

**A STUDY ON SOCIAL INHIBITION OF FEMALE SPORTS PERSONS IN SPORTS PARTICIPATION**

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**Abstract**

The study's goal was to assess the social inhibition level of female athletes participating in sports at Kuvempu University. Female undergraduate students participating in sports participation at Kuvempu University is nearly comparable, but there may be inhibitions due to nature, culture, etc. There is also the possibility of major disparities in female students' social inhibition based on residence. Self-structured questionnaires were used to assess the social inhibition factors in the study. To meet the study's goal, data was collected from ninety students, five from each of the three colleges, SIGWFGC Sagara, KNMNC Shivamogga, and DVS College. Shivamogga and Sahyadri Science College Shivamogga, Sahyadri Arts College Shivamogga, and Sahyadri Commerce and Management College, Shivamogga The individuals' ages ranged from 18 to 25 years. Students were given a self-structured questionnaire to determine their level of social inhibition. The mean difference of the data was tabulated and analysed with one-way ANOVA and LSD post hoc analysis by the researcher using the SPSS statistical package. The results revealed that there is a significant difference in the social inhibition level of female sports participation at Kuvempu University among graduate female students. There was a higher social inhibition of sports participation at Kuvempu University among graduate female students. It was concluded that food habits and lifestyle, culture, lack of family support, and poor awareness of sports participation at different colleges could be the major causes of social inhibition of sports participation among female sportspersons.

Key words: Social inhibition, family inhibition, health inhibition, financial inhibition.

**Introduction**

Participation in sports also allows girls and women to rediscover the power of their own bodies. Many depictions of women in culture depict the female body as an item to be examined, judged, and eaten. As these pictures are applied to themselves, some girls and women learn to objectify their own bodies. Sport participation can help women overcome the impression that their bodies are objects because identity and a sense of power are anchored in a person's physique and body image. Sport has the capacity to transform people's lives. The ability to drive gender equality by instilling teamwork, self-reliance, resilience, and confidence in women and girls. Women in sports challenge gender preconceptions and social standards, serving as role models for both men and women. The Sport for Generation Equality initiative, led by UN Women, invites stakeholders from across the sports ecosystem to join a powerful coalition to make gender equality a lived reality in and through sport. [https://www.unwomen.org/en/news/in-focus/women-and-sport\(UNW\)](https://www.unwomen.org/en/news/in-focus/women-and-sport(UNW))

This coalition will work together to accelerate efforts to promote women's leadership and equality in governance models, to prevent and respond to gender-based violence, to close the gender gap in investment in women's sport and to promote equal economic opportunities, to promote women's equal participation and bias-free representation in media, and to provide equal opportunities for girls in sport, physical activity, and physical education. (UNW)

**Gender Equity in Sport Administration Women face gender equity concerns as athletes and as sport governance officials, as previously stated. Sport has a shortage of women in leadership roles since it is a gendered institution and all processes work within a hegemonic**

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masculine norm (3). In addition, sport organisations have institutionalised masculinity as the operational principle inside sport, identifying male action as privileged and supporting masculinity and masculine behaviour as acceptable leadership traits required in sport (3). As a result, gender inequality is believed to be an institutionalised practise within sports organisations. Kennedy (2010)

Why do female athletes stop participating in sports? Access is restricted. Girls have 1.3 million fewer opportunities to participate in high school athletics than boys. Because to a dearth of physical education in schools and limited opportunities to participate in sports in high school and college, girls must look for sports elsewhere, which may not exist or may be more expensive. There are typically insufficient playing facilities nearby, making it more difficult for girls to participate in sports. (<https://www.womenssportsfoundation.org/do-you-know-the-factors-influencing-girls-participation-in-sports/>)

**Social stigma.** Despite recent improvements, discrimination against female athletes based on their actual or perceived sexual orientation and gender identity persists. Girls who participate in sports may face bullying, social isolation, unfavourable performance evaluations, or loss of starting position. The fear of being labelled "gay" during socially vulnerable youth is significant enough to keep many girls out of the game.. (<https://www.womenssportsfoundation.org/do-you-know-the-factors-influencing-girls-participation-in-sports/>)

**Cost.** Every day, school sports budgets are being reduced across the country. Due to fewer chances within schools, families must pay to participate in private programmes while also covering the costs of pricey coaches, equipment, and out-of-pocket travel expenses. Many households just cannot afford this added price. (<https://www.womenssportsfoundation.org/do-you-know-the-factors-influencing-girls-participation-in-sports/>)

**Lack of positive role models.** Today's girls are bombarded with images of exterior beauty rather than confident, strong female athletes. Fitting into the mould that they are continually told to stay in is more essential to some females than standing out. Peer pressure may be difficult for females of any age; when that pressure isn't countered with strong encouragement to participate in sports and healthy physical activity, the outcomes can lead to girls dropping out entirely. (<https://www.womenssportsfoundation.org/do-you-know-the-factors-influencing-girls-participation-in-sports/>)

Kennedy (2010) investigates and evaluates the issues raised by the present Title IX laws. It investigates and illustrates the disparities in the existing three-part test used by the Department of Education to evaluate compliance. A significant overhaul of Title IX standards is being recommended in order to usher in a new era of equity and fairness for female athletes in intercollegiate sports. Scholarships, operations budgets, recruiting budgets, and coaching salaries are all part of the new requirements.

