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**STUDY ON SPORTS PARTICIPATION OF FEMALE STUDENTS STUDYING
IN HIMACHAL PRADESH DIFFERENT COLLEGES**



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ABSTRACT

The main objective of the study was to know the sports participation of female students studying in Himachal Pradesh different Colleges. 500 samples were selected for the present study on the bases of simple random sampling method. 05 districts of Himachal Pradesh State were selected for the study, in which 1-1 Government College from each district was included for the present study. 100 female students were selected of each respective district. To know the female participation in sports, check list and self-made questionnaire were used for collection of the data. For statistical analysis, percentage, mean, S.D and t test were used. A significant difference was found in the participation of female students studying in the state of Himachal Pradesh in sports, tendency towards physical and compound activities.

Keywords: Sports Participation, Female Students & Himachal Pradesh Colleges.

INTRODUCTION

In practical terms ‘sport’ is defined by its social interpretation as well as its strong association with physical exertion and performance measures. What we

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perceive as ‘sport’ in one instance may not be in another; sport takes on many forms and is constantly changing based upon societal norms, trends, and new directions.

Sport participation is not easily defined and will often depend on how it is perceived by the observer. As a guide, a ‘sport participant’ is a person who takes part in a sporting activity, whether in a formal or informal capacity. Some examples of sport participation can be described by a particular role performed in sport (including playing and non-playing roles), such as an athlete (or player), coach (or trainer, instructor), or official (or umpire, referee). There are many roles in sport, and these can be volunteer or paid. How a person describes their engagement (such as solo or group, impromptu or scheduled, or the place/setting) can also help to determine if their sport participation is organized or not. Sport has the power to change lives. The ability to drive gender equality by teaching women and girl’s teamwork, self-reliance, resilience and confidence. Women in sport defy gender stereotypes and social norms; make inspiring role models, and show men and women as equals. Led by UN Women, the Sport for Generation Equality Initiative is inviting stakeholders from across the sports ecosystem to be part of a powerful coalition to make gender equality a lived reality in and through sport. Together, this coalition will accelerate efforts to promote women’s leadership and equality in governance models, prevent and respond to gender-based violence, close the gap in investment in women’s sport and promote equal economic opportunities, promote

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women's equal participation and bias-free representation in media, and provide equal opportunities for girls in sport, physical activity and physical education. As some of the world's top women athletes prepare for the Olympic Games in Tokyo, we're celebrating the remarkable achievements and unmatched potential of women and girls in sport.

OBJECTIVE

The main objective of the study was to know the sports participation of female students studying in different colleges of Himachal Pradesh State.

HYPOTHESIS

To complete the present study, the following hypothesis was made "A significant difference will be found in the participation of female students studying in the Himachal Pradesh State."

DESIGN OF THE STUDY

500 samples were selected for the present study on the bases of simple random sampling method. 05 districts of Himachal Pradesh State were selected for the study, in which 1-1 Government College from each district was included for the present study. 100 female students were selected of each respective district. To know the female participation in sports, check list and self-made questionnaire were used for collection of the data. For statistical analysis, percentage, mean, S.D and t test were used.

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STATISTICAL ANALYSIS AND INTERPRETATIONS OF THE DATA

Table No: I

Table showing the total percentage of female students studying in Himachal Pradesh

Sportsmen	Non-sportsmen	(N)
297 (59.4%)	203 (40.6%)	500

It is known from the above table No-1 that the participation of girl students studying in the state of Himachal Pradesh was found to be 59.4% whereas 40.6% girl students did not show their participation in sports.

Table: II

Table showing the sports participation status of female students

Respondent	N	Mean	S.D.	"t"	Table Value	D.F.
Sports Man	297	313	18.03	5.73	1.98	498
Non- Sports Man	203	251	20.37			
N = 500						

Level of Significance = 0.05

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It is known from the above table no. 6 that the calculated value of female participation in sports was found to be 5.73, which is more than the table value of 1.98, which proves the level of significance.

