

# A Study on Gender Discrimination And Abuse on Female Athletes in their Coaching Environment.

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## Abstract

Gender discrimination and abuse in the coaching environment of female athletes is a serious issue that can have detrimental effects on their well-being and performance. It can manifest in various forms such as unequal opportunities, lack of support, verbal or emotional abuse, and even physical or sexual harassment. Researcher conducted the study on two hundred (n=200) female athletes Age of 18 to 24 were selected from various clubs and academies in Mumbai region was pulled as sample. For collection of data, standardized questionnaire on gender discrimination on female in sports in India from Experts Dr. Roy John Vand Dr. K.P. Manoj [2020] and for Abuse customize questionnaire was used ABUSE INVESTIGATING INVENTORY IN SPORTS, which was made by Avni Dinesh Sapariya and Dr. Nitin P. Khanvilkar [2024] were used. The data of both the variables were primarily processed for descriptive statistics. For the analysis and the interpretation of the data measures of central tendency mean and pearson correlation was used. The Results revealed that the age of female athletes increases, so does the incidence of abuse, while gender discrimination remains relatively consistent across different age groups. These findings tell us we need to do something about both abuse and gender discrimination in sports.

**Keywords: Gender Discrimination, Abuse, Female Athletes.**

## Introduction

- Gender Discrimination and abuse in the coaching environment of female athletes is a pressing issue that demands attention and action.
- Despite strides towards gender equality in sports, many female athletes still face systemic challenges, including unequal treatment, harassment, and abuse within their coaching environment.
- This study aims to shed light on the prevalence, impact, and underlying factors of such discrimination and abuse, highlighting the need for comprehensive solutions to ensure the safety, well-being, and fair treatment of female athletes.
- By understanding and addressing these issues, we can strive for a more inclusive and supportive athletic environment for all.
- Gender discrimination and abuse in the coaching environment of female athletes is a serious issue that can have detrimental effects on their well-being and performance.
- It can manifest in various forms such as unequal opportunities, lack of support, verbal or emotional

abuse, and even physical or sexual harassment. Such behaviour not only undermines the athletes' confidence and motivation but also hinders their growth and success in their sport.

- It is crucial for sports organizations, coaches, and athletes themselves to actively address and combat gender discrimination and abuse by promoting a culture of respect, equality, and support for all athletes regardless of gender.

### 1.2 Significance

- The study on gender discrimination and abuse on female athletes in their coaching environment sheds light on the persistent challenges faced by women in sports coaching.
- The study will help to enhance the participation of female athletes in sports and it can result in a broader talent pool and enrich the sporting landscape.
- The study will create a coaching environment free from gender discrimination and abuse, build trust and confidence among athletes, coaches.
- The study will create a positive and safe coaching environment for female athletes in terms of gender discrimination and abuse.
- The study will help to understand the effects of gender discrimination and abuse crucial for the holistic development of athletes.

### 1.3 Objective

- To understand the problems related to female athletes in terms of gender discrimination and abuse in their coaching environment.
- To study challenges faced by female coaches, such as barriers to career progression, lack of support, inadequate salaries, job insecurity, and difficulties in working with parents and spectators.
- To study how it affects female athletes in their sports, in terms of gender discrimination and abuse.
- To spread knowledge and awareness among female athletes, coaches and general public.
- To study the emotional and physical impact of gender discrimination and abuse on female athletes.

### 1.1 Statement of problem

A study on Gender Discrimination and Abuse on female athletes on female athletes in their coaching environment.

### 1.2 Hypothesis

- There will be no significant difference in the mean score of gender discrimination on females in their coaching environment.
- There will be no significant difference in the mean score of abuse on females in their coaching environment.
- There will be no significant correlation between mean score of gender discrimination and abuse in female athletes in their coaching environment.

### 1.3 Operational terms

#### A. Gender Discrimination

Gender discrimination against female athletes encompasses various forms of inequality and bias

experienced by women in sports. This discrimination manifests in disparities in opportunities, funding, media coverage, sponsorship, salaries, and overall recognition compared to male athletes. Women often face challenges such as unequal pay, limited athletic opportunities, fewer scholarships, and underrepresentation in coaching and leadership roles. The lack of support and investment in women's sports perpetuates a cycle of inequality, affecting areas like commercial appeal, media coverage, and fan engagement. Despite efforts to address these issues, gender discrimination in sports remains prevalent, highlighting the need for ongoing advocacy, policy changes, and cultural shifts to promote gender equality in the sports industry.

