



# CONCEPT OF WOMEN EMPOWERMENT THROUGH SPORTS AND WOMEN'S WRESTLING, GENDER EQUITY

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## **ABSTRACT**

*Over the course of the past decade, sports have been increasingly exploited as a tool for the goal of empowering young people in developing nations. This trend is expected to continue for the foreseeable future. In spite of this, the vast majority of opportunities to participate in sports are almost always tailored towards and aimed towards boys and men. The advancement of women's rights in the fields of physical education and athletics that action be taken to ensure that girls have the same opportunities as boys to participate in the activities of their choosing, even those that are conventionally thought of as being reserved only for males. This action must be taken in order to guarantee that girls will be able to compete on an equal footing with boys in the areas of physical education and athletics. The actions that are taken with the intention of accomplishing this objective are referred to as equity of opportunity activities.*

**Keywords:** Women Empowerment , Wrestling , Gender Equity

## **INTRODUCTION**

### **Concept of Women Empowerment through Sports**

It's empowering to put your skills to the test in a sport. Over the course of the past decade, sports have been increasingly exploited as a tool for the goal of empowering young people in developing nations. This trend is expected to continue for the foreseeable future. In spite of this, the vast majority of opportunities to participate in sports are almost always tailored towards and aimed towards boys and men. Inequity and discrimination on the basis of gender are deeply rooted practises that are commonly accepted in most parts of the world. As a direct consequence of this, a calamitous and snowballing list of social, economic, and development expenses have been incurred all across the world. The limitations that are placed on adolescent girls and young women prevent them from reaching their full potential and contribute significantly to the upkeep of economies that are among the worst in the world.

We are conscious that engaging in athletics may be a source of empowerment, particularly for young women, and that it may pose a challenge to conventional notions of how gender roles should be played out. Girls who take part in athletics have the chance to build their self-esteem, courage, and feeling of their own potential to achieve, all of which are attributes that are essential to being successful in life. It is an environment in which they are given the opportunity to take on leadership responsibilities, and through involvement in a variety of physical activities, girls' confidence in their own skills is boosted. This motivates people to take initiative, speak

their views, and accomplish things that they had never before imagined were possible. This has implications in their day-to-day lives because it drives them to take action. When people in a community see females thriving in sports, they typically perceive that these girls have the potential to thrive in other areas as well. This is because people tend to associate success in one area with success in other areas. In conclusion, sport is not only an effective tool but also a platform that can be used to strengthen social interactions and networks, involve the community, and convey positive messages. This may be accomplished in a number of different ways. To put it more simply, success on the field leads to success off the field. This idea is encapsulated in the proverb "One Win Leads to Another."

### **Women Win's Theory of Change**

Women Win has developed a theory of change that is built on the notion that all preteen and adolescent girls have latent leadership potential inside them. This theory was the impetus for the establishment of Women Win. This fundamental idea serves as the cornerstone around which all of our various classes and projects are constructed. We are of the view that leadership is a set of skills, patterns of behaviour, and mentalities that are able to be acquired, refined, and enhanced via the use of education, mentorship, and experience. This is the conclusion that we have come to. We are of the belief that each and every girl and young woman have a dormant capacity for leadership, which has the potential to become evident if it is acknowledged and cultivated. The following is Women Win's interpretation of what it means to be a leader:

One of the most important aspects of leadership is a girl's or young woman's ability to stand up for what she believes in and act as a driving force behind change.

There are three stages that young girls go through on their path to becoming strong leaders, according to the charity Women Win. These steps are known as the "Prepare," "Practise," and "Play" stages, respectively.

In India, there are gaps between the sexes in relation to a variety of monetary and social indices, such as wealth, educational attainment, and political participation. These inequalities between the sexes are widespread in India. Women are the driving force behind all elements of scientific growth, and males are often accountable for the ugliness that women leave in their wake. Women are also the driving force behind technological advancement. As a result of this, those in charge of making policy are currently considering a variety of strategies for dealing with the closure.

Athletics as a practise has developed a reputation as a contraceptive that helps open the penis in more recent times. Not only can holding girls and women in sports more explicitly accountable help break down stereotypes and empower them in a variety of different ways, but it also serves as the foundation for their achievements in terms of their physical and essential well-being. Education, significant entry routes to ownership, and open entry routes to employment outside the house should all be areas where the attention should be focused towards women. These should all be areas where the focus should be placed. Through involvement in sports, which provides them with a platform to do so, young women have the opportunity to reach their full potential, develop a feeling of possibility, and cultivate a sense of pride.

