



THE ROLE OF SPORTS IN WOMEN EMPOWERMENT

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Abstract:

Today women are also playing a leading role in fields like sports, science, education, business, banking. If we talk about the field of sports, then women players of India have recently proved their mettle in front of the world. At present, the participation of women is in every sphere of society. Today women are playing an important role in the field of science from doing household chores.

If we look at the sports achievements so far, we find that through sporting events, Indian women players have hoisted the tricolor on foreign soil with great pride and made the whole world feel their power. The strong performance of Indian women players so far has raised the hope that in the coming times, these players will not only challenge the world's legendary players but will also achieve victory over them. Indian male players, as well as female players, have shown to the whole world that their arms are full of iron. In order to get information about the contribution of those legendary players of the Indian women's sports world, to study the role of sports in the empowerment of women, and to know the sports achievements of Indian women players, this research topic has been chosen.

Keywords: Women, Empowerment, Indian Women Players, Sports

Data Collection Method Used for Research:

This research depends on secondary data like newspapers, books, reports, and websites.

The Objective of Research:

- 1) To get information about the contribution of those legendary players of the Indian women's sports world
- 2) To study the role of sports in the empowerment of women
- 3) Knowing the sports achievements of Indian women players

Introduction:

India still needs to do a lot to bring women on par with men in sports. However, the country has done a lot of work on this aspect. Players like MC Mary Kom, Saina Nehwal, and PV Sindhu have made the country proud but there is still discrimination in sports. In 1947, in India, women lived only in homes. They were not allowed to go out of the house, study, write, play, work

outside like men, etc. Equal rights have been made for both women and men in the Indian Constitution, but due to illiteracy and domestic and Indian religious traditions, women have not been able to make full use of all those rights. Today Indian woman has achieved success in every field at her level. If we talk about education, then the level of illiteracy among women is higher than that of men, but if an educated woman is compared with an educated man, then she is far ahead of them. Women are not behind in their efforts and efforts, but there is a need to provide them the right opportunities. Similarly, Indian women have set new records in every field of science, business, space, sports, politics. Just as Sardar Vallabhbhai Patel is called Iron Man, in the same way Indira Gandhi has made India proud all over the world as Prime Minister. As far as we talk about empowerment of women and equality with men, we still live in a world dominated by men.

When it comes to national sports, men's sports are more exposed and recognized. As a man, I am surrounded by stereotypical beliefs about how women are weak and should not even be able to play with men. Too often people in sports do not accept women's games as men. The role of women in sports and games was neglected from the time of the early Olympics. The late 19th and early 20th centuries saw a growing interest in the sport of women, both as participants and spectators. When it comes to sports, women are held to low expectations for their ability to play and They are portrayed as weak. Men are expected to be active in sports and have the musculature to suit the conservative player.

However, compared to men's participation in sports, women's sports are new and have not given them the recognition they deserve. But the sports world has started to see that women's sports can be just as interesting and exciting as men's sports. So, to an extent, the media is also responsible for promoting the equality of women with the relevant authorities in recognition of their achievements. It's starting a lot more than before. Mainly men's games take place at the main stations.

An important role is played by the educational society in encouraging women to participate, be it school or college. The provision of sports facilities on an equal scale for both men and women show the new trend. This has seen an increase in the number of women participating in the sport. Due to the better quality of players, now more people than ever want to see women playing the game.

However, some discrimination still persists. For example, television time is something that both men's and women's teams have to compete in. Equality between men and women in sport should be measured not only by their physical drive and skill on the field of play but also by the percentage of athletes compared to the total number of qualified athletes. A lot of efforts have been made to provide equal opportunities to women in the sports world and even bigger steps are to be taken. In most areas, men get most of this television time which is not fair at all. There should be equal television time for both sexes. Women are just as important as men. Moreover, it has also been observed that men are again given preference when it comes to salary, coaching positions, cash rewards, and television time.

The Role of Sports in Women Empowerment:

Indian women sportspersons are marching ahead against the odds and giving a message to everyone that women are no less in any field, they can excel with hard work. In various global sporting events, the rain of medals on Indian women players is proof of this. As a player, sexuality doesn't matter. Every child should participate in sports, as it encourages team spirit, increases mental strength, keeps children healthy, and enables them to face the challenges of life.

The names of superstar women players include PV Sindhu, Saina Nehwal, Mary Kom, Sakshi Malik, and Deepa Karmakar. But a few years ago, they couldn't do that. So, we have come a long way in terms of women empowerment in sports but still, a lot needs to be done for women in sports.

Equality for girls and boys, women and men is achieved by starting from our own homes and lives. An enabling and supportive environment at home, school, and college can go a long way towards gender equality by removing various barriers for girls and encouraging more and more girls to take up sports.

