



Female Participation in Traditionally Male Sports

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Editorial Note

Women's sports, both amateur and professional, have existed throughout the planet for hundreds of years altogether sorts of sports. Female participation and recognition in sports increased dramatically within the 20th century, especially within the last quarter-century, reflecting changes in modern societies that emphasize gender parity. The amount of girls who currently play sport or who closely follow sport events is steely increasing. Although the extent of participation and performance still varies greatly by country and by sport, women's sports are generally accepted throughout the planet today. However, despite an increase in women's participation in sports, an outsized disparity in participation rates between women and men remains. These disparities are prevalent globally and still hinder equality in sports. Many institutions and programs still remain conservative and don't contribute to gender equity in sports. Women who play sports face many obstacles today, like lower pay, less media coverage, and different injuries compared to their male counterparts. Many female athletes have engaged in peaceful protests, like playing strikes, social media campaigns, and even federal lawsuits to deal with these inequalities. Few women competed in sports in Europe and North America before the late nineteenth and early twentieth centuries, as social changes favored increased female participation in society as equals with men. Although women were technically permitted to participate in many sports, relatively few did. There was often disapproval of these who did. "Bicycling has done more to emancipate women than anything within the world." Susan B. Anthony said "I stand and rejoice whenever I see a lady ride on a wheel. It gives women a sense of freedom and self-reliance."

The modern Olympics had female competitors from 1900 onward, though women initially participated in considerably fewer events than men. Women first made their appearance within the Olympic Games in Paris in 1900. That year, 22 women competed in tennis, sailing, and croquet, equestrian, and golf. Most early women's professional sports leagues founded. This is often attributed to a scarcity of spectator support. Amateur competitions became the first venue for women's sports. Throughout the mid-twentieth century, Communist countries dominated many Olympic sports, including women's sports, thanks to state-sponsored athletic programs that were technically considered

amateur. The legacy of those programs endured, as former Communist countries still produce many of the highest female athletes. Germany and Scandinavia also developed strong women's athletic programs during this period. Founded in 1974 by Billie Jean King, the inspiration is devoted to advancing the lives of women and ladies through sports and physical activity. That's what the inspiration does, but the "why" is most vital. Although there's a federal law that mandates equal participation opportunities for male and feminine students in secondary and post-secondary institutions of upper education, the important reason we would like civil right for our daughters to play sports is in order that they can also derive the psychological, physiological and sociological benefits of sports participation. Sport has been one among the foremost important socio-cultural learning experiences for boys and men for several years. Those self-same benefits should be afforded our daughters. It's important for all folks to understand that: High school girls who play sports are less likely to be involved in an unintended pregnancy; more likely to urge better grades in class and more likely to graduate than girls who don't play sports. As little as four hours of exercise every week may reduce a teenage girl's risk of carcinoma by up to 60%; carcinoma may be a disease that afflicts one out of each eight American women. (Journal of the National Cancer Institute, 1994) Forty percent of girls over the age of fifty suffer from osteoporosis. None folks should want our daughters to repeat the experiences of generations of women—our mothers and grandmothers—who weren't permitted to play sports or encouraged to participate in weight-bearing exercises that are necessary to establishing bone mass. Girls and ladies who play sports have higher levels of confidence and self-esteem and lower levels of depression. Girls and ladies who play sports have a more positive body image and knowledge higher states of psychological well-being than girls and ladies who don't play sports. Sport is where boys have traditionally learned about teamwork, goal-setting, the pursuit of excellence in performance and other achievement-oriented behaviors critical skills necessary for fulfillment within the workplace. In an economic environment where the standard of our children's lives are going to be hooked in to two-income families, our daughters can't be less prepared for the highly competitive workplace than our sons. It's no accident that 80% of the feminine executives at Fortune 500 companies identified themselves as former "tomboys"—having played sports.

Those who say women aren't strong enough... Get stuffed!

These words spoken by Michelle Payne were plastered over social media, retreated and favorite by hundreds after she became the primary ever female jockey to win the Melbourne Cup (in 155 years). We need to figure to urge more women involved in sport and therefore the media coverage to not only increase but specialize in the sporting achievements instead of objectify women and judge them on their appearance. We'd like role models for young girls and ladies alike, like we'd like role models in many industries, to encourage participation because the benefits from sport go such a lot further than the straightforward but important health benefits.

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