

Women in Sports

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OVERVIEW

- Brief History of Women in Sports
- Psychological aspects
- Personality Development
- Personal Experience
- Questions



HISTORY OF WOMEN IN SPORTS

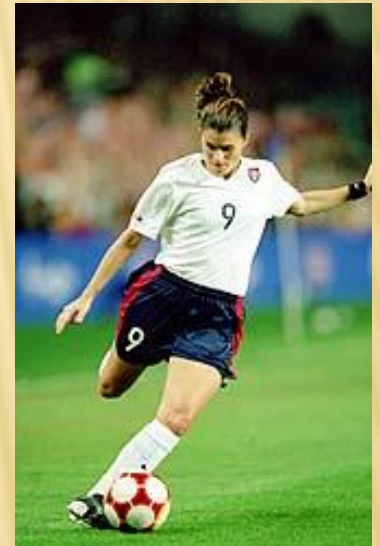
- ✘ 776 B.C. – first Olympics: no women allowed
- ✘ 1896- first modern Olympics in Athens women not allowed, but compete anyway
- ✘ 1900- women in Olympics: tennis, golf, & croquet
- ✘ 1967- Katherine Switzer registers for Boston Marathon
- ✘ 1960/1972 – the IOC recognizes more women's sports including rowing
- ✘ 1970 – Billie Jean King made great strides for women in tennis



“I AM STRONG. I AM INVINCIBLE. I AM WOMEN.”

-HELEN REDDY

- ✘ 1973 – 1.3 million girls participating in high school sports vs. 294,000 in 1970
- ✘ 1996 – 2.4 million girls play high school sports
- ✘ 2000 – 16 new women’s events in the Sydney Olympics & Equality
- ✘ Present – more athletic women in media/ seen as role models



MYTHS/REALITY

-COAKLEY

- × Damage to reproductive organs
- × More fragile bone structure
- × Less attractive than other girls
- × Less time to focus on academics
- × No damage to reproductive organs
- × Exercise is crucial to prevention of osteoporosis and prevention of breast cancer
- × Stronger self-images and lower levels of depression
- × Less likely to have unwanted pregnancy
- × More likely to graduate from high school and get better grades

PSYCHOLOGY OF WOMEN IN SPORTS

✘ Gender role orientation

- + Role Conflict – inner conflict about taking on a “male” role
- + Psychological androgyny – mixture of the best of both gender roles and expectations

✘ Homosexuality

- + No relationship to sport and does not affect athletic performance

✘ Eating Disorders

- + Overall may provide protection
- + Prevalence is sport specific

✘ Fear of Success

- + explains female fear of succeeding



PERSONALITY DEVELOPMENT

- ✘ “The sum total of an individual’s characteristics which make him/her unique”
- ✘ Collection of traits; consistent
- ✘ Construct of personality

COMPONENTS OF PERSONALITY

× Id

- + Irrational; operates from “pleasure principle”
- + Usually sexual or aggressive instincts

× Ego

- + Logical, reality-oriented

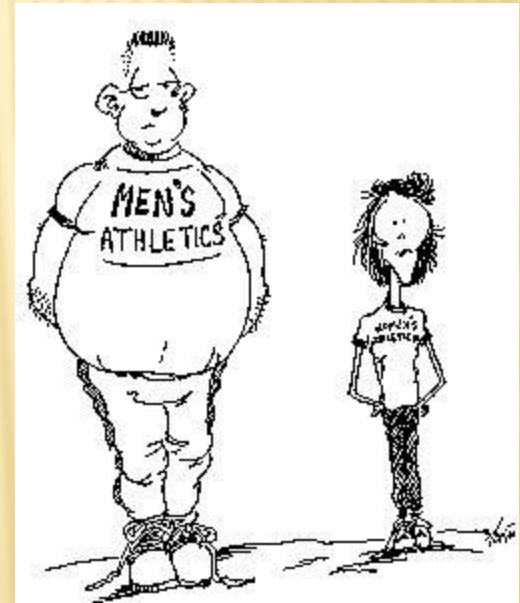
× Superego

- + Conscience, internalized moral standards

SOCIAL REINFORCEMENT

- ✘ Rewarded behaviors are more likely to be repeated
- ✘ Verbal/nonverbal communication may affect response
- ✘ Positive reinforcement (give a positive)
- ✘ Negative reinforcement (remove a negative)
- ✘ Punishment (apply a negative)

- ✘ Today more than 150,000 women participate in intercollegiate athletics – fourfold increase since 1971
- ✘ Women won a record 19 Olympic medals in the 1996 Summer Olympic Games
- ✘ 1994 – Increase in doctoral degrees, law degrees, and medical degrees earned by women, compared to 1972



WHAT SPORTS HAVE DONE FOR ME

- ✘ Teamwork
- ✘ Dedication – never quit
- ✘ Time management
- ✘ Work ethic – the body can achieve what the mind believes
- ✘ Attitude - I can do anything I put my mind to



“DREAM A LITTLE

SWEAT A LOT”

THANK YOU