

Importance of Sports For Women

Outline

1. Introduction

Undeniably, sports for women are very important due to its multi-faceted benefits. However, pragmatic measures are required to address the challenges in the pathways.

2. Importance Of Sports For Women:

a) Improved physical strength and increased focus on physical health of women.

→ key role in
b) betterment of mental health and psychological well-being of women.

(Cambridge University Research)

e) Pursuing dream careers in any sport results in great outcomes including financial independence of women

(The only way to do great work is to do

what you love)

- d) High exposure due to socialization and interactions increases societal awareness of naïve women.

(Athletes from developing countries)
* Saudi Mide * Middle East

- e) Crucial for dismantling deep-rooted patriarchal norms and gender stigmas.

(Cricket $\Rightarrow$ Gentlemen's game)

3. Challenges In the Pathways For Women In Sports:

- a) Discouraging behaviour towards ~~with~~ athletes and family pressures.

(More than 52pc of women face family pressures regarding sports: UNDP)

- b) Non-acceptance of athletic women by society.

(The perception of rebellious women in patriarchal societies)

- c) Harassments and body-shaming.

(Cyber bullying of Pakistani women cricket team)

4. The Way Forward - Reviving the Importance of Sports For Women:

- a) Media schooling for dismantling gender stereotypes.
- b) Increase global initiatives and budgetary allocations for women sports.
- c) Women sports as national priority
(Compulsory participation at school, college and university levels)

5. Conclusion

'One is not born but rather becomes a woman' as rightly said by Simone de Beauvoir because this social construction of gender has given birth to many abnormalities globally. The declining importance of sports for women, but rather safe to say the 'ignored' importance of sports for women is among the global social abnormalities too. The bitter reality and research backed data reflects that sports are equally important for women, as they are important for any other gender. Sports for women are very important due to its multi-faceted impacts. The increased focus on physical health, betterment of mental health, pursuance of dream careers, increased social awareness, and ~~to~~ dismantled gender stigmas—all are the impacts of women in sports that reflect the importance of sports for women. However, certain challenges are present in this pathway including harassments, body shaming, discouraging patterns and family pressures.

Therefore, it constitutes the need for pragmatic measures like medical schooling for reviving the importance of sports for women.

The first manifestation of importance of sports for women is reflected in improved physical health of women. Women who perform and participate in physical activities/sports tend to have better physical strength and fitness as compared to those who do not participate in it. The gym trainings, practice sessions, and calculated diet of women in sports give fruitful results in the form of better physical health, as global researches reflect too.

Moreover, Sports ~~for women~~^{also} play a key role in betterment of mental health and psychological well-being of women. The hectic routine, discipline, time-management, and balanced hormones due to physical and mental exertions decrease the chances of emotional stress, anxiety, overthinking and depression. A research from Cambridge University

physical health department endorsed and displayed the benefits of sports playing a key role in betterment of mental health of women.

Further, pursuing dream careers in any sport results in great outcomes including financial independence of women. Sports like cricket, tennis, and basketball have great economic opportunities for women. It is a universal notion that the only way to do great work is to do what you love. Similarly, when women excel in sports field and pursue their passion, not only they perform exceptionally well but they also become financially independent. This comprehensively hints toward the importance of sports for women.