

# A Conceptual Study on Gender Roles Affect Sports Participation and Achievement in India

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**Abstract:- Many people believe that sports represent morality and positive qualities like equality, fair play, teamwork, and respect for one another. It may also, nevertheless, represent bad morals and unethical actions that polarize society. Gender is a social construct that designates certain acceptable actions for the male and female sexes. Gender performance is dynamic and subject to shift in space, time, and conversation. Sport scholars have shown how popular notions that frequently result in discrimination are both challenged and reinforced by sport. Through this critical perspective that questions our conventional wisdom, sport might begin to function as a potent force for social change.**

## I. INTRODUCTION

Differences between men and women exist in many domains. Some are considered as unfair and unacceptable, but others appear as legitimate. In competitive sport, comparing male's and female's performance is not easy, as usually men and women do not compete against each other. This comparison is made possible when performance is measured based on objective units (e.g., time, distance). In such activities, men perform better than women. Male world records are systematically higher in sports that require strength, speed, or SA, China, and Turkey. Although there are few European countries where women report exercising more than men, such as Netherlands and Scandinavian countries. The gender differences observed at a general level mask important disparities according to the type of activity ; while some sports are practiced mostly by men, others are practiced almost exclusively by women. Given specifics of different researches, one may wonder whether it is accurate to consider a sport as male domain. endurance, such as athletics and swimming. However, males do not necessarily achieve better in activities that require concentration, calmness, or accuracy. Female sports involvement has considerably increased in these latter decades.

According to the latest research by BBC, the statistics shows that approximately 75% of the Indian population believe sports is significant in their day-to-day lives, however, only 36% of the population engage in any sort of sport or physical activity. Of these 42% of men and only 29% of women engage in sports.

## II. REVIEW OF LITERATURE

The impact of gender role on sports participation and performance is a widely researched area and highlights various aspects. Men have held dominant positions in sports because of cultural perceptions that sports are more suitable for men, while women have been marginalized in sports based on assumption that they are physically weaker. Some research indicated that male athletes perform better comparatively than female athletes due to a variety of factors, including physiological differences and it also indicates that gender based stereotypes can affect an athlete's performance. However, this difference is vanishing as gender equity is enhanced as men and women are given similar opportunities. Overall, the traditional gender roles have influenced a major amount of sports participation and performance. This has affected the opportunities for women in sports, resulting in lower participation and performance level compared to men. Therefore, efforts are crucial in breaking down barriers and pushing for gender parity in sports.

## III. RESEARCH METHODOLOGY

This research has employed mixed methods approach to investigate the influence of gender role on sports performance and participation and performance. Quantitative methods were used to collect data on sports participation, performance, and perceived gender roles. The sample will be diverse including individuals across various age groups and athletic backgrounds.

A thorough literature review of was done to establish solid theoretical framework. This involved examining studies on gender roles in sports, their impact on performance, and societal attitudes towards gender in athletic contexts.

In addition to quantitative data, qualitative data discussions was also conducted. This component aimed to capture nuanced insights into how gender roles shape individual experiences in sports. It will delve into societal expectations, personal perceptions, and potential barriers faced by participants.

Data collection was done electronically and focus groups were conducted. Emphasis was placed on anonymity to encourage candid responses throughout the data collection process.

#### IV. SCOPE

Gender roles have a wide range of effects on sports participation and performance. Initially, traditional gender stereotypes frequently resulted in differences in opportunities and access, which in turn led to differences in funding and facilities, which had an impact on the standard of training and overall performance outcomes. Social norms also influence the sports people choose to play, which restricts the diversity of involvement. The motivation and performance levels of athletes can be affected by gender-based differences in rewards and recognition. Stereotypes are reinforced by gender roles, which affects athletes' self-esteem and mental health. The opportunities and assistance that athletes receive are also impacted by cultural beliefs and gender-based educational priorities. It is essential to address these issues if we are to break down barriers, advance inclusivity, and increase the entire scope and impact of sports participation.

#### V. OBJECTIVE OF THE STUDY

The objectives of the study on the impact of gender role on sports participation and performance are as follows:

- To promote awareness and education among people of the society
- To investigate sports engagement patterns between the male and female population
- To assess and analyze performance differences between genders among different sports
- To identify the entry barriers for women in sports
- To provide practical recommendations for change to enhance gender equality

#### VI. LIMITATIONS

There are numerous restrictions on a female athlete's ability to participate in sports. In addition to not being paid equally for the same event as their male counterparts, female athletes frequently struggle to get sponsors. They must also deal with sexism and prejudice during trainings and events. A female athlete's safety is particularly concerning because she will be traveling alone with strangers from the crew.

It is evident why female athletic events are not well-liked or honored when discussing the support that female athletes receive from their families and the community. Since no broadcasting company promotes female sports, the only way a female sporting event may become well-known is if they win a really significant competition. In addition, bullying, social isolation, unfavorable performance reviews, and losing their starting position are all possible experiences for women in sports.

#### VII. SUGGESTIONS

- Boosting media exposure is one way that the media can help female athletes get more recognition and opportunities. If the media does a better job of promoting female sports, more girls will be inspired to pursue sports as a career. It can also help to raise awareness of female athletes and show that sports are not just for men.

- Cease presuming that men are better athletes: Removing the assumption and representation of men as better athletes is another strategy to advance gender equity in sports. Because of their physical characteristics, men are frequently thought to be faster, stronger, and better athletes than other genders. But this isn't always the case, as women have their own set of benefits and drawbacks. For example, women typically outperform males in athletics and are less likely to sustain injuries.
- Create a program for whistleblowers: Sports organizations can receive complaints about harassment and discrimination if they employ an anonymous, safe, and user-friendly platform for reporting such incidents. It might be intimidating to come out and reveal unfair practices, therefore protecting the confidentiality and anonymity of whistleblowers is crucial.
- Promote female-led sports teams: Women's teams need your support just as much as men's teams do. This is a fantastic way to support female athletes and promote parity between the sexes in sports. This can be achieved by giving women's sports the same consideration as sports for males. As a tactic to support gender equality, you may also think about joining a club, attending games, and participating in sports for people of all genders.

#### VIII. CONCLUSION

According to research, one of the reasons young women are giving up athletics is the belief that women in sports are not feminine. It has also been reported that men who don't conform to the traditional concept of "masculine" feel excluded and frightened by the sports community.

The way that sports and athletes are portrayed in the media might contribute to negative gender stereotypes. Female athletes are often portrayed in the media as first and foremost women. Men are portrayed as powerful, self-reliant, dominant, and highly respected athletes, whereas references to a woman's appearance, age, or family life are commonplace in the sports community.

Sports have the power to inspire, unite people in a way that very few other things can, use language that is understandable to young people, and bring optimism where despair once reigned. All genders must have equal opportunities to advance equity in sports, and everyone must participate in order to promote gender equality in sports.

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