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## Importance of Sports for Women

### A. Introduction

1. An Overview of Women Sports
2. Importance of Women Sports
3. Thesis Statement

### B. The Importance of Sports for Women

1. Leads to an improved physical health;
  - a. Female athletes show a lower risk of non-communicable diseases - WHO reports
2. An improved mental health;
  - a. A greater psychological well-being
  - b. Lower depression risks
3. Career opportunities and economic empowerment;
  - a. Case of women cricketers in Pakistan - Central Contract System of Pakistan Cricket Board (PCB)
4. Leadership development - decision making roles and Confidence;
  - a. Activism by Serena Williams - a renowned tennis star from America
  - b. Simone Biles - A voice for mental health, sexual abuse, and athlete welfare.
5. Sports inclusion - a challenges of to Patriarchal norms and women empowerment;

- a. leads to reduction of gender bias
- b. Paves a way for women empowerment

## 6. Integration of marginalized women

- a. Case study of Maria Wazir - used a disguise for 10 years as a boy
- b. Sana Mir - a rise to global icon

## 7. Youth role models - Inspiration for younger women;

- a. Girls sports inclusion increased by 25% in 2022 - UNICEF Reports

## 8. Delay in early marriages;

- a. Early marriage risk is decreased by almost 18% - Girls not Brides Report

## 9. Community development - Social capital formation;

- a. Women led sports clubs
- b. Sports as a glue for social cohesion and women inclusion

## 10. Intergenerational impact - healthier and empowered

future generation of women;

- a. Child physical activity improves health by upto 40% - WHO reports
- b. Active mothers - will raise active children

## C. Some Measures to Improve the Status of Women in Sports

1. Infrastructure development - the road to improve

### Women inclusion in sports ;

- a. Creating dedicated women-only sport clubs and complexes

### 2. School-College sport Integration;

- a. Promoting sports in schools and colleges
- b. Inter-school sport competitions

### 3. Financial incentives and monetary security for Women ;

- a. Stipends for young girls participating in sports
- b. Increase targeted funding

### D. Conclusion

For thousands of years, women were excluded from participation in sports like they were excluded for all other major aspects of life and human interactions. This exclusion led to widen the gap between the two genders, and in a broader context, women exclusion led to the creation of a society in which only men dominated the sports. The first opportunity for women came in the year 1900, when they were allowed to participate in the olympics for the very first time. Ever since, Women have never looked back and they have been an active participant in global sports. Women have shown the ultimate level of dedication, resilience and a great competitiveness. These factors have paved the way for the rise and development of women's sport. Sports are extremely

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for women in all the aspects of life. The importance of sports for women manifests in all the arenas of social and economic spheres. Inclusion and participation in sports leads to the mental well-being, improvement in health, economic empowerment and leadership development of women. However, there is a great room for improvement of the status of women sports such as infrastructure development, creating monetary incentives, and promotion of sports in schools and colleges. The following discussion aims to shed light on the immense importance of women sports and also suggest some policy recommendations to improve the status of women sports to reap vast social and economic benefits.

To begin with, active sport participation leads to the improvement of women's physical health. Women of the underdeveloped nations are suffering from non-communicable diseases such as high cholesterol, diabetes, chronic respiratory problem, and heart diseases. It has been proven scientifically that sports not only decrease the chance of the diseases but also create a sound and healthy body. Female athletes show a much more less risk of NCDs as they actively participate in sports. Hence, it is extremely important for women to participate in sports for the sake of their own physical well-being and a healthy life.

Along with a healthier body, sports actively

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to the mental well-being of the women. Women are more vulnerable to psychological pressures which further leads to cognitive distortions and mental illness. Sports are a great leisure activity with the help of which women can release their psychological pressures and become mentally relaxed. According to WHO, women which participate in sports show upto 35 lesser risk of depression and anxiety. So, it can be concluded that active sport participation leads to a sound, peaceful, and healthy mind for women.

In addition to bodily benefits, sports also create great career and economic opportunities for women. Today, the global entertainment industry is dominated by sports. Athletes today are the most highly paid people in the world. Women sports is not far behind, global female sport icons have fortunes of hundreds of million dollars. Moreover, the increase of global leagues, tournaments, competitions, domestic trophies, and events like olympics have created huge economic opportunities for female athletes. A good sports-woman today in Pakistan can easily earn 20-25 lacks just by central contracts of Pakistan Cricket Board (PCB). They also have huge match fee, sponsors, T.V advertisements, and brand endorsement opportunities today. So, sports can be a great opportunity for the economic empowerment of women in the contemporary world.

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