



## ROLE OF SPORTS AND GAMES TOWARDS WOMEN EMPOWERMENT: A CASE STUDY

**Dr. Biswajit Saha**

*Assistant Teacher in Physical Education, Raigachi High School, Rajarhat, Kolkata.*

### **Abstract**

*Empowerment is a multi dimensional process which should enable the individuals or a group of individuals to realize their full identity and powers in all spheres of life. For the last few years the subject “Women Empowerment is a matter of serious discussion. Empowerment of women means equal status to the women opportunity and freedom to develop her. Empowering women socio-economically through involvement in sports and games is an important medium of their development. In recent years the role of sports and games related to women empowerment has been gaining momentum worldwide. It is evident that involvement with games and sports provide income generation and economic stability of the women related with it even coming from low socio-economic background. It also helps them to become aware about education of their next generation. It is interesting to note here that majority sports women are first generation learner and have no family background with the discipline. But in spite of such limitations, they have able to empower themselves. It is also found that in many cases they can take the various decisions in the family circle and outside the family independently. They can enjoy the liberty and freedom of movement which was impossible for them earlier. At the same time domestic violence among the respondents has become lesser and they enjoy happy marital relationship. This article analyzes various issues of women empowerment through participation in different games and sports among sports women in different parts of the world.*

**Keywords:** *Physical, Mental, Socio-Economic Status and Women Empowerment.*

### **Introduction**

For last few years the subject “Women Empowerment” is a matter of serious discussion. Empowerment is a multi dimensional process which should enable the individuals or a group of individuals to realize their full identity and powers in all spheres of life. Empowerment of women is essentially the process of upliftment of economic, social and political status of women, the traditionally underprivileged ones, in the society (Shettar, 2015). The physical empowerment of women includes food, nutrition, health, sanitation, life expectancy and growth. The social empowerment of women includes better status in the family, freedom for marriage, right to property, social mobility, social freedom, family welfare, social transformation and gender equity. The economic empowerment of women includes ownership and control of research right to property, employability, improvement in the standard of living, fulfilment of basic needs, entrepreneurship development and improvement of bargaining power of women (Srinivasa, 2015).

Empowerment of women is conceivably the sum total of the points or parallel capabilities:

- Having the power of making decisions for self.
- Having access to resources and information for proper decision making.
- Having numerous options to choose from (instead of yes/no, either/or) several alternatives.
- Ability of showing assertiveness while making decisions collectively.
- Ability of developing new skills for group power and self improvement
- Ability of using democratic means to change perceptions of others.
- Ability to think positively to bring about a change.
- Adopting changes and a growth process that are self initiated and never ending.
- Overcoming stigma and staying focused on increasing positive self-image.

Sports are an integral part of the culture of almost every nation. In recent years the role of sports and games related to women empowerment has been gaining momentum worldwide. Empowering women socio-economically and others through involving in sports and games is an important medium of their development. Sports can also be a powerful health information and education platform, connecting girls and women with the information, skills and strategies.

Research on sports, gender, and development indicates that sports can benefit girls and women by:

- Enhancing health and well-being.
- Fostering self-esteem and empowerment.
- Facilitating social inclusion and integration.
- Challenging gender norms.
- Providing opportunities for leadership and achievement.

Sports programs can also empower and help equip them to take greater control over their own lives. Sports programs can help to reduce the social isolation and help them to build social networks, offer social support, and connect them to health,



education and employment information, services, and opportunities that can help to address their marginalization in society. Sports programs can enhance the empowerment process by challenging gender norms, reducing restrictions and offering girls and women greater mobility, access to public spaces, and more opportunities for their physical, intellectual and social development( Engh,2010) .

### Objectives of the Study

The objectives of the present study are as follows:

- Impact of the sports on women's Physical Ability.
- Impact of the sports on women's Mental Ability.
- Impact of the sports on women's Social Ability.
- Impact of the sports on women's Economic Condition.

