

Chapter-6

Women and Sports

Important Question

VERY SHORT ANSWER TYPE QUESTION - (1 MARK EACH)

Q.1 Define the following terms:

Ans. 1. Amenorrhoea : It is the absence of menses for 6 months or absence of menstrual cycle for the three cycles.

2. Menorrhagia : It is heavier and increased amount of flow occurring at regular interval or loss of 80 ML or more of blood.

3. Metrorrhagia : Irregular episodes of bleeding.

4. Menometrorrhagia : Longer duration of flow occurring at unpredictable intervals.

5. Anaemia : It is most common disorder of blood (i.e. deficiency of R.B.C.) generally caused by malnutrition.

Q.2 What is menstrual dysfunction?

Ans. Women engaged in physical activity and competitive endurance sports show increased incidence of menstrual dis-function. Delayed menarche and low body fat could be reasons for menstrual dis-function. Menstrual cycle occurs every 22nd to 35th day and the flow lasts for 3 to 7 days. Due to blood flow the iron in blood depletes and because of this women with inadequate intake of dietary iron may suffer from anaemia.

Q.3 Briefly describe Menarche?

Ans. Menarche is the menstrual cycle. It can also be referred to as the first menstrual bleeding in females. It is often considered an attainment of physical level and signals for possibility of fertility. Girls can experience menarche at different ages.

Q.4 What are the causes of early menarche?

Ans:1. Increased incidence of childhood obesity.

2. Low birth weight.

3. Exposure to smoking (Mother or baby)

4. Children were not breast feed.

5. Higher conflicts in family relatives/Stress

6. Lack of exercises.

7. Inadequate diet.

Q.5 What is anaemia? What are the causes of anaemia.

Ans. When no of red blood cells or concentration of haemoglobin in blood is low it is termed as Anemia. Hemoglobin is a protein inside the (Red blood cells) that contains Iron and transports oxygen to body parts.

Causes of Anaemia:

1. Acute bleeding

2. Stomach ulcers.

3. Stomach inflammations (Gastritis)

4. Cancer

5. Child birth

6. Menstruation

7. Surgery etc.

8. Inappropriate food-intake.

SHORT ANSWER TYPE QUESTION [80 TO 90 WORDS] -

(3 MARKS EACH)

Q.1 How women's participation in sports is beneficial? Discuss.

Ans. Sports Priorities:

1. Higher level of confidence & self esteem.
2. Lower level of depression & cut pressure.
3. Positive body image, keeps you train & firm.
4. Psychologically more stronger than non participants
5. Hidden health benefits: strong body can fight illness.
6. Proper rest and nutrition; improves life.
7. Learn to take criticism.
8. Learns to deal with success and failure.
9. Discuss carrier and job opportunities.
10. Reduces risk of breast cancer.

Q.2 What are the constraints of women participation in sports?

Ans:1. Lack of parental support and encouragement from family.

2. Social barriers and stigma in life.
3. Traditional values can wash out.

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4. Religion or customs does not permit (Purda system).
 5. Personal constraints and pressure from family.
 6. Less recognition to females.
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Q.3 What is Menopause? What are the health Risk of Menopause?

Ans. Menopause is defined as the absence of menstrual period of 12 months or more. It is time before and after women's last menstrual period. Abnormal bleeding, hot flashes with mood changes are general symptoms. Complication may develop with osteoporosis and heart disease. It is time when she can no longer become pregnant (carries stop functioning) changing hormone level during menopause can increase risk for depression in women.

Q.4 What exercises should be recommended during Menopause & Osteoporosis?

Ans. During Menopause the following exercise are recommended :

1. Cycling
2. Brisk Walking
3. Swimming
4. Water aerobics.
5. Yoga

In Osteoporosis : Muscles strengthening exercises.

1. Standing and rising on toes.
2. Lifting of weight.
3. Exercises with equipments –elastic bands & free weight wear.
4. Balance posture and functional exercises as climbing stairs, yoga.
5. Pilates-flexibility – to avoid risk of fracture.

LONG ANSWER TYPE QUESTION (150 TO 200 WORDS) -

(5 MARKS EACH)

Q.1 What are the steps which should be taken to improve women's participation in sports in India?

Ans. (1) Motivation and inspiration to women for participation in sports.

(2) Generating support from family and parents.

(3) Organising camp, seminar and work shops.

(4) Providing knowledge and media coverage.

(5) Educating women and promoting sports at grass root level/local level/primary level.

(6) Encouragement by senior players.

(7) Providing better infrastructures and facilities

(8) Ensuring safety and security to women

(9) Sports school & hostels for women.

(10) Providing female manager & Coaches

(11) More opportunities for tournaments

(12) Create better and right environment.

(13) Support with new techniques & environments.

(14) Build physical and psychological strength

(15) Healthy and Balanced diet

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- (16) Allowance incentives and rewards
 - (17) Give stipends/scholarship/Monetary/Economic help
 - (18) Help in domestic constraints
 - (19) Change in attitude and perception at village level.
 - (20) Equality and community mobilizing.
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Q.2 Why exercises are necessary during Pregnancy?