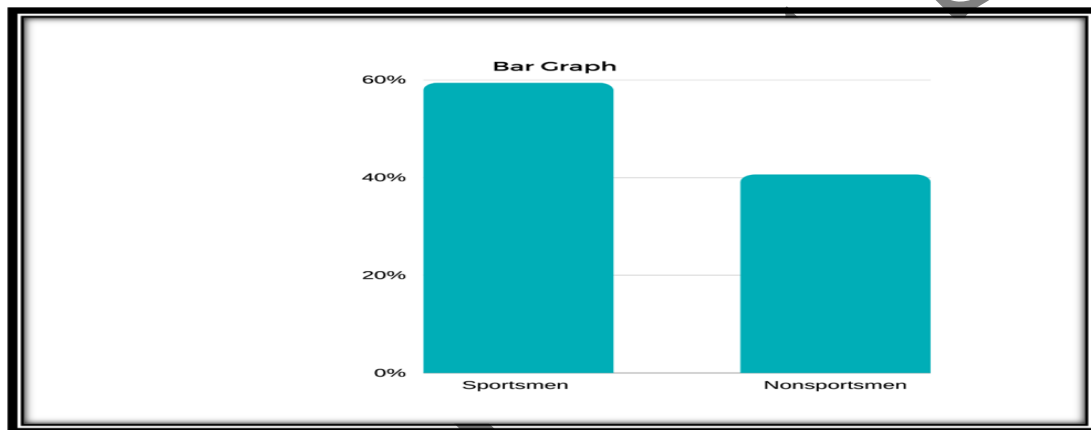


Figure No: I

Table No: III


Table showing the category wise female sports participation in Himachal Pradesh

Inter College	Inter University	Open State	Open National	Inter National	N. P.*
179 (35.8%)	58 (11.6%)	29 (5.8%)	12 (2.4%)	19 (3.8%)	203
P* Total: (59.4%)					(40.6%)


N.P.: Non-participating, P: Participating

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Page 5




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It is clear from the above table No-2, that 35.8% girl students have participated in inter-collegiate, 11.6% inter-university, 5.8% at state level, 2.4% at national level and 3.8% international sports. While 40.6% of girl students do not participate in sports in any way.

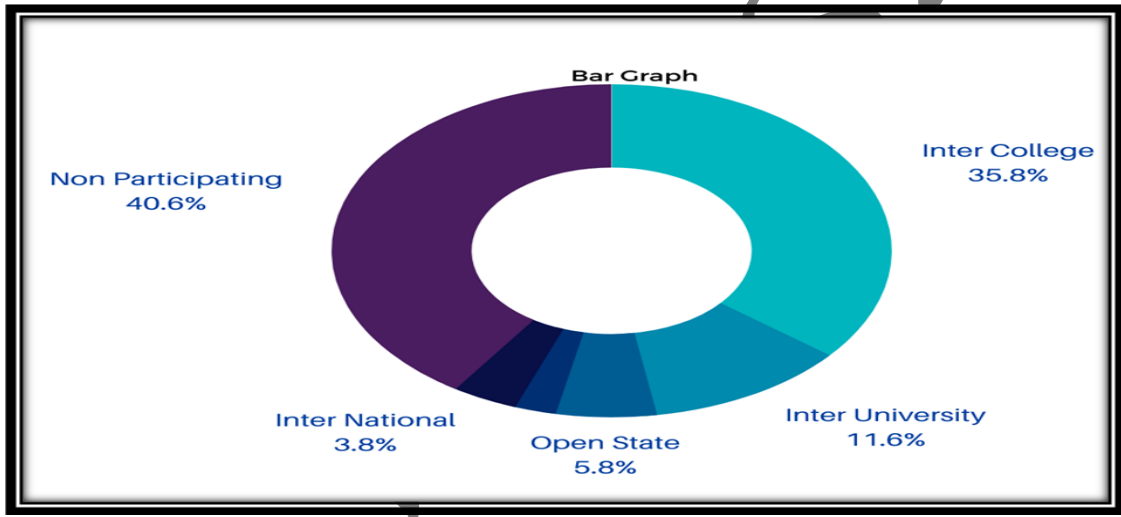



Figure No: III


DISCUSSION ON FINDINGS

After statistical analysis of the data, the following results were revealed which are as follows:


- 1) Participation in sports of girl students studying in the state of Himachal Pradesh was found to be high.




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- 2) A positive difference was found in the attitude of female students studying in the state of Himachal Pradesh towards physical and compound activities.
- 3) A significant difference was found in the participation of female students studying in the state of Himachal Pradesh in sports, tendency towards physical and compound activities.

CONCLUSION

- i. The total participation of girl students studying in the state of Himachal Pradesh was found to be 59.4% while 40.6% of girl students were found not to participate in sports. Which shows their active participation because among the girl students who did not participate in sports, mainly the role of society and their parents was important? But still the girl students have given importance to participation in sports which shows their awareness.
- ii. Based on the comparison of the participation of girl students studying in Himachal Pradesh in sports with the girl students of other districts, the participation of girl students of Hamirpur district was the highest as compared to the girl students of other districts, the only reason being that Hamirpur district is the most educated.

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