

Transforming Gender Norms through Field Hockey: Female Athletic Participation in Rural Haryana

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ABSTRACT

This study investigates how female participation in field hockey in rural Haryana is transforming traditional gender norms. It examines the impact of sports on women's empowerment, including their confidence, family support, and achievement levels. The research also explores the role of factors like educational status, regularity in training, and coaching in this transformation. Furthermore, it considers the influence of social perceptions, particularly those related to women's roles and public space, and how these are being challenged by female athletes.

Keywords: Sports participation, gender stereotype, athletes.

1. INTRODUCTION

Background and Rational

A notable conceptualisation of gen-der, as advanced by Candace West and Don H Zimmerman (1987), is to view it in terms of routine accomplishment embedded in the everyday inter-actions. The focus thus shifts more towards interactional and institutional arenas as the "doing" of gender is a situated doing, in the presence of others who are assured to be involved in its production and reproduction. It is then an outcome of certain social situations that in turn further legitimises such arrangements and fundamental societal divisions. Against this backdrop, the article examines the evolving gender experiences and changing social milieu in rural Haryana with respect to the everyday experiences of women, by particularly focusing on the changing notion of femininity as a result of the sports culture. It will further help to understand how the common sense notions of gender are being challenged and the ways in which cultural expectations that construct them are being transformed (Heimer & Kruttschnitt, 2006).

The study will briefly outline the theoretical interventions that followed regarding the (re) construction of gender. It will then examine the sociological and gender studies on sports with a brief review of literature on gender construction in the context of the state of Haryana. Based upon these conceptual underpinnings, the findings of the fieldwork focus upon a unique development of the growing sports culture among women. Given the larger social fabric of the region where women have fought tough battles of survival and resistance, their entry into the arena of sports deserves close and careful attention.

In each society girls and women are more uncertain than young men and men to partake in sports and sport keeps on being overwhelmed by guys. It is on the grounds that society has been prepared to consider sports as far as centeredness. Guys are required to show certain attributes and practices that are masculine, while females are considered responsible for being ladylike. Traditionally, females have been relied upon to keep a delightful and sensitive body, stay latent and sustaining. Gentility is an issue of appearance and conduct and relegating explicit gender jobs. The assumption for womanliness frequently brings about women being discouraged from lifting loads, perspiring, snorting, being forceful, partaking and contending in sports and physical exercises. Once in a while

negative outcome are appended to it like physical issues imperiling their capacity to have kids, subsequently restricting women's interest in sports (Messner, 2002).

Haryana, particularly the town of Shahabad, is known as a nursery for Indian women's hockey, transforming the sport in the country. This transformation is driven by a strong local culture of hockey, with Shahabad producing numerous international players. The success of players like Rani Rampal, Savita Punia, and others from Haryana has inspired a new generation, leading to increased participation and a higher standard of play in the sport. In rural Haryana, female participation in field hockey is emerging as a catalyst for transforming traditional gender norms. This shift is driven by the opportunities offered through sports, particularly hockey, which can challenge deeply ingrained societal expectations about women's roles. These opportunities include access to resources, training, and exposure to a wider world, all of which contribute to increased confidence, independence, and a re-evaluation of gender roles within the community.

This research explores how female participation in field hockey in rural Haryana is transforming traditional gender norms. It examines the impact of sports on women's empowerment, challenging societal expectations and potentially reshaping gender roles within the community. The study investigates the specific ways in which field hockey participation influences perceptions of women's capabilities, independence, and social standing in a region where traditional norms often restrict women's roles and mobility.

Problem of statement

The problem is to analyze how participation in field hockey can transform deeply entrenched gender norms in rural Haryana, India, where traditional roles often limit women's opportunities and mobility. This involves examining the barriers to female athletic participation, the potential of sports to challenge these norms, and the specific ways field hockey, in particular, can contribute to women's empowerment and social change in the region.

Rural Haryana is characterized by strong patriarchal structures and deeply ingrained gender norms that often confine women to traditional roles within the home and community. These norms can restrict women's access to education, healthcare, economic opportunities, and even their freedom of movement. Sports, especially those traditionally associated with men, can challenge the idea that certain activities are not suitable for women, thereby dismantling gender stereotypes.

