

Empowerment of Girls and Women's in Sports and Physical Education

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Abstract:

In worldwide, sustainable development can also be achieved by the women's empowerment that is an important goal. Here, the term of 'Empowerment' defines as to increase the educational, political, gender, spiritual, social or economic strength of communities and individuals. Recently, sports and physical activities have been gained the recognition in the field of empowerment of girls and women. Through education, sports, and physical activities, women could be empowered and have equal opportunities as the men in different fields. For girls and women, involvement in sports and physical activities can potentially offer a wide range of life benefits. On a large scale, women's movement as a strategy has not been used in the field of sport and physical activities. Sports and physical activity may be made the women's and girls' empower (by increasing the confidence and self-esteem) and disempower (in which women feel inadequate or convince them that their body needs more work and flawed). In this paper, discuss the women empowerment, its benefits, and the inequalities of women in sports and physical activities.

Keywords: Women's Empowerment, Sustainable Development, Inequality

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Introduction

Everyone has benefited by doing the regular and enjoyable physical activity due to which improve the social, mental, physical and spiritual well-being health for students and players. In physical activity, school play an important role to participate by young people's for the activity and have a programme that will include time for daily play and it provides the structured and unstructured physical activities recreation and sport (PUNZOO 2017). In the world population, women are more than men, but women have less in number than men in sports and physical activity. Women's are retarded from actively participate in sports and physical activities by facing the various challenges. By some research, identified the barrier but they are not success to remove this barrier due to which women's are not taking the part in sport whether a club level, community level and elite level (Abisha and Vincent 2015).

Recently, sports and physical activities have been gained the recognition in the field of empowerment of girls and women in worldwide (PUNZOO 2017). Everyone lives in the world, if any image changes occurred in women's sports then it is not surprisingly. Women's were not socially permitted to participate in sports and physical activity in some places, for example, women's are not allowed to participate in sports in Afghanistan after the fall of the Taiban regime in 2001 and in Saudi Arabia, girls and women's are banned to participate in sports and physical education. Saudi Arabia is one of the countries in which girls and women's are not participating in the athlete to the Olympics but now has changed the overall image towards the girls and women's, they cannot participate only in sports but they can in overall excel (Surender, 2017). First International Organization "Women Win" focus on the services that provide support for innovative sports and physical activity programme by which empowerment and social movement are creating around the sports for the advancement of rights of women (PUNZOO 2017).

Various challenges are facing by the girls and women's that reduce their ability to achieve their full potential. Recent studies show that the rate was an increase of progress of women's mainly those from the poorest and most marginalized regions of the world has been slow. Women's and girls are facing various challenges in which they continue to inequalities and deprivations by which they are preventing them from contributing in the socially creating activity and sustainable development (<https://womenwin.org>).

In compared to women, men's have greater access to power in which they use of greater access to resource

control, force, more advantageous cultural ideologies and less social obligations to uphold. In daily life, gender inequality can be observed in various aspects such as economic resources, educations, and job opportunities. As compared to men, women are less attend school and makeup only two-thirds of the world's uneducated adults. To achieve the Millennium Development Goals (MDGs) establishes the inter-relationship between gender, education, health and poverty that need for all nations to gain gender equity as a central part of their efforts. By the adoption of the United Nation Convention on the Elimination of All Forms of Discrimination against Women since 1979, the status of girls and women's has been improved. Women's and girls have gained to education, governmental structures and the labor market in many regions. Some of the structural barriers to women's full cultural, social and economic have been removed by the legal and economic improvements. Women require systematic and sustained attention for achieving the gender equity and empowerment in all policies areas. This phenomenon is also known as gender mainstreaming and this gender mainstreaming requires two activities:

- To analysis and formulation of all programs, policies, and projects in which incorporating the concerns about gender equality.
- All development sectors to developing the specific enterprises that able to women as well as men that express their views, to formulate opinions and participate in decision-making across.

There is no need for specific activities does not mean gender mainstreaming that focused on women (Haseena 2015).

