

## **CHAPTER – I**

### **INTRODUCTION**

#### **1.1 Background of the Study**

Physical education defined as education through or utilizing the physical. The goals of physical education are the same as those of general education. Thus, physical education strives to achieve the aim of education through or utilizing large muscle activity (Mathews, 1996).

Physical education has existed since the earliest stages of human society, in forms as simple as the transmission of basic survival skills, such as hunting. Physical education is a course that utilizes a play or movement exploration setting for the transmission of physical knowledge and skills to an individual or a group, the application of these skills, and their results. In the present world of space-age and automation era, all human beings appear to be living a more and more inactive life. They ride instead of walk, sit instead of stand and watch instead of being participants. Such a type of inactivity or sedentary life is detrimental to mental and physical health. Thus, there is a great need for physical education as a part of healthy living. Physical education is an integral part of the education process. Through physical education, students learn to incorporate physical activity into their daily lives and they come to understand that an active, healthy lifestyle fosters personal growth and enables them to meet the challenges of society. Regular physical education encourages a positive attitude toward self and others. It also helps in creating a healthy learning environment. Human beings have been very active and creative by nature and physical activity has been part of their life all along since evolution (Sing, Bains, Gill, & Brar, 2012).

Physical education is not only concerned with the physical outcomes that accrue from participation in activities but also the development of knowledge and attitudes conducive to lifelong learning and life span participation (Bucher, 1992, p.9).

Physical education is an art, a part of the education provided utilizing education which helps in the development and training of the whole individual through the physical activities games and sports are not only the physical exercise and fun making but also a great way to free the growing kids from negative thinking. While playing sports the kids learn such positive traits and resilience, patience, team spirit, and keeping cool in the face of loss (Maharjan, 2056 as cited by Aryal-2015).

The development of activities in Nepal, almost the games were important though the students who went abroad for higher study, teacher to get training, Gorkha Armies and tourist who have to visit in Nepal. When the Rana rules were overthrown in 2007 B.S., then consequently with the wave of education, the developing wave of sports activities also tremendously began in the country. After the democracy in Nepal, many games such as Tennis, Hockey, Football, Volleyball, Athletics, etc. organizations were gradually established (Baruwal, 2065).

It is scientifically proved that sports activities play a great role in the all-round development of a person. It is no doubt that through sports activities a person acquires a different kind of physical mental and social abilities. Therefore, it is asserted that sports activities make a person physically strong, mentally conscious, and socially active. It provides an opportunity to a person to develop different personality traits especially for the development and maintenance of his/her physical fitness (as cited by Rai, 2007)

In ancient times women players were not allowed to participate in many types of sports. It was only from the beginning 19<sup>th</sup> century, women started the games and sports in western countries equal rights and education in some developed countries offered an opportunity for women to practice and participate in sports competitions. Education and awareness towards physical education and sports have created a conducive environment for women care involved in physical and sports activities and compete in national and international level sports tournaments. In modern days, women are motivated towards physical and mental fitness clubs. Women are free to participate in training and competitions of games and sports of their choice all over the world (Sherchan, 2014).

FIB (2008) as cited by Bista (2019) Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball through the defender's hoop while preventing the opposing team from shooting through their hoop. According to Pandey, Basketball is popular all over the world. We can say that people of all ages and groups participate in sports and games to make themselves physically, mentally, and emotionally fit so that they could be able to lead a fruitful life in society.

Women's cricket is thriving and the national team (made up of top athletes from other sports) did very well to reach the final of the 2007 ACC Women's Tournament. Nepal won the 2008 ACC Under-19 Women's Championship and defended its title in 2010. In the ACC Women Twenty20 in Malaysia in 2009, Singapore needed two runs off the last over for victory with five wickets intact. RubinaChhetri was given the 'hopeless' over but she did a miracle by taking five wickets in five balls as the match ended in a draw as she threw a wide. Nepal won the match in an out with the rare incident; Rubina also became the first Nepalese cricketer, man or woman, to take a hat-trick. "I have never heard that any team has won the match taking five wickets in the last over, this is very, very rare," the then captain Binod Das commented ([en.wikipedia.org/wiki. cricket](http://en.wikipedia.org/wiki/cricket)).

Jaiswal (2014), Kho-Kho ranks as one of the most popular traditional sports in India. Kho-Kho is an extremely complicated and tactical sport. Kho-Kho is a tag sport played by teams of twelve players who try to avoid being touched by members of the opposing team; only 9 players of the team enter the field. It is one of the two most popular traditional tag games of South Asia, the other being Kho-Kho. Apart from South Asia mainly (Bangladesh, India, and Pakistan), It is also played in South Africa. The origin of Kho-Kho is difficult to trace, but many historians believe, that is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. With its origins in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as Rather.

Women are also a capable person in society. So, they can do what men can do. They are also able to play different types of games. They have many records in the field of sports events they have some biological. Anatomical and physiological

differences in their body structure than men. Nowadays, sports are necessary for all. Most of the countries of the world have invested a lot in the field of sports. So, Nepal also has emphasized to participate female in different games. But women are participating in games and sports activities are poor as compared to men. So this study would be focus on finding out the participation of women in different sports: problems and solutions.

## **1.2 Statement of the Problem**

While talking about the present context, the importance of sports and physical activities has become proved as the heartbeats in the world. But there could not have become the change in the perspective to the sports and physical activities in our community if the sports and physical activities are practiced in the person there is no doubt we can get a good result.

Despite a rise in women's participation in sports, a large disparity in participation rates between women and men remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs remain conservative and do not contribute to gender equity in sports. Women who play sports face many obstacles today, such as lower pay, fewer media coverage, and different injuries compared to their male counterparts. Many female athletes have engaged in peaceful protests, such as playing strikes, social media campaigns, and even federal lawsuits to address these inequalities ([wikipedia.org/wiki/Women](https://en.wikipedia.org/wiki/Women)).

Different constraints like personal, environmental, biological, psychological, and social-environmental hereditary, peer group access, age, perceived family challenges, obesity, lack of time, motivation, money, and other facilities in the way of female participation in sport. All these factors have a great influence on female's participation and promotion of sports. Keeping in view the past and current situation of sports the researcher selected the topic "participation of women in different sports: problems and solutions".

These days, sports are necessary for all. Therefore, the government should have an investment in the field of sports. Women have low opportunity to participate compare with men in sports. So it is still a great issue in the context of Nepal. This research topic is new at this time I think it is necessary to research the development of

women's sports in Nepal. This research would be focus to measure and find out the present situations, problems & solutions of women's participation in sports. The few women's sports related research had been conducted. However this kind of research study has not so far conducted. Thus the research study was about "Participation of women in different sports: problems and solutions".

### **1.3 Objectives of the Study**

The objectives of the study were mentioned below:-

- 1.3.1 To find out the present situations of women's participation in sports.
- 1.3.2 To identify the problems of women's participation in sports.
- 1.3.3 To find out the solution to address the problem in sports.

### **1.4 Significance of the Study**

Today's players are the pillars of the country. Therefore, there is a need to develop all aspects of the individual. The person must be healthy in physical, mental, social, intellectual, and emotional forms; the country could not have a better chance to progress. So the sports activities have to enforce to the all-round development of individuals. The development of sports activities is increasing day by day in the different parts of the world and even in Nepal. So, we can say sports help to the development of all aspects of the individual. Thus, the significance of this study is as follows: This study would be helpful to give knowledge about the importance of sports for females.

- 1.4.1 The findings of this study would be providing information about the national women players (Basketball, Cricket & Kho-Kho) players towards sports activities.
- 1.4.2 The findings of this study would be helpful to find out the problems towards women's participation in sports.
- 1.4.3 This study would be helpful to contribute to the additional research of women's involvement in sports.
- 1.4.4. The study result would be work as the reference for the researcher who wants to conduct further research in the same field.

- 1.4.5 This study would be helpful to National players of basketball, cricket, and Kho-Khoto become sports specialists, coaches, teachers of different sports institutions and sports councils.
- 1.4.6 The study would be helpful for policymakers and program planners to plan and develop the new sports programs in Nepal.

## **1.5 Delimitation of the Study**

The delimitations of the study were as follows:

- 1.5.1 This study was taken only for woman players at the national level.
- 1.5.2 The study was focused only for Basketball, Cricket and Kho-Kho games.
- 1.5.3 The respondents were selected based on purposive sampling method from the study site.
- 1.5.4 The study has focused on situations, problems and solutions of women players.

## **1.6 Limitation of the Study**

The limitations of the study were as follows:

- 1.6.1 Due to the lock down of Covid-19 cases the researcher has not taken the football related data.
- 1.6.2 This study did not include information about football players in Nepal.
- 1.6.3 This study did not include the information about football women players and coaches of Nepal as mentioned in the proposal.

## **1.7 Definition of the Key Terms**

**Sports:** Sports and events where the repetition of movement is the same such as swimming, running, weight lifting, etc., and usually for a competitive nature.

**Participation:** Participation means active involvement in all decisions related to the objectives. The primary purpose of participation is to encourage community self-determination and this faster sustainable development.

**Sports participation:** A person who takes part in any sports.

**Women:** A woman is a female human being. The word woman is usually reserved for an adult; the girl is the usual term for a female child or adolescent.