### **Leadership Competencies**

AGYW builds a wide range of leadership abilities, attitudes, and knowledge at each stage of the leadership development process as well as across all of the activities that are a part of Women Win. This includes developing a toolkit of competencies. In order to better assist adolescent girls in learning and applying the idea

of leadership in their day-to-day lives, Women Win produced a physical representation of the concept of leadership. We came up with four essential characteristics that outline the path that a young woman should take in order to become a social activist and leader in her community. The following statement provides an example of each of these abilities.

Because Indian women have achieved so much success in the world of sports, people in other countries look to them as examples of how to achieve their goals. It is probable that sports are becoming more noticeable as a tool for achieving gender parity and elevating the status of women and girls. Efforts made in collaboration with others have the potential to kindle the fires of independence, affiliation, and action. These females undoubtedly serve as role models for young children, inspiring them to join in sports by becoming the precise definition of what it means to lose. This is done with the intention of encouraging young children to participate in sports. Because it is seen as a door that may be opened for them, people of all ages and genders who have disabilities are typically given positive reinforcement to take part in sports. It is believed that women's growth and empowerment would be significantly aided by the participation of women in sports. In India, women and girls face discrimination and are often denied open paths to admittance. This leads to limited communication, education and clinical thought, early marriage, and difficulty gaining access to dynamic power.

### **Role of Women Wrestlers in Sports**

Around the course of the past several years, the topic of women's empowerment has captured the attention of people all around the world, but particularly in India. The sheer fact that this conversation is taking place is a testament to the deplorable state that women are in all across the world, but particularly in India and other developing nations. This is the driving force for all of the hoopla around the empowerment of women.

In the past, women were routinely subjugated and treated in a manner analogous to that of slaves. They were not allowed to exercise fundamental rights such as the right to free expression or the right to education, among many others. It didn't matter what industry you looked at, whether it was politics, sports, education, or positions at the corporate level, there were many ways in which men and women were treated unequally. Even in this day and age, many still have a bad view of women. Despite the fact that women make up more than half of the population of the globe, they are still paid less than males. In addition to the obligations they have at home, such as caring for their children, preparing meals, and looking after their families, women make significant contributions to the development of the nation. Some of them have become prosperous businesspeople like Indra Nooyi, some of them are managing the politics of the nation like Sonia Gandhi, some of them are in charge of the fashion industry, and some of them are representing the country on an international level by succeeding in a variety of sports like P.T. Usha. Throughout her successful career, "Sprint Queen" P.T. Usha has been awarded 102 national and international medals and accolades. She came away with a total of 33 medals from international competition, including 13 gold medals at the Asian Championships. In 1984, she was honored with the renowned Arjuna Award as well as the PadmaShree for her remarkable achievement in a variety of sports. She won the title of best women's athlete in the Jakarta Asian Athlete meet the next year, in 1985, after competing in it. In addition to all of her other accomplishments, in 1986, the Indian Olympic Association recognized her as the Sportsperson of the Century and presented her with the Adidas Golden Shoe award at the Seoul Asian Games.

Women have been able to successfully demonstrate their equality with males in a variety of spheres, including education, work, inheritance, marriage, politics, and sports, among others. During the 20th century, there was a

remarkable improvement in the position of women across the globe, including in India. Women who were traditionally inclined to remain inside the confines of their homes have, in today's society, discovered their own path to ascending above them. In order to empower women of all ages and castes in India, the Indian government has implemented a number of reforms in recent years. In addition to civil laws like the Dissolution of Muslim Marriages Act 1939 and the Hindu Marriage Act 1955, as well as other Matrimonial enactments, criminal laws have been enacted that prohibit sati, dowry, female infanticide and feticides, eve teasing, rape, and other offenses relating to women. These laws also prohibit eve teasing, rape, and other forms of immoral trafficking. Relatively recently, the Maternity Benefits (Amendment) Bill, 2016, which would be of assistance to working women, was approved by the Rajya Sabha. In addition, a National Commission for Women (NCW) was established for the purpose of defending the rights of women. The government of India proclaimed the year 2001 to be the "Year of Women's Empowerment," and it was observed as such. These advancements in the status of women are evidence of the fact that empowering women implies empowering the nation. Indian women who have never given up on their aspirations despite coming from conservative homes are some of the women who are responsible for the nation's progress in areas such as boosting the economy and reviving society.

### **OBJECTIVES OF THE STUDY**

1. To study on Women Win's Impact Assessment Strategy
2. To study on Women's Wrestling, Gender Equity, And The Fight To Reestablish Wrestling In The Olympic Program

### **Women's Wrestling, Gender Equity, and the Fight to Reestablish Wrestling in the Olympic Program**

On February 12, 2013, at a meeting in Lausanne, Switzerland, the executive board of the International Olympic Committee decided to demote wrestling from its core sport status in the Olympic program. This decision was made by the International Olympic Committee. After the year 2016, Olympic competition in this sport will no longer be open to athletes who choose to participate in it. Wrestling is one of the eight sports that are slated to make presentations to the executive board during the conference that will take place in May in St. Petersburg, Russia. The conference is set to take place in Russia. The International Olympic Committee is the one responsible for putting together this gathering. After that, the executive board would make the decision on which of the eight sports they would suggest to the 125th session of the International Olympic Committee in Buenos Aires with the intention of placing a new sport on the schedule for the year 2020 (IOC, February 12, 2013).

