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## Women sports in Chhattisgarh-Constraints, Challenges, complications, and its remedies.

**Dr.Jaya Chandra, Assistant Professor,  
Mahant Laxminarayan Das College**

**Dr. Megha Singh, Assistant Professor,  
Mahant Laxminarayan Das College**

*“ It is impossible to recollect about the welfare of the world unless the condition of women is improved. It is unacceptable for a birdie to fly on only one wing.”*

– Swami Vivekanand

### **ABSTRACT:**

Sport is a universal in nature. It does not discriminate on colour, caste, creed, sex or race and so on. Participation in sports not only focuses on health but also the overall development. Earlier day's men used to participate in most of the games, sports and athletics, women faces many constraints such as physical, mental, family, social, cultural, religious and so on later they also started active participation in all events. The women witnessed different status during different ages which is given as below.

### **INTRODUCTION:**

Chhattisgarh sports is governed by Sports and youth welfare department. They are making effort to bring women athlete at par with men and hence they organize women sports tournament every year in which sports like swimming, gymnastic, basketball etc are there. Its because of their effort only that sports women from Chhattisgarh are representing at international level also. The women witnessed different status during different ages which is given as below.

### **Women in Chhattisgarh in Rig-Vedic Period**

It is generally recognized on the basis of the instances depicted in religious texts (e.g., Vedas, Upanishads, Smritis, epics like Ramayana and Mahabharata and other Dharmasastras) that in ancient India, especially in Rig-Vedic period, women enjoyed equal status with men. They had an honorable place in the society. They were not isolated from men and freely participated in public life. They attended great assemblies and state occasions. They studied the Vedas and composed hymns. They also distinguished themselves in science and learning at their times. They were considered intellectual companies of their husbands, as the friends and loving helpers in the journey of life of their partners, in their religious duties and the Centre of their domestic bliss. In Vedic times, women were not treated as inferior or subordinate but equal to men in all matters of life. They were given education and had a voice in the selection of their husband. In the religious field, women enjoyed all rights and regularly participated in religious

ceremonies. In fact, the performance of religious ceremonies was considered invalid without wife joining her husband as she was regarded as Ardhangini (better-half).

#### **Post-Vedic Period** (Upanishads, Puranic and Smriti Periods)

The position enjoyed by women in Vedic period deteriorated in post-Vedic period. It was gradually degraded in the Puranic and Smriti periods. The description of position before BC 300 shows that she enjoyed a fairly high status, though not to the extent that she enjoyed in Vedic period. It appears that several drastic changes that took place in the Indian society from about BC 300 to the beginning of the Christian era led to the restriction of freedom of women. Imposition of Brahminical rules and code of conduct, rigid restrictions imposed by caste system and joint family system were the main reasons for lowering of status in this period. A daughter began to be regarded as curse. They were denied the right of inheritance and ownership of property. Pre-puberty marriages came to be practiced. She was forbidden to offer sacrifices and prayers and undertake pilgrimages. The widow was asked to devote herself to an ascetic life at home and marriage became an irrevocable union as far as the wife was concerned.

#### **Medieval Period**

The period between 11th century to 18th century witnessed further deterioration in the position of women due to the impact of Muslim culture. In this period, female infanticide, child marriage, purdah system, sati and slavery were the main social practices affecting the position of women. The birth of a female child began to be regarded as curse, a bad luck. They were almost confined to the doors of their homes. There was further curbing of freedom of women in matters of education, mate selection, public appearances, etc. Purdah system came to be rigorously followed. Women education was almost banned. More and more feeling of conservatism increased about women. She not only continued to hold low status in and outside home rather her position worsened in this period.

#### **British Period**

During the period of British rule of about 200 years (early 18th century to the first half of 20th century) some substantial progress was achieved in eliminating inequalities between men and women in matters of education, employment, social and property rights and so forth. Sati, purdah, female infanticide, child marriage, inheritance, slavery, prohibition of widow remarriage and the lack of women's rights in different fields were some of the problems which attracted the attention of British Raj. Though the British rulers initially decided not to interfere with the traditional social fabric of Indian people (Hindus) and as such they took no steps to bring any change in the status of women in India. It is only in the latter half of the 19th century and the first quarter of the 20th century that they took some steps to abolish or change some social customs through legislative measures. For such measures incentive was provided to them by some social reformers, such as Raja Ram Mohan Rai, Ishwar Chandra Vidyasagar, Dayanand Saraswati, Keshab Chandra Sen, Swami Vivekanand, Maharshi Karve, Justice Ranade, Mahatma Gandhi and others. These following steps have paved the way in removing the obstacles in the progress of women. Not only this, it had helped in eliminating inequalities between men and women and giving proper respect to the other-half of the society.