Jones J, et al. (2019) study females' perceptions of sport and exercise career prospects and impediments at various career phases. Focus groups were formed with high school students (n = 20), university students (n = 8) and graduates (n = 7) studying/working in sport and exercise. Gender discrimination in sport-related jobs was noted by all groups, with university students appearing to be more concerned about how prejudice could hinder their career opportunities. External hurdles, as well as tokenistic gender-equality strategies, were regarded vital for success. Finally, more efforts are needed to decrease gender imbalance in sports-related careers and educational environments.

### **Rationale of the study**

Existing research reveals that female athletes are discouraged from participating in intercollegiate sports competitions. Recognising risk factors that lead to the increasing prevalence of sports is a vital step in its involvement. Relevant research in this area is scarce in India, and the data that is available is frequently inconsistent and based on a statistically insufficient sample size, making it difficult to assess the prevalence of barriers to sports participation in female athletes at the university level in relation to a wide age range of female sports persons (18-25 years).

During looking for relevant literature for the proposed issue, not a single study revealing the facts regarding social inhibition of sports participation in female sports persons among Kuvempu university Shivamogga female sports persons of Karnataka was discovered. As a result, a study on social inhibition of female sports persons in sports participation Kuvempu university Shivamogga of Karnataka was planned

### **Objectives of the study**

1. To Assessment on inhibitions among sports participation in female spots persons.
2. To study the impact of family, social, financial, and health inhibitions to women on women’s participation in sports.

### **Hypotheses of the study**

Based on different research findings, professional’s opinion and researcher’s own understanding of the problem, it was hypothesized that, the family inhibitions for sports participation is dominant among other inhibitions in female sports persons of Kuvempu university

### **Methodology**

The goal of this study was to analyse the social inhibitions of female sports participants at Kuvempu University in Shivamogga, Karnataka, aged 18 to 25. To meet the study's goal, data was collected from ninety female sports students, fifteen female college students, and a total of six colleges affiliated with Kuvempu institution who have represented their respective institution and inter-collegiate level. The subjects were chosen at random. The individuals' ages ranged from 18 to 25. This study is restricted to the study was limited to female UG athletes at Kuvempu University, and selected respondents were assessed using a self-structured questionnaire. The questionnaire prepared for the purpose of this study was not standardized due to lack of time and resources. Table 1 shows the variables chosen and the criterion measurements.

**Table 1 Information on selection of test items for under graduate female sportspersons of Kuvempu university**

<b>Variables</b>	<b>Tools</b>
Social inhibitions	Self-structured questionnaire
Financial inhibitions	Self-structured questionnaire
Family inhibitions	Self-structured questionnaire
Health inhibitions	Self-structured questionnaire

### **The results and findings of study**

After obtaining the responses from all the subjects, the data was tabulated and analyzed, with one-way ANOVA and LSD post hoc analysis with the research supervisor using the SPSS statistical package

**Table 2 Descriptive results on different inhibitions for inter-collegiate level female sports person**

<b>Excel</b>	<b>Numbers</b>	<b>Mean</b>	<b>Standard deviation</b>	<b>Minimum</b>	<b>Maximum</b>
Family Inhibitions	90	22.94	6.35	10.00	35.00
Social Inhibitions	90	29.02	9.10	13.00	47.00
Financial Inhibitions	90	16.70	3.81	5.00	27.00
Health Inhibitions	90	21.63	5.34	9.00	33.00