Saina Nehwal, mother of three MC Mary Kom, Married Sania Mirza has raised India's head on the world sports stage with their outstanding performances. Hard salute from all over India to these three women players. Indian players decorated their necks with medals at the 2014 Commonwealth Games in Glasgow and the Asian Games in Incheon. While 15gold, 30silver, and 19bronze medals were won in Commonwealth Games, India managed to win 57medals including 11gold, 10silver in Asian Games. 'India's shuttle girl' Saina Nehwal managed to win 3international titles China Open, Indian Open Grand Prix Gold, and Australian Open Super Series in 2014. Uber Cup is considered to be the prestigious tournament of badminton and the Indian team managed to win a bronze medal in it. Saina was also a part of this team. Saina Nehwal has played an important role in popularizing the game of badminton across the country. She has now become a role model for young talent. Saina also rose to the fourth position in the world badminton rankings with her international achievements. However, it would be redundant to forget that on 2December 2010 and 20July 2013, Saina has also achieved the status of becoming the world number two player.

While Saina Nehwal has engulfed the whole world by becoming the challenger of Indian women's badminton, similarly PV Sindhu has also raised a ray of new hope by achieving successive successes. Sindhu, 19, has become the first player in the country to win two consecutive medals at the World Badminton Championships. Sindhu brought laurels to the country by winning bronze medals in the 2013 and 2014 World Badminton Championships. Not only this, but Sindhu was also a part of the Indian team when India won the bronze medal in the team event of the Incheon Asian Games this year. The Hyderabad star badminton player also ended 2014with a title win. She became champion for the second time in a row at the Macau Open Badminton Championships.

After Saina and Sindhu, if any third woman player comes to mind, then surely that player is MC Mary Kom who never let age dominate her. Women in India retire from sports life after having children, but Mary Kom did not join them. Mary Kom, who has become an 'icon' of Indian women's boxing, even after becoming the mother of 3 children, the punch she threw in the boxing ring has become an example for other women. 5-time world champion Mary Kom also achieved the distinction of winning a medal at the 6th World Boxing Championships. When Mary Kom won the bronze medal at the Guangzhou Asiad, it was thought that she would not make it to the next Asiad, but by winning the gold medal in the 2014 Incheon Asiad, she proved to the entire Asian world that her arms were still full of steel. Is.

If any name has emerged after Krishna Punia in the Indian athletics world, then that name is Seema Antil. The Haryana athlete raised herself after facing the bitter truth of doping. It is a coincidence that Seema Antil, who was born in Sonipat, was also married in the Punia family. She married Ankush Punia, who was her coach. Seema made a name for herself in Indian athletics when she won a gold medal at the World Junior Championships at the age of 17. The national record holder 6feet high Seema won the silver medal for India in the discus throw event at the 2006Commonwealth Games. He won a bronze medal in the 2010Delhi Commonwealth

Games. Seema's success did not stop there, however, she wore a gold medal around her neck at the Incheon Asiad in 2014. Apart from the discus throw, Seema also participated in India's 4x400m race and won gold for the country along with Mandeep Kaur, Poovamma Machteira, Tintu Luka, and Priyanka Panwar.

Dipika Pallikal's name is included at number one among the women squash players of India. The year 2014 brought new happiness for Deepika. He teamed up with Joshna Chinappa at the Glasgow Commonwealth Games and led India to a gold medal. This was the first instance when India won a medal in the women's doubles at the Commonwealth Games. Not only this, this was the first medal for India in squash in the history of the Commonwealth Games. Padma Shri awardee Dipika Pallikal performed brilliantly at the Incheon Asian Games and reached the semi-finals of the singles event wearing a bronze medal around her neck. In this way, Deepika became the first player in the country to win a medal in the squash competition of the Asian Games.

Even after becoming the wife of Pakistani cricketer Shoaib Malik, Sania Mirza did not give up tennis and she is still setting new heights of success. The year 2014 was also very special for Sania. This year he won the third Grand Slam title (mixed doubles) of his tennis career. After winning the Australian Open in 2009 and the French Open in 2012, Sania went on to win the mixed doubles title with Bruno Soares at the US Open in 2014. Not only this, but Sania is also the first tennis player in the country to win the WTA Tour Finals. He achieved this success by taking Cara Black along. The Indian tennis sensation was not participating in the Incheon Asian Games earlier for the sake of international tennis events, but when she met Prime Minister Narendra Modi in Delhi, she changed her mind for the country. At the Asiad, Sania teamed up with Saket Mayani in mixed doubles and decorated her neck with a gold medal. In the women's doubles also, Sania Mirza got a bronze medal.

Not only India but the world is also aware of the successes of Mary Kom. Leaving family troubles behind, Mary Kom has brought laurels to herself and the country. Mary Kom has won many national and international titles in boxing. With these achievements, Mary Kom has given a different identity to Indian women. Mary Kom's interest was athletics. His three sisters and one brother did well. Mary Kom is the eldest of the siblings, the financial condition of the house was also not right. Due to which Mary had to leave her studies in the middle. One day Mary was playing football in school. That day his mentor Dingko Singh was practicing boxing. Seeing them, Mary decided to play boxing. At that time, it was not so easy for women to play boxing. This game requires a lot of diets. The biggest thing was that I had to believe my family members for this game. Mary Kom's father was very worried about her game but he could not stop Mary from playing.