Ans. Keeping both your body and mind fit, during pregnancy is so much important that exercise will help you do both. During pregnancy every one gets stressed and anxious. Women have to remain active for fit pregnancy and regular exercises will help in doing so. Exercises build up tolerance power and improves suppleness and strength. Blood circulation improves and it can help you ease at tensions. Whenever you do exercises it should be in your limits and range. During exercise hormones called “ENDORPHINS” released which makes us feel good and high and gives emotional lift too. With exercises you have more energy and less of backaches, Cramps and breathlessness. During pregnancy go for stretching, upper bending and squishing exercises. Less exercises for pelvic region. Exercises should be followed by proper rest, relaxation and massage to make comfortable.

Warning [Exercising the right way is ‘MUST’ under the guidance of Professional]

Q.3 Explain female athlete triad, caused by excessive exercises and dieting?

Ans. Exercising is good for all age group of females. While exercising they start focusing on being slim and light weight. These athlete, girls should be educated by sports professional, coaches or experts regularly. The three aspects of female triad are :

- (1) Anaemia - Lack of Red Blood Cells.
- (2) Amenorrhoea - Absence of menstrual disorder.
- (3) Osteoporosis - Low bone density.

Anaemia - The females, who work out intensively to be slim and trim, has to take required

amount of proteins, carbohydrates fat and other nutrients to maintain balance between work out and exercising depending upon the intensity and level of stream the calorie needs must be maintained one should have full and complete diet, so that all nutrients are received by body.

Amenorrhoea - Due to hormonal changes, low calories intake, stress etc. can cause amenorrhea while engaged in stressful activities one should give due importance to it. During physical activity and competition demand of body increase and in coping up with demand high energy diet full of all nutrient must be taken to meet the demand. Diet and activity should not strain on body and there is no hormonal imbalance.

Osteoporosis : During exercising growth and development take place, strength of bone and muscles also improves. Female should take rich protein diet full of vitamin and minerals especially calcium. Muscle skeletal injuries are common in female who have amenorrhoea. Female who develop recurrent shin pain or stress fracture should consider full hormone profile & dietary analysis and a bone mineral density test or assessment.

Q.4 Explain in details the psychological failures affecting women's participation in sports.

Ans. Customs, tradition and religion have influenced the psychological aspects of women's personality. Females have more of poise and confidence than males. Women are more concerned about their images. Females/women are psychologically considered better in terms of personality development. Self image and self concept play a vital role in any female's life. How females feel about their body structure, their looks and their personality is very important. This will determine their self esteem and overall development. After reviewing literature it can be concluded that normal females (non sports person) differ in personality profiles from successful female athletes. These girls have better cognitive understanding and approach than common girls or women who did not participate in games. Participation in sports or any extra curricular activity has resulted in positive psychological development of females. The activities provide a venue for demonstrating

competence, experiencing achievements, developing identities and forming relationships with peers and society. Female athletes exhibit the personality traits like assertive, achievement oriented, dominant, self sufficient, independent, aggressive and intelligent. Specific

personality type a profile development by participation in different games & sports.

The girls who participate in sports or physical activity levels to be or have higher self esteem, they are more mentally strong, more disciplined, energetic healthier, more tough & bold, much more confident & balanced, high risk taker and more active in life.

Q.5 Discuss sociological aspects of sports participation of women in India?

Ans. The role of women in sports has been continuously changing from the past. During the last few years it has been observed that a fairly good number of female athlete participate in sports & games increased in India. In 1896, during the modern Olympics there were No. of females participation later by 1932 Olympic it first rose to 4%.

As the no. of participation has increased at all (schools, colleges & national level). It has been diminishing there social, psychological barrier as well as legislative.

Many studies new indicate that parental support acceptance and family understanding has changed the attitude & negative implications, has helped females to be at par with males in their sports life. Woman are now socially accepted in society.

Research suggest that sports can be invigilating and a personally empowering experience for girls and women. Being a skilled athlete change the way women, looks at her self. She makes herself physically stronger, socially more accepted and competent and more in control of her life as an independent individual. This is important two become social life is often organised in a way that leads women to see themselves as weak, dependent and powerless. It provides opportunities to reconnect with the power of their own bodies sports participation helps women to overcome the feeling that their bodies are OBJECTS.

Physical strength gained through participation in sports may go beyond help a women to feel fit, make her less vulnerable, more dependent and more in control of her physical safety and social and psychological well being reports have shown evidences that by participation in sports:

Women strength :

Physical - Lower size of obesity lower size of heart and other chronic diseases and less of

osteoporosis.

Psychological : Higher self esteem better body image, reduces stress and depression and enhanced sense of competence and control.

Academic : Better grades higher standardized test scores and lower risk of dropping out of school.

Social : More acceptable better understanding & cooperation better leadership, qualities shares more responsibilities & better inter-personal relationship in family.