By increasing the self-confidence, skills and body awareness, then women's are involved in sports and physical activity and create social networks, which give the result positive in which change the life cycle of participants by women's are move into public places. The opportunities of togetherness all communities are provided by the sports and physical activity programmes that help to solve the issues such as gender-based violence, conflict management, and reproductive health. Valuation and research publication focus on the effect of sports and physical activity programmes on empowering girls and women's life around the world. According to United Nations Children's Fund (UNICEF), report on "The State of the World's Children 2007" state that "in all over world, gender discernment is spreading as the variation in degrees and forms of inequality and women and girls are deprived in equal access to

resources, political power and opportunities. Limited personal and professional choices of women and girls, the preference for a son over daughters, the rejection of basic human rights and outright gender-based violence are included in the persecution of girls and women” (PUNZOO 2017).

During adolescence, increasing the gender-based discernment, as well as different degrees and forms of inequalities for girls. According to population council, girls are facing new restrictions reserved for women but males are enjoying the new privileges including mobility, autonomy, and power. For women and girls, sport and physical activity are good opportunities and its life benefits according to experts. According to International Platform on Sport and Department, in 2003, organized the first conference on the Sport and Development after which dedicated to the thematic field of sport and development and the main target of this conference is to promote the equality of gender.

Empowerment of Women

What is empowerment?

According to Jennifer Hargreaves, empowerment refers to as the process by which everyone contains the power due to which they are able to take decisions themselves with own interests and with their benefits. To conforming the gender-stereotyped concepts by the ability to resist pressures and women's are able to more socially assertive that is involves into the empowerment. Overcoming 'power-over' term is defined as to include the restricting or overcoming the oppressive on women femininity and cultural normalization and physicality terms are the type of empowerment. According to David Whitson, a form of empowerment is defined as the increasing the self-confidence that is used in one's body which comes from being skilled (Bradshaw 2002).

People's lives are affected by involvement in the economic, political, social and cultural that is called participation. Increase the influence and control by participation requires and also have demanded to increase the empowerment in cultural, social, political and economic terms. From this statement, women's and girls are make empowered through sports by which they are taking the powerful leadership position at the school level, international level, national level and community level in sports administration circle and by this position, they have opportunities to challenge to gender inequality in sport and physical education community. In society, physically active women develop the self-respect and confidence by which they lead to break the male social barrier and assume that they have made the powerful image at the political position due to which sponsoring being to a

well-known sports administration and the elite sports medalist (Abisha and Vincent 2015).

In sports and physical education, an individual has the ability to exercise that is based on three interrelated elements which are agency, resources, and achievements. Agency term is the ability or sense of ability that is defined as one's goals, act upon them and decide on their own strategic life outcomes. Resources term refers to as human, material and social expectation and allocations. Achievements that includes a variety of outcomes; improving well-being as well as equal representation of women in politics (Huis *et.al* 2017).

For social empowerment, sport can be an important tool through which learned skills and valued such as negotiation, communication, leadership, teamwork, and respect for others. In sports and physical education, participants have social benefits that are especially for girls, women's, adolescence but have fewer opportunities compare to man for social interaction beyond the family structure and outside the home. For developing the sense of identity, acquiring new interpersonal network for women and girls and access to new opportunities that allowing them to participate in school and community life. Women's and girls can feel the freedom of expression and movement by participate in sports and also increase their self-confidence and self-respect. Sports are not only for increasing the self-image, confidence etc. but it also developed the idea of physical fitness and integrates psychological benefits and the quest of active spiritual practices, this phenomenon is term as 'positive embodiment' (www.un.org).

The essentially-contested concept of power has a link with the concept of empowerment. First one is girls and women are empowered that she has taken the decision themselves over her life. Here, empower means "to authorize" or "to enable" that gives the power. Second is personal power in the concept of empowerment that means has the individual characteristics is control and influence to other such as the ability to argue influentially and physical strength (Bradshaw 2002).

Benefits of Sports for Girls and Women

On an individual, mainly women and girls have the positive impact of sport which is observed in some discoveries. But health is the main factor which stops the females to participate in sports because she getting the breast cancer. Here, give some benefits of sports and physical education by women and girls participating.