Not only Indian male wrestlers are achieving success in wrestling, but women wrestlers have also made the country proud. Indian women displayed their wrestling skills by winning 2 Gold, 3 Silver, and 1 Bronze medal in Commonwealth Games. In Asian Games Also Indian wrestlers did not return empty-handed and they also won 2 bronze medals. Vinesh Phogat made a splash in the Glasgow Commonwealth when she decorated her neck with a gold medal in the 48 kg freestyle weight category. Vinesh also went on to win a bronze medal in the Asian Games. Following in the footsteps of Vinesh, Geetika Jakhar also won silver in the 63 kg category at Commonwealth Games and bronze in Asian Games. Apart from Vinesh and Geetika, India's third wrestler Babita Kumari also managed to put a gold medal in India's bag at the Glasgow Commonwealth Games.

Inspired by the stupendous success of the men's kabaddi team, Indian women won the gold medal in the Asian Games for the second time in a row. Won gold medal in 2010 Asian Games also and retained it in 2014 Asian Games as well. It should be noted that since **1990**, Kabaddi has

been included in the Asian Games and since then the gold medal has been the right of the men's team of India. In 2014, while a new script was written for Indian success in the Asian Games, a bad episode gave rise to a new controversy. This dispute was Of Sarita Devi. When Sarita was declared defeated against the host Korean boxer in the semi-final bout of the lightweight weight category, she cried in the ring and returned the bronze medal at the medal distribution ceremony. This was the first incident in the history of the Asian Games in India when a player refused to accept a medal at the medal distribution ceremony. She returned the medal to the same player she had lost. However, Sarita herself later apologized for her behavior. Sachin Tendulkar even met the Union Sports Minister for strict action not to be taken against Sarita. Sarita's dispute went on for a long time. Earlier it was being said that Sarita would be banned for life, but at the end of the year, it was decided that Sarita would not be able to enter the boxing ring for only one year.

In badminton, after Saina Nehwal and PV Sindhu, 21-year-old Kidambi Srikanth also made his presence felt on the court. This year, Kidambi Srikanth created a sensation by defeating Lin Dan 21-19, 21-17 in just 46 minutes in the China Open Super Series. The thing to remember here is that Lin Dan is a five-time world badminton champion. He has also won two Olympic gold medals for China. Pusarla Venkata Sindhu started her career as a badminton player. Sindhu brought laurels to herself and the country by winning a medal in the Rio Olympics. PV Sindhu has set a role model for young Indian women players. Sindhu got the spirit of the game from her family. Sindhu's father has received Arjuna Award in the year 2000 in Volleyball.

India is now interfering in gymnastics too and Deepika Karmakar's name is on top. Deepika has become the first gymnast in the country to win the second gymnastics medal for India at the Glasgow Commonwealth. Earlier in 2010, Ashish had won a medal for India. In the women's vault event, 20-year-old Deepa won the bronze medal by scoring 14.366 points. She has become the first female gymnast in the country to have won a medal in the Commonwealth.

Indian society is one such society, which includes many types of customs, beliefs, and traditions. Some of these old beliefs and traditions are also such which prove to be a hindrance to women empowerment in India.

Problems arise for women due to the dominance of male dominance in society. Due to living in the environment of old and orthodox ideologies, women start considering themselves less than men and prove to be unable to change their present social and economic condition. Problems like illiteracy and dropout of studies among women are also major obstacles in women's empowerment. Although girls in urban areas are at par with boys in terms of education and sports, they are far behind in rural areas. Exploitation in the sports sector is also a major obstacle to women's empowerment. Along with this, they do not have the freedom to work independently or take decisions related to family and they are always considered less than men in every work. However, the number of women players in the sports field is still increasing.

Conclusion:

Be it wrestling, cricket, or Olympics, Indian women are raising flags in every field of sports. There has been a significant increase in the number of female players and this is a positive change. These women players are not only doing wonders in the country but are also shining at the world level. These players have amazing self-confidence, so they do not lose their confidence under any circumstances and for that they deserve praise. Indian women players are marching ahead despite the odds. There is a role of sports in the empowerment of women.

Suggestions:

- The Ministry of Women and Child Development has now decided to work closely with the Ministry of Sports for maximum participation of women and girls in sports.

- For maximum participation of women and girls in sports, now the Ministry of Women and Child Development needs to work closely with the Ministry of Sports.
- Women should be given the same prize money as men. This discrimination is in all sports all over the world.
- Everyone should consider their daughters precious.
- As a person, daughters should be made capable of contributing to society by making them self-supporting, instead of marrying daughters quickly considering it as a burden.
- There is a need to invest in daughters.

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