**Players:** A person who participates in or is skilled at some game.

**Basketball:** Basketball is a team sport in which two teams, most commonly with five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball through the defender's hoop.

**Cricket:** Cricket is a bat-and-ball game played between two teams of eleven players on a field at the center of which is a 20-meter pitch with a wicket at each end, each comprising two bails balanced on three stumps.

**Kho-Kho:** Kho-Kho is a popular and ancient game invented in Maharashtra, India. It is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees.

## **CHAPTER – II**

### **REVIEW OF THE RELATED LITERATURE**

A review of related literature is a very important part of research study. It gives essential idea for the study. A literature review is needed to gain knowledge and ideas for the study to the researcher. Some people have researched in field of sports and physical education, but it is difficult to find related literature with its problem.

#### **2.1 Theoretical Review**

Theoretical reviews have been providing guideline to full fill research purpose. Moreover, all variables of theoretical and conceptual framework have developed by theoretical review. Researcher has reviewed following theory.

Sherchan (2064) has defined that play is life. John Dewey told that 'All organic living beings are naturally active and their natural activities in the period of their growth and development are playful. 'It focuses on activities at the center of life. Its theory has given place for the need and importance of education, play, and sports in human life (Sherchan, 2064, p.134-135).

Kamlesh (2002) has cleared that physically as well as psychologically women have certain constraints and limitations but when given the opportunity, they have proved their mettle. However, public opinion is still divided on the question of gender roles. The conservatives would not allow women to trespass into the citadel of man's activity. The liberals, on the other hand, are in favor of opening the flood- gates of opportunity to let women treat the UN trodden paths (Kamlesh, 2002, p.360).

Tyson (1950) has argued that men are superior to women, feminists have observed to justify and maintain the monopoly of positions of economic, political, and social power, in other words, to keep women powerless by denying them the education and occupational means of acquiring economic, political, and social power. That is the inferior position long occupied by women in a patriarchal society has been culture, not biologically, produced. It is a patriarchal assumption, rather than a fact (Tyson, 1950, P.86).



Acharya (2068) in her book “the feminine my antique” says that must liberal feminists work toward the elimination of difference as the most step toward equality? If so should women become like men to be equal with men and women or should both men and women become androgynous each person combining the correct bend of positive masculine and feminine characteristics to be equal with every other person? (Freidan, 1963, as cited by Acharya, 2068, p. 124)

Acharya (2068) has mentioned that Macion is saying that liberal feminism is grounded in classical thinking that individuals should be free to develop their talent and pursue their interests. Liberal economists accept the basic organization of our societies but seek to expand the rights and opportunities to women liberal feminists support the equal rights amendment oppose prejudice and discrimination that block the aspiration of women (Acharya, 2068, p. 124)

It concluded that liberal feminism emphasizes women’s participation in the occupation, opportunity, freedom, access, rights, Self-confidence, equal responsibilities, wages, etc. In the same way, females must not be restricted, and they must be given opportunities in the sphere of sports according to their desire and capacity.

Sedai (2065) has described that SigmundFraud is the founder of a psychoanalytical theorist. This theory emphasizes children's psychological feelings. "According to the Psycho-analysts, play is a medium of outlet for the anxieties, tension, conflicts, frustrationetc., which result from repression and suppression of the libidinal energy, desire, and wishes in the early childhood, or at any stage of growth and development." (Sedai, 2065, P. 136)

Bucher (1992) mentioned that any of today's activities have their predecessors in history, for example, the first record of Olympics date back to 776 B.C. in ancient Greece. Yoga, Athletics, and Karate activities of current interest date back to ancient oriental society. Many more facts that will help physical educators to understand the present better can be gained by consulting the past. It is interesting to note the various purposes for which physical education and sport should exist in the lives of people from different societies and

cultures. From ancient times to the present, either directly or indirectly, physical activities have played a part in life in human beings. Sometimes such activities have been motivated by factors such as the necessity for learning and livelihood as where at other instances it has resulted from the desire to live full time. Moreover, it is clear that the motto of physical education and sports are directed towards the betterment of human beings not only physically but also socially, emotionally, psychologically, and spiritually as well.

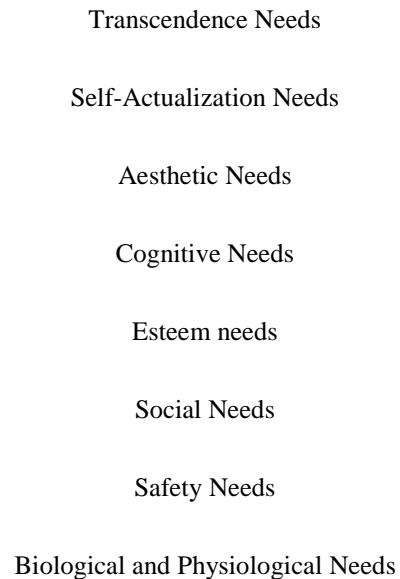
Maslow (1943) has created hierarchy of needs and set out that human beings are motivated to satisfy a series of needs, starting with the most essential physiological needs that are fundamentally for normal functioning of life and needs of safety as well as security. Maslow proposed that all mentally healthy people share the same motivation with self-actualization being the most virtuous and socially constructive. He constructed a linear hierarchy of needs beginning with physiological needs and proceeding to those of safety, love, self-esteem and ending with self-actualization (Stoyanov, 2017, p. 11). The most important needs are physiological that are necessary for healthy functioning of an individual. When all else is stripped away, an individual still needs oxygen, water and food to survive. Any of these elements is lacking a person will eventually die. The next important needs relate to safety finding shelter and protection for example. He further claimed that the need is primary reason why humans organize themselves into societies, because people organize that they are safer in numbers than by themselves.

### **Maslow: Motivational Theory**

Shahi (2020) has classified physiological and safety needs as essential needs because it is difficult to survive without addressing these needs first. Once these essential needs have been satisfied, even to a limited degree, other needs start to emerge as important. The third need relates to love and affection, and the sense of belonging to a group. The next relates to self-esteem: the need to be accepted and desired by others. The final need is self-actualization: people's drive to realize their full potential. While needs for love and self-esteem are commonly met in parts of the world where the essential needs are

taken for granted, self-actualization is rare and often reveals itself in creativity. The hierarchy of needs can be arranged as follows.

***Figure 1: Hierarchy of Needs in Pyramidal Shape***



The various aspects of hierarchy needs from above pyramid: Biological and physiological needs - air, food, drink, shelter, warmth, sex, sleep, etc., safety needs - protection from elements, security, order, law, limits, stability, etc., social needs - Belongingness and Love, - work group, family, affection, relationships, etc., esteem needs-self-esteem, achievement, mastery, independence, status, dominance, prestige, managerial responsibility, etc., Cognitive needs - knowledge, meaning, etc., aesthetic needs – appreciation and search for beauty, balance, form, etc., self-actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences and transcendence needs-helping others to achieve self-actualization. However, the hierarchy of the needs later expanded with three needs: cognitive, aesthetic and transcendence which have described. These needs show that the ladder of needs are unlimited and no one fulfill it however when individual achieve the lower level need another needs automatically raised and try to fulfill it.

Many studies have showed the different result in motivation and behavior change. A study shows that motivation and performance including learning strategies have positive association. Motivation can distinguish into two types: autonomous and controlled motivation. Autonomous motivation is out of controlled that means beyond the interest or necessity whereas controlled motivation is directed by reward and punishment or threat (Maslow, 1943 as cited by Shahi, 2020 p. 3 & 4).

### **Vygotsky: Social Cultural Learning**

Chiluwal (2020) has described the book “Educational Learning Theories” whereas they make clear that Vygotsky has established Social Cultural Learning. He is known as educational psychologist with a socio-cultural theory. This theory suggests that social interaction leads to continuous systematic changes in children's thought and behavior that can vary greatly from culture to culture. Vygotsky has cleared that the discussion given among students to the understanding of the relation between the social world and cognitive development. Particular attention has given to the significance of culture, the role of language, and the student’s relationship with this social world. His view of the integrated and dynamic social-nature of learning, and the notion of a zone of proximal development, which utilizes such ideas, introduced. Vygotsky’s ideas on cognitive development have shown to lead to student-centered and a co-constructivist basis of learning, in which the student potential within the social context has accommodated. The dynamic relationships between culture, history, interpersonal interactions and psychological development have described, and the important role of language as a common and conducting medium discussed. He emphasizes the importance of the social aspect of learning, and particularly the student-centered and co-constructivist basis of learning in which the individual’s potential within the social context has addressed. It concluded from this theory, the socio-cultural factors’ directed the peoples’ attitude towards issues (Zhou and Brown, 2015, as cited by Chiluwal, 2020, p. 4 & 5)

## 2.2 Empirical Literature

Pathak (2005) carried out the research "A study on the historical development of physical education, sports in Nepal." His concern was to find out the problem in the development of sports and physical education in Nepal. The study had included information about the person and their contribution to the development of physical education and games in Nepal. It has also included the contributions of various personalities in the field of extracurricular activities under the ministry of education and sports after National education system plan 2028 B.S. He concluded that Nepal is still weak in Games and sports at the international level.

