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ONE DAY

## INTERNATIONAL MULTI-DISCIPLINARY CONFERENCE On RESEARCH, INNOVATION, CHALLENGES & OPPORTUNITIES IN HIGHER EDUCATION

13<sup>th</sup> January, 2023

Organized by

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS & I.Q.A.C.  
SMT SALUNKABAI RAUT ARTS & COMMERCE COLLEGE  
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ARTS AND SCIENCE COLLEGE, KURHA,  
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Special Issue on 13<sup>th</sup> January, 2023

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Physical Education Foundation of India, New Delhi.

**ROLE OF WOMEN IN SPORTS**

**ABSTRACT**

*This article has been written to throw light on the role of women in sports. Everyone has played and experienced this game in one way or the other. In the present situation, women's sports participation is increasing a lot, as well as women are creating the latest records, in all these women of India are also not behind, if we talk about today, the attitude of the people of India towards sports is slowly changing. Yes, his spirit towards sports, his thinking is becoming positive. One reason for this is also that the name of the country is being glorified by women, she is living a new thinking in front of India by bringing medals in the Olympics, so today it is very important that everyone should encourage their girls to participate in sports and Motivate them so that their future is good and their health can be complete.*

**Keywords:** Women, Sports

**Introduction:**

Sports are words that everyone has played, experienced. In the present situation, if we talk about India, the attitude of Indian people towards sports is slowly changing, their feeling towards sports, their thinking is becoming positive. Talking about some time ago, peoples belief that, if you study well, you will become a Nawab, if you will play then you will become Kharab (bad). The one who was interested in studies considered smart, but on the other hand, the one who was interested in sports was considered as low level person. Not only this if had someone who wanted to make a career in sports, people used to laugh at him. But today situation is becoming opposite from before. Today, the situation of sports, their prevalence and their fame has increased a lot. Today money is also involve in sports, a players can earn more money through sports, people have come to know this and

this is the main reason that people's thinking and their attitude towards sports has changed. Right now we can also look at sports as our career.

The utility of sports is that it also helps us in keeping our self healthy and fit. People got to know that, sports are the key of our fitness and hence people start loving to play or join sports. In early age, when we start playing any game, we play for our entertainment, our recreation, for time pass purpose, don't have any rule compulsion, we make a rule for our convenience (its often changed), no discipline at all. But when we turn up, we got to know that if want to play any game, when we must follow all discipline and rules seriously. Due to sports we can achieve the maximum level of fitness components such as strength, endurance, flexibility, agility and coordination, through regular exercise. In other hand through sports we can discipline our life too and socialize our self. If we play a team game,

it's teach us how to coordinate with others, think about others also, in team we get new teammates, belong from different community, different region, how to merge with them and it would helpful for improve our personality in social community. If we study 2-3 hours continually, we felt tired then spend some time for playing or physical exercise, it helpful for regain our energy, feel relax and actively prepare for next activity.

If you decide any sports as your career, you have to study of this game, for that we need a coach (guide), he teach better skills and techniques of related sports. Education is very important for our life as well in sports field also. A player must educate himself for his better performance and achievement. Sports make us strong physically as well as mentally / psychologically also. Sports teach us how to fight with or face with pressure or tension situation before, during and after the competition. Daily exercise makes psychologically fit and this helpful for our personal life also, to fight in such situation. Winning and failure it's a two part of sport, its teach us how we should react in winning situation and how in loose, we must balance our self in both situation. If we win don't get overconfidence and when loose don't get depressed. Due to failure situation only we learn how to fight with or overcome from such problems. In our personal life also we face different pressuring situation, but through regular exercise we make our self mentally skilled or fit to face any situation and it's called sportsmanship.

### **Role of Women in Sports**

Women are known to be the symbol of spirituality, strength, love, sacrifice and courage. The role of women in today's world is changing significantly. Women are now well educated and self dependent. They have become successful in many fields like politics, sports, education, technology, entertainment etc. Today's progressing world has brought a new hope and has empowered women positively. Earlier women were dependent on father or husband, but now they have become capable enough to earn their living. In this modern era

women are working side by side with men in every work and moving ahead. Due to education, women have made their mark in every field. If we talk about the field of sports, then the women players of India have created a different image in front of the whole world. She is challenging men in simple sports to male dominated sports and participating enthusiastically in every sport. Despite having limited resources, she is overcoming all difficulties with hard work and struggle. Now day's we can see that women who play sports have higher levels of confidence and self-esteem. Women who play sports have a more positive body image and experience higher states of psychological well-being than women who do not play sports. A couple of decades ago, we did not get to see such female players in India like today's situation. Although the beginning of women's sports in India started a long time ago, but after the performance of PT Usha, the attitude of women towards sports changed. She was the first Indian woman to reach the final of the Olympics in 1984. If seen, PT Usha was a sprinter but she became an inspiration for women players. Some notable women are Bachendri Pal in mountaineering, Mary Kom in boxing etc. Mary Kom, in particular, is notable because, ignoring her physical stature, this Indian woman's passion for boxing and her contribution to the promotion of boxing in India, a mother of two, was commendable. Badminton player Sindhu has joined the star players of India today. She is the first Indian female player to win a medal in singles at the World Championships, which is the second time in Indian history after Prakash Padukone that a player has won a medal at a World Championship. It is because of Sindhu that India's pride in the badminton game has increased at the world level. Along with this, Indian badminton player Saina Nehwal has become the first Indian woman player to bring gold medal for India in badminton sport in Olympics. Sania Mirza challenged the dominance of Leander Paes and Mahesh Bhupathi in the Indian tennis world to establish herself and her country in women's tennis.

Apart from this, Karnam Malleswari is a well-known name in the weightlifting sport, which gave weightlifting a different identity in India. The name of India has become famous all over the world due to the contribution given by Indian women in the competitions played all over the world, be it Asian Games, World Championships, Commonwealth Games or Olympics, Indian women have raised their own and their country's glory. Sakshi Malik, Geeta Phogat, Babita Phogat etc are freestyle Indian wrestlers and they won Medals in Summer Olympics and Commonwealth games. Aditi Ashok is an Indian professional golfer and she represented India in Rio 2016 Olympics but couldn't win a medal. Koneru Hampi represents India in Chess. Mithali Raj, Jhulan Goswami, Smriti Mandhana, Ekta Bisht etc represents India in cricket. This current Indian women team has gave very nice performance in women world cup with every women contributed to the team's success. Also Mithali raj was the highest run scorer in the world in women cricket. There are many more Indian women who represent India in various sports and we Indians are proud of each of them. Apart from this, Anju Bobby George, Shiny Wilson, Neelam Jaswant Singh, Soma Biswas etc. Today many women players have reached the remarkable category. From hockey to badminton, from chess to weightlifting, women have made their mark everywhere. Sports have played an important role in the empowerment of women. An important role in encouraging women to participate is played by the educational society, be it at school or at college. The provision of sporting facilities on an even scale to both women and men shows the new trend. Increases in scholarships, salaries, airtime, operating and recruiting expenses will help encourage female athletes. Women should be treated as equals to men when it comes to sports and this seems very possible in the absolute near future.

#### Conclusion:

From the above article it is concluded that there has been an increase in the number of women participating in sports. Due to the better quality of players, more people want to see women

playing the game now than ever before. A lot of steps have been taken to provide equal opportunities to women in the world of sports and even bigger steps need to be taken. Women have come a long way and still have a long way to go.

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