Research Aim and Objectives

The aim of this research is to explore how female participation in field hockey is contributing to the transformation of traditional gender norms in rural Haryana. The study seeks to understand the extent to which sport acts as a catalyst for social change, enhances female agency, and redefines accepted roles for women in conservative rural communities. The objectives are:

1. To explore the socio-cultural environment of rural Haryana and its influence on female participation in sports.
2. To examine the role of field hockey academies (e.g., Shahabad Markanda Hockey Nursery) in facilitating access to sports for rural girls.
3. To analyze how female athletes' participation in field hockey has influenced family attitudes, education, and career trajectories.

Significance of the Study

The society expects males and females to adopt, believe in and fulfill specific gender roles and stereotypes. Society demands compliance to the enforced gender order. When these gender norms

are violated by any member of the society, he or she is looked upon from a different perspective. Sports and physical activity is one of the specific areas in which traditional gender stereotypes have been evaluated and analyzed. However, it is also true that traditional female stereotypes continue to prevail in somewhat manner forcing women to leave their involvement in sports.

Haryana can be a role model for other states for a number of girls coming up in sports. Despite the defame that Haryana has gained in recent times for a variety of cases showing strong patriarchal roots like highly skewed sex ratio, dictate of caste panchayats in the form of orders of Honour Killing, increased rate of crime against women, extreme burden of work on women and many more instances of gender discrimination in the state, there are several girls who have shown great potential in sports. With a patriarchal structure of the Haryanavi society, there is a very little scope for women's recreational and physical activities. In the traditional way of living women still need to live under the veil. Very young girls are put into the household chores and farm activities and common problems like child marriage, trafficking of women, low educational level of girls have attributed to low status of women. The state is known for its sporting culture and men have always been taking part in it. But now women are also participating in various physical activities that were earlier male dominated. They are trying to create space for themselves and prove their potential in the male world. However, in a society which does not allow a daughter to have her basic education, to let her take part in sports is not hurdleless. They are facing hurdles not only on the part of family, trainers, female coaches, and institutional encouragement for them; their personal achievements are overshadowed by their gender identity, gender roles, social acceptance and gender discrimination including harassment at various levels.

Thus, in the light of the Haryanavi social fabric having different environment for girls and boys and the importance of sport for girls in coming out of that biased environment, the study aims to investigate the present status of women sport persons in Haryana.

2. LITERATURE REVIEW

Das et al., (2023) Explained that the advent of modernity has changed the sports landscape of the world, wherein all barriers, especially gender discrimination, have been broken, with men and women competing shoulder to shoulder in the sports arena. However, the sports landscape in India is completely different, as all the major sports activities are dominated by men. The aim of this study is to classify and rank the barriers that deter women's participation in sports in India. For achieving this objective, a multi-criteria decision-making technique of Interpretive Structural Modelling (ISM) and MICMAC analysis has been used for relative ranking and classification of barriers that lead to gender discrimination in sports in India. The study encapsulates significant barriers that hinder women from actively participating in sports in India. The findings of our study suggest that economic barriers, lack of sporting infrastructure and culture, lack of potential career opportunities, knowledge barriers, and socio-cultural barriers are vital reasons that have implications for limiting women's participation in sports and society alike. From a policy perspective, the proposed model will help identify the key barriers that ought to be addressed to bridge the gap between men and women in the sports sector in India.

Adesh (2019) Explained that Generally, women and femininity have been characterized in connection and differentiation to men and masculinity. Sports and the sports world have been attached with the masculine area and there has been a tradition of biasness against the female

competitor. In the previous few decades this pattern has been stood up to and tested. The capacity to challenge prohibitive ideas about women's physical appearance, athletic capacity and support in sports, is clear through their expanded inclusion in sports. Traditional generalizations for females have gradually been changing however there is as yet far to go. Regardless of these positive steps, female sports people actually face various difficulties while seeking after their sports wants, which are generally because of long-standing gender standards. Just the substance of the issue has changed from old to current occasions. Along these lines, keeping in view the difficulties before women sports people in the traditional society the investigation has been developed to dissect the status of women sports people in Haryana.

Oza (2019) explained that in the 2016 blockbuster film *Dangal*, a young wrestler by the name of Geeta Phogat is taken by her father to Rohtak, in the western Indian state of Haryana, to participate in her first wrestling match. He is ridiculed for attempting to enroll his daughter into the hyper male domain and sent on his way. But the organizers soon relent when they see the potential for a salacious scandal of a girl fighting a boy. The scene establishes rural Haryana as a space of hyper misogyny and public space dominated by men who enjoy crude entertainment. But when the young Geeta takes on the toughest of contestants and defeats him, the victory symbolizes something larger – vindication against routine humiliation girls are made to feel. The year 2016 brought unprecedented publicity to women wrestlers in India. Sakshi Malik won the Bronze medal in wrestling for India at the Rio Olympics, and film audiences were treated to two blockbuster films on women wrestlers from Haryana. In this essay, I suggest that the celebratory story of wrestling women both elides and is made possible by Haryana's, and the larger Indian state's, neoliberal agenda. I argue that neoliberalism is able to accommodate the contradictions of Haryana's skewed sex ratio while at the same time produce and celebrate successful women athletes. Second, the story of wrestling women cannot be understood without caste as a fundamentally structuring dimension of success. I make these arguments at three different scales – body and household, village and district, the state.

