

Challenges Faced by Sports Women in Thoothukudi City

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ABSTRACT

Women in sports face numerous challenges globally, and Thoothukudi city is no exception. Despite growing awareness and participation, sportswomen in Thoothukudi encounter various obstacles that hinder their progress. This study explores the key challenges faced by female athletes in the region, including societal stereotypes, lack of infrastructure, financial constraints, inadequate coaching, and limited media coverage. Cultural barriers often discourage women from pursuing sports as a career, while insufficient sponsorship and support reduce opportunities for professional growth.

The primary objective of this study is to identify societal and cultural barriers affecting sportswomen's participation. The methodology followed for collecting the data in simple random sampling from 120 respondents Thoothukudi City through a structured questionnaire distributed via Google Forms. The collected data were analysed using statistical tools, including percentage analysis and graphical methods like, pie charts, Likert scales, and the Chi-square test.

KEY WORDS

Women in sports, gender discrimination, societal barriers, infrastructure challenges, financial constraints,

INTRODUCTION

Women were confined at home to be a full-time housewife and their spouse were the single bread-winner for the family. It Has become a mind frame for the public that women should not be allowed to work as their primary roles were to carry out domestic Role and nurture their children. However, women certainly have their hidden potentials which make them capable as the opposite sex. Women should be allowed to work. This can be proven through intensive research and analysis.

Based on the research that was Conducted, some discoveries were made. Foremost, working women are found to have improvised self-esteem and emotional health Due to their multiple roles in everyday lives. Next, job has secured them financially to sustain life. Last of all, women have their rights to step into labour force for personal satisfaction and social

necessities. People have to perceive in wider context and accept the fact That women should be allowed to work as women can mould their lives with a sense of empowerment. Discrimination and inequality Towards women should be stamped out to preserve their rights for them to unleash their concealed potentials.

The primary objective includes:

- To identify societal and cultural barriers affecting sportswomen's participation.
- To examine the impact of gender stereotypes on sportswomen's careers.
- To investigate the prevalence of sexism and harassment in sports.
- To analyse the effects of unequal pay and sponsorship on sportswomen's livelihoods.
- To explore the role of media representation in shaping public perceptions of sportswomen.

MATERIALS AND METHODS

MATERIALS USED

Baghel, B. K. (2021), "Comparative study of personality among unmarried and married female athletes", the purpose of this study was to compare married and single female athletes' personality attributes. It was predicted that married and single female athletes would differ significantly in their personality features, 400 (200 single and 200 married) female athletes from various sports and Indian states were chosen at random to compete in the Masters Championship (married athletes only) and the Open National Games or All India Intervarsity Games for two years in a row. The individuals' ages ranged from 20 to 35. The 44- item Big Five Personality Inventory was the instrument used to gather the data. The Mann-Whitney U test and the independent t-test were used to analyse the data. It is possible to conclude from the data that married female athletes are more outgoing, while single female athletes are more conscientious, open, agreeable, and neurotic. It should be mentioned that the current study was only a comparison, and more research will be required to determine how athletes truly understand their behaviour in competitive sports settings. Once more, more investigation is required to determine the true cause of the differences and similarities found in this study. To maximize the experience of participation in sports and exercise activities, coaches and players may find it helpful to elaborate on this information.

Armendáriz, M. L. (2023). "Anthropometric characteristic, somatotype, and body composition of Indian Female Combat Sport Athletes: A comparison between Boxers, Judokas, and Wrestlers", this study aimed to discover the anthropometric traits of Indian female combat athletes as well as compare and ascertain the somatotypes of these athletes that are peculiar to their sport (wrestling, judo, and boxing). Ninety-nine female combat sports athletes at the national level-40 boxers, 25 judokas, and 34 wrestlers who participate in regular national and international events were included in the study. Measurements of body mass, stature, seven skinfold locations, three girths, and two breadths were taken using anthropometry. Additionally, somatotypes for each participant were determined. Pairwise comparison analysis was used to statistically analyse all measurements, and group differences were also examined. There were notable variations in the mean BMI between boxing and judo. The unique demands of each sport may be the reason for the notable variations in anthropometric traits found in the somatotypes of Indian female combat athletes. Coaches and practitioners should take into account sport-specific training plans that take into account the anthropometric traits and somatotypes of female athletes who compete in boxing, judo, and wrestling.

