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Constraints of Indian Women Participation in Games and Sports

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Abstract

Female of 18 - 22 aged groups and psycho- social and socio-economic status do face a number of constraints in pursuing physical recreation activity. The problem under investigation was a study on the constraints of women participation in sports in India. The present paper aimed to study the constraints of female's physical recreation participation, and the relationship of perceived constraints and the level of participation between different education levels that was graduation and post- graduation. Two hundred and eight females aged 18 to 22 were invited to fill in the Physical Recreation Participation Questionnaire (PRPQ) to identify their perceived constraints and level of physical recreation participation. Results indicated that there were certain constraints factors, such as psychological constraints, accessibility constraints and time constraints, more related to the constriction in female physical recreation participation. When analyzing the constraint dimensions with different status towards participation frequency, the result was not necessary negatively related. The population under this study was college women who were studying Degree and post graduates in the Arts, Science under Sri Krishnadevaraya University, Anantapuramu, Andhra Pradesh, India. Sample was thousand women of 25 colleges were selected randomly. There has been lack of encouragement from the parents and family members. Statistically significant differences ($p<05$) were found in the awareness factors ($F=4.70$, $p<05$), accessibility factors ($F=2.81$, $p<05$), and time factor ($F=3.41$, $p<05$) among different physical recreation participation frequency groups.

Introduction

Karl and Ginder (2015) defined physical recreation as "freely chosen, enjoyable activity, which involves movement of the body and includes active sport, exercise, fitness, dance, and outdoor activities". When considering constraints in physical activity participation, there were many definitions on leisure constraints, nevertheless, they all shared the similar ideas: Constraints have been defined as those factors that make physical activity participation unattractive and impede consistent participation **(Yeswanth and Ledgon 2014)**. In spite of the different grouping of leisure constraints, it has been widely presumed in the early researches that there was a negative relationship between constraints and leisure participation, while constraints inhibited people's participation in physical activity. Sisnor and Dewar (2013) study, it pointed out controversial idea that activity participation might disclose individual to constraints they did not forecast. Moreover, participants might have learned to overcome constraints or how to change their activity participation to face those constraints.

Regarding the constraints faced by female in leisure participation, it is proposed that although female have leisure, they faced more constraints than men did. Substantial researches had linked constraints on female's leisure with their position within a patriarchal society **(Shaw, 2013).** Furthermore, among those

constraints thought to be significantly more prevalent within female leisure participation, gender-role conformity, family and time commitment and the ethic of care had probably received the most attention in the literature.

Methodology

Subjects

208 females aged 18-22 were invited to fill in the PAPQ. The population under this study was college women who were studying Degree and post graduates in the Arts, Science under Yogivemam University, Kadapa district, Andhra Pradesh, India. The Level of physical activity participation was categorized according to their self-reported physical recreation participation in the academic year of 2013 - 2014. The sample comprised of 30.3% frequent participant (at least once a week), 13.9% moderate participant (at least once a month), 34.6% infrequent participant (less than once a month) and 21.2% non-participant (didn't participate at all).

Data Analysis

All data were analyzed by the Statistical Package for Social Science for Window 9.0 version. Mean and standard deviations were calculated between different participant groups (infrequent, moderate, and frequent participants) in the seven constraint factors. One-way analysis of variance (ANOVA) was used to compare the differences among different psycho-social-demographic groups. Two-way ANOVA was further adapted to analysis the interaction effect for the demographic differences (occupation status, education level and marital status) respectively in total constraints toward physical recreation participation frequency.

Results

Regarding the constraint dimension, mean scores and standard deviation were reported on Table 1 with "Time Factors" ranked first in the constraint dimensions. In terms of the mean differences of particular constraint dimensions, One-way ANOVA analysis was shown on Table 2. Statistically significant differences ($p<05$) were found in the awareness factors ($F=4.70$, $p<05$), accessibility factors ($F=2.81$, $p<05$), and time factor ($F=3.41$, $p<05$) among different physical recreation participation frequency groups.