3. METHODOLOGY

Research Design

This study employs a qualitative case study design, focusing on rural Haryana with specific attention to institutions such as the Shahabad Hockey Academy, known for producing national and international-level female athletes. A case study approach enables in-depth exploration of how sport—particularly field hockey—functions as a tool for gender norm transformation in a specific socio-cultural and geographic context.

Data Collection (Secondary Data)

The research relies on **secondary sources**, including Peer-reviewed journal articles, Government sports reports and development policies (e.g., Khelo India), News media coverage on female athletes from Haryana, Biographical accounts of players (e.g., Pritam Rani Siwach), Institutional websites (e.g., Sports Authority of India, Shahabad Hockey Academy) and Reports from NGOs promoting women in sports.

Ethical Implications

Since this research is based on secondary data, it did not involve direct interaction with human subjects. However, the following ethical considerations were observed Proper citation and referencing of all secondary sources to avoid plagiarism, Ensuring that media reports and biographies used were from credible and authentic sources, Being sensitive to the representation of rural female

athletes—avoiding stereotypes or cultural misrepresentation and Acknowledging limitations of not having primary narratives or consent from actual players featured in public data.

4. RESULTS

Case Study: Field Hockey in Rural Haryana Grassroots Momentum in Village Academies

Over the years Haryana has emerged as the country's powerhouse in the field of women's hockey. So much so that in the past decade there has rarely been any women's sporting tournament that wasn't won by the state.

Shahbad, a small town near Ambala on the Delhi-Chandigarh highway, has played a huge role in turning the state into Haryana's hockey dominance. The town is also known as the cradle of Indian women's hockey.

But Haryana's supremacy in women's hockey arena is set to be challenged by Punjab which is turning out to be a new powerhouse. Surprisingly, the credit of Punjab's success too is because of Haryana's town Shahbad.

History behind Shahbad's sporting glory

After Dronacharya awardee hockey coach Baldev Singh, a former Haryana sports department employee, shifted his base from Shahbad to Fatehgarh Sahib earlier this year, 55 of his trainees from the Shahbad centre also switched over to Fatehgarh Sahib and Patiala after taking a 'no objection certificate' from Hockey Haryana to represent the neighboring state of Punjab where their hockey coach has now settled.

This shift resulted in giving their adopted state Punjab a podium finish in all the age groups championships, including a gold in the Kerala National Games held in March. In June, Punjab girls won the sub-junior national title where the entire playing team of the state was originally from Shahbad.

With Haryana losing its important players to Punjab, it missed out on a podium finish in the senior and sub-junior nationals for the first time in a decade.

Baldev Singh, who has been instrumental in placing Shahbad on the world map by producing around 40 international-level hockey players, is now associated with Sri Guru Granth Sahib World University Hockey Academy in Fatehgarh Sahib. The institute is run by Shiromani Gurdwara Parbandhak Committee (SGPC).

"Year 2015 in January, I joined the Sri Guru Granth Sahib World University Hockey Academy, but my only condition was that all my previous trainees, who wanted to come along with me, had to be accommodated and given admission in the academy and all their expenses be borne by the management. The authorities here were glad to have the girls from Shahbad centre," said coach Baldev Singh.

"Some of my trainees also took admission in Punjabi University, Patiala, where my former student Menakshi is the coach. The Shahbad girls have helped Punjab win medals in various age groups at the national championship held this year," he added.

"Because of the Shahbad girls, Baba Zorawar Singh Fateh Singh Public School won the prestigious Nehru Cup (under-17) last year which was earlier the forte of SGNP Girls Senior Secondary School, Shahbad, as they had won the tournament 14 times out of 21," he added.

The SGPC-run hockey academy was started in 2014 and at that time too some of the girls from Shahbad had joined, but with coach Baldev shifting his base, almost all the sub-junior and junior

trainees decided to go make the shift along with him.