Guragain (2008) conducted a study entitled "A study on the historical development of football game in Nepal". Football was started in England. He further maintains the football doesn't have a long history in Nepal. It is believed that football has been played before the establishment of ANFA in 2008 B.S. After that, the game was geared up to the organizational standard of development. The first coach and referee of football was Mr.NarSamser and the first team was the new road team. Nepal was recognizing as a member of FIFA in 1970 A.D. He finally concluded that the historical development of Nepalese football was satisfactory and its future is bright and fruitful for the nation.

Gurung(2010) carried out "A study entitled Historical development of basketball game in Nepal" the main objective of the study was to find out the existing situation of the basketball game in Nepal. The research was descriptive. Altogether 30 respondents were selected for the study by purposive sampling method. The study found that the first basketball tournament was held in 2013 B.S. Nepal basketball association (NEBA) was established in 1981 A.D. NEBA started the men's national basketball championship from 2001 A.D. and women's national basketball championship since 2002 A.D.

Shrestha (2011) had researched in "A study of attitude towards physical education among the girl volleyball players of Kirtipur municipality". The main objective was to investigate the sports attitude of secondary level school girl student at Kirtipur in Kathmandu district. The Carr attitude scale was selected as a tool. Eighty girl students from eight secondary schools were selected by applying the

purposive and simple random sampling method. Most of the respondents had a positive attitude towards physical activities and sports programs.

Batta (2013) conducted a study entitled "The attitude of girls' students toward the participation in sports in Dadeldhura". The purpose was to identify the attitude of girls' students towards participation in sports. The descriptive research design was followed in this study to identify the different variables. The attitude scale which is developed by Carr and Adams was used for measuring the attitude of girls' students towards participation in sports. Finally, the researcher had found as a whole that the respondents held the average level of positive attitude towards sports and physical activities.

Shrestha (2015) studied, entitled "Psycho-social problems of female players in Pokhara sub-metropolitan city". The main purpose was to find out the psychological problems faced by the female players in Pokhara sub-metropolitan city. The required information was collected through the purposive sampling method. He found that women players are still dominated by men. They are not completely free from their parents for deciding themselves. They were facing unprofessional dealt with coaches and administrators which makes them unpleasant. Financial stress and unsecured life have affected their sports performance. Racial discrimination is also found to some extent by which the players are found not having a pleasant atmosphere to enjoy the sports.

Thapa (2015) has conducted a study on "Parental attitude towards sports in Kirtipur Municipality". The aim was to find out the parental attitude towards sports. The data collected through the census method. Likert Carl-attitude scale was selected as a tool. He found that most of the respondents were positive about sports and physical activities.

Khadka (2015) has studied entitled "Knowledge and attitude of parents on their children's participation in sports in Dang district". The main purpose was to find out the parent's knowledge and attitude of their children's participation in sports. The required information was collected through purposive sampling and random sampling method. He found that there is a positive attitude towards physical and sports programs. The respondent's knowledge and attitude were good towards sports but

very few schools had HPE as an optional subject at the secondary level. He also found that majority of the parents had positive knowledge and attitude towards sports.

Dhungana (2017) Research "Attitude of school level girl students on Netball in Kathmandu district." The main purpose was to find out the attitude of girl students towards Netball and to analyze the attitude of students towards Netball. The descriptive research design was followed in this study to identify the different factors. The attitude scale which is developed by Likert was used for measuring the attitude of school-level girl students on Netball in the Kathmandu district. The researcher had found as a whole that the respondents held an average level of positive attitude towards sports and physical activities.

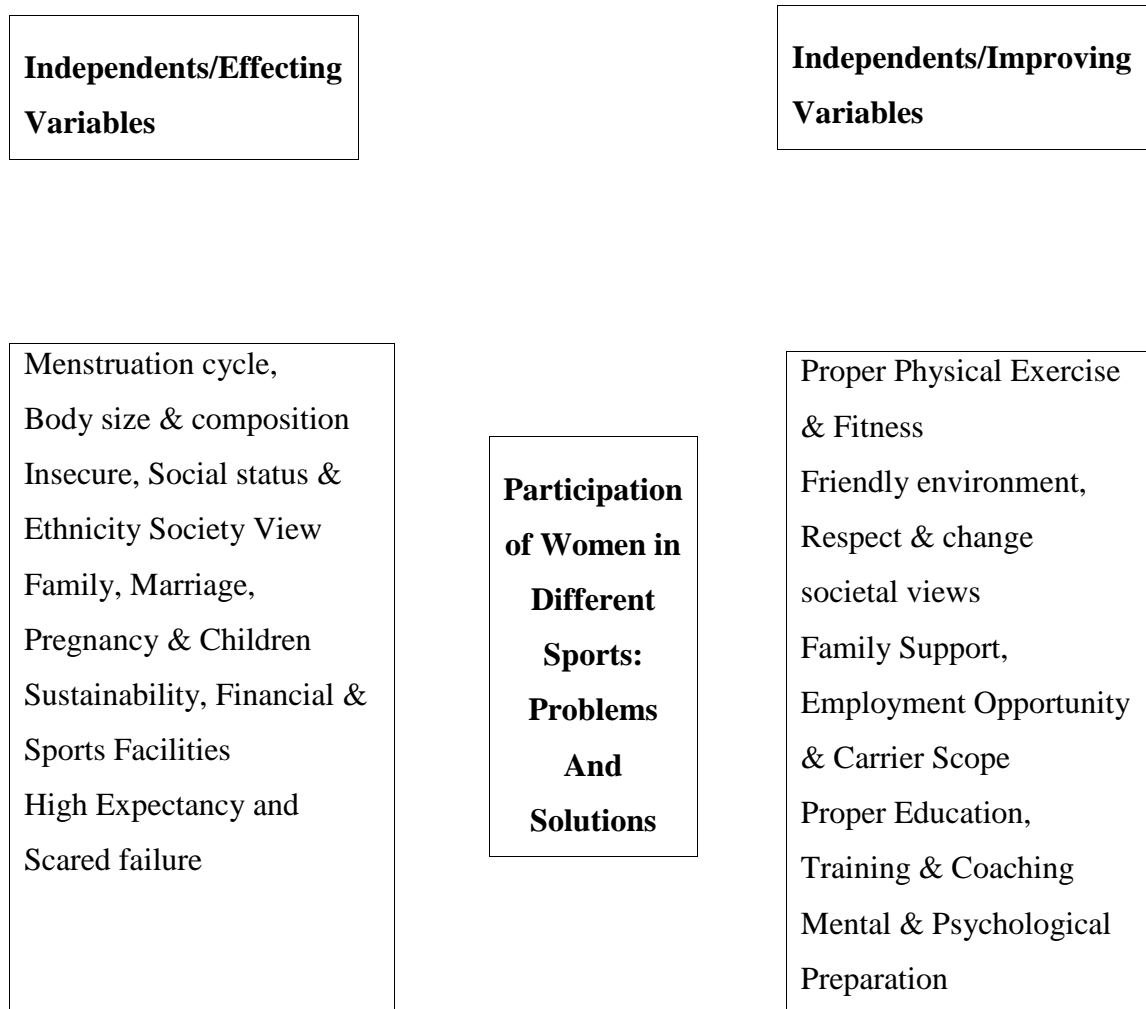
Chaudhary (2018) researched "Knowledge and Problems of Tharu Girls towards the Participation in Sports in Devdaha Municipality Rupandehi District". The aim was to find out the problems of Tharu girls towards participation in sports. The data collected through in-depth interviews. She found as a whole that the respondents had a positive attitude towards participation in sports and they have good knowledge about sports.

### **2.3 Conceptual Framework of the Study**

Basically this conceptual framework has developed through social cultural and motivational theory. This means, the grounded theory has developed the variables of this conceptual theory. It would be concerned that many factors affecting to problems and solution of the national women players in Nepal. There would be Problems aspect to create some solutions to develop women players. There are various factors involved in creating problems for women, especially in the field of sports. Such a factor has become a major problem for women to develop and advance a career in the sports field. Respondents are faced with various problems like- menstruation cycle, body size & composition, insecurity, social status & ethnicity society view, family, marriage, pregnancy & children, sustainability, financial & sports facilities, and high expectancy and scared failure. And here, certain measures would be applied properly in the practical field, can develop the rising prospects of women's participation and their career in sports. Some of the important and essential solutions are a study on the following factors- proper physical exercise & fitness, friendly environment, respect & change societal views, family support, employment opportunity & carrier

scope, proper education, training & coaching and mental & psychological preparation. Being based on these problems and solutions this study will be carried out.

*Figure 2: Conceptual Framework*





#### **2.4 Implication of the Literature Review**

From the above literature review, it is concluded that some of the studies have been carried out on the different fields in the national and international area. The status of sports and games in Nepal has been passed in a transitional period and different problems are faced by them. All the situations are mentioned in the above literature. By reviewing the literature, the researcher has become able to select and design the appropriate methods for the study. It has helped the researcher to select the data collection tools and to interpret the data. It also helped researchers to provide guidelines to get appropriate results. In this way, the literature review is very helpful in the research.