METHODOLOGY

Data was collected from both primary and secondary data. Primary data was collected from the respondents by means of questionnaire. Secondary data was collected from the magazines, journals and websites. The collected data were analysed by using the following statistical tools namely percentage analysis and graphical method like pie charts, Likert scale and Chi square test.

TABLE 1 Societal barrier

Societal barrier	Frequency	Percent
Lack of infrastructure	30	25
Traditional gender roles	50	41
Financial constraints	21	19
All the above	19	15
Total	120	100

Source: Primary Data

INFERENCE

The above table infers that 25% of the respondents consider lack of infrastructure as societal barrier , 41% consider traditional gender roles , and remaining 19% consider all the above as societal barrier

Thus, majority of the respondents i.e., 41% consider traditional gender roles as societal barrier

Table 2
Discouraging cultural factor

Discouraging cultural factor	Frequency	Percent
Family support	30	25
Social media influence	50	41
Societal expectations of femineity	21	19
Government initiatives	19	15
Total	120	100

Source: Primary data

INFERENCE

The above table infers that 69% of respondents consider family support as discouraging cultural factor , 41% consider social media influence as discouraging cultural factor, 19% consider Societal expectations of femineity and remaining 15% consider government initiatives

Thus, majority of the respondents i.e., 41% consider social media influence as discouraging cultural factor.

Consequences of unequal sponsorship	Frequency	Percent
Limited career opportunities	44	37
Reduced media coverage	45	38
Decreased financial support	31	25
Total	120	100

Table 3 Consequences of unequal sponsorship

Source: Primary data

INFERENCE

The above table infers 37% of the respondents consider limited career opportunities a consequence of unequal sponsorship, 38% as reduced media coverage and remaining 25% decreased financial support.

Thus, majority of the respondents i.e., 38% as reduced media coverage as consequences of unequal sponsorship.

Table 4

Chi-square test for limiting norms and harassment in sports

Null Hypothesis (H₀):

There is no significant association between limiting norms and harassment in sports.

Alternative Hypothesis (H₁):

There is a significant association between limiting norms and harassment in sports.

Observed Value

Opinion	Yes	No	Total
Yes	73	15	88
No	21	11	32
Total	94	26	120

Expected value

Opinion	Yes	No	Total
Yes	68.9	19.1	88.0
No	25.1	6.9	32.0
Total	94	26	120

	Value	df	Significance
Pearson Chi-Square	4.152 ^a	1	.042

Inference:

Since the p-value (0.042) is less than the commonly used significance level of 0.05, we reject the null hypothesis (H_0). This indicates that there is a statistically significant association between limiting norms and harassment in sports.

RESULTS

- ⇒ The majority of the respondents i.e., 41% consider traditional gender roles as societal barrier.
- ⇒ The majority of the respondents i.e., 41% consider social media influence as discouraging cultural factor.
- ⇒ The majority of the respondents i.e., 38% as reduced media coverage as consequences of unequal sponsorship.
- ⇒ There is a statistically significant association between limiting norms and harassment in sports.

CONCLUSION

This project's primary goal is to address the obstacles that women athletes encounter that prevent them from participating, advancing, and succeeding in the sports world. Inadequate resources, societal preconceptions, lack of representation, gender discrimination, and unequal chances have all been persistent challenges for female athletes. Even with notable advancements in gender equality in sports, these issues still exist, and multiple stakeholders must work together to properly solve them. A diversified strategy is required to address the issues that female athletes encounter. To guarantee fair treatment and opportunities for female athletes, efforts must be made to confront and eliminate gender biases in sports organizations. Education and awareness programs are crucial in combating stereotypes and promoting gender equality in sports. By challenging societal perceptions of women's capabilities in athletics, progress can be made towards creating an environment where female athletes are valued and respected for their athletic abilities rather than their gender.

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