

**PARTICIPATION OF WOMEN IN DIFFERENT SPORTS: PROBLEMS AND
SOLUTIONS**

By

Manu Rai

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RECOMMENDATION LETTER

The thesis entitled “**Participation of Women in Different Sports: Problems and Solutions**” is an independent work of **Ms. Manu Rai**, completed under my supervision. It is prepared for the requirement of the partial fulfillment of a Master's Degree in Physical Education. To the best of my knowledge, the study is original and carries useful information in the field of women problems of national-level players. Therefore, I recommend this thesis for final evaluation and viva-voce.

Date: 18th June 2020

.....

Prof. ShantaBahadurShrestha

Supervisor

Physical Education Department,
Central Department of Education,
University Campus,
TU, Kirtipur

APPROVAL SHEET

The thesis entitled "**Participation of Women in Different Sports: Problems and Solutions**" prepared and submitted by **Ms. Manu Rai**, for the partial fulfillment of the requirement of a Master's Degree in Physical Education has been approved.

The Evaluation Committee

Signature

1. Associate Prof. Suresh Jang Shahi.....

Head, Physical Education Department, Chairman
Central Department of Education,
University Campus, Tribhuvan University,
Kirtipur

2. Prof. Shanta Bahadur Shrestha.....

Physical Education Department,
Central Department of Education
University Campus, Tribhuvan University,
Kirtipur

Supervisor

3. Prof. Dr. Lokendra Sherchan.....

Physical Education Department, External
Central Department of Education
University Campus, Tribhuvan University,
Kirtipur

Viva date: 18th December 2020

DECLARATION

I, hereby, declare that to the best of my knowledge this thesis is my original and no part of it was earlier submitted for the candidature of research degree to any university, college, or educational institutions. Whatever subject matter, I have presented in this thesis report belongs to my work and has not been copied from the past thesis.

Date: 15th June 2020

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Manu Rai

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ABSTRACT

This study entitled “Participation of Women in Different Sports: Problems and Solutions”. The research design was quantitative cum descriptive design. The main objectives of the study were to find out the present situations of women's participation in sports, to identify the problems of women's participation in sports and to find out the solution to address the problem in the sports. Altogether 39 respondents of women national players and coaches have taken from basketball, cricket, and kho–kho. It has applied purposive sampling method and questionnaire as tool for this research.

In this study, the researcher has explored the various problems and solutions of the women players in the research site. The problems related to the physical, social, mental, financial, political, etc., of the women players are drawn through this study. The study was done on the Nepal national women players. The collected data were analyzed and interpreted to derive the findings.

The finding of this research, out of total respondents, 8.33 percent respondents found the negative response from their family. Similarly, 8.33 percent players gave a negative response from their society, but 33.33 percent players could sustain their life through sports, 13.88 percent players were satisfied by sports and 80.55 percent players were frustrated at times with sports. The problems of women participation in sports: 50 percent of the players were suffered from transportation and financial problems while traveling abroad, 55.55 percent of the players were affected by the menstruation cycle, 16.65 percent of the players had experienced racial discrimination, 47.22 percent of players affected by spectators, 16.66 percent players teased by their coaches and administrators. Lastly, 36.11 percent of the respondents said that the reason for the disability of women's sports is the lack of scheduled training in Nepal. The solution to address the problem in sport: If someone teased the Nepal national women players, 55.55 percent of players solved the problem by dialogue and 44.44 percent of the players protested. The out of total players 44.44 percent of respondents said that if an economic investment is increased Nepali women's sports would be improved their performance. To emphasize women's sports from the school level and stop political interference. To solve the existing problems in women's sports, the government needs to increase investment in women's sports, make appropriate arrangement for the sports materials, use new sports techniques and apply scientific methods, formulate and implement strong sports plans and increase access to adequate media.

TABLE OF CONTENT

Title	Page No.
DECLARATION	i
RECOMMENDATION LETTER	ii
APPROVAL SHEET	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	v
TABLE OF CONTENT	vi
LIST OF TABLE	viii
LIST OF FIGURE	ix
CHAPTER - I: INTRODUCTION	1-7
1.1 Background of the Study	1
1.2 Statement of the Problem	4
1.3 Objectives of the Study	5
1.4 Significance of the Study	5
1.5 Delimitation of Study	6
1.6 Limitation of the Study	6
1.7 Definitions of the Key Terms	6
CHAPTER - II: REVIEW OF RELATED LITERATURE	8-17
2.1 Theoretical Literature	8
2.2 Empirical Literature	13
2.3 Conceptual Framework of the Study	15
2.4 Implication of the Literature Review	17
CHAPTER - III: RESEARCH METHODOLOGY	18-19
3.1 Research Design	18
3.2 Sources of Data	18
3.3 Population of the Study	18
3.4 Sampling Procedure and Sample Size	18
3.5 Data Collection Tools	18
3.6 Standardization of the Tool	19
3.7 Data Collection Procedure	19
3.8 Data Analysis Procedure	19
3.9 Ethical Consideration	19

CHAPTER- IV: ANALYSIS AND INTERPRETATION OF RESULT	20-37
4.1 Analysis of Data and Interpretation of the Results	20
4.1.1 Family’s Response toward Players	20
4.1.2 Society’s Views toward Players	21
4.1.3 Sustainability of Life by Means of Sports	22
4.1.4 Satisfaction from the Sports Field	24
4.1.5 Frustration during Sports Life	25
4.1.6 Problems faced on Regional and International Game	26
4.1.7 Menstruation Cycle and Its Effect on Sports Competition	27
4.1.8 Players Faced of Racial Problems	28
4.1.9 Problems Faced by Spectators	29
4.1.10 Teasing During Training, Coaching and Competition	30
4.1.11 Problems of Married Women Players in Sports Participation	31
4.1.12 Reasons of Poor Demonstration in Women Sports Competition	32
4.1.13 Adjustment with Teasing	33
4.1.14 Respondent’s Suggestion to Improve National Level Women Sports	34
4.1.15 Solution of the Problems of Women's Sports	35
4.1.16 Access to Media in Sports	36
4.1.17 Suggestions to Policy Makers	37
CHAPTER-V: SUMMARY, FINDING, CONCLUSION, AND RECOMMENDATIONS	38-42
5.1 Summary	38
5.2 Key Finding	38
5.3 Conclusions	40
5.4 Recommendation	41
5.4.1 Recommendation for Practice	41
5.4.2 Recommendation for National Policy	42
5.4.3 Recommendation for Further Study	42
REFERENCES	
APPENDIX	

LIST OF TABLES

Table No.	Title	Page No.
1.	Family's Response Toward Players	21
2.	Society's Views Toward Players	22
3.	Satisfaction from the Sports Field	24
4.	Frustration During Sports Life	26
5.	Problem Faced on Regional and International Games	27
6.	Menstruation Cycle and Its Effect on Sports Competition	28
7.	Problems Faced by Spectators	30
8.	Players Teasing During Training, Coaching and Competition	31
9.	Participation Problems of Married Women Players in Sports	32
10.	Reasons of Poor Demonstrations in Women Sports of Competition	33
11.	Adjustment with Teasing	34
12.	Improve National-Level Women Sports	35

LIST OF FIGURES

FigureNo.	Title	Page No.
1.	Hierarchy of Needs in Pyramidal Shape	11
2.	Conceptual Framework	16
3.	Sustainability of Life by Means of Sports	23
4.	Players Faced ofRacial Problems	29