## **B. Abuse**

Abuse of female athletes encompasses various forms of mistreatment, including sexual harassment, physical abuse, emotional abuse, and gender-based violence. Research indicates that female athletes often experience higher rates of abuse compared to male athletes, with incidents ranging from sexual abuse during childhood to harassment by coaches and officials. The consequences of such abuse can lead to lower self-esteem, increased anxiety, depression, and eating disorders among female athletes. The abuse can occur in different settings, such as sports organizations, training centers, and competitions, highlighting the need for policies, awareness, and support systems to address and prevent abuse against female athletes. The abuse is a serious issue that affects the well-being, performance, and overall experience of female athletes in the sports industry.

### **1.4 Critical Evaluation of Reviews**

After studying, analysing, and evaluating the related literature, the researcher came to the conclusion that there are negligible Studies conducted on the gender discrimination and abuse on female athletes in their coaching environment. There is no research or study so far conducted on this topic. Hence the researcher conducted research on this topic so that the voices of many females athletes should be heard on more regular basis on global platforms and research forums.

### **1.5 METHODOLOGY**

The following methodological steps were taken in order to conduct the present study.

### **1.6 SAMPLE**

To conduct the study Total Two hundred (n=200) female athletes of 18 to 24 Age group were selected through purposive sampling method from various clubs and academies of Mumbai region.

### **1.7 TOOLS**

For collection of data, standardized Questionnaire from CONSTRUCTION & STANDARDISATION OF A QUESTIONNAIRE ON GENDER DISCRIMINATIONS FACED BY WOMEN ATHLETES RELATED TO PARTICIPATION IN SPORTS IN INDIA made by **Dr. Roy John V** Assistant Professor in Athletics, Govt. College of Physical Education, Kozhikode, Kerala, India **Dr. K.P. Manoj** Director of Physical Education & Sports, Kannur University, Kannur, Kerala & Dean, Faculty of Education, University of Calicut, Malapuram, Kerala, India [2020] and for Abuse there was a customize questioner ABUSE INVESTIGATING INVENTORY IN SPORTS made by **Avni Sapariya and Dr. Nitin Khanvilkar** [2024] were used on female athletes of age 18-24 years across various clubs and sports academies Mumbai District.

### 1.8 PROCEDURE

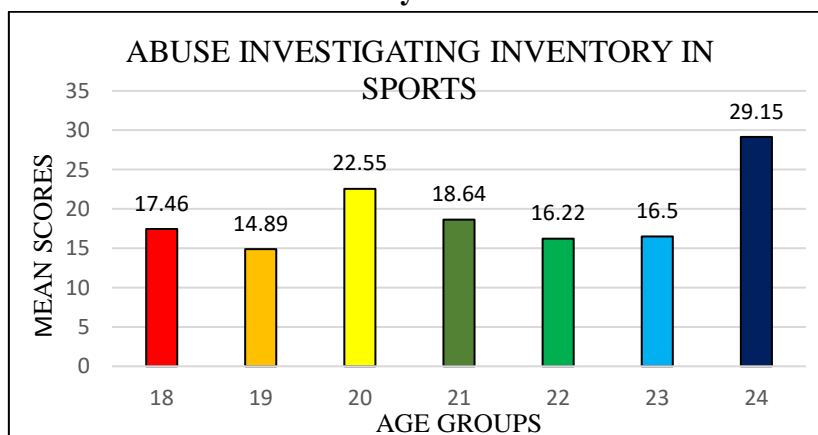
The researcher has selected one Sports Academy in Mumbai region for pilot study. After taking a permission form right authority, twenty-four (N = 24 female athletes) female athletes were pulled for pilot study from the Academy. All the subjects were instructed to seat. Then the researcher gave them the questioners and explained about the research and how to fill the questioner, also the researcher took their permission before filling the questioner. The researcher distributed Pen and both questioner to each subject. After completion of the filling up the answer the researcher collected it from all the subjects. The researcher was trained in such a way that in case of any query they were able to help the subjects. Subjects were instructed on basic dos and don'ts to get the accurate readings. The data of both the variables were primarily processed for descriptive statistics. Further, by using Pearson correlation and Central Tendency Mean the data was analysed.