## **CHAPTER – III**

### **RESEARCH METHODOLOGY**

Research study is not concrete without methodology so, it is necessary to drive the study in a better way. This chapter has described the following topic for research methodology:

#### **3.1 Research Design**

Research design helps to follow the certain piano and procedures of the study. The main purposes of the study were to identify the problems of women's participation in sports and to find out the solution to address the problem in sports. The researcher followed by quantitative cum descriptive research design for this study. Generally, a descriptive research design helps to find out the fact and adequate information on the population and describes the situation and events.

#### **3.2 Source of Data**

The data had been taken from primary sources for this study. Primary data were obtained from the different sports (Basketball, Cricket & Kho-Kho) woman players of Basketball, Cricket & Kho-Khohgame by using a questionnaire.

#### **3.3 Population of the Study**

The national women players of Basketball, Cricket, and Kho-Khowerethe populations of this research study.

#### **3.4 Sampling Procedure and Sample Size**

This study included relatively a small number of populations, i.e. the sample size thirty six women players i.e. 12 from each and one coach from each sport and total respondents39 people were selected as the sample using purposivesampling method.

#### **3.5 Data Collection Tools**

A questionnaire was used as the main tool of data collection for this study. The questionnaire was constructed by covering all the aspects and problems of women's participation indifferent sports(Basketball, Cricket & Kho-Kho).

### **3.6 Standardization of the Tool**

Before administering the questionnaire, there was a need to test whether the questionnaire is valid or not. To validate the tool, five players of volleyball game were administered the questionnaire. After getting the feedback from the pre-test and the suggestion from the research supervisor the tool was modified and standardized.

### **3.7 Data Collection Procedure**

At first, a letter of recommendation was ready from the Physical Education Department, Kirtipur. The national sports committee office was visited by the researcher to get the required information about the female players in Nepal. After that, the researcher had collected the names of the players of different games and sports (Basketball, Cricket, and Kho-Kho). The researcher contacted the respective players to administer the questionnaire to get the required data for this study.

### **3.8 Data Analysis Procedure**

The collected data were tabulated, analyzed, and interpreted as per the demands of the objectives of the study. The data were analyzed descriptively. Required tables and figures were used to present the collected data for clear understanding and interpretation according to the study objectives.

### **3.9 Ethical Consideration**

This research was concerned with the sports for Basketball, Cricket, and Kho-Kho in Nepal. Therefore, the researcher was ethically more aware to protect and respect women's rights. It is out of plagiarism. This research was based on the national women players in Nepal. The study was done with the consent of respondents. Respondents weren't forced to answer, respondent's name and other personal things were kept at top confidential in this research and collected data weren't used in any other sector. The study paid attention to accuracy, honestly, the truthfulness of data in this thesis.

## **CHAPTER-IV**

### **ANALYSIS AND INTERPRETATION OF RESULTS**

An attempt to analyze and interpret, the collected data had been made in this chapter. The data were collected through the medium of the questionnaire. As this study was related to the "participation of women in different sports: their problems and solution" the questions were made by covering all the required aspects of the related fields. The analysis of the problems faced by women players has been made based on following headings:

#### **4.1 Analysis of Data and Interpretation of Results**

##### **4.1.1 Family's Response toward Players**

In our context, the family is the supreme decision-making body. Any women player needs the support and coordination of her family as much as her physical ability. Therefore, the family needs to have consent for the participation of women in sports. Today, our society is moving ahead of the orthodox tradition. In this modern age, women also want to go far ahead and it seems to be increasing. Sport is a medium that helps to make a person famous in the world by coordinating social, political, and economic aspects. If the family has positive thoughts towards the sports, then women can also make a name and fame by sports. At present condition, the number of a woman interested in sports has increased a lot in Nepal because women are not barred to enter the field of sports. In the present age, the point of view and thoughts of many people have been changed towards the sports due to which the number of women participation has been increasing day by day. Nowadays, the family feels proud of their family member who has been involved in the field of sports. And they want further development in sports and have supported to improve their sports. Family's views and support for the player plays a vital role not only to enhance their performance but also it helps them to make themselves emotionally balanced and socially adjusted. The player from a non-supportive family may face a lot of psychological problems like depression, mental disorder, etc. The player needs to maintain a healthy mind and body. If a player is being disturbed by such things, they cannot give better performance in the competitions. Without the positive response of her own family, she cannot concentrate her mind to adjust herself along with her mate.

That is why the researcher had tried to find out the views of the player's family towards them to find out the problem faced by those players. The findings have been shown hereunder:

**Table 1: Family's Response toward Players**

S.N.	Family's Response	No. of Respondents	Percentage (%)
1.	Positive	17	47.22
2.	Negative	5	8.33
3.	Proud	5	16.66
4.	Supportive	9	27.77
	<b>Total</b>	<b>36</b>	<b>100</b>

According to table no. 1, among the 36 respondents, 47.22percent of the respondents had reported that they were getting positive feedback towards them from their family. Similarly, 8.33percent of those players had got negative; their family thought that their daughter should not go out to play. And 16.66percent of those respondents feel proud of them and also, 27.77percent of the respondents have been found who supports them.

From the above data, it can be said that the family's negative response was one of the sociological problems for the female players.

#### **4.1.2 Society's Views toward Players**

Today's era is changeable. Various forces are present there in the society which is dependent upon each other. The change upon one force affects the other. Innovation has changed our prior perception of familiar things. Industrialization, urbanization, and modernization have changed their way of living. Sport is a new dimension that gives a person a new lifestyle. Our society is also changing due to the increasing impact of modernization. The conservative society which belief in conservative tradition now widening, it's narrow-minded attitude towards women players. But, even today in our society there are superstitious people who one depriving women players of participating in sports. For Nepal national women players, even a 1percent negative view of society means a decline in their high-level sports performance. So the negative attitude of society is a problem for women players. A player may hear and face various kinds of negative comments against her profession she chooses. The

researcher had tried to find out the view of the society from where she is from toward women players. The findings are hereby given below:

**Table 2: Societies' View toward Players**

S.N.	Societies' View	No. of Respondents	Percentage (%)
1.	Positive	25	69.44
2.	Negative	3	8.33
3.	Proud	8	22.22
4.	Supportive	-	-
	<b>Total</b>	<b>36</b>	<b>100</b>

According to the table no. 2, most of the respondents 69.44 percent of the respondents had reported that they were getting positive feedback toward them from their societies. Similarly, 8.33percent of those respondents had got negative, and 22.22 percent of those respondents had got proud of their society's view.

The player from that society, which does not have a positive view toward her, cannot feel easy while participating in any sports event. She may feel discomfort and which has a bad impact on her performance. Those players with support and positive response from their society get energy and enthusiasm for better performance. So, the view of society is a determining and affecting factor for the performance of players. If there is no family support then, it is also obvious that the thoughts of society towards the sports fields are narrow thus, they cannot perform well. Encouragement is one of the factors which is very necessary for every person to reach their goal. Therefore, family and social support play an important role forever player for best and better performance in sports.

So, it can be said that society's view toward players is one of the variables which create various problems like loneliness, frustration, depression, etc. upon the players. And it is necessary to change their thoughts and views about sports by doing many programs to understand how and why sports are important in our life.

#### **4.1.3 Sustainability of Life by Means of Sports**

There are lots of challenges in human life to sustain it. All are not strong enough to cope with those challenges. To sustain life, everyone needs to be engaged in any field

of work. Some get high profile job which flourishes their life and on other hand, some needs to struggle for survivals. We can see many professions around us like teachers, engineers, doctors, architectures, lawyers, etc. Through these professions, they can earn and manage the needs of their daily life. These kinds of professions have emerged as a distinct discipline. Nowadays, sport is also struggling to set itself as a separate discipline. There are lots of sectors in the sports field to be engaged. These are sports management, sports psychology, training and coaching, and athlete, etc. Are the major features of work in the sports field? Can an athlete survive through sports? Is she can manage her needs of life through sports? These questions count most in an athlete's life. So, the present researcher was keen to find out the views and experiences of the respondents. The findings of the same issue are given hereunder.