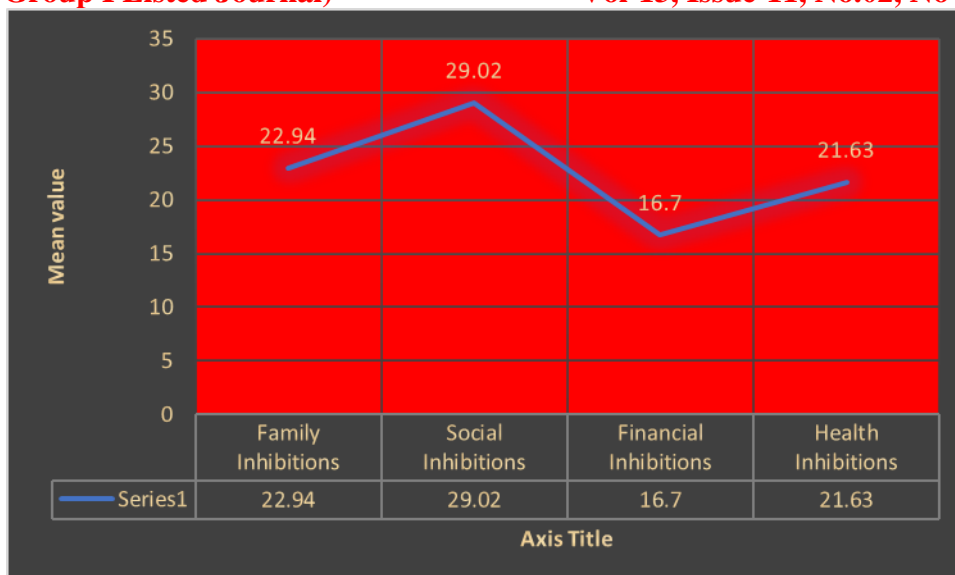


Figure 1 Graphical presentation of mean inhibitions for sports participation in female sports persons

Table 3: Summary of ANOVA for differences in inhibitions for females’ sports persons

	Sum of squares	Degree of Freedom	Mean square	F Value	Significance
Between Groups	6939.497	3	2313.166	55.677	.000**
Within Groups	14790.478	356	41.546		
Total	21729.975	359			

\*\*The mean difference is significant at the 0.05 level.

Table 3 shows that the inhibitions chosen for the study differ significantly: social inhibitions, family inhibitions, health inhibitions, and financial inhibitions. At 3.356 degrees of freedom, the computed 'F' value (55.71) is greater than the table value (2.60) required for significance. As a result, the four inhibitions under examination differ according to how female athletes perceive them. Analysing variances was used to discover the dominant inhibition among all those under investigation. Table 4.3 shows the results.

Table 4. Results on post-hoc test for differences in inhibitions for female sports persons

(I) Different inhibitions	(J) Different inhibitions	Mean difference (I-J)	Sig	95% confidence Interval	
				Lower bound	Upper bound
Family inhibitions (22.94)	Social inhibitions (29.02)	-6.07778*	.000	-7.9675	-4.1881
	Financial inhibitions (16.70)	6.24444*	.000	4.3548	8.1341
	Health inhibitions (21.63)	1.31111	.173	-.5786	3.2008
Social inhibitions (29.02)	Financial inhibitions (16.70)	12.32222*	.000	10.4325	14.2119
	Health inhibitions (21.63)	7.38889*	.000	5.4992	9.2786
Financial inhibitions (16.70)	Health inhibitions (21.63)	-4.93333*	.000	-6.8230	-3.0437

\*The mean difference is significant at the 0.05 level.

Table 4 shows that there is a substantial difference between family inhibition (22.94) and social inhibition (29.02). Female intercollegiate athletes have higher social inhibitions than family inhibitions.

There is a considerable difference between familial inhibitions (22.14) and money inhibitions (16.70). Female intercollegiate athletes have more family inhibitions than financial inhibitions.

There is no significant difference between female intercollegiate athletes' family inhibitions (22.14) and health inhibitions (21.63).

The difference between social inhibitions (29.02) and financial inhibitions (16.70) is substantial. Female intercollegiate athletes have greater social inhibitions than financial inhibitions.

The difference between social inhibitions (29.02) and health inhibitions (21.63) is substantial. Female college athletes have greater social inhibitions than health inhibitions.

There is a considerable difference between financial and health inhibitions (16.70 and 21.63, respectively). Female intercollegiate athletes experience more health inhibitions than money inhibitions.

### **Discussion on hypothesis**

Based on the findings of the study, the hypothesis that female inhibition for sports participation predominates over other inhibitions in female athletes at Kuvempu University is partially accepted. It is discovered that family inhibitions are greater than money inhibitions, but social inhibitions are the most influential.

### **Conclusion**

On the basis of the findings of the present investigation it is concluded that social inhibitions are the most dominant among all other inhibitions. This is followed by family inhibitions health inhibitions and finally financial inhibitions.

### **Recommendations**

The following recommendations were made based on the findings of this study: These are the most pressing proposals in today's modern civilization. These suggestions will help to increase women's engagement in sports.

1. A similar study may also be conducted on male athletes.
2. A study can be conducted on married women to know if, in spite of family and spouse support, they are not able to participate in sports.
3. A similar study may be conducted on large sample size.
4. A similar comparative study may be conducted to private and government college athletes.
5. It is very essential to encourage more participation of women in future.
6. A similar study might be undertaken by taking into account additional psychological characteristics.
7. The similar study may be conducted by considering different geographical condition.
8. it may help to correct certain societal misconceptions, wrong beliefs and negative attitude towards women's involvement in sports.

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