- 1.Abolition of Sati Act, 1813.
- 2.The Hindu Widow Remarriage Act, 1856.
- 3.Civil Marriage Act, 1872.
- 4.Married Women's Property Act, 1874.
- 5.The Child Marriage Restraint Act (Sharda Act), 1929.
- 6.Hindu Law of Inheritance Act, 1929.
- 7.Hindu Women's Rights to Property Act, 1939.
- 8.Hindu Marriage Disabilities Removal Act, 1946.

### **After Independence**

After Independence the status of women has somewhat increased in some states but in some states they are again considered as curse only that's why female infanticide takes place. According to the census survey 2011 the ratio of women to men population is higher in Chhattisgarh than the national average hence it's a matter of pride for all of us.

### **Constraints in women sports in Chhattisgarh**

#### **Physical Constraints**

Physical constraints refer to the morphological feature adaptations to particular sports. Basically, it refers to the qualities of the sports person such as the physical fitness parameters. If there is failure in any of these required parameters results in the reduction of sports performance.

- Heavy musculature of limbs
- Heavy abdomen musculature
- Heavy pelvic musculature
- Obsessive structure
- Improper posture/ postural deformity
- Flat foot

#### **Physiological Constraints**

Physiological constraints refer to the organ functions ultimately resulted in the system coordination. If there is any dysfunction of the organs resulted in reduction of sports performance.

- Lower level of RBC
- Lower percentage of Haemoglobin
- Smaller or weaker heart and its circulation
- Smaller or weaker lungs and its mechanism
- Dysfunction of organs of endocrine system
- Greater body fat percentage
- Dominance of neither of aerobic power or anaerobic power
- Menstrual disorders

### **Psychological Constraints**

Psychological constraints comprise the behavioural process. It is in which the body and mind coordinates produces the desirous behavioural, failure alternately resulted in the reduction of sports performance.

- Higher level of anxiety
- Higher level of aggression
- Lack of self confidence
- Lack of achievement motivation
- Lower self-esteem
- Lack of interest
- Full of restless mind because of media and cell phone
- Hesitate to participate during menstrual periods

### **Social Constraints**

Social constraints refer to the behaviour in the sports society. During training and competition the relationship with coaches, arena persons, training-mates, co-participants, opponents and officials during competition. If there is any undue relationship or misbehaving during in this period especially love affair results in reduction in sports performance or ultimately termination from sports participation.

Present days are unsafe for women's free movement

such as ragging, traffic lug & raping

Because of robbery of chain snatch and other costly ornaments

- Lack unsafe mode of road transport due to more vehicle motor movement
- indulging in undue love affair
- Lack of good nurturing
- Lack of parental peace i.e., lack of support and encouragement from the family

### **Religious Constraints**

Religious constraints avail in those societies who are fundamentalist and have hard religious beliefs they are very concern about their religious beliefs. They are afraid as society may blame and curse them for going beyond the boundaries of their religion. This might be the cause that most of the women are not able to show their talent.

### **Economic Constraints**

Economic constraints are considered most important factor that hinder the women participation in sports. Considering the above said all the constraints either any failure or Insufficient economic status or no sponsors resulted in the termination from the sports participation. Secondarily constraints represent the triangular or pyramidal factors. It is

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in which the non-availability of expert trainers, no sufficient infrastructure and non-availability of sports constraints and gadgets. In considering infrastructure facilities it refers to the non-availability of area for training halls, indoor stadiums or constructed play environment to undergo training. Lack of non-availability of qualified coaches results not to produce better performance and they only become the cause of sports injuries. The sportsman should wear the sports costumes and certain sports gadgets to prevent injury. Besides that women should be provided the kits in order to boost their moral.

### **Method**

Data were collected from different research articles, journals, magazines, research works published in reputed journals. Besides these sources the data was also collected from internet (Google) and from different discussions and debates.

### **Discussion**

The Indian Constitution has conferred equal rights to all women. Indian women can master anything and everything which she can dream off. But still due to the above mentioned constraints we are not able to produce more good quality sports women. As some of Indian women like M.C. Mary Kom, Sania Mirza, Sania Nehwal etc. had marked examples before us and are role models for the present & coming generations we should inculcate such talent in our women so that we can have such women in every corner of India. Physical Education can help to increase self-confidence by gaining women opportunities to play new skills, engage in positive relationships, acquire achievements, and engage in volunteer service and can serve the nation in a better way.

### **Conclusion**

Participation in sports helps women in many diverse aspects and keeps them fit and healthy besides it enhances their cognitive abilities, their endurance which will help them to keep working all day long. Because of the above discussed constraints as barriers the women face present day non communicable diseases such as stress, obesity, hypertension, diabetes; hormone dysfunction leads to in activity, unable to accomplish the day-to-day activities prone to injury such as the osteoporosis condition. Hence, they are the producer, maker and servers to the society, these constraints should be eliminated for the betterment of women health. Campaign for all women sports participation should encouraged in school, colleges and in universities. Government should conduct the awareness programme for women sports participation and for their encouragement. And in those states where religion is becoming a constraint should come up with some alternatives so that their women can also participate in sports and live a better and healthy life.

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