



ISSN Print: 2664-7265  
ISSN Online: 2664-7273  
Impact Factor: RJIF 8  
IJPHE 2024; 6(2): 16-17  
[www.physiologyjournals.com](http://www.physiologyjournals.com)  
Received: 07-05-2024  
Accepted: 13-06-2024

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## International obstacles to women's in sports

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**DOI:** <https://doi.org/10.33545/26647265.2024.v6.i2a.67>

### Abstract

Women face numerous obstacles to sports participation. When attempting to "get women moving," a goal that has not yet been attained in both the Global North and South, it is important to take into account the obstacles that impede women from participating in physical activities. These obstacles are relevant for both developed and developing nations.

**Keywords:** Obstacles, international, women, media and practical

### Introduction

It is a widely held idea that is spread by both men and women through social customs, religious beliefs, and traditional behaviours. This implies that women shouldn't be athletic and that their bodies shouldn't be muscular. The incorrect association between playing sports and socially inappropriate behaviour is another barrier.

Lack of understanding of the advantages of exercise is one of the knowledge gaps. However, they also address the fallacies, such as the persistent and utterly incorrect notion that sports. Poverty and a lack of financial resources are examples of practical obstacles. For women, this entails a lack of time, a lack of infrastructure that is acceptable, safe, and accessible, as well as a lack of suitable clothes.

Today, women must put in more effort and demonstrate their worth more than men do to earn even a small portion of the respect that almost all males have. Women have formed conventions that address how all women need to encourage each other in sports due to how they are treated by the rest of the world after seeing this disparity.

### Practical Obstacles

Lack of time and childcare is a barrier:

Given that they shoulder a larger share of the load for household duties, child care, and the care of elderly or ill family members, women often have less free time than males. Because they feel it would be selfish to commit to something for a long time, some women are hesitant to sign up for anything.

### Obstacle: A shortage of funds

Women often make less money than males; fulltime female workers make £559 less per month on average than male workers.

### The difficulty of transportation

Women with small children, older women, women and girls with impairments, and women and girls who live in rural regions are most affected by this issue.

### Personally security

Women have a specific concern with personal safety on the streets, in public transportation, and in and around sporting and communal activities. Some groups are more susceptible than others, such as BME women and girls, who may become the target of racist behaviour. Bullying and other forms of abuse frequently target people with disabilities. For certain populations, accessing sporting or physical activity venues might be particularly difficult.

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**Facilities**

Women's sports receive less financing than men's sports on the whole. 41% of all athletes financed by various programmes are women. Girls' teams in community sports typically receive less sponsorship from nearby companies since they do not have significant fan bases. Access to resources if they don't have access to facilities at convenient times, women and girls can't participate in sports.

**Personal obstacles****Body image**

According to research, female teenagers generally express more unhappiness with their bodies than their male counterparts. Increasingly revealing clothing for women and girls is encouraged by Western fashion, yet social norms in other countries forbid exposing the female body. Obese or disabled girls and women may be particularly impacted by issues with body image. These women regularly face harsh judgement due to our society's rising obsession with bodies.

**Costume**

Sportswear and accessories can be rather pricey. Images of athletes may encourage the notion that unless you're dressed in trendy attire made for a certain activity, you'll seem out of place. Some sportswear is also highly exposing, which causes challenges for women and girls related to body image issues (See above).

Some BME women may not be able to participate due to strict dress regulations.

**Insufficient confidence**

On average, girls judge their performance or ability less favourably than boys do, and they also have lower levels of self-confidence. Despite the fact that some women appreciate the competitive aspect of sport, many girls and women avoid it because of this. This is one of the factors contributing to the decline in popularity of several conventional team sports and the rise in popularity of "aesthetic activities" like yoga, gymnastics, and aerobics among girls and young women.

Cultural and social divides

**Problematic is the culture of sport itself**

Some women and girls completely avoid "sport" because the y perceive it to be a maledominated activity.

**Biases and perspectives on ethnicity**

There are considerable distinctions between black and minority ethnic groups, despite the widespread belief that diverse ethnic groups have comparable experiences.

**Sexual assault and harassment**

Though there is a dearth of research specifically focused on sports, new studies show that sexual assault and harassment are issues in sports.

**Media**

Lack of role models in sports and negative media portrayals of women make women invisible. Additionally, there is a disparity in how women's sports are covered in the media due to perceptions toward women in sport, which in turn affect participation rates. Despite the high media reputations of athletes like Kelly Holmes and Paula Radcliffe, there aren't eno

ugh female role models to motivate other athletes and develop the next generation of fit, active women.

**Conclusion**

To promote women's and girls' rights, use press releases and constructive relationships with your local media. Successes in sports. Seek media attention for the accomplishments of your club or organisation, regardless of the gender of the players or the level of competition. Include members of the whole local community, such as disabled persons, BME women and girls, etc. in any news coverage.

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