The Effect of Cultural Factor on Women’s Social Freedom among Female Athletes

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Abstract: THE study has been designed to compare the women social freedom among female athletes of athletics, judo, swimming, table tennis, badminton and weight lifting of intervarsity players. 300 players, 50 from each sport acted as subjects for the study. Women’s social freedom scale by L.S Bhusan was administered for measuring social stress and social freedom among women. ANOVA and mean was applied to analyze the data. No significant difference was observed among female players of six sports. The findings of the study indicate that there is no significance difference among female players of Athletics, Weight Lifting, Judo, Badminton, Swimming and Table Tennis. The study also reveals that on women social freedom scale mean score of female players of Swimming are respectively higher followed by Athletics, Badminton Table tennis, Weight lifting and Judo. All the scores were found higher then the mean score, which is 12; hence it reflects that all female players enjoy higher level of social freedom as compared to an average female.

INTRODUCTION

The term social freedom here refers to women’s desire to be free from social taboos, conventions, rituals and roles which place them with lower status in society. In order to pin point the specific behavior, roles and taboos of which women want to get rid of; an open-ended interview of 30 college girls (who were all active members of different societies displaying leadership) was taken. On the basis of content analysis and discussion on them with a team of five teachers of psychology the following dimensions of women’s social freedom were identified:

- Freedom from control or interference of parents and husband.
- Freedoms from social taboos, customs and rituals, which impose conventional roles and restrictions on girls or women.
- Freedom concerning sex and marriage.
- Economic freedom and social equality

For century’s women has been treated as weak, obedient, shy, and timid partner of man and thereby have enjoyed an inferior status in society. Lamphere (1977) has discussed the issue of sexual equality versus female subordinate in great length. Several other studies have explored more or less similar features of concern of the female (friedle 1975; Kessler 1976; Reiter 1975). However in recent yeas desire for social freedom among women has manifested itself and protest and revolt against the traditional social norms and taboos, which place them in inferior roles and status and make them subservient to men.

With the growth in education and vocational opportunities women through out the world has become conscious of their rights and equality and freedom and have revolted against the conventional norms (phandis malani, 1978). Women are taking up non-traditional roles and are developing a new outlook in life. They are advocating for free love and sex. The women-lib has become worldwide event. The conscious and educated women are not prepared to accept both an inferior role and fewer wages than their male counterparts. They demand equality in true sense of the terms in all sphere of life.²⁸

Our society being basically traditionalist, the women-lib movement has not succeeded in attracting the Indian women in the same way as it did influence the women in the west. Rama Devi (1963) reported on the basis of her study that the attitude of Indian women was not still far away from the traditional ones, although educated and workingwomen have less traditional attitudes and acceptance.

Many other publications brought out two things in light : ( 1 ) women in India are still subjected to discriminations, ill treatment and enjoy lower status as compared to men. And there is a growing concern and resentment particularly among educated women and educated workingwomen against all such customs and rituals, which lower down their status in society, and they carry strong desire for social freedom.

Interview reports of college girls indicate that although the Indian women in do not believe in western style of ‘women-lib’ movement or a radical change and revolt against sex roles and marriage, their expectation and attitudes have considerably changed. They aspire for greater freedom, equality and enjoyment.

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Opportunities (arora, 1972; doshi, 1971) constitute an important aspect of women’s life style, personality and adjustment, and therefore, need to be measured and studied significantly.

**DELIMITATION** the study was delimited to female athletes of individual sports viz athletics, weight lifting, judo, badminton, swimming and table tennis. The study was further delimited only to one cultural variable i.e women social freedom. And the test was administered a night before the competition.

**LIMITATION** Lack of limited subjects. And Lack of motivational devices, training programs, control of food habits etc.

**HYPOTHESIS** In the light of the findings the hypothesis that there would be significant difference in the women social freedom

**TOOLS AND TECHNIQUES** **WOMEN’S SOCIAL FREEDOM SCALE** By L.S Bhusan

- **Purpose** - For measuring social freedom among women.

- **Description of scale** -- It is 24 items scale including dimensions of women’s social freedom as freedom from interference of parents and husband, freedom from social taboos, customs and rituals, freedom concerning sex and marriages. It included eight negative items.

- **Reliability** ---The split half reliability for the scale is .86 and by test retest method is .90. Hence the test is highly reliable.

- **Validity** ---It was predicted that married girls and housewives would display less social freedom than the married college girls who enjoyed the greater freedom and less control.

