

Chapter - 6

Women and Sports

Very Short Answer Type Question

(1 Marks Each)

Q.1. What is menarche?

Ans. Menarche is the first menstrual bleeding of the young girl (9-16 yrs.)

Q.2. What do you mean by sports participation of women?

Ans. Sports participation of women means "Participation of Women in the field of sports and games.

Q.3. What is menstrual dysfunction?

Ans. Menstrual dysfunction is a disorder or irregular menstrual cycle in women. It can also be defined as "An abnormal bleeding during the menstrual cycle".

Q.4. What is ideology?

Ans. Ideology is a set of Doctrines or beliefs that are shared by the members of a social group or it is the imaginary relations to the real conditions of existence.

Q.5. What is Amenorrhoea?

Ans. Amenorrhoea is a menstrual disorder or illness in females in which female of 18 years and above either never began menstruating or their absence of menstruation for three months or more than that in females with the history of normal menstrual cycle.

Q.6. Why there is less participation of women in Sports in India? Give any three reasons.

Ans. There is a less participation of women in India because:-

1. Lack of interest of spectators and no coverage of women sports.
2. Lack of education among women.
3. Attitude of society towards women sports participation

Q.7. What is menopause?

Ans. Menopause is the time when women stop having menstrual cycle, it occurs when menstruation ceases due to hormonal changes. In other words "It is permanent, Cessation of primary functions of the Ovaries.

Q.8. What is the Osteoporosis?

Ans. Osteoporosis is a skeletal disorder in which reduction in bone mass may cause fracture.

Q.9. What is the female athlete triad?

Ans. Female athlete triad is a syndrome in which anaemia, osteoporosis and amenorrhoea effect adversely on the body.

Q.10. What is menstrual Cycle?

Ans. The monthly cycle of changes in the ovaries and the lining of the uterus (endometrium), starting with the preparation of an egg for fertilization. When the follicle of the prepared egg in the ovary breaks, it is released for fertilization and ovulation occurs.

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Short Answer Type Questions

(3 Marks each)

Q.1 What are the causes and risk factors of osteoporosis?

Ans. There are various factors, which lead to osteoporosis, these are :-

- A, **Insufficient calcium in diet** :- The main cause of osteoporosis is intake of insufficient calcium in diet.
- B. **Amenorrhea** :- Women suffering from Menstrual dysfunction or Amenorrhoea for more than 6 months are likely to face osteoporosis because the secretion of the hormone called Oestrogen is decreased in those women. This hormone is necessary for absorption of calcium in our body.
- C. **Eating disorder** :- Eating disorder like anorexia and bulimia etc. may also cause osteoporosis because they can be less amount of calcium intake.
- D. **Bad Eating Habits** :- Intake of Caffeine, Alcohol, tobacco or smoking may lead to osteoporosis. These products have a negative effect on Bone Density.

Q.2. Write the Psychological factors, affecting women participation in Sports?

Ans. The various psychological traits of women athletes are :

1. **Gender Role Orientation**-Many Sports like wrestling, weight lifting, body building etc has been considered inappropriate for women because of the potentially Harmful masculinizing effects of sports.
2. **competitiveness** - Males are found to be competitive in comparison to female. In fact Female are more goal oriented and perform magnificiently in artistic activities such as Gymnastic.
3. **Confidence** :- Female sportsperson is less confidence the comparison to male sportsperson. While sports women is significantly confident than non sportsperson.
4. **Self-esteem** :- Female athletes have low self esteem in comparison to male athletes. Intensive training helps in enhancing self-esteem.

5. **Self image or body image** :- Sports participation is helpful in the enhancement of positive body image. It provides good shape and well balanced body and finally it improves self-image.

Q.3 Briefly discuss about sociological aspects of sports participation.

Ans. There are various factors, which are responsible for low sports participation of women in society. These factors are:-

1. **Family** - Family is a very significant social factor, which is generally responsible for early sports socialization. The socializing process at home for both sex is different. Males usually get more support and encouragement to get involved in sports activities. They are further provided with more facilities to encourage and support participation in sports and games. However female usually are not encouraged to get involved in sports activities.
2. **School** - The culture of sports is generated in schools and reputation of school is dependent on the success of male and females as sports personalities. Lots of schools do not have girl teams as male teams (soccer/ wrestling/boxing etc/) They do not have proper arrangements for coaches and sports facilities for females.
3. **Culture** - Cultural beliefs have have great impact on the involvement of females in sports. Many cultures still firmly believe that women's place is in the kitchen. The participation in the sports masculinises females are viewed negatively.

4. **Attitude and prejudices** - Attitude and prejudices of society play significant role in sports participation, some females avoid certain sports for fear of being perceived masculine. Due to such attitude and prejudices of society regarding sexuality inhibit females to participate.

Q.4 What are the effects of menopause?

Ans. Menopause is the time when a woman stop having menses or menstrual cycle.

The main effects of it are :-

- A. Hormonal changes.
- B. Lose bone density
- C. Increase blood sugar which increase the risk of heart diseases.
- D. Increase the body mass.
- E. Emotional imbalanced.

Q.5. Elaborate the various types of disorders/ problems related to menstrual dysfunction?