Furthermore, there was significant interaction relationship between total constraints and education level on physical recreation participation ($F=2.91$, $p<05$). There was significant mean difference in the main effect for total constraints ($F=6.64$, $p<05$). Multiple comparison tests results were shown on Table 3 and Table 4 respectively. The result indicated that under the occupation status, housewives ($M=2.11$) scored significantly lower total constraint scores than the full-time ($M=2.79$) and part-time ($M=3.08$) respondents. Furthermore, there was significant difference in the main effects for the total constraints ($F=7.01$ $p<.05$). Furthermore, in terms of the education level, respondents with education level ($M=2.04$) scored significantly lower total constraints scores than those have primary ($M=2.71$), secondary 3 ($M=3.11$), post secondary ($M=2.47$) and college ($M=3.13$) education level.

Table 1. Ranking of 7 Constraint Dimensions towards Physical Recreation Participation (N=7) (in descending order).

Rank	Constraint Dimensions	M	SD
1	Time Factor	2.98	.99
2	Lack of Partners	2.77	.006
3	Facility Factors	2.56	.006
4	Accessibility Factors	2.54	.006
5	Awareness Factors	2.08	.005
6	Un-enjoyable Past Experiences	2.12	.005
7	Psychological Factors	1.96	.004
	Total Constraint Factors	2.37	.004

Table 2. One-Way ANOVA for the Perception of Constraint Factors by Participation Groups.

	Group						
	Non-participant	Infrequent Participation	Moderate participation	Frequent participation	df	F	sig.
Psycho- Social factors	2.16	1.88	1.99	1.88	3	2.28	.080
Awareness Factors	2.40	1.84	1.97	2.20	3	4.70	.003
Facility Factors	2.85	2.55	2.46	2.40	3	2.52	.059
Accessibility Factors	2.61	2.67	2.68	2.27	3	2.81	.041
Past Experience	2.38	2.03	2.03	2.07	3	1.94	.125
Partner Factors	2.92	2.92	2.57	2.60	3	2.08	.104
	3.15	3.15	3.00	2.67	3	3.41	.019
Time Constraints	2.59	2.36	2.35	2.25	3	2.85	.039

Table 3. Interaction between Constraint Factors and Occupation Status for Physical Recreation Participation (Two-Way ANOVA) (N=208).

Source of Variation		**Sum of square**	**Mean Square**	**df**	**F**	**sig**
2-way interation	Total constraints* occupation status	24.24	3.46	7	3.68	.001
Main Effects	Total constraints	20.00	6.67	3	7.01	.000

	Occupation status	.324	.108	3	.115	.951

Table 4. Interaction between Total Constraint and Education Level on Physical Recreation Participation (Two-Way ANOVA) (N=208).

Source of Variation		Sum of Square	Mean Square	df	F	sig
2-way interation	total constraints* occupation status	24.48	3.72	9	2.91	.003
Main Effects	total constraints	18.63	6.21	3	6.64	.000
	occupation status	1.20	1.20	4	.32	.864

Discussion

`Lack of time' is a common constraint factor obtained in physical activity research, which also shown in the present study. Female perceived their infrequent physical activity participation was caused by the lack of time. Although lack of time can be described as "real" barrier inhibiting participation, Burton and Raedeke (2010) suggested that lack of time might not be an absolute constraint, but rather, a reflection on a person's attitudes toward physical activity.

In response to time constraints for recreation activity participation, female were more constrained when compared to men, with regard to household obligations and family commitments (Searle & Jackson, 2006; Witt & Goodale, 2009). By the ideology of familism, which reifies female's central caregiving roles, was another way in which the ethic of care could be seen to act as a leisure constraint (Hunter & Whitson, 2010; Shaw2011

From another point of view, ethic of care was one of the unique constraints faced by female on their physical recreation participation. In Henderson & Allen, (2004) study, it was proposed that, because of the ethic of care, female often provided for the needs of others first, thus neglecting their own leisure needs. Moreover, many female still did not feel entitled to leisure participation (Henderson et al., 2010). At the same time, females were sometimes reluctant to plan to participate in physical activities because they believed they did not deserve the time for themselves (Henderson, 2006). In another word, the time constraints faced by female can be viewed as their identification on their role in the family, which made them find no time for participation.

It is presumed that those highly educated people should understand the benefit of physical recreation and because of the social back ground; they should encounter fewer constraints in participation. However, the findings indicated that among all the participation groups, the higher educated respondents did not experience lesser constraints.

The studies of leisure constraints provided an effective framework for understanding reasons for non-participation. Likewise, the concept of constraint negotiation might be a helpful model by which to understand efforts that might eventually lead to participation for people who originally felt constrained. Constraint negotiation emerged as a re-consideration on the negative relationship between perceived constraints and activity participation.

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