Haryana offers the country's highest cash incentives for winning medals at the national and international level and because of the hefty cash awards players from other states have shown interest in representing Haryana. But for Haryana, this is a rare incident when their players have actually left to represent another state.

"Shahbad played a crucial role in establishing Haryana as a power house in women's hockey and the state government too has had a contribution in it. But things changed drastically in the last couple of years and since 2012 we have hardly got any equipment from the sports department. Of course, post-achievement incentives are important, but a player needs immense support during his or her formative years, which is somehow missing in Haryana now," said Baldev.

Role Models and Local Champions

As Hockey India celebrates 100 years of the sport, former India Women's Hockey Team Captain Pritam Siwach reflected on the remarkable journey of Indian Women's Hockey Team and credited the 1998 Asian Games silver medal as a major turning point.

"We knew that for many of us, the 1998 Asian Games would be our last major event and that we would retire after that. We hadn't won a medal in 13 years and didn't want to retire without one. So, for two years leading up to the Asian Games, we focused on every little detail to ensure we returned with a medal," Pritam recalled.

She went on to say, "As soon as we won that silver, we knew it was the turning point for women's hockey in India. The graph has only gone upward since then."

Pritam added that the team's hard work for the 1998 Asian Games paid off and laid the foundation for future successes, including the silver medal at the 1999 Asia Cup and the historic gold at the 2002 Commonwealth Games.

She also credited Hockey India and the government for ushering in a new era for women's hockey. "A lot has changed for the players since my time in the Indian team. Today, the women's team has access to improved facilities and a strong support system that we didn't have back then. The players today are extremely talented and benefit from grassroots development programs, sports science, more coaching staff, trainers, and even psychologists—resources that were unavailable in our playing days."

When asked about passing the torch to the next generation and paving the path for the next 100 years of Indian hockey, Pritam said, "I consider myself very lucky that my children are also playing hockey. Very few parents who have played at a certain level get the opportunity to contribute to shaping the next generation."

Pritam believes the Indian Women's Hockey Team has a very bright future and, with the right focus and support, can achieve Olympic success.

"If our men's team can win an Olympic medal, so can our women's team. Our next major goal should be to win gold at the Asian Games to secure qualification for the Olympic Games. With the strong grassroots talent we have and the ongoing work at the state and SAI NCOE level, I am confident we can achieve this."

Through her academy, Pritam has been actively empowering the next generation of hockey players. Over the years, she has nurtured and trained several Indian national players, including Olympians Neha and Nisha, and promising junior talents such as Jyoti, Sakshi Rana, and her daughter Kanika Siwach.

Barriers

1. Personal Barriers

❖ Body image

Exploration shows that as a rule, female young people report more prominent self-perception disappointment than guys. Nonetheless, self-perception is an especially significant issue in sport – research shows that women are unquestionably more hesitant than men when partaking in sport and physical movement. For girls and women, the connection between self-perception and physical inertia is an endless loop; the more unsure they feel about their bodies, the more uncertain they are to partake in sport, but investment in sport positively affects girls' view of their bodies. Western style advances progressively uncovering garments for women and girls, though accepted practices in certain societies preclude openness of the female body and advance unobtrusiveness. Thus, the clothing regulation in pools and relaxation offices may conflict with social standards and customs.

Girls and women who are hefty or have inabilities might be especially influenced by issues around self-perception. With an inexorably body-fixated culture, these women are as often as possible judged contrarily. By and large, girls or women can be put off specific sports by the possibility of uncovering garbs pulling in undesirable sexual consideration.

❖ Clothing and equipment

Clothing and equipment for sports can be costly. By and large, they acquire not as much as men. Pictures of sportspeople can advance the possibility that, except if you're wearing trendy clothing intended for a specific sport, you'll watch strange. A few sports clothing is additionally very uncovering, which makes issues for women and girls, connected to the issues about self-perception and culture referenced before.

Severe necessities about clothing can likewise keep some BME women from partaking. For instance, pools which don't permit women to wear T-shirts over their swimming outfits, and clubs which demand individuals wear tight-fitting and additionally uncovering garbs, can prohibit the individuals who follow certain religions – and individuals who are unsure about their bodies.

Equipment can be wrong for women and girls. For instance, women's development in golf has now and again been hampered by women being compelled to play with wrong equipment for their fabricate, strength, level and swing speed.

❖ Lack of self-confidence

Overall, have less self-assurance than young men and rate their exhibition or capacity more contrarily than young men do. This is connected to issues about self-perception: girls who don't have a positive outlook on their bodies can need trust in their physical capacities and might be over-negative about their exhibition.