Ans.

1. **Absence of menstrual periods** :- This problem may be due to eating disorder, excessive exercise schedule, extreme level of stress and medications etc.
2. **Premenstrual syndrome** :- Many girls may have symptoms such as acne, backaches, Sore breasts, headaches, constipation, depression, irritability and feeling anxious etc. These symptoms may be faced by female before their menstruation.
3. **Abnormal Cramps** :- These cramps are caused by a chemical in the body that makes the muscles in the uterus contract.
4. **Heavy or prolonged period** :- It is common for a girl's menstrual period to be heavier on some days than others.

5. **Irregular menstrual period :-** The regular menstrual cycle for a female is 28 days. However, it may vary from 21 to 35 days.
6. **Delay in the first menstrual period.**

Q.6 Poonam was a good judo player from her school days. She used to come to school from a remote village. Most of the aged persons of the village used to object her taking part in judo. Even they used to say her parents not to allow her for sports, but they wanted their daughter to be an international level judo player. They did not care of them. They tried to give or arrange all facilities for her to be an international player. Now after ten years of hard work, she has been selected for world judo championship. She is sure to win laurels for her country.

On the basis of above passage answer the following questions;

1. Do you agree with the views of most of the villagers? Answer in brief.
Ans. I am not agree with the views of most of the villages because according to them judo is a body contact game which is not for girl and they thought that girls are weak.
2. What values are shown by poonam's parents regarding her sports participation?
Ans. Poonam's parents have shown support, encouragement, motivation regarding her sports participation.
3. What values are shown by poonam in respect of her parents?
Ans. Poonam has shown physical and mental strength, confidence, try to change the attitudes of society towards the participation of women in sports.

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Women and Sports

Long Answer type Questions (5 marks each)

Q.1 Elucidate the steps to improve participation of women in sports and games.

Ans. The steps to improve women participation in the field of sports and games:-

- A. Motivation and inspiration to women for participation.
- B. Support from family and parents.
- C. To organise camp, seminar and workshops.
- D. To provide knowledge and media coverage.
- E. Educating women at grass route level and participation.
- F. Provide better infrastructure and facilities.
- G. Ensuring safety and security of women.
- H. More opportunity for competition
- I. Develop new techniques and environments.
- J. To build physical and psychological strength.
- K. Healthy and balance food.
- L. Better incentives and awards.
- M. Culture in domestic constrains.
- N. Change in attitude and perception in village level
- O. Equality and community mobilizing.

Q.2 What do you mean by female triad? Explain the causes of it?

Ans. Female triad means a syndrom in which anaemia, osteoporosis and amenorrhoea are present in the female. The triad is a serious disorder or illness with life long health consequences and can be very fatal. In fact it is syndrom of three interrelated conditions.

- A. Anaemia :- decrease amount of red blood cells or haemoglobin in the blood. It can be defined as a lowered ability of blood to carry oxygen to the tissues of the body.**
Female athlete anemia may be caused by

- a. Acute bleeding
- b. Stomach ulcers
- c. Gastrointestinal blood loss
- d. Cancer
- e. Child birth
- f. Menstruation cycle
- g. Surgery
- h. Inadequate iron intake
- i. Poor iron absorption
- j. Loss of iron through sweat (Especially during long distance races).

B- Osteoporosis :- It is a skeletal disorder which refers as to the decreased bone material contents.

- a. Insufficient calcium in diet.
- b. Amenorrhoea
- c. Eating disorder
- d. Bed eathing habits

C. Amenorrhoea:- It is a menstrual disorder or illness in female of 18 years or above either never began menstruating or there is an absence of menstruation for three months and more.

The factors or causes which may inspire or enhance the chances of amenorrhoea,

- A. Hormone changes
- B. Intensive excises
- C. Intake of less carbohydrates or calories.

Q.3 Explain women participation in sports in India.

or

Discuss ideology in terms of women and sports participation in brief.

- Ans. For women's participation in sports we have a look at ancient period. Regarding participation in the first modern olympic (1896 athens), there was no participation of women.
- Women participated first time in 1900 olympics. (22 women participated in)
 - In 1904 six women participated.
 - And after 100 years in 2000 sydney olympics 4069 women had participated.
 - In 2008 Beijing olympics 4637 women participated.

Participation in India

- In 2000 karnam Malleshwari was the first woman who won bronze medal in Sydney Olympic from India.
- In 1984 performance of P.T. Usha was very good in Athletics.
- In 2012 london olympics Saina Nehwal and M.C. Mericom got bronze medal.

In 2016, Rio Olympics, Sakshi Malik won bronze medal, P.V. Sandhu won silver medal where as Deepa Karmakar opened new dimesions in gymanastics.

Over the past several decades the participation of women in sports in sports field has increased tremendously.

But really, it is a matter of regret for all of us to know that sports is such a field where gender inequality is strongly evident. The general social environment has not only inhibited women from participation in sports but has also criticise them when they participate. Many people comment for women "Why don't they stay in the kitchen where they belong"?

But Now time has changed. Women are capable of changing society. Now the ideology suggests that women are participating in every sphere of life and proving themselves globally.