

THE CONCEPTUAL STUDY: WOMEN'S ADVANCEMENT IN SPORTS AND THE CURRENT OBSTACLES FEMALE ATHLETES FACE

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Abstract:

From ancient Greece to the present, women have actively competed in sports throughout history. However, women's advancement in sports has faced a number of challenges. Historically, female athletes have faced a number of difficulties, including sexism, discrimination, gender-based stereotypes, and differences in funding and compensation. Despite these obstacles, female athletes continue to overcome obstacles and inspire future generations with their physical strength and undying determination. Despite these obstacles, female athletes continue to overcome obstacles and inspire future generations with their physical strength and undying determination. It is simple to see the surface-level features of this world as a passive observer, get into a long conversation, and then forget or ignore crucial facts. But it's not as simple as accepting, forgiving, and forgetting for women who deal with this on a regular basis. They are constantly fighting to maintain their position in the industry, which they consider to be their natural right and find extremely difficult.

Keywords: *Discrimination, athletes, sexism, and women.*

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Introduction:

More women than ever before are experiencing terror in a variety of sports. Its popularity also highlights the femininity of these athletes while upholding the "image" of women's sports. The main takeaway is that athleticism and femininity are incompatible, and women need to work extra hard to show that they can be active and still be socially acceptable. The concept of sexual orientation as an organizing force in women's sport serves as the foundation for understanding the cultural production of women in sport. Women who are perceived as heterosexually feminine are typically given favor over those who are perceived as masculine. Failing to conform to the dominant gender in sport sometimes leads to sexist and heterosexist prejudice. To prevent bigotry and prejudice, a lot of athletes emphasize feminine characteristics. Because women who are perceived as being overly feminine are

subsequently sexualized and denigrated, women must carefully balance athleticism with hegemonic femininity. However, women in less traditional sports contexts are challenging, transforming, and resisting the dictates of hegemonic femininity.

The evolution of women's sports:

The history of women's sports is one of advancement and overcoming hardship. Although women have participated in sports for many generations, it wasn't until the late 19th and early 20th century that they were given official recognition as athletes. In the early days of women's sports, the majority of competitions were exclusively open to amateur competitors. This changed when the first competitive women's leagues were established in the 1920s. Since then, women's sports have come a long way. Nowadays, there are professional leagues for almost every sport, and female players compete at the highest levels of their respective

games. Women's sports have advanced significantly over the past century, despite the fact that there is still more work to be done in terms of gender balance and opportunities. Even with the advancements in equality, women still face a number of obstacles when trying to play sports. Sometimes, this can be linked to antiquated notions of gender roles. In other situations, it's simply that some people don't believe women are as talented athletes as men. Overcoming these challenges has been a major factor in the development of women's sports. Female athletes have battled for their right to compete, and they have frequently had to prove that they are just as talented and entitled as the males they face. As more women break down barriers in sports, the next generation of female athletes will be able to achieve even greater success.

The Core Difficulties:

Income inequality: The first issue facing female athletes is that they are paid either slightly less or half as much as their male counterparts. There are clear pay disparities between male and female athletes, regardless of the sport. Even with prize money, this is true.

Women's commodification: Just like in the streets, female athletes are targeted on the court. Instead of viewing women as individuals with potential and talent, everyone—from coaches to analysts to the audience—sees them as commodities showcasing themselves for men's amusement.

Job instability: In addition to the unsettling issue of job security, it appears unlikely that a female player in the nation will earn a steady salary. Some female athletes are forced to take on additional occupations in order to supplement their income due to the clubs' and organizations' meager support for training and equipment. They are therefore unable to focus entirely on their training and sport, which typically results in their withdrawal from the competition.

Lack of access: Compared to boys, girls have 1.3 million fewer possibilities to participate in high school athletics. Girls are forced to search elsewhere for their sports when there is little exercise instruction in schools and little opportunity for them to participate in middle and high school activities. These extra sports might not exist or be more costly.

Transportation and safety issues: Athletes require a location to practice, and many women, especially those who reside in densely populated cities, must drive through dangerous areas or lack mobility to reach facilities that are far away. If there isn't a safe substitute, such as carpooling with different families, The girl can be made to stay at home with her whole family.

Negative lack of role models: Girls of today are more frequently exposed to images of physical beauty than sports-related role models who are strong, independent women. For some women, it's more crucial to follow the norm than to stand out. Peer pressure can have an impact on them at any point in their lives; if it isn't addressed by a strong push to engage in sports and healthy physical exercise, the outcome could cause females to give up entirely.

Discussion and Conclusion:

India's sports industry is still expanding. A thorough strategy should be put into place in order to accelerate this rate of growth. Establishing the necessary infrastructure, spotting athletic talent, planning regular sporting events, and increasing public awareness are all crucial. Women's sports have come a long way over the past century, and it is encouraging to see female athletes continue to challenge prejudices. Female athletes still face several challenges when it comes to fairness with their male counterparts. Don't underestimate how important it is to advance gender equality in sports. We can create an environment where people from all backgrounds and identities are

empowered to pursue their goals on any court, playing field, or track by supporting women's sports.

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