***Figure 3: Sustainability of Life by Means of Sports***

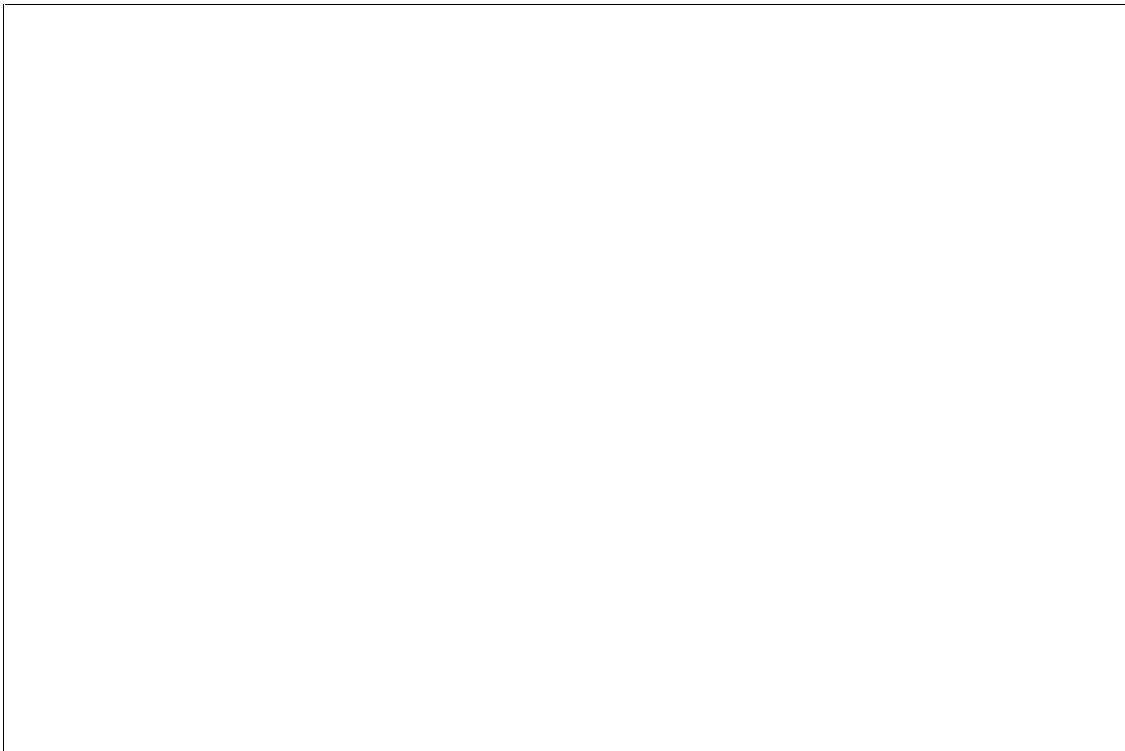


Figure no.1 indicates that only 33.33percent players were able to sustain their life by being the players. The most of the respondents 66.66percent players cannot survive life through sports. If the players are in good form, she can secure good prizes and earn money. On the other hand, those who were not performing well were unable to get prizes through sports. The sports culture is not completely developed in our nation yet. So, most of the players are not able to sustain their life through sports.

They have to find out another side job to run their life smoothly. While a player is busy with another side job rather than their related sports, we cannot assume the best performance from her. So, the matter of sustainability is creating psychological problems among the players and they are being stressed by thinking their future security of life

#### 4.1.4 Satisfaction from the Sport Field

Satisfaction is the motto of any field. The sports field is also not an exception to this. A person who is engaged in any job wants to seek satisfaction around that job. If that job can please the job holder, he/she seems happy and satisfied otherwise not. Nepalese players have not sufficient income for their daily life from sports. Only as a player, they cannot sustain their life but they have been getting other allowances as an honor. Only a few qualified and top-ranked players can get this kind of benefits and prizes. There is no sufficient economic income through it, only a few can be satisfied through that profession. In Nepal, sport is not yet developed completely as a distinct profession, unlike Europe. So, the researcher had tried to find out whether the players were satisfied or not. The findings of the same issue are given hereunder.

**Table 3: Satisfaction from the Sport Field**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	Normal	9	25
2.	It's ok	20	55.55
3.	Satisfied	5	13.88
4.	Very satisfied	2	5.55
Total		36	100

According to table 4, 25percent of national women players are normally satisfied with their profession or sport. 55.55 percent of players are found to be moderately satisfied with sports. 13.88percent of players are found to be completely satisfied with their profession. And only 5.55 percent of players are very satisfied with their profession. The participation of women players seems to have increased rapidly but not all the players are satisfied with this field.

Player satisfaction is very important for the development of sports. In our country, the conditions seem like even they were not satisfied and also cannot leave



the field. It seems that they are waiting for the improvements in the sports field which can make them satisfied in coming future. When a player is not satisfied she will be the victim of frustration and depression. This kind of problem may lead the entire sports activities toward descending order.

#### **4.1.5 Frustration during Sports Life**

In psychology, frustration is a common emotional response to the opposition, related to anger and disappointment; it arises from the perceived resistance to the fulfillment of individual will. The greater the obstruction, and the greater the will, the more the frustration is likely to be. Causes of frustration may be internal or external. In people, internal frustration may arise from challenges in fulfilling personal goals and desires, instinctual drives and needs, or dealing with perceived deficiencies, such as lack of confidence or fear of social situations. Conflict can also be an internal source of frustration. External causes of frustration involve conditions outside an individual, such as a blocked road or difficult task. While coping with frustration, some individuals may engage in passive-aggressive behavior, making it difficult to identify the original causes of their frustration, as the responses are indirect. With therefore mentioned background, we can generalize the condition of frustration among Nepalese players. Whether our women players are fulfilling their goals and desires through sports or not? Are they confident around their field? The answer to such questions gives the real condition of frustration among the respondents of this research. So, the researcher had tried to find out the fact about this issue. The findings are given below.

**Table 4: Frustration during Sports Life**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	Sometimes	29	80.55
2.	Never	3	8.33
3.	During the competition	3	8.33
4.	Always	1	2.77
Total		36	100

Table 4 indicates that the majority of the respondents i.e. 80.55 percent had reported that they were frustrated sometimes. 8.33 percent of players had reported they are never frustrated. 8.33 percent of players had reported they are frustrated during sports competitions. And 2.77 percent were there among respondents who were always frustrated. If a player has to face frustration, then one cannot expect a good future in sports.

#### **4.1.6 Problem Faced on Regional and International Games**

The place where a person is born is the most loving place for her. Own city or country can create an amazing atmosphere for any player. So, the trend of home and away match is in practice. It is believed that a player can give better performance in her hometown. She feels comfortable, secure in her hometown while performing. Moreover, in the case of women players in our context, it is a little bit tough to go out or far from their family. A player who can act as a daughter, sister, or daughter in law in a family has lots of criteria to be considered. Family members may not feel comfortable sending her out of her hometown to play tournament. In this kind of circumstances, a woman player is not free of tension to enjoy the tournament and achieve the best result. Our society is still male-dominated. He wants to put himself at a high rank in every relationship in our community. He is the one who decides the life of women. A player is not free from such a kind of tradition. So, the present researcher decided to find out various problems which are facing by women players while they are out of their hometown. The findings are given hereunder:

**Table 5: Problem Faced on Regional and International Games**

S.N.	Responses	No. of Respondents	Percentages (%)
1.	Sexual harassment	–	–
2.	Transportation and economic problem	18	50
3.	Adjustment in environment problem	12	33.33
4.	Homesickness and health problem	3	8.33
5.	Others.....	3	8.33
Total		36	100

Table no 5, revealed that 50percent of the players have experienced transportation and financial problems. 33.33percent are players who have difficulty adjusting to the external and new environment. 8.33percent of players suffer from menstrual problems and other health problems at international sports performances, with some showing homesickness. And 8.33percent of players face various other problems. Those who were habitual going out and who were supported by their family members were seem not to have any kind of problem. Through the above discussion, we can conclude that if a player is facing any kind of aforesaid problems, she cannot concentrate her mind completely on the game. And she starts being disturbed psychologically as well as physically.

#### **4.1.7 Menstruation Cycle and its Effect on Sports Competition**

The menstruation cycle concerning health having a natural menstrual cycle includes phases with high estrogen concentrations and is associated with good bone health and better fertility outcomes. The menstrual cycle is part of a much bigger health issue for women players. Low energy intake and expenditure are not in balance, can lead to irregular periods or loss of menses entirely, as well as problems with loss of bone mineral density, a condition termed the women player triad. Other disturbances to normal physiological function may also be observed including, but not limited to, reductions in metabolic rate, immunity, protein synthesis, and cardiovascular health. During menstruation women, players tend to be mentally and physically weak. So, menstruation affects their sports competition. Therefore, researchers have tried to find out the impact of menstruation on the sports competition of Nepal's national women players.

**Table 6: Menstruation Cycle and Its Effect on Sports Competition**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	Decreased game performance ability	20	55.55
2.	Decrease self-power	2	5.55
3.	Problems of agility and flexibility	3	8.33
4.	Muscle weakness	4	11.11
5.	Others.....	7	19.44
	<b>Total</b>	<b>36</b>	<b>100</b>

In this study, 55.55percent of national women players have reported a decline in sports performance due to menstruation. And then 5.55percent of players have decreased self–power, 8.33percentof players have agility and flexibility problems, and 11.11percent of players have muscle weakness problems. 19.44percent of the players are said to not affect their sports competition by Menstruation.

