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Dr. Ramesh Chougule

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Editorial...

Writing in English literature is a global phenomenon. It represents ideologies and cultures of the particular region. Different forms of literature like drama, poetry, novel, non-fiction, short story etc. are used to express one's impressions and experiences about the socio-politico-religio-cultural and economic happenings of the regions. The World War II brings vital changes in the outlook of authors in the world. Nietzsche's declaration of death of God and the appearance of writers like Edward Said, Michele Foucault, Homi Bhabha, and Derrida bring changes in the exact function of literature in moulding the human life. Due to Globalization and liberalization, society moves to the post-industrial phase. Migration and immigration become common features of postmodern society. These movements give birth to issues like race, ethnicity, gender, crisis for identity, cultural conflict, dislocation, isolation and many others. Thus multiculturalism becomes the key note of new literatures written in English. The colonial legacy, immigrants and migrated authors attempt to define Britishness in literature and the result is postethnicity in English literature. The writers like Salman Rushdie, Hanif Kureishi, Andrea Levy and many others attempted to redefine and reevaluate the singular authority of text and plead for the plurality of themes. There is another form of literature growing consciously in the country like India. This literature is called as Fourth World Literature or the literature of protest. The marginalized sections of society attempt to protest against upper caste ideologies in Dalit Literature. All these issues are reflected in the present issue of Literary Endeavour.

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A STUDY ON RURAL WOMEN CONSTRAINTS TO PARTICIPATION IN SPORT ACTIVITIES AT UDUMALPET TALUK, TIRUPUR DISTRICT

Dr. R. Rujini, Associate Professor of Economics, Sri G.V.G. Visalakshi College for Women, Udumalpet

Abstract:

Rural Indian women are stepping out of their private space and making some contribution in building their village, other than empowering themselves. The Government of India has provided many opportunities to rural women to live with dignity, honor and equal footing with the rural man. One such opportunity may come from sports activities. Recently, sport for women represents a fast growing and changing element in culture, and recent trends have sparked a need for knowledge about the female sport participation. However, despite the prevalence of campaigns promoting the health benefits of physical activity, participation rates remain low. There are numerous social and environmental factors that inhibit their participation. With the help of the social reformers, women of India slowly started seeing her true potential. She set about questioning the rules set down for her by the society.

Keywords: Rural women's participation, Sports activities, constraints.

India's women participation in sports:

Several Indian women have participated in the Olympics in the past. First time only four Indian women were participated in 1952 Olympics (Helsinki) in athletics. The first Indian woman to ever win an Olympic medal was Karnam Malleswari who won a bronze medal at the Sydney Olympics in the Women's 69 kg category in Weightlifting. After that in 2012 London Olympic Games Saina Nehwal (Badminton) and M.C. Mary Kom (Boxing) secured one bronze medal each. Several Indian women have participated in the Olympics in the past. Currently the total is 5. Five women from India have won an Olympic medal and their names are as follows:- Karnam Malleswari, Mary Kom, Saina Nehwal, P.V. Sindhu & Sakshi Malik. Sakshi is a Freestyle Wrestler and she won the nation a Bronze in the Rio 2016 summer Olympics.

In the London Olympics, women's boxing was featured as a sport for the first time. India was represented by five-time world champion Mary Kom who was the only Indian to qualify for the event. Sakshi Malik became the first Indian woman to win a medal in Wrestling. She won the Bronze medal in Women's 58 kg freestyle wrestling in 2016 Summer Olympics held in Rio. Saina Nehwal was the first Indian to win a medal in Badminton at the Olympics, by winning the Bronze medal at the London Olympics 2012 on 4 August 2012. Geeta Phogat became the first ever Indian woman to qualify for the women's 55kg wrestling in the London Olympics 2012. Women's wrestling was announced in 2004.

P.V. Sindhu became the first ever Indian woman to win the Silver medal at the Olympics, by reaching the Badminton final at Rio Olympics 2016. However, she lost to Carolina Marin of Spain in the final on 19 August 2016. She became the youngest Indian woman to win an Olympic medal.

Through P.T. Usha could not win the medal in 1984 Olympics in 400m hurdle race, yet that was her remarkable and extraordinary performance. In fact, there is a long list of Indian female athletes who won various positions in World cups, Commonwealth games, Asian games etc. Among these Anju Bobby George, Sania Mirza, Saina Nehwal, Krishna Poonia, Seema Antil, Garima Chaudhary, Jwala Gutta, Geeta Phogat, Deepika Kumari etc. are the prominent athletes of India.

Constraintsto Participation inSports:

Competing priorities are barrier for girls in both early and late adolescence. As girls move through adolescence, they place a greater priority on activities other than sport and recreation.

Girls perceive that physical education is not an important subject

Among older adolescents, **physical education** is a lower priority than other subjects, for whom **physical education** is not a compulsory subject.

