they enjoy sport, wanting a healthy life style, and they also enjoy the competition and the reasons behind they are not participating includes the need to pay attention to academic commitments, lack of motivation, pressure and the competitive nature of the world of sport.

Kristin Wilde in her article ‘**Women in Sport: Gender Stereotypes in the Past and Present**’ demonstrate that the gender roles in society encourages male and female to participate in physical activities that reflects the roles of male and female in society as a whole. Wilde argues that society is more aware of gender stereotyping in physical activities and games but still traditional gender stereotypes for females continue. The author claims that female athletes have a secondary position in the sports. She claimed that to maintain this subordinate position of female athletes in the sports words it is perpetuated the idea that sports and physical activities are more suitable in the masculine domain.

Padma Prakash (1990) in her work, ‘**Women and Sports: Extending Limits to Physical Expression**’ she reviews women's attempt to recapture the right to physical expression through sports and examines some of the myths surrounding women's participation in physical activity, especially competitive sports. She found in her study that every woman athlete today is making a statement against the generations of social discriminations and challenges afresh the myths of women's physical and therefore, social incompetence and frailty.

Wankel, L.M. and Berger, B.G. (1990) in their research paper on the topic ‘**The Psychological and Social Benefits of Sport and Physical Activity**’ tried to examining the be bnefits of sport and physical activities in socio- personal life with help of Csikszentmihalyi's (1982) model of sports. The investigator found the research evidence

pertaining to the contribution of sport and physical activity to personal was enjoyment, personal growth, social integration and social change.

White, S. (1995) in his research article entitled '**The Perceived Purposes of Sport among Male and Female Intercollegiate and Recreational Sport Participants**' tried to determine the relationship between the perceived purposes of sport in male and female intercollegiate and recreational sport participants. The data has been collected through questionnaire. One hundred and thirty three intercollegiate athletes and seventy nine recreational sport participants participated in the survey. Findings of the study suggested that female recreational participants, more than intercollegiate males and females and recreational males, perceived the purposes of sport as developing personal mastery and cooperation, a means of forming healthy lifestyle habits, and cultivating positive attitudes toward society. Intercollegiate males, in contrast to all other groups, viewed sport as an agent to further career opportunities and heighten social status. The study shows that a gender difference emerged with males viewing the purposes of sport as an arena for competition, and materialistic and individualistic gains more than females.

Dobosz, R.P. and Beaty, L.A. (1999) in their study on '**The Relationship between Athletic Participation and High School Student's Leadership Ability**' tried to observe the relationship between teenagers' participation in sports activities and their leadership skills. The sample size of the study was 60 students consisted of 30 athletes and 30 non-athletes from a high school in Chicago. These participants were randomly selected from a pool of 100 students. Fifteen males and 15 females were included in each subgroup. Findings indicated that athletes had greater leadership ability than non-athletes. The study also revealed that female players exhibited greater leadership ability as compare to male athletes, although there was no significant difference between their scores.

Guiliano, T.A., Popp, K.E., Knight, J.L.(2000) in their study titled '**Footballs versus Barbies: Childhood Play Activities as Predictors of Sport Participation by Women**' tried to examine the extent to which childhood play activities predict future sport participation by women. The sample size of the study was 84 college females (40 athletes

and 44 non-athletes) at a primarily white liberal arts school situated in Southwest. The investigator collected the data with help of questionnaire. The results revealed that playing with “masculine” (rather than feminine) toys and sports, playing in primarily male or mixed-gender groups, and being considered a tomboy distinguished between female who later became college sports athlete and those who did not. The study suggested that females should consider childhood play activities, along with the agents of gender socialization (i.e., family, friends groups, peers, and coaches), as key factors in forecasting future sport participation.

Chahal, Vinod, (2002) in his research on ‘**Critical Analysis of Female Participation in Sports with Special Reference to Haryana State**’ observed the present position of female sports participation as well as women’s attitude towards sports and the myths that exist in the society regarding sports participation. The study covering the four district of Haryana state namely Hisar, Rohtak, Karnal and Sonipat with the total sample size of 200 participants ranging between the age group of 14-19 years of various schools and colleges. The study revealed that attitude of women participation in sports is not considered as good as the male sports participation. The investigator also found that participation in sports and physical activities may create hurdle in marriage as well as child bearing of the women sportsperson.

Sheaffer, L. (2005) in her study on ‘**Identity Crisis: Why Do General Women’s Sports Magazines Fail?**’ tried to examine the women’s sports magazine niche and the reasons why it has not been a successful niche. The researcher used qualitative, 30-minute; in-depth interviews with five editors of women’s sports magazines. Findings of the study show two major visions of the market niche: a participation/individual sport-based vision and a spectator/team sport-based vision. The editors chose service stories; profiles; a sense of authority; and simple, literal covers and titles. Pre-launch research, staff size, partnerships, ownership, advertising, and circulation were important components in the business plans of the magazines.

