



IMPACT OF SPORTS TO EMPOWER WOMEN

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ABSTRACT In recent years, sport and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. sport and physical activity involvement can potentially offer a wide range of life benefits for girls and women. In this paper describe about The involvement of sport and physical activity of women can builds their life skills, confidence and the whole empowerment.

KEYWORDS : Women Empowerment, Health, Gender Equity Etc.

INTRODUCTION:

Regular and enjoyable physical activity benefits everyone. It can improve physical, mental, social and spiritual well-being and for the students and young people everywhere. In recent years sport and physical activity as a strategy for the empowerment of girls and women has been acquiring recognition worldwide. Women Win is the first International Organization with a sole focus of providing support for innovative sport and physical activity program for empowerment and creating a social movement around sport for the promotion of women's rights.

WOMEN AND EMPOWERMENT:

For women's involvement in sport, Martha Saavardasaid that *"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."* Empowerment is a process by which people obtain power over their lives that is empowerment enables women to do things for themselves in their own interests rather than at the command of others for their benefit. Thus empowerment also involves the ability to dispute pressures to conform to gender-stereotyped notions about presentation and behavior. It also enables women to be more socially assertive. As such becoming empowered enables to become what they do with their lives. David Whitson sees the confident sense of self that comes from being skilled in the use of one's body as a form of empowerment. The religious or spiritual societies, the World Bank, feminist action group, health and gender researchers' government United Nations and developmental agencies have all put empowerment on their agenda. The result is multiple meaning and expansion associated with a variety of strategies. A central element in empowerment is power which is concerned to authority, domination and or exploitation.

HOW SPORT CAN BENEFIT GIRLS AND WOMEN:

- Enhancing health and well-being
- Fostering self-esteem and empowerment
- Facilitating social inclusion and integration
- Challenging gender norms, and
- Providing opportunities for leadership and achievement

ROLE OF GOVERNMENT FOR INVOLVEMENT WOMEN'S AND GIRLS IN SPORTS:

- Encouraging sports scholarships in schools for girls
- Ensuring the active participation of various sports organization, clubs authorities in women sporting activities
- Enhancing the quality infrastructure for physical education and women sports
- Ensuring public – private participation in physical education programmes
- Establishing separate women universities for sports and physical education
- Development of corporate sector involved in women sporting activities
- Comprehensive women sports policy framing
- Adequate Budget allocation for women sporting events

- Media coverage policy about women sporting activities
- Scholarship, rewards, honors cash rewards etc. for women

CONCLUSION:

The empowerment of women through sport and physical activity has been hit by the fact that sports women being suffering several physical suffering of various magnitudes. Various opportunities for women's leadership and capacity building can be achieved through increasing their participation in sport activities. Confirmation from developing countries indicates that some sport and physical activity provides opportunities to women and girls to develop leadership and life skills. So sport has also way to empower women both economically and socially.

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