Friends who do not participate

Girls belonging to a friendship group that is perceived to be "not active" are less likely to participate. Conversely, friends are the enabler to girls' participation if their friendship group is active.

Perceptions about being feminine

Many girls do not feel the participation in sport and recreation as a feminine pursuit and therefore do not participate. Girls are less motivated and less able to participate and do well .

Lack of parental Support

Parents influence girls' participation in sport negatively by not providing access or opportunities, and by discouraging participation in sport and recreation while encouraging participation in other activities, such as job, and subjects other than **physical education**.

Competitiveness

Girls' participation in sports is declines because the activities are perceived as less fun and more competitive as the girls become older. Sport becomes more competitive during the transition from junior to senior level.

Body Image and sports uniforms

Girls of all ages report that poor body image affects their participation. The associated issue is feeling uncomfortable in mandated uniforms.

Lack of confidence

Lack of confidence to engage with sport and active recreation activities is a barrier to participation in women of all ages.

Poor team relationships

Poor team relationships, including conflict, bullying and being left out, influence participation.

Negative experiences

Girls who experience negative experiences in **physical education** or in-outside- campus sports are less likely to participate.

Lack of motivation

Some studies have found that some girls do not want to participate in sport or recreation due to lack of motivation from the parents, teachers and peer group.

Cultural issues

Some girls do not participate for cultural or religious reasons. Lack of cultural awareness in the delivery of sport and active recreation programs also limits participation of women. Social norms have been identified as a barrier to the participation of women from rural.

Costs of Participation

The cost of participation, including associated costs such as healthcare, fitness and transport, are the barrier to participation for young women, older women, and disabled.

Feeling unsafe

Factors such as traffic, and suspicious individuals, were identified as a barrier to participation for young women and disabled women.

Statement of the problem

The problem under investigation has been a study on the constraints of rural young women's participation in sports. The constraints referred in the problem stated will be confined to the

physiological, psychological, economic and social constraints of women's participation in sports from rural background.

Analysis and Interpretations

Socio Economic Conditions of the Respondents:

The following table shows that the various socio economic conditions of the respondents at Udumalpet Taluk.

Table 1: Socio Economic Conditions of the Respondents:

S.No	Particulats	Frequency(n:60)	Percentageof the Respondents (%)
Age in years			
1	Below 18 years	15	25
2	18- 20 years	25	44
3	20-22 years	15	25
4	Above 22years	5	8
Marital status			
1	Unmarried	44	90
2	Married	6	10
Religion			
1	Hindu	39	65
2	Muslim	12	20
3	Christian	9	15
Type of family			
1	Nuclear	35	58
2	Joint family	15	25
3	Extended family	10	17
MonthlyFamily income			
1	Less than Rs. 10,000	40	67
2	Rs.10,000 to Rs.15,000	11	18
3	Rs.15,000 to Rs.20,000	6	10
4	Above Rs.20,000	3	5

The above table reveals that 44 per cent of the respondents are in the age group of 18-20 years. 90 per cent of them are unmarried, 20 per cent of the women are belonging to Muslim religion and 67 per cent of their monthly family income is less than Rs. 10,000.

Constraints among Rural Young Women in Sports:

The following table shows the various constrains among the rural young women in Udumalpet Taluk.

Table 2: Physiological Constraints

S.No	Physiological Constraints	No of Respondents	Percentage
1	Lower level of RBC	53	88
2	Lower percentage of hemoglobin	51	85
3	Perceptions about being feminine	25	42
4	Dysfunction of endocrine system	49	82
5	Menstrual disorders	42	70

The above table shows that 88 and 85 per cent of the respondents expressed that they are having lower level of RBC and lower percentage of hemoglobin.

Table 3: Psychological Constraints

S.No	Psychological Constraints	No of Respondents	Percentage
1	Lack of confidence	59	98
2	Negative experiences	42	70
3	Lack of motivation	60	100
4	Poor team relationships	53	88
5	Competitiveness	41	68

Cent per cent of the respondents revealed that there is lack of motivation and 98 per cent of them expressed that they lack in confidence level. 88 per cent of them felt that there is poor team relationship.

The Major Findings

1. There has been lack of encouragement from the parents and family members.
2. The traditional way of living was a big hurdle for women taking part in games and sports.
3. There was lack of sports orientation of the people living in the society.
4. Taking part in games and sports for women has not been become a common phenomenon.
5. There had not been a good leadership among physical education personnel
6. There has been no proper motivating system.
7. It has been clearly found that women from coeducation college had expressed more constraints than women's college.

Conclusion:

Researches had shown that there are different types of constraints for rural young women in India to participate in sports activities. This report may be helpful to find that there is a need for specific programs to improve their participation in sport for overcoming these barriers. There is a need for making special policies relevant to rural women, implementation of them and evaluating the effectiveness of policies and programs for increasing their participation.

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