#### **4.1.8 Players Faced of Racial problems**

Racial problem or discrimination is that when a person is treated less favorably than another person in a similar situation because of their race. It is also racial discrimination when there is a rule or policy that is the same for everyone but has an unfair effect on people of a particular race. In sports also, we have heard about racial discrimination. Racism in sports occurs in both team and individual sports around the world. It has led to a wide range of controversial incidents that have been reported in the media. The sport itself does not induce racism. When the people participate in the playing, organization, and implementation of sports brings racism into sports. So, it is important to take into account that sport is one of the biggest institutions in many societies; it is part of society and reflects society. So, the researcher wanted to know about racial discrimination among the respondents. The researcher had tried to find out whether the respondents have faced racial discrimination or not. The findings of the same issue are given below

**Figure 4: RacialDiscrimination**

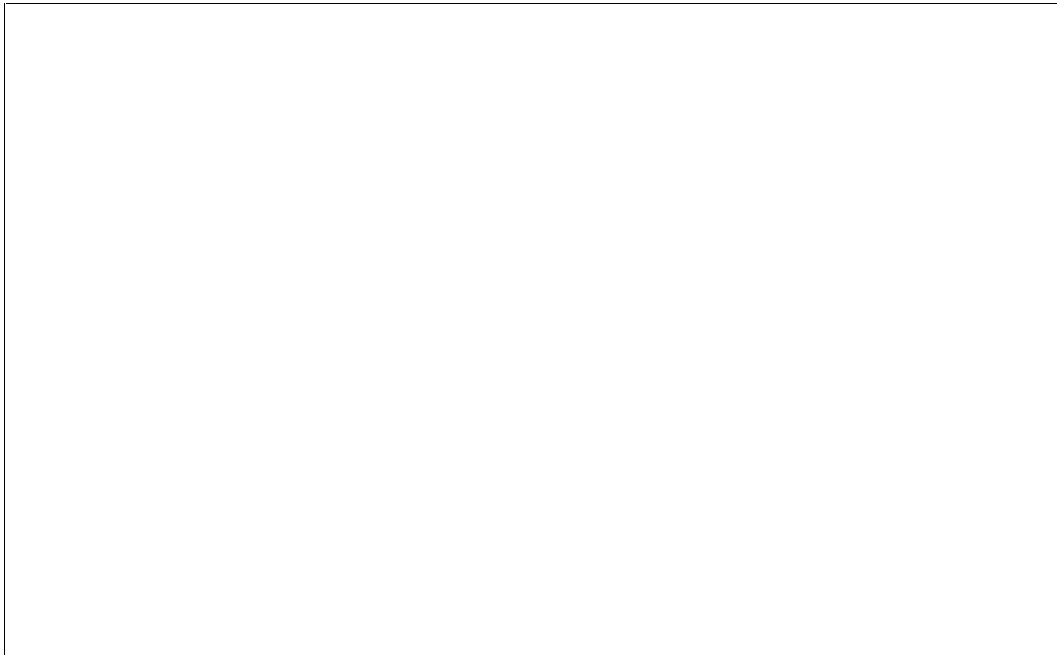


Figure no.2 reveals that the majority of the respondents i.e. 83.33percent have reported that they had not experienced racial discrimination. Only 16.66percent of the respondents had reported that they had experienced racial discrimination. It was found that racial discrimination is also a problem for women's players in the research area.

#### **4.1.9 Problems Faced From Spectators**

Games and sport are not only for players. It is not only for the fitness and personal benefits of the concerned players. Sport is one of the means of recreation too. So, nowadays we even cannot think about sports without spectators. Sport is there for the sound amusement for the spectators too. Through the spectators, the sports field is nowadays going to be an industry. Lots of organizations have been getting a profit by selling tickets to spectators. If they use that profit to produce and upgrade the players, we can enjoy a terrific and record-breaking performance in the sports arena. Aside from these aspects, there is some bad news about spectators also. Spectators who are not responsible for sports development and are not emotionally balanced can create lots of problems before, during, and after tournaments too. A player died by spectators attack' this kind of bad news is also heard sometimes in international sports. Productive hooting can give extra energy to a player while hooting against the player can demoralize the player and her performance. So, the researcher had collected the responses of the respondents about the problems faced by the spectator. The findings are shown in following table:

**Table 7: Problems Faced from the Spectators**

S.N.	Responses	No. of Respondents	Percentages (%)
1.	Shouting unnecessarily	17	47.22
2.	Teasing	6	16.66
3.	Create Obstacles	4	11.11
4.	To discourage	9	25
Total		36	100

Table no.7 shows that 47.22percent of players were affected when spectators shouted or hooted unnecessarily during sports competitions. 16.66 percent of the respondents had faced flirting from the spectators. That flirting occurs not only during matches or tournaments but also outside the tournament. 11.11percent were found obstructing the field by throwing the water bottle, stone and paper ball, etc., while 25percent were found to be discouraged by the supporters of the opposition team. With this kind of problem, a player cannot give her full attention toward her performance. She starts feeling bored with the sports field.

#### **4.1.10 Teasing During Training, Coaching and Competition**

For the betterment of any field, the working atmosphere should be hazardless. The environment should enhance a person to grab her objectives. The work-friendly surrounding is the minimum criteria for any kind of job. If a player gets a sound and healthy environment to practice or/and demonstrate her performance, she can plus her achievement which will be the milestone for the development of the sports.

As our society is a male-dominated one, women are dominated in different ways. Women from all the sports not only from sports are facing problems regarding sexual aspects. A man hardly feels hesitation to tease women. Though teasing does not last long, it affects the feeling and self-respect of women. In our context, teasing most occurs around sexual matters if a player is sexually attractive. A player has to be in contact with lots of the person. During the training and coaching period, she is there with her trainer or/and coach together with her friends. It does not mean that a player can only be teased by the opposite sex. She can be teased by her teammate too. For the initial stage, she may not mind against such teasing but if it long last, teasing may lead a player to the serious accident of her carrier. During the tournament, spectators also can tease players. If a player has the potential to cope with such

teasing she can manage her duty and responsibilities otherwise she may be emotionally imbalanced and fail to perform her performance which leads her toward frustration. The researcher had tried to find out whether the player has been suffering from teasing or not? The findings are given below.

**Table 8: Players Teasing During Training, Coaching and Competition**

S.N.	Responses (Teased by)	No. of Respondents	Percentage (%)
1.	Coach	6	16.66
2.	Organizers/Administrators	3	8.33
3.	Colleague	-	-
4.	Not happened	27	75
Total		36	100

According to table no. 8, above, 16.66percent of the players are worried and suffering due to teasing by the coaches during training, coaching, and competition. 8.33percent of the respondents have experienced teasing by organizers of the tournament. And 75percent of the players have not experienced such a problem to date. To promote women's sports, it is essential to implement strong policy rules for the protection of women players to eliminate such various problems facing women.

#### **4.1.11 Problems of Married Women Players in Sports Participation**

If women want to pursue their sports careers even after marriage, there is no comfortable environment for married women players to participate. Different aspects such as increasing responsibilities, financial problems, lack of time, social perception, family's attitude towards sports and children are directly or indirectly causing problems. Therefore, they do not get proper training, coaching, and exercises which lead to a decrease in sports performance. In our male-dominated society, the approval of the husband after marriage is important as he determinesthe condition to continue the sports or not. Therefore, theresearcher has tried to find out which side is most influential in the participation of national married women players in sports through the national women's players coaches of Nepal.

**Table 9: Problems of Married Women Players in Sports Participation**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	Family situation	3	100
2.	Pregnancy and child	-	-
3.	Society's view	-	-
4.	Lack of time	-	-
Total		3	100

As per the above table no. 9, it was seen that the family situation had the greatest impact on the participation of Nepali national women players in sports. Therefore, if women players see their careers in the field of sports as secure, first of all, the family should help. Sport is such a proud field. The sport provides an opportunity to shine the name of the individual as well as the nation.

#### **4.1.12 Reasonsof Poor Demonstration in Women Sports Competition**

The prospects and probability of women in sports cannot be, underestimated in the modern world. Women are capable women who can take responsibility for the whole nation. In the field of sports, the government's investment in women's sports is low, due to which there is no proper promotion of sports and player selection, and the entire management is weak. If the proper measures related to women's sports are planned and implemented properly, the potential of women in sports will raise. There has been being developed and developing the necessary elements and measures for the positive prospects of women in the sports field. There are certain measures, if applied properly and practically, then it will be easier for the development towards the rising prospects of women's participation and their career in sports. Therefore, researchers have tried to find out the reason for the failure to raise the standard of women's sports in Nepal.



**Table10: Reasonsof Poor Demonstration in Women Sports Competition**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	Lack of scheduled training	13	36.11
2.	Lack of experience trainers	2	5.55
3.	Lack of necessary sports equipment	5	13.88
4.	Lack of sports sponsors	5	13.88
5.	Lack of sports competition organizer	11	30.55
Total		36	100

Table no.10 shows that 36.11percent of respondents said that the reason for the failure of women's sports in Nepal was due to lack of training as per the schedule. Similarly, respondents say that the level of the game has not risen due to 5.55percentlack of trained coaches, 13.88percentlack of necessary sports equipment, 30.55percent lack of game sponsorship, and 11percent lack of sports competition organizer. Therefore, the above-mentioned aspects are needed to manage properly and to implement for the development of women's sports in Nepal.

#### **4.1.13 Adjustment with Teasing**

In every field, there are numerous problems to tackle and move ahead. Without struggle, no success can be embraced. Vigorous training, high concentration, and sportsman spirit can lead a player toward successful sports life. But,it is so easy to be at the top level. If a player can cope with numerous obstacles then only he/she can achieve the goal. Among all these obstacles to cope with teasing is the one which a player needs to adjust. In our male-dominated society, women are still treated as the mean of amusement. This is one of the reasons why women players are being teased. Women players need to be trained on how to adjust to such teasing. If a player cannot adjust to teasing she will be disappeared from the entire field of sports. So, this is a genuine issue to discuss. That is why the researcher had tried to find out the ways of adjustment against teasing adopted by the women players. The findings of the same issue are given hereunder.