- Those women and girls who are participating in sports and physical activities have a positive body image, confidence, build skills and may create social networks rather than those who do not participate.
- Those women and girls who participate in sports and physical activities have a higher self-image and pride rather than those who do not participate.
- The involvement in sports and physical education encourage the mental and physical well-being of women, fostering opportunities for achievement and leadership and initiating social integration and social inclusion of women and challenging gender norms.
- By involvement in sports and physical education, women can develop the community and make a contribution to public life.
- According to Journal of Bone and Mineral Research, a new study was done in May 2012, stated that sports participation help in the prevention from osteoporosis in a teenager that increase the bone mass and provide some protection from developing the osteoporosis.
- By involving in the sports and physical education, increasing the higher levels of self-esteem and confidence and decreasing the level of depression.
- Those women and girls who participate in sports feel better about themselves both socially and physically that improving the skill levels and goals becoming reality.
- Creating the merits of faith, courage, inspiration, and hope by the involvement of women and girls in sports and physical activities.
- When women and girls practice the physical exercise in daily life in the form of playing, walking or watching any game, can potentially help in sports and physical activities (Surender 2017).

Review of Literature

Haseena 2015, stated that the mental strength of people decides gender equity and equality that is a great extent. When women and girls are physically active then they enjoy the physical and mental well-being of sports and physical activity due to which they are able to change the life in a positive way. By the involvement in sports and physical activities, increasing the self-confidence regularly and reduce the tension but social and cultural barriers are creating the obstacles to develop this scenario.

Kirk 2012, dictated that fundamental human rights contain that regular participation in sports and physical education which is a crucial component of a healthy lifestyle. To the achievement of all eight Millennium Development Goals using well-designed physical education and sports programmes to the child and youth development and it helps to develop the women and girls empowerment and improved gender equality. Physical education is an essential importance for girls who are able to attend the school because education is making a people to well-being and developed the scientific skills.

Wetton et.al 2013, in this paper, discuss the barriers factors that 15 and 16 years aged girls are not participating in sports and these factors are Internal Factors, Existing Stereotypes, Other Hobbies and The Teachers and identified these barriers. These factors are also identified by changing the teacher's attitudes and shifting the focus from male sports to female sports. Teacher policies are changes from small scale to large scale in sports and physical education. Media is organized to focus on the female sports, in which requires wholesale change on a national scale but without the wider shift in both educational and media and developing the policies as well as societal views, it would be difficult.

Skaggs 2015, stated that when Secretary of State Hillary Rodham Clinton and ESPN President John Skipper established the Global Sports Mentoring Program, then celebrating the 40th anniversary of Title IX that is began in 2012 as the keystone of the Initiative. Smart power and the entire scope of diplomatic tools are used in Secretary Clinton's that was founded in Initiative and including that of sports empowering girls and women globally. These concepts are developed by the United Nations titled "Women 2000-Women, Sports and Gender Equality" that promote the value of empowering women and girls through sports.

Coleman, Cox, and Roker 2008, in the United Kingdom and other Westernized nations, increasing the physical activities in young women's and girls' that is important. In this paper, conducted the study distinctly into two geographical location in the United Kingdom and took 75 samples in between 15-19 years. By spreading this study, identifies the young women and girls are not always participate in sports and physical activities.

Huggins and Randell 2007, dictated that girls and women can give the challenges to others with their self-confidence, teamwork skills, and leadership. In spite of, gender inequality persists all over the world due to which girls cannot participate in the sports. According to United Nations Resolution 58/5 that is

approved in 2003, promoted to education, development, peace, and health by calls on government that is used in sports. As a tool of development, both UNESCO and UNDP have recognized the value of sport and developed the empowerment of women and girls that are used in sports.

Conclusion

Women empowerment plays an important role in sports and physical activities that increase the self-confidence, self-esteem and reducing the tension, depression etc. and it also improves the psychological behavior, body fitness etc. In this study, concluded that:

- In socially and economically field, sports play an important role in empowering women.
- Due to the lack of education, women and girls are not aware of the values of sports by which they are not motivated toward the sports at the family level, individual level, and community level.
- Due to the lack of poverty, education, media coverage, women are not participating in sport and physical education.

Recently, women and girls are professionally participate in sports and physical education without having any doubt. It would better improve and increase the participation in sports and physical education through women and girls.

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