Fearlessness is likewise connected to rivalry. Albeit most sportswomen appreciate the serious component of sport, numerous girls and women are killed sport since it is serious. This is one reason why 'tasteful exercises, for example, heart stimulating exercise, vaulting and yoga, are progressively famous among girls and girls, and why some traditional group activities are less mainstream.

2. Financial Barriers

As in this examination a large portion of the girls were from provincial foundation and from lower working-class families, so every one of them confronted monetary issues. Sometimes, mentors helped

monetarily where respondents were not even ready to purchase sports pack, shoes and so forth. Indeed, even here and there they were not having cash to pay the extra charge and, in this condition, additionally their mentors caused them out.

3. Familial Barriers

Schooling of guardians has assumed a significant job in sport cooperation of a young lady. More instructed guardians contradicted less and less taught guardians restricted more. The vast majority of the respondents from lower working-class families confronted family opposition towards their sport cooperation as their folks were not taught. The post alumni or graduate guardians knew about the sports advantage for girls, as better wellbeing, better evaluations and better vocation. If there should arise an occurrence of school girls, it was seen that guardians didn't need their girls' investigations ignored, so they restricted sport cooperation. They were of the assessment that base degree of tutoring is necessary alongside a kid's cooperation in sports. Yet, this was not valid for each parent. A few guardians were of the assessment that on the off chance that a youngster is dynamic in sports, at that point he/she can do well in investigations likewise in light of the fact that physical movement improves focus, coordination, wellbeing and so forth. Respondents whose guardians were exceptionally instructed were of the assessment that reviews and sports both are similarly significant. They accepted that a kid dynamic in sports will likewise give great outcomes in institutes.

Besides, moms of certain respondents were restricted as a result of the legend that sport support can influence a young lady's monthly cycle. Consequently, it was seen in the investigation that high society families from metropolitan zones were not as impervious to the possibility of young lady's sport interest as the lower-class families from rustic territory were.

Other than schooling, personal circumstance of the guardians likewise assumed a significant part in permitting their kids for sports however a few guardians among these because of prevailing burden contradicted the girls for their association in sport. It was likewise seen that a few guardians in the first place halted their girls for sport interest yet later on upheld them a little for bliss of their girls.

The outcomes indicated that the families who give more inclination and extraordinary consideration to children oppress girls and overburden them with family unit tasks. Girls having a place with such families confronted more resistance for sport interest. Generally, in rustic territories girls are overburden with homegrown work. As a young lady they are required to help her mom in family unit tasks, whether or not she is considering or not. Girls are educated to cook, clean, develop vegetables and work in fields. They are not supported for instruction and sport investment. Thus, girls of country regions because of such homegrown over-burden revealed of absence of time. They said that occasionally they felt depleted and considered leaving their game.

Because of limited versatility a large portion of the respondents were banished from sport investment. Both, in rustic and metropolitan territories guardians don't permit their little girls to go to removed places alone for taking sports training in light of security issues. Though children are permitted to go anyplace alone. Girls are frequently focused on additional in wrongdoings, for example, assault, sexual assaults and so on. Thus, guardians feel more stressed over their little girls. It was likewise seen that girls whose guardians were dormant in sports opposed while guardians who were engaged with sports were bound to urge their little girls to proceed with their inclusion in sport.

4. Societal Barrier

Because of social and strict weight, a young lady in our society is required to wed in her mid-20's. Guardians would prefer not to teach them past a fundamental level just as they don't permit girls for

sport cooperation after marriage. In our patriarchal society after marriage a lady invests altogether more energy in family errands and caring work, for example, kid raising or minding of debilitated than their male partners. This is resolved in enormous part by traditional gender jobs that have been acknowledged by society and subsequently numerous respondents in the investigation said that they know that they can't seek after their vocation in sports after marriage. Their parents in law won't permit them for sport cooperation. In this way, for what reason should they sit around and energy on sport Since girls are viewed as individuals from their future spouse's family, numerous won't "squander" cash instructing a little girl who won't have the option to utilize her schooling to serve her natal family. Every one of these elements go about as an obstruction in girls' schooling and sports interest moreover.