Farrell, A. (2006) in his research thesis '**Why Women Don't Watch Women's Sport: A Qualitative Analysis**' tried to investigate female consumption of women's basketball through the voices and perspectives of female spectators of men's basketball. The study also tried to expose factors contributing to female spectator disinterest, as well as explore the foundations of perceptions and attitudes concerning women's sport. By utilizing a qualitative methodology, the investigator explored the foundation of female spectator disinterest in women's sport. The findings of the study revealed that men systematically keeping women outside a sporting culture, often making them feel weird for their interest in sports. Women's experiences suggested that men don't offer women credibility to discuss sport, particularly because they see sport as an experience reserved for men.

Sangwan, Jagmati, (2008) in her study titled '**Participation of Women in Sports: A Case Study of International Sportswomen with Special Reference to Haryana State**' tried to identify the contribution of Haryana's female sportsperson in sports as well as the obstacles faced by them during their participation. Using the case study method the investigator collect the data with the help of structured questionnaire and focused interview schedule. The researcher found in her study that negative image of sports and sports women that works as a hindrance to the participation

United Nations published a report under title '**Women 2000 and Beyond Women: Gender Equality and Sports**' (Dec. 2007) to endorse the goals of the Beijing declaration. This report explores the power of physical activities & sports participation and physical education to advance gender equality. It examines insistent inequalities and challenges to equal opportunities and benefits for females. The report also focuses on the attitudes towards female in sports in India. This report also refer to a study, which was carried out by the Indira Gandhi Institute of Physical Education and Sports Sciences. This study was focused on the attitudes of parents, teachers and coaches towards women sports participation in rural and urban area. The findings of this study shown that effective policies are needed at the local level to support female participation in sports. The study also

claimed that strong efforts are required to eliminate misconceptions related to female's sports participation and the impact of sports on women's health.

Malik, Sanjit, (2008) in his doctoral thesis on '**A Study of Socio- Economic Status and Level of Aspiration Affecting the Performance of North Indian Wrestlers**' aims to find the role played by social as well as economic factors in sports participation and in sports performance at various level of participation. The investigator chooses 200 senior sector freestyle north Indian wrestlers who participated in international or position in National and inter- university tournament as sample. The investigator found positive and significant relationship between socio- economic conditions and sports participation as well as performance in tournaments.

Cooky (2009) in his research article on the topic '**Girls Just Aren't Interested: The Social Construction of Interest in Girls**' tried to examine a recreational sports program focused on low-income minority girls in Los Angeles. The researcher applies Giddens's theory of structuration. The investigator collect the data for Girls Play Los Angeles (GPLA) recreation sports program for one sports season at two different Los Angeles recreation centres. The findings of the study illustrate how social and cultural environment interact in shaping day today social interactions.

The report entitled as '**Empowering Girls and Women through Physical Education and Sport - an Advocacy Brief of UNESCO**' dealing with gender inequality. This report revealed that while girls and women as a group practice inequality in relation to boys and men, not all women experience inequality to the similar degree. The report give a crucial insight that advocates the strategies for change need to be targeted at a specific groups of girls and women. The report also stresses on the point that main reason behind the failure of policies and initiative is all policies are considering women as a homogenous group but they are not. it is argued in the report that traditional policies and programs take a "one size fits all" approach and fail to accomplish gender equality in sports.

Solomon Ghebremedhin Asihel (2009) in his study on '**Perception of Constraints to Recreational Sport Participation: The Case Study of Female**

Undergraduate Students Tertiary Institution' tried to show that female's daily lives, their social roles and their status in society are associated with how they are able to experience recreation. The researcher gives some findings of a research project in University of Western Cape that examined possible reasons for low rate of women involvement in sports. It also highlights the complexity of factors affecting female's participation in sports. Addressing the physical restraints or the availability of sports facilities may not inevitably lead to an increased participation of females in sports. It is argued that, the reality is that unless one considers the context in which constraints occur so that socio- cultural restraints are recognized and simultaneously dealt with, very slight changes and efforts to address gender inequality in sports.

Aulette, Judy Root, W. Judith and Blakely Kristin (2009), in their book **"Gendered Worlds"** focusing on prevailing inequalities and discrimination against women and her gender marginalization all over the world. They beautifully explain how all structures (socio, economic, political, religious) contribute in this regard. The writers tried to explain the emergence and persistence of gender differences at three levels: A) at individual level of social learning and psychological sex differences. B) at interactional level of social relation in everyday life. c) at the level of structural and institutional forces to constrain and shape action.

Nehru Memorial Museum and Library's fellow **Bhupendra Yadav (2012)** in his article **'Why Haryana is India's mine for medals'** said that it is somewhere because Haryana is a Jaat land, which is considered as a martial race (hardworking). All sports are concerned with the Olympic slogan 'higher, faster and stronger'. He tried to find out the reasons behind why Haryana perform better in game with aggression like wrestling, boxing. He claimed that there are three reasons for it, viz. firstly, this state has a volatile history of constant aggression due to its geographical position on the frontier. Secondly, he observed that the people of Haryana have appreciated physical strength due to its peasant culture. Thirdly, the author affirms that the sports policy 2006 of Haryana has honed the killer athletic spirit. The Haryana government since 2006, has decided to help directly to its athletes. The players who excels in sports get cash rewards and government jobs through sports quota. The author criticised the sports policy of haryana by saying that it does not help

create champions or to build a sports culture. The sports policy only helps the famous and supports the successful.

