

Role Of Physical Education And Sports For Women Empowerment

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Abstract

Female participation and popularity in sports increased dramatically in the 20th century, especially in the last quarter-century, reflecting changes in modern societies that emphasize gender parity. Girls and women face a disproportionate number of life challenges, which reduce their ability to achieve their full potential. Sport and physical Education have not yet been used on a large scale as a strategy within women's movements. There are, however, already very positive stories to tell from both our programme partners and those programmes in our network. Based on the experiences of these partners, we have learned more about how participation in sport and physical Education can empower individual girls and women. Sport has the power to change lives. By teaching women and girls teamwork, self-reliance, resilience and confidence, [sport is one of the great drivers of gender equality](#).

Introduction

The modern Olympics had female competitors from 1900 onward, though women at first participated in considerably fewer events than men. Women first made their appearance in the Olympic Games in Paris in 1900. That year, 22 women competed in tennis, sailing, croquet, equestrian, and golf. Women who play sports face many obstacles today, such as lower pay, less media coverage, and different injuries compared to their male counterparts. Involvement in sport and physical Education have build life skills, confidence and body awareness and may create social networks, which result in dramatic positive life changes for participants. involvement in sport and physical Education can positively change existing gender norms and help girls and women move into public spaces. Moreover, sport and physical Education programmes provide opportunities to bring communities together and help realise development objectives relating to such issues as (post) conflict management, reproductive health and gender-based violence.

Sport as an embodied practice may liberate girls and women from constraining hegemonic feminine ideals,empower them within their communities, provide positive health and welfare outcomes, and ultimately transform gendered notion leading to a more egalitarian world and unleashing the productive, intellectual and social power of women. This then would contribute to overall development economic, social and political.”

Sport and physical Education programmes provide girls and women with the opportunity to convene in public spaces around a common interest. In this way girls and women are given the chance to

assert their independence outside their homes, to build strong social networks and to increase the likelihood of their participation as active citizens within their communities and beyond.

Women and girls empowerment

Involvement of girls and women in sport and physical Education programmes can have a significant potential contribution to make to development agendas, particularly in the achievement of the third goal of the United Nations Millennium Development Goals, ‘

Gender Equality

Gender equality in sports has always been a controversial topic. Even the founder of the modern Olympics, Baron Pierre de Coubertin, said in 1896, “No matter how toughened a sportswoman may be, her organism is not cut out to sustain certain shocks. Gender Equality and the Empowerment of Women’. According to the United Nations Division for the Advancement of Women in “Women 2000 and Beyond: Women, Gender Equality and Sports”:

Avoid Discrimination

“The participation of women and girls in sport challenges gender based stereotypes and discrimination, and can therefore be a vehicle to promote gender equality and the empowerment of women and girls.

Improve leadership quality

In particular, women in sport leadership can shape attitudes towards women's capabilities as leaders and decision-makers, especially intraditional male domains.

community development

Women's involvement in sport can make a significant contribution to public life and community development”.sport and physical Education programmes have been shown to have a broad range of positive impacts for girls and women. Apart from derived physical and mental well-being benefits enjoyed by physically active girls and women, a well-

designed sport and physical Education sport can provide a platform to enable positive life changes.

Improve self –image

For example, involvement in sport and physical Education can contribute to increases in self-esteem and improvements in self-image.

Social integration

It can also provide opportunities for social networking, thereby promoting the social integration of girls and women within their communities.

The low level of participation by disabled girls and women is in part a reflection of the double discrimination that they face, both as disabled individuals and as females. Sport and physical Education programmes targeting girls and women with disabilities have proven that this often isolated group of girls and women are confronted with their abilities rather than their disabilities through sport and physical Education participation.

Provide opportunities

The chance to meet other girls and women in similar circumstances as themselves allows them opportunities to share experiences and to learn about issues that they are often deprived knowledge about such as those relating to reproductive health. The participation of girls and women with disabilities in sport and physical Education challenges prejudices about disabilities and impairments and therefore positively contributes to their empowerment. Moreover, many sport and physical Education programmes have taken measures to bring together communities and realize development objectives relating to sexual and reproductive health, access to employment and peace and reconciliation. Sport and physical Education programmes provide girls and women with the opportunity to convene in public spaces around a common interest.

Independence

In this way girls and women are given the chance to assert their independence outside their homes, to build strong social networks and to increase the likelihood of their participation as active citizens within their communities and beyond.

Safety

Safety in this regard means physical safety, meaning that sport and physical Education programmes prioritize the requirement that girls and women are protected from bodily harm in the form of violence, including sexual abuse and preventable sport injuries. This also includes emotional safety, meaning that girls and women feel comfortable and secure in their sport and physical Education environments enough for example, to feel that they can trust their peers and elders and openly communicate and express themselves. Sport and physical Education programmes may choose different methods to ensure safety with consideration to local contexts and the specific needs of participants.

Physical Education is also crucial to ensuring safety. When the families of participants are supportive of their decision to take part in sport and physical Education, then they are more likely to enjoy trainings with ease and free of stress.

Conclusion

Girls and women enjoy the positive benefits offered by sport and physical Education involvement, participants and their families must feel comfortable and secure to attend regular sport and physical Education practice outside the home area. Restricting girls from moving beyond the home or areas around the home has traditionally functioned as an important safety component.

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