### Research Methodology

The survey method is used in conducting the study. The essential information were collected through –

1. An overview of relevant publications.
2. Verbal and written information from Women players, Coach and Guardian.
3. Direct Interview.
4. Total number of respondent 110 which was selected on the basis of purposive sampling

### Results of the Study

The results of the study are as follows:

#### Physical Aspect

- Developed conditional ability
- Developed the organic system of the body
- Developed correct health habits

#### Mental Aspect

- Improved self reliance
- Improved self respect
- Self determination develops
- Building of self confidence.
- Improved decision making power.
- Developed concentration
- Improved self-discipline and self-motivation
- Increase women or girls Interest on sports
- Increase women's mental stability.

#### Social Aspect

- Developed social Mixing
- Increase Social interaction and taking responsibility
- Developed desirable social attitude and conduct
- Make a Personal Identity in society
- Reduce isolation from society.
- Promotion of social integration.

#### Economic Aspect

- Increase scope of employment
- Increase scope of coaching and administrative job opportunity
- Increase women's economic status.

### Discussion

Sports and games have a special significance, unique role and have made unlimited contribution in modern age as it caters to the physical, sociological, mental necessities of the women. Sports and games are of great value for the women not only for their present but also for their future. Today's women are facing, as never before, the crisis of existence and adjustment. To survive and overcome this present crisis, the need of the hour is grooming up a courageous, bold, physically, mentally, socially, economically and intellectually strong individual. Sports and games is the medium which is fulfilling this social obligation and empowered women. Sports and games are necessary as it is conducive to the development of the organic system and function of the human body. It enhances the ability of women to resist fatigue, improve their performance and



make more active and healthier (Bogdanis,2012). For participating successfully in games and sports an individual prepares herself through regular and systematic practice (training load). That facilitates in improving the conditional abilities of strength, speed, endurance, flexibility and coordinative abilities. Thus the organic and physical efficiency of women improves. Moreover, a participant maintains personal cleanliness, cleanliness of sports kits and clothes, sufficient rest and sleep that enables her to keep herself free from infection and healthy.

Games and sports provides opportunities to control emotions and develop self confidence, intelligence, loyalty, honesty, dedication and resourcefulness are some of the qualities of a good leader( Pandey,2015). Opportunities of cultivating these character traits are available in game situation and play ground is a good laboratory for developing these characteristics. Sport programs for women can provide critical opportunities for social support that can reduce loneliness and help relieve stresses and anxiety in their lives. Games and sports also give a full and worthwhile experience to the individual those help to realize fullest self expression and highest satisfaction from the result of her action, and thereby facilitate her personal adjustment in life. Group effort, loyalty to the team and strong ties are much in evidence in sports and games. They provide a valuable contribution to the development of good moral character.

Sports and games provide opportunity of interaction between participants and others in varied situation enabling them to learn social qualities like sportsmanship, co-operation, honesty, friendship, fellowship, courtesy, self discipline and respect for authority which promote social adjustment of an individual. Sports and games also help in developing the traits of good citizenship like obedience to law, fair play clean living, respects for others and patriotism which are essential to democratic living. In India where there is so much of diversity with regard to religion, caste, creed, language etc. sports and games play a very important role in bringing about unity and in promoting national integration. Not only that sports and games also provides a platform to act across the barriers of National boundaries. International events afford an opportunity of personal interaction between the sports person of different countries and bring them together and closer to share their experience thus promoting peace, goodwill, friendship and brotherhood.

Now-a-day sports and games is fast emerging as lucrative profession. It offers numerous business opportunities and opportunities for self employment as well as employment in various agencies at various levels. A concept of sponsorship fast entering in sports arena has provided a new and meaningful dimension to it. As a result they can enjoy the liberty and freedom of movement which was impossible for them earlier.

### Recommendations

- National sports policy must include a target to the advancement of gender equity, empowerment and good quality of life for women.
- Resources must be mobilized for promoting gender quality.
- Sufficient opportunity should be provided to the women for increasing sports participation.
- Sports organizations and commercial houses must be encouraged to offer modern facilities to help women participation and draw an appropriate programme.
- Government must be asked to draw legislation to make participation in games and sports compulsory in every level in educational institution.

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