### 1.9 ANALYSIS OF DATA

**Table 1: Mean scores of abuse on female athletes in their coaching environment, age group of 18 to 24 years.**

SR NO.	AGE	ABUSE
1	18	17.46
2	19	14.89
3	20	22.55
4	21	18.64
5	22	16.22
6	23	16.5
7	24	29.15

**Figure 1: Graphical representation of mean scores of abuse on female athletes, age group of 18 to 24 years.**

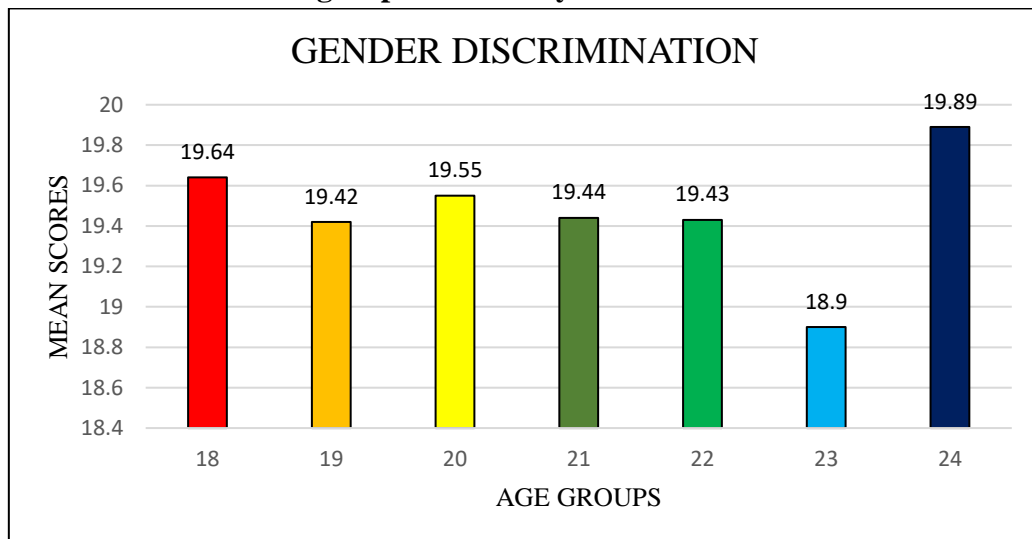


From Table 1 and figure 1, it appears that there is a noticeable fluctuation in the level of abuse faced by female athletes as they progress in age within their coaching environment. Specifically, there seems to be a peak in abuse experienced at the age of 24, as indicated by the highest recorded value of 29.15.

**Table 2: Mean scores of gender discrimination on female athletes in their coaching environment, age group of 18 to 24 years.**

SR NO.	AGE	GENDER
1	18	19.64
2	19	19.42
3	20	19.55
4	21	19.44
5	22	19.43
6	23	18.9
7	24	19.89

**Figure 2: Graphical representation of mean score of gender discrimination on female athletes, age group of 18 to 24 years.**

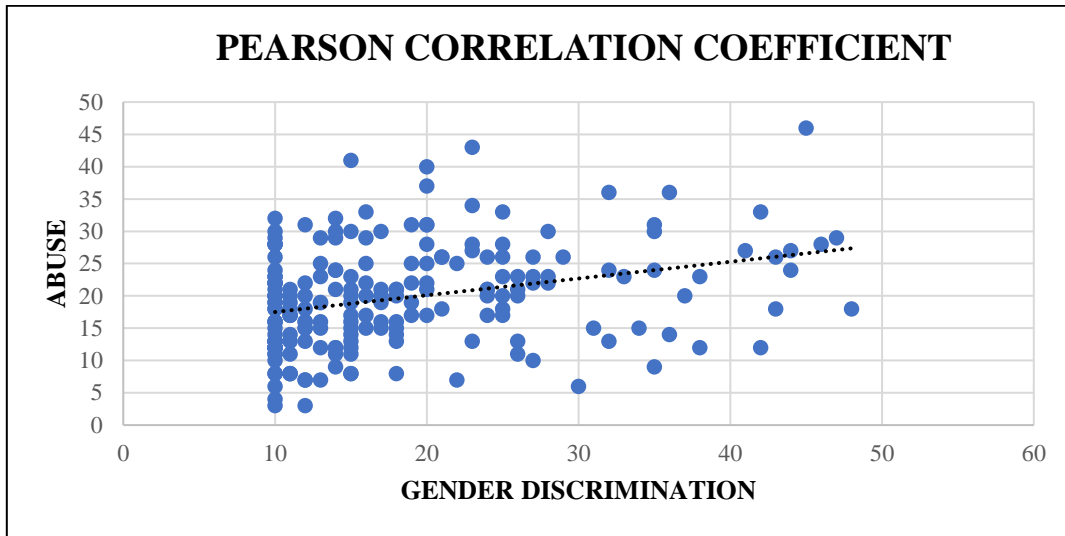


From Table 2 and Figure 2, it seems that there is minimal variation in the perceived level of gender discrimination faced by female athletes across different ages within their coaching environment. The values hover around a relatively consistent range, with no significant upward or downward trend as athletes age.