- **Scoring** —Response of “agreement” to a positive item is scored as 1 and “disagreement” is scored 0. In the case of negative items sl. No. 3,5,6,9,11,14,19, and 22the scoring is reversed. The possible scores, therefore, ranges from 0 to 24, higher score indicate greater desire for ‘social freedom ‘on the part of female athletes among athletes of different sports viz athletics, weight lifting, judo, badminton, swimming and table tennis

**Participants** Fifty female athletes of age group 18-25 participated in south west zone inter-varsity tournament of respective sport viz judo, badminton; table tennis, wrestling, swimming and athletics, during 2007-2008 were selected as subjects for this study at random.

**ADMINISTRATION OF TEST** The tests was administered during the respective inter-varsity competitions held by University Sports Board. The subjects were made aware about the study and its significance prior to the administration of test. The Confidentiality of test taken was maintained. The other members involved in administration of test were given a brief training before the test.

The test was administered one night prior to competition. A good rapport was made with the subjects; the desired purpose and instructions of the test scale was explained to them. When subjects were working independently they were instructed to read and follow directions printed on forms and were again asked if there are any questions about what is to be done. When the subjects were responding to the questions the researcher went around seeing that subjects were giving their responses as per the instructions. Whenever any doubts aroused it was solved on the spot. However no time limit was given for completing the test batteries. The completed questionnaire was checked and was made sure that no question was left unanswered.

**RELIABILITY OF DATA** The reliability of data was ensured through tools reliability as well as tester’s reliability.

- **STATISTICAL TECHNIQUE** The information gathered was treated with ANOVA (F-Ratio) technique was used for comparing all the six sports with respect to women social freedom

- **Mean**- whether female players of all the six sports enjoy social freedom or not.

**ANALYSIS OF DATA AND RESULTS** The data on Women Social freedom Scale was analyzed by applying ANOVA (analysis of variance) to find out the significant difference among female players of Athletics, Judo, Weight lifting, Swimming, Badminton, and Table tennis.

**TABLE 1**
Comparison on Women social freedom scale among female players of Athletics, Judo, Weight lifting, Swimming, Badminton, and Table tennis.

| SUMMARY | | | | |
|---|---|---|---|
| **Groups** | **Count** | **Sum** | **Average** | **Variance** |
| Column 1 | 50 | 484 | 9.68 | 8.711837 |
The difference on Women social freedom scale among female players of all the six sports was not significant.*Non-significant at 0.05 level

Comparison on Women social freedom scale among female players of Athletics, Judo, Weight lifting, Swimming, Badminton, and Table tennis

**TABLE 2**

<table>
<thead>
<tr>
<th>Sports</th>
<th>Number of samples</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>50</td>
<td>13.24</td>
</tr>
<tr>
<td>Weight lifting</td>
<td>50</td>
<td>12.80</td>
</tr>
<tr>
<td>Judo</td>
<td>50</td>
<td>12.24</td>
</tr>
<tr>
<td>Badminton</td>
<td>50</td>
<td>13.14</td>
</tr>
<tr>
<td>Swimming</td>
<td>50</td>
<td>14.10</td>
</tr>
<tr>
<td>Table tennis</td>
<td>50</td>
<td>12.84</td>
</tr>
</tbody>
</table>

The above table indicates the mean and number of samples of players. Number of players in each sports was 50 and mean of all respective sports are as shown above, which is higher than 12 that shows the players of all the sports enjoy a higher level of social freedom .it was found highest in swimmers followed by athletics, badminton, table tennis, weight lifting and judo.
DISCUSSION OF FINDINGS AND CONCLUSION

The findings of the study indicate that there is no significance difference among female players of Athletics, Weight Lifting, Judo, Badminton, Swimming and Table Tennis.

The study reveals that means score of female players of Swimming, is respectively higher followed by Athletics, Badminton, Table tennis, Weight lifting and Judo. All the scores were found higher then the mean score, which is 12; hence it reflects that all female players enjoy higher level of social freedom as compared to an average female.

CONCLUSION

Based on the analysis and with in the limitation of the study following conclusions were drawn—

The hypothesis that there would be significant difference in the women social freedom among athletes of different sports viz athletics, weight lifting, judo, badminton, swimming and table tennis is rejected as all the six sports did not show significant difference on women social freedom.

The study reveals that on women social freedom scale mean score of female players of Swimming are respectively higher followed by Athletics, Badminton Table tennis, Weight lifting and Judo. All the scores were found higher then the mean score, which is 12; hence it reflects that all female players enjoy higher level of social freedom as compared to an average female.

Suggestions for future research on this topic include

- However, survey’s in future research could include questions about how athletes spend their free time so that researchers may be able to estimate if athletes were already at a high stress level outside of their athletic responsibilities. For instance, a researcher might inquire more about the tendency of a student athlete to drink or smoke.

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BOOKS and Journals

3. Devi Rama; Indian women and her attitude towards traditional values. “Journal of Psychology Researchers, (1963) 7,72-78. Thus desire for social freedom.