This led to a large undertaking of changes inside FILA as a response to the risk that was presented to the organization's continued presence in the Olympic Games. These reforms were undertaken as a response to the danger that was posed to the organization. As a direct result of the modifications that were implemented, women's wrestling was given the opportunity to participate in and contribute significantly to the subsequent events. On February 16, former FILA President Raphael Martinetti announced that he would be stepping down from his post, and from that moment on, things started moving forward. After that, the FILA bureau proposed Nenad Lalovic, who is from Serbia, as a contender for the position of interim president of the organization. A reporter for the Wall Street Journal named Mark Futterman provided the following description of the obstacle that will need to be overcome by the incoming president: "Lalovic and the federation has undertaken an ambitious effort to 'modernize and democratize' the sport and its governing body quickly, making it more inclusive of women and changing its rules to make it more spectator- and television-friendly." This statement offers an outline of the work that will be required of the next president in its entirety. (Futterman, 2013).

## **Principles for Programme Development**

We arrived at the conclusion that historically male-dominated types of physical education could serve as a barrier to the participation of females, particularly when the curriculum is designed around a wide variety of sports and activities. Researchers have examined this type of physical education based on two significant criteria: first, it has been criticized for continuing to perpetuate traditional gender roles, and second, it has been criticized for falling short of providing the wide variety of educational benefits that are typically promised for it. When calls are made to use physical education as a vehicle for the achievement of key individual and societal goals, the actual sort of projects and the flexibility in the design of those projects are rarely given any consideration (Lawson, 2009). This is a problem that needs to be fixed as soon as possible.

According to Flintoff (2008), the creation of a program can be guided by one of three primary standards: the uniformity of chance; the festival of difference; and the potential outcomes of social change. Each of these standards is comprised of a subset of a larger set of criteria. The conventional technique of teaching physical education may be replaced with this set of criteria that can be utilized to construct an alternative method.

It is essential for the advancement of women's rights in the fields of physical education and athletics that action be taken to ensure that girls have the same opportunities as boys to participate in the activities of their choosing, even those that are conventionally thought of as being reserved only for males. This action must be taken in order to guarantee that girls will be able to compete on an equal footing with boys in the areas of physical education and athletics. The actions that are taken with the intention of accomplishing this objective are referred to as equity of opportunity activities. In contrast to the biological determinist position, this guideline maintains that there are no unique natural shortages of young women that preclude them from participating. In the meanwhile, as a result of the many studies that have been carried out, it has become abundantly evident that having an equal possibility of success is not adequate in and of itself because it will not, as a consequence, result in equitable advantages for both boys and girls. In other words, having an equal likelihood of success is not sufficient in and of itself because it is not sufficient in and of itself.

## **Women Win's Impact Assessment Strategy**

Women Win is an organization that offers financial support to forward-thinking projects all over the world in the realms of sport and physical activity with the intention of empowering women and girls. In order to further the cause of women's rights, we will be utilizing this strategy in the hopes that it will bring attention to a number of issues and kick off a social movement that will center around sports. Any evaluation of the effects that takes place has to be compatible with strategies that provide girls and women who are participating in these programs more agency. This prerequisite is essential in order to fulfill Women Win's goal of fostering individual agency among participants. In terms of the evaluation techniques, there will be three primary objectives to aim towards.

- Empowerment of members and their groups
- Communicating sway
- Improving hierarchical practice

Impact evaluation and research are absolutely necessary in order to provide Women Win with the ability to identify effective sporting tactics that will accelerate the lives of girls and women. In the years to come, Women

Win plans to invest a considerable amount of resources into expanding the capacity of our program partners in the areas of impact assessment and research.

## CONCLUSION

In the colleges, there had not been sufficient leadership among the people who worked in physical education, nor had there been an adequate structure for inspiring women to take part in training and activities. Important constraints that inhibited women's involvement in games and sports were socio-cultural preconceptions, superstitions, and ideas concerning social traditions and taboos. Even while there was a widespread misunderstanding circulating among the general public, which held that women would lose their femininity if they participated in sports, the current day has demonstrated that college women do not agree with this misconception. The practice of a religion did not prevent women from taking part in games. There was a substantial gap between the limits women students faced in urban and rural communities in terms of community environmental variables, college environmental factors, and personal issues. This gap pertained to the setting in which they were educated.

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