National Policies and Initiatives

1. National Sports Policy (1984, 2001 and 2017):

Sports in India set important benchmarks for progress. The main objective of the 1984 policy was to develop the infrastructure of sports and to encourage the younger generation. The revised policy in 2001 addressed issues such as gender equality, special opportunities for women athletes and development of sports in rural areas. The latest policy of 2017 is more comprehensive, providing special support and incentives for women through the Khelo India Scheme and the Target Olympic Podium Scheme (TOPS). At the very professional level, more support has been extended to women in areas such as athletics, wrestling, badminton and boxing. Through these policies, the government has taken dynamic steps to increase women's participation in sports, although unequal funding and social barriers remain major challenges.

2. Khelo India Scheme (2016):

It is an important sports initiative launched by the Government of India, which aims to identify and nurture young talent across the country. The scheme especially emphasizes on encouraging women players, so that they get equal opportunities. The main objectives of the scheme include developing a culture of sports at school and college levels, providing scholarships to young players, and preparing them for international competitions through training and modern facilities. The direct benefit of this scheme has been especially for women players, who did not get enough opportunities earlier. Women's participation in sports like wrestling, badminton, athletics and hockey has increased. Government assistance and scholarships have created more opportunities for a new generation of women players to pursue a career in sports.

3. Beti Bachao, Beti Padhao & Sports Promotion:

This programme is a government initiative to promote the educational and sports development of girls. The campaign is not limited to education alone; it seeks to encourage girls to participate in sports and bring about gender equality. The aim of this scheme is to ensure physical and mental development along with education. It focuses on providing sports facilities at school and village levels, increasing training and encouragement for young girls, and creating equal opportunities for all. By linking this scheme with the Khelo India scheme, new doors of sports have been opened for young girls. Although social barriers and traditional beliefs still pose a challenge, this initiative has helped in providing more equal opportunities and facilities for girls.

4. Target Olympic Podium Scheme (TOPS):

It is an important sports scheme launched in 2014, which provides financial assistance and professional training to the best and emerging athletes of India. This scheme provides special incentives to women athletes, so that they can perform at the best at the international level. Under TOPS, priority is given to athletes who have participated in Olympic and Paralympic Games and are preparing for upcoming competitions. Through this scheme, women athletes like P.V. Sindhu, Mary Kom, Mirabai Chanu and Sakshi Malik have received significant assistance. The main objective of this scheme is to help Indian athletes win Olympic medals through world-class coaching, overseas training, modern technology and financial assistance. This scheme is an important step towards providing equal opportunities and encouragement to women athletes as compared to male athletes.

5. CONCLUSION

In conclusion, the promotion of female participation in field hockey in rural Haryana offers a powerful avenue for transforming deeply entrenched gender norms. By providing opportunities for athletic engagement, communities can challenge traditional roles and expectations placed on women, fostering a more inclusive and equitable environment. This, in turn, can lead to increased self-esteem, leadership skills, and economic opportunities for women, ultimately contributing to broader social change within these communities.

Indian sports policy has made some important strides towards gender inclusion, but there are still many inequalities and challenges. Lack of funding, social prejudices, and political barriers for women athletes in India continue to make it difficult for them to reach higher levels together. The Indian government and private institutions have tried to provide the necessary resources and training, but more concerted efforts are still needed for progress. Women athletes want to achieve prestige and success on the global platform, and for this, there is a critical need to provide them with recognition and a fair platform. Continuous attention to these issues, providing them with appropriate support, and providing dialogue and guidance, is important for women's sports.

6. SUGGESTIONS

Various activities are being executed to empower an ever-increasing number of girls for sports interest, since, supposing that an ever-increasing number of women and girls serve in authority and dynamic positions their impact as good examples and coaches will energize different women and girls to partake at all degrees of sports. Here are a few recommendations to raise the mindfulness and giving consolation and backing to the women sportspersons: -

- ❖ A wide range of sports offices ought to be given to girls in schools so they may not look elsewhere for sports-which may not exist on cost or expect cash to pay for it.
- ❖ Endeavors ought to be made to advancing girls' sports in towns.
- ❖ Mindfulness with respect to connection among sports and women's wellbeing in schools/universities ought to be raised.
- ❖ Incorporation of physical training in conventional educational program of school ought to be made.
- ❖ Girls ought to be given better security when they are going for rivalries.
- ❖ Media should give increasingly more inclusion to women sports so that individuals become more mindful about it.
- ❖ Need of more inns for sports girls at college level ought to be met.

- ❖ Girls ought to be guaranteed that they have protection in changing rooms and in different offices like rest rooms.
- ❖ Girls ought to be given acceptable convenience and diet at the spot of competition since this straightforwardly influences their presentation.
- ❖ Girls ought to be permitted to choose round willingly, not based on accessibility of a specific mentor in the schools/universities.

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