**Table 11: Adjustment against Teasing**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	By Ignoring	–	–
2.	By Quarreling	–	–
3.	By Dialogue	20	55.55
4.	By Protest	16	44.44
Total		36	100

According to the table 55.55 percent of women, players were found to be adjusting by dialogue against teasing. 44.44 percent of women, players have found a solution by protesting against such abuse and immorality. Therefore, it is necessary to enable women players to defend themselves and provide information on how to solve such problems. If players are not trained to resist and counteract such immoral behavior, such problems can lead to various psychological problems.

#### **4.1.14 Respondent's Suggestion to Improve National-Level Women Sports**

In sports, the national level sport is the upper or higher level whose performance determines the state of the nation's sports. Sport is a strong source of employment. A good performance of a player can maintain a world record. In the case of Nepal, women are still unable to move forward due to various reasons. Therefore, only sports can end the gap between men and women. The participation and achievement of Nepali women players have doubled compared to the past. But those who participate in sports are not satisfied with their profession and have not been able to survive. Players have not been able to sustain in this field for a long time due to lack of proper salary system, lack of proper respect for achievement and lack of reward and incentive, etc., Therefore, researchers have tried to find out what can be done for the development of women's sports at the national level.

**Table12: Respondent's Suggestion to Improve National-Level Women Sports**

S.N.	Responses	No. of Respondents	Percentage (%)
1.	Increase financial investment	16	44.44
2.	Management proper sports equipment	12	33.33
3.	Apply new method and technique	2	5.55
4.	Application of scientific method	6	16.66
Total		36	100

Table no.12 shows that to improve women's sports at the national level, 44.44percent of the respondents said to increase financial investment in sports. 33.33percent, of the respondents gave the opinion that sports materials should be properly managed. For the development of the national women's sports, 5.55percent of the respondents expressed the view that the new method and technique or strategies should be used. Similarly, 16.66percentof respondents believe that the scientific method should be used. Therefore, to improve the condition of national women's sports, it is necessary to conduct maximum sports competition projects, arrange fair rewards for the achievements of the players and also give special emphasis to the women's sports from the school level.

#### **4.1.15 Solution oftheProblems ofWomen Sports**

It is a great challenge for a women player in our traditional or conservative society to be able to perform well at the international level. It is not possible to increase the high performing capacity of women players at the international level and achieve good results without high-level management of all parties in the concerned organizations as the problem arises where the player attention is distracted theplayercannot give good practice, training, coaching and even competition.

Researchers have tried to find out what should be done to overcome the various economic, social, political, and psychological problems in women's sports through the national coaches of women's cricket, basketball, and kho-kho. According to the coaches, to overcome the burning issues in women's sports, provide proper infrastructure, increases the morale of the players, understand and explain the importance of sports. Provide proper respects to the players, provide immediate treatment in case of injury, life insurance, important tasks such as eliminating political

interference, for players employment arrangement, equal priority men to women in sports, emphasizing women sports from the school level, needed are changing stereotype and using scientific method and rules and training by experienced coaches.

In today's age of magic, both men and women can do the thing that no one has ever imagined. So gender violence and discrimination must be eliminating and skills and abilities must be respected equally. In this time of sports, the government can develop the nation through sports, but it is essential to attract and make all the people aware of sports with strong policy rules.

#### **4.1.16 Access to Media in Sports**

The media is a tool that has played a huge role in promoting or promoting sports. The media changes a person's thinking and behavior. Similarly, the media not only develop game and sports but also encourage a good player and helps her build her future. That is why the media need to have access to sports.

There is a great need for media in women's sports because the media is the medium for women's sports and women players to the masses. Therefore, it is important to increase media access to women's sports. When asked by respondents what they need to do to increase media access to women's sports, they highlighted various issues. Some of them said that the government should bring a good policy to increase access to media in women's sports. Some have called for increased financial aid. Some also said that more and more competitions should be organized. Similarly, some said that sports should be made interesting and entertaining. Similarly, some have said that they should coordinate with the media. Similarly, some have different views on the need to coordinate with the media.

In conclusion, to increase the media's access to women's sports, women athletes should be provided with various training and improvements in their sports to make their sports interesting and entertaining. Similarly, we have to move forward in collaboration with the media, which will help in the development and expansion of women's sports.

#### **4.1.17 Suggestions to Policy Makers**

Sport is a profession like a doctor, teacher, engineer, banker, and business. It requires a lot of investment from the government and hard work, diligence, continuity, and self-confidence of the players. Look at the developed countries like the United States earned 40.61 million US dollars in 2019 and china earned 19.61million US dollars from sports. Therefore, to grow our country's economy, necessary to focus on sports development. There is a lot of differences in the level of sports of women as that compared to men. The participation of men in any sports competition is double as much as that of women. Therefore, researchers have tried to understand from the national players of cricket, basketball, and kho-kho what should be done to develop and improve in women's sports.

According to them, for the increase women's participation in sports and high achievement the government should equally invest in both men and women sports, provide proper employment opportunities and better facilities, create a sporty environment from the basic level, and to encourage women's participation in sports from the school level, end the cases of gender equality in sports, make a secure life of women is players and their careers make friendly circumstances without any barriers for women players. Players should be secured physically, mentally as well as they should provide insurance security. Should provide regular training and coaching program organize. Should give equal priority to women sports as compare to men and need to organize more number of local level and national level competition. The proper reward should be provided for both the best players and all participate, proper infrastructure should be established for every sports center in the whole country. An international investment and fund should be raised as well as freedom should be given to players to participate in an international level likevisa, passport, expenditure, life insurance, etc. Therefore, the future of women in Nepal can be ensured if strong policies and plans were formulated and implemented based on the above-mentioned suggestions for the development of women's sports in Nepal.

## CHAPTER-V

### SUMMARY, FINDINGS, CONCLUSION AND RECOMMENDATIONS

#### 5.1 Summary

Nowadays sports are necessary for all. Most of the countries of the world have invested a lot in the field of sports. So, Nepal also has emphasized to participate female in different games. But women are participating in games and sports activities are poor as compared to men. Thus, this study was based on "participation of women in different sports; problems and solutions." the main objectives of the study were to find out the present situations of women participation in sports, to identify the problems of women participation in sports and to find out the solution to address the problem in sport. National female players of four different sports are the main population included in the study. Those three games are basketball, cricket and kho-kho was included. Respondents to the study were selected using a census method. The sample size was 36 women players from different games with twelve players from each game. Questionnaire data collection was used as the main tool. The questionnaire was created covering all aspects of the problems of women's participation in sports. After collecting the required data, the collected data were tabulated, analyzed, and interpreted as per the demands of the objective of the study. The data were analyzed descriptively. Required tables and figures were used to analyze and present the collected data.

#### 5.2 Key Findings

After the analysis of all the collected data under the guidelines of predetermined objectives of the study, the researcher has drawn out the following major findings:

- 5.2.1 Not supportive role from the family is one of the problems of the women players in Nepal. The study reveals that 8.33 percent of the respondents had negative response from their families.
- 5.2.2 Society's view toward players is one of the variables which create various problems like loneliness, frustration, depression, etc. 8.33 percent of the respondents had reported that they were getting negative feedback toward them from society by taking part in sports. The

Nepalese society still does not have a broad thought toward the female players.

- 5.2.3 Only 33.33 percent of the respondents are found able to sustain their life through sports. So, it can be said that financial stress is another problem.
- 5.2.4 The study found that only 13.88 percent of respondents were satisfied.
- 5.2.5 The study found that 80.55 percent of respondents were frustrated at times with sports.
- 5.2.6 In this study, 50 percent of the players experienced transportation and financial problems while traveling abroad.
- 5.2.7 According to the experience of 55.55 percent of the respondents, the low-performance ability has been influenced by the menstruation cycle.
- 5.2.8 It found that 16.65 percent of the respondents have experienced racial discrimination.
- 5.2.9 It is found that the spectators are one of the causes of disturbed the players psychologically. The study reveals that 47.22 percent of respondents had reported that they were being shouted unnecessarily by spectators.
- 5.2.10 It has found that even the coaches are also engaged in teasing and harass the players which may lead the players toward isolation from sports. 16.66percent of respondents had reported that they were being teased by their coaches during training and coaching.
- 5.2.11 The family status of a married female athlete affects sports competition based on the experience of 100 percent of respondents.
- 5.2.12 About36.11 percent of the respondents said that the reason for the disability of women's sports is the lack of scheduled training in Nepal.
- 5.2.13 The study revealed that teasing is another major problem for therespondents.If someone teased the Nepal national women players, 55.55 percent of them solved the problem by dialogue, and 44.44percentof the players protested.
- 5.2.14 Inthis study, 44.44 percent of the respondents said that if an economicinvestment is increased then, Nepali women's sports will improve.