Ahlawat, Ravinder, (2011) in his study “**Contribution of School Administrator in Promotion of Physical Education and Sports in Jajjhar District**” aims to investigate the role of school in sports participation. Using the purposive sampling method, the investigator select 50 school administrator as sample and collect the data with the help of structured questionnaire. The study findings revealed that more than 92% of the respondents believe that physical education and sports participation contributes to the holistic development of the children as well in making them a good citizen.

Vadhera, Namarta, (2012) found in her study that prevalence of gender discrimination in sports is sprouted out of patriarchal mode of structure, thinking, meaning and orientation. It is the process of socialization which conducts through its different agencies like family, peer group, neighbourhood, community, state, education, media etc. which determines the place of women in sports. This is the consciousness of society which barricades the enthusiastic and equal participation of women in sports in relation to the male counterparts.

Ashitha, M, (2012) in her study titled ‘**Women and Sports - Gender Politics in Contemporary Kerala**’ tried to examine the relationship between patriarchy and sports participation in Kerala. Through her research she ties to elucidates how the gendered practice in sports marginalizes women in several ways. By giving the experiences of female sports person the author illustrates the discrimination and exclusion prevails in the field of sports. It is difficult to unravel complexities of the notion of manhood and womanhood through theoretical debate on female body and their sports participation. In this study, the investigator tried to outline the problems of female athletes Kerala. The study shows that according to many statistical reports on Kerala claims that women in Kerala hold a higher status in society as compared to other women staying in another parts of India. The investigator revealed her study findings that in Kerala women are still subjected to domestic violence. She also raised the point that women suicides cases are increasing every

year. She explain that this paradox can be also seen in the case of Kerala sports women as well.

Parveen Gahlawat (2013) in “**Anxiety Levels and Gender Differences in Indian University Athletes**” tried to explore pre-competitive anxiety among Indian University athletes. The investigator took a sample size of 94 university athletes in which 51 are male and 43 are female. He use SCAT test for data collection and analysed the data with the help of excel program. Study has confidence level of 0.05. The findings of the study revealed that there is a significance differences in changes of anxiety levels of man and women players. This study suggested to the coaches of Indian universities that they are advised to prepare their players psychologically, so as to make them mentally ready for tournaments.

Vaz, M. and A.V. Bharathi in their article on ‘**Perceptions of the Intensity of Specific Physical Activities in Bangalore, South India: Implications for Exercise Prescription**’ tried to assess the perceptions of the intensity of specific sports activities in urban area of India. The investigators used a structured questionnaire and self-administered it to convenience sample of 782 adults in which 441 was aged between 17 to 70 years in Bangalore city. The findings of this study show that the intensity rated of female are significantly higher than male in case intensity of jogging, manual labour and walking uphill.

2.5. SAMMURY OF RELATED LITERATURE

The review of literature shows that there is so many misconception and myths against female sports participation in all times. However, these misconception are getting clear during the time norms and values of society also gone through the process of transformation that caused the constructive change in traditional mind set of the society. It can be seen everywhere as a battleground and a mirror, a stage for gender wars and a reflection of the changing status of women for a natural right to play, still it is going on because there are so many country and societies who prevent women from sports. We cannot rule out existence of a bit of flexibility now days in our society but it is also true that still there are sufficient evidences of hierarchy, class, discrimination on the basis of

race, gender and ethnicity which adversely affect female's sports participation. Even then participation in sports and physical activities is growing speedily as observed in last few years but female's participation in sports is not satisfactory and is not proportionately equals to the male sports. Along with these vertically common issues there are region and society specific issues too exists regarding women participation. In traditional Haryanavi society it is assumed that the fruits of social development and advancement could not equally available across the section of gender and caste. Though, as a society we gained a lot but isn't it half-truth and matter of concern, if we know that the maximum number of female participants in sports belongs to a particular section of the society. These reasons should be studied for the sake of progress of society.

2.6. RESEARCH GAP

This study aims to fill the research gap on following questions. The review of literature suggests that:

1. Inadequate attention has been paid to gender discrimination in sports. .
2. The family environment and community or society customs, beliefs and expectations have been ignored in earlier studies and some need to be dealt with in one package with a view to analyse the problem of Female participation in organised games.
3. The studies focusing on female participation in institutional sports are scanty, but exploration in the conditions of participation problem has to be made in organized and competitive games.
4. Efforts are scantily reported and also the implementation of state schemes needs examination to encourage female participation in sports.
5. The studies focusing on Haryana situation of female participation has been out of scene as per reviewed material.

6. Many research conducted earlier in Haryana only focusing the women's perspective and their hurdles toward sports participation. The overview of gender discrimination in sports is totally neglected.