**Table 3: Pearson correlation coefficient between abuse and gender discrimination on female athletes in their coaching environment.**

	<i>ABUSE</i>	<i>GENDER</i>
<i>ABUSE</i>	1	0.309530708
<i>GENDER</i>	0.309530708	1

**Figure 3: Pearson correlation coefficient between abuse and gender discrimination on female athletes in their coaching environment.**

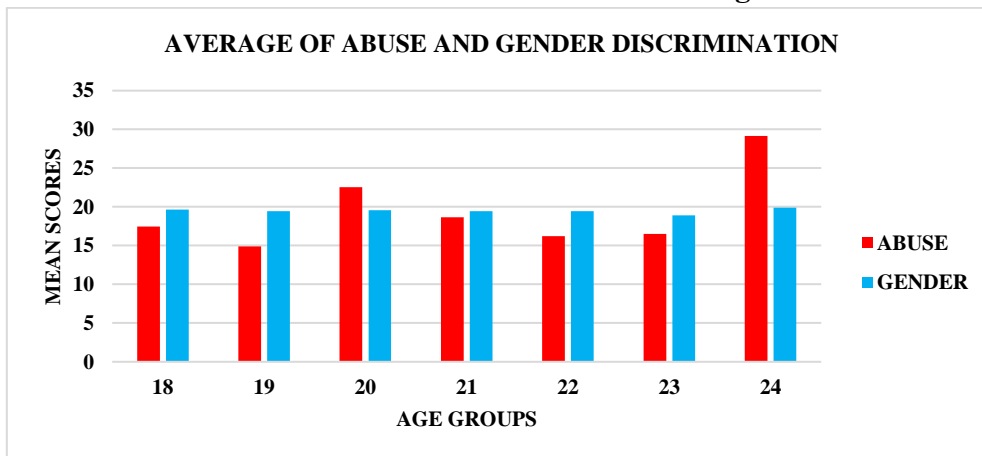


From table 3 and figure 3, it can be seen that there is a positive correlation between Abuse and Gender Discrimination in Female Athletes in their coaching environment. The correlation graph is showing an upward trend.

**Table 4: Comparison of mean scores between abuse and gender discrimination on female athletes in their coaching environment.**

SR. NO	AGE	ABUSE	GENDER
1	18	17.46	19.64
2	19	14.89	19.42
3	20	22.55	19.55
4	21	18.64	19.44
5	22	16.22	19.43
6	23	16.5	18.9
7	24	29.15	19.89

**Figure 4: Graphical representation of a comparison of mean scores between abuse and gender discrimination on female athletes in their coaching environment.**



From Table 4 and Figure 4, it can be seen that girls face abuse in varied manners across age groups in comparison to gender discrimination and it fluctuates according to different age groups. Gender Discrimination mean scores are constant with minimal fluctuations.

### 1.10 RESULT AND DISCUSSION

- Abuse faced by female athletes in their coaching environment varies across different age groups, with fluctuations in the reported scores.
- There is a noticeable peak in abuse reported at the age of 24, with a score of 29.15, suggesting potential issues at this stage.
- Gender discrimination levels faced by female athletes remain relatively consistent across different age groups, with scores ranging from 18.9 to 19.89.
- On average, female athletes perceive slightly higher levels of gender discrimination (mean score: 19.514) compared to abuse (mean score: 19.032).
- The fluctuation in abuse scores across age groups highlights the need for targeted interventions and support systems to address potential vulnerabilities of female athletes, especially at certain stages of their athletic careers.
- The peak in abuse reported at the age of 24 warrants further investigation into the specific factors contributing to this trend and the implementation of preventive measures to ensure the safety and well-being of athletes.
- While gender discrimination remains relatively constant across age groups, the fact that it is perceived slightly higher than abuse suggests a need for ongoing efforts to promote gender equality and eliminate discriminatory practices within coaching environments.

### 1.11 CONCLUSION

It was concluded that there is abuse faced by female athletes varies at different ages, with a peak at 24. This suggests that certain age groups may be more vulnerable to mistreatment, requiring targeted support and intervention. There is unfair treatment based on gender discrimination doesn't change much as athletes get older. This means discrimination is a steady problem across different ages. There are female athletes tend to notice gender discrimination a bit more than abuse. It shows they might be more aware of how they're treated differently. These findings tell us we need to do something about both abuse and gender discrimination in sports. We should make rules, teach coaches and players better, and create safe places for athletes to play without being mistreated. There is a positive correlation between Abuse and Gender Discrimination in Female Athletes in their coaching environment. The correlation graph is showing an upward trend.

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