- 5.2.15 In order overcome the burning issues in women's sports, provides proper infrastructure, respects to the players, immediate treatment in case of injury, life insurance, players employment arrangement, equal priority men to women in sports, emphasizing women sports from the school level, using scientific method and rules and training by experienced coaches and stop political interference.
- 5.2.16 To increase the media access to women's sports women athletes should be provided with various training and improvements in their sports to make their sports interesting and entertaining. We have to move forward in collaboration with the media, which will help in the development and expansion of women's sports.
- 5.2.17 The government should be organized more number of local level and national level competition. The proper reward should be provided for both the best players and all participate, proper infrastructure should be established for every sports center in the whole country. An international investment and fund should be raised as well as freedom should be given to players to participate in an international level like visa, passport, expenditure, life insurance, etc,

### **5.3 Conclusion**

This study has conducted among national women players in Nepal. It has related to the women participation among sports. The 36 women players have taken from purposive method within basketball, cricket, and kho-kho game. Likewise, questionnaire schedule as tool of this research.

This research has concluded that the women players are discriminated against by the men by this or that mean. Women players are more forward now than ever before. The problem has arisen due to the government's different investment in the entire sector. The attitude of the family and society of the national women players towards sports is becoming wider. It is difficult to achieve high achievement for women in sports due to a lack of sponsorship investment and a lack of competitive sports projects. Most of the women players are not satisfied with their profession due to the lack of sustainable employment in the sports sectors. During menstruation, more women experience a problem such as lack of ability to play sports, low self-



confidence and muscle weaknesses. They are facing unprofessional dealing from coaches and administrators which makes them unpleasant. Racial discrimination is also found to some extent by which the players are found not having a pleasant atmosphere to enjoy the sports. Financial stress and unsecured life have affected the performance of the players. Participating in international competitions is largely an environmental adjustment problem and unnecessary shouting. To solve the existing problems in women's sports, the government needs to increase investment in women's sports, make appropriate arrangements for the sports materials, use new sports techniques and apply scientific methods, formulate and implement strong sports plans and increase access to adequate media. Though a perfect sportsman spirit has not been seen around the concerned sectors of the sports, positive sports culture is seen in the developing process in the research arena.

This research study has concluded that women participation among these sports has not satisfied so far. Moreover, motivation and incentive activities should provide for women players by government and administrative side.

#### **5.4 Recommendation**

Based on the findings and conclusion derived from the study the following recommendations were made:

##### **5.4.1 Recommendations for Practice**

- a. The government should give equal priority on the spots to men and women.
- b. If special coaching and training programs are provided to women players, their performance can be improved drastically.
- c. Government of Nepal, Ministry of sports should focus on different games and sports participation of women from basic level till university.
- d. The government should be maximum emphasis to organize local-level sports activities and tournaments.
- e. The government should provide appropriate facilities and employment to national women players.

#### **5.4.2 Recommendation for National Policy**

- a. Women players must be encouraged by their parents, teachers, trainers, coaches, and the administrators of the concerned sports.
- b. The government should plan and include physical education and sports program in national sports policy.
- c. The government should provide maximum space for women's sports in the existing policy.
- d. The government should provide financial support to the women players so that they will be free from financial stress and can give their full potential towards the sports.
- e. Female participation is important in different types of awareness programs on sports and physical activities.

#### **5.4.3 Recommendation for Further Study**

- a. Participation of women toward sports e.g. table tennis, boxing, taekwondo, long jump, swimming etc.
- b. Married women challenges towards sports participation in Nepal.
- c. Involvement of women sports among Nepal.
- d. Financial and cultural situation among women players in Nepal.
- e. Participation of Muslim women toward sports e.g.

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**APPENDIX – A**

**“Participation of Women in Different Sports: Problems and Solutions”**

**Personal Information**

**Name:** .....

**Age:** .....

**Educational Qualification:** .....

**Marital status:** .....

**Affiliated Game/sport:** .....

**Permanent Address:** .....

**Affiliated Institution (if any):** .....

**Related to Research Problem:(Questionnaire for Players)**

1. What is a sport, in your opinion?

.....

2. When did you start to play the game?

.....

3. How many years have you played in the national team of Nepal?

.....

4. Who inspired you to play the game?

a. Family

b. Coach

c. Self interest

d. Others.....

5. In what types of sports, have you participated in this date?

.....

6. Why did you enter the sports field?

a. For the physical fitness

b. For fun

c. To get prestigious life

d. To earn money



15. Which countries you have participated mention below

.....  
.....

16. What kind of social problems have you faced in sport?

.....  
.....

17. What do you think could be the solution to such problems?

.....  
.....

18. What sort of problems did you experience when you are out of your hometown?

- a. Sexual harassment
- b. Adjustment problem of environment
- c. Transportation
- d. Homesick and health problems
- e. Others.....

19. Do you face any teasing during the training, coaching, and competition session?

- a. Coach
- b. Organizer
- c. Colleague
- d. No

20. How do you adjust to such teasing?

- a. By ignoring
- b. By quarrelling
- c. By dialogue
- d. By protest

21. Have you faced any racial problems during the competition period?

- a. Yes
- b. No

If yes, what sort of problems did you face? Could you please maintain here...

22. What is the effect of educational qualification in the field of sport?

- a. Language problem
- b. Ignore by sport organizer
- c. lack of we feeling
- d. it is difficult to put the scientific method into practice



23. What is the reason for not being able to raise the standard of Nepal's game?
- a. Lack of training as per schedule
  - b. Lack of experienced trainers
  - c. lack of sport material kits (necessary sports equipment)
  - d. lack of sport sponsor

24. How does the personality of an opposing player affect your performance?
- a. No affect
  - b. Weak self
  - c. Confidence to face challenges
  - d. Face arises

25. How has the government been paying the salaries of national players?
- a. Based on sport competition
  - b. Based on award (medals)
  - c. Based on monthly
  - d. Based on achievement

26. Are you satisfied with your field?
- a. Normal
  - b. It's ok
  - c. satisfied
  - d. Very satisfied

27. Have you ever frustration during your sports life till now?
- a. Sometimes
  - b. Never
  - c. During competition
  - d. Always

28. What benefits has your association provided you?
- a. Proper training and coaching arrangement
  - b. Creating a suitable environment for study
  - c. Financial support
  - d. Employee arrangement

29. Has the government provided life insurance for national woman athletes?
- .....

30. What do you think of the management of the national sports association of Nepal?
- a. Very good
  - b. Enough
  - c. Weak
  - d. Excellent

31. What should be done to improve Nepal's national-level sports?
- Increase financial investment in sports
  - Management of proper sports equipment
  - Apply new techniques and method
  - Application of scientific method
32. What is the condition of the proper materials for physical exercise in your association?
- Enough
  - Lack of materials
  - Lack of modern materials
  - Weak condition
33. Which aspect has the government given more emphasis on the development of woman's sports?
- Emphasis on competition
  - provision for strong sports policy
  - Adequate Government/ investment in sports
  - Arrangement of employment
34. Are women's career's secured in sports?

.....  
 .....

What should be done to increase women's participation in sports?

- Appropriate publicity
- Increase and fair rewards
- Ending the orthodox tradition
- Emphasis on sports from school level

35. What are the problems faced by the spectators in sports competitions?

- Shouting unnecessarily
- Teasing
- To create obstacles in the competition
- To discourage

36. Menstruation cycle and it's effect on your sports competition?

- Decreased game performance ability
- Decrease self-power
- Problems of agility and flexibility
- Muscle weakness
- Others.....

37. What are the facilities and care arrangements for the players during menstruation?

- a. Provision of sanitary pads
- b. Arrangement of rest and proper diet
- c. Arrangement of first aid
- d. Others.....

38. What should be done to increase media access to women's sports?

.....

.....

39. Suggest to policymakers what should be done to increase women's participation in sports and achieve high achievement?

.....

.....



7. What is your society's view of women's sports?
  - a. World record can be maintained
  - b. Waste of time
  - c. Good employment sector
  - d. Bringing gender equality
  
8. What are the facilities and care arrangements for the players during menstruation?
  - a. Provision of sanitary pads
  - b. Arrangement of rest and proper diet
  - c. Arrangement of first aid
  - d. Others.....
  
9. Which factors is more influential for married women players to participate in sports?
  - a. Family situation
  - b. Pregnant and child
  - c. Society's view
  - d. Lack of time
  
10. What are the most common problems faced by the players in international sports competitions?
  - a. Difficult to adjust to the new environment
  - b. Homesick
  - c. Decreased self-confidence
  - d. Differences in the rules of sports
  
11. What is the reason for the players not being able to stay in the field for a long time?
  - a. Lack of salary system
  - b. Injury and accident
  - c. Lack of reward and respect
  - d. Lack of proper respect for achievement
  
12. How will the failure of you and the team affect the upcoming competition?
  - a. Workload
  - b. Increase stress
  - c. Obligation to win
  - d. Lack of self-confidence
  
13. Can women's careers be secured in sports?
  - a. Yes
  - b. No

If so how? Express your opinion below,

.....

.....

14. What do you think should be done to eliminate the problems in women's sports?

.....  
.....

15. Suggest to policymakers what should be done to increase women's participation in sports and achieve high achievement?

.....  
.....