



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact Factor: 6.078

(Volume 10, Issue 1 - V10I1-1206)

Available online at: <https://www.ijariit.com>

Gender inequality in sports: An examination of its history, current state, and implications for female athletes

Hitarth Jain

pavini@yashishukla.com

Heritage Xperiential Learning School, Nangli Umarpur, Haryana

ABSTRACT

Gender inequality persists as a notable challenge within the realm of sports, characterized by disparities in opportunities, resources, and recognition between male and female athletes. Despite advancements, this review underscores the enduring nature of gender inequality in sports and explores its historical roots, contemporary manifestations, contributing factors, and repercussions for female athletes. Drawing attention to societal perceptions of gender roles, underrepresentation of women in leadership roles, and instances of gender-based discrimination and harassment, this paper advocates for concerted efforts by sports organizations and society to rectify these inequalities and foster an environment conducive to gender equity in sports.

Keywords: Gender inequality, sports, female athletes, opportunities, resources, recognition, societal perceptions, leadership roles, discrimination, harassment, gender roles, media coverage, sponsorship, remuneration, stereotypes, inclusive practices, resource allocation.

I. INTRODUCTION

Gender inequality permeates various facets of society, including the domain of sports, where it manifests as differential treatment of male and female athletes concerning opportunities, resources, and rewards. This paper endeavors to offer a comprehensive analysis of extant literature on gender inequality in sports, aiming to shed light on its historical trajectory and present-day realities.

History of Gender Inequality in Sports

The roots of gender inequality in sports trace back to ancient times, notably exemplified by the exclusion of women from the Olympic Games in ancient Greece. While the emergence of women's sports in the late 19th century marked a pivotal juncture, disparities persisted, impeding women's access to equitable opportunities and recognition in athletics.

Current State of Gender Inequality in Sports

Despite strides in recent decades, gender inequality in sports remains pronounced. Female athletes encounter disproportionate media coverage, sponsorship, and remuneration compared to their male counterparts. Moreover, women's sports often confront marginalization and are subject to gender-based prejudices and harassment.

Factors Contributing to Gender Inequality in Sports

Gender inequality in sports is underpinned by multifaceted factors, including entrenched societal perceptions of gender roles, which perpetuate biases against female athletes. Furthermore, the dearth of women in leadership positions within sports organizations exacerbates disparities and perpetuates systemic inequities.

Impact of Gender Inequality on Female Athletes

The ramifications of gender inequality reverberate throughout the experiences of female athletes, encompassing discrimination, harassment, and constrained access to opportunities and resources. Such challenges not only impede individual athletes' progress but also hinder the overall advancement of women's sports, reinforcing stereotypes and undermining efforts toward gender equality.

II. CONCLUSION

In confronting the pervasive issue of gender inequality in sports, concerted action is imperative. While incremental progress has been achieved, achieving genuine gender equality necessitates sustained efforts by sports organizations and broader society alike. Central to this endeavor is the promotion of inclusive practices, equitable resource allocation, and the cultivation of environments that affirm the worth and contributions of all athletes, irrespective of gender.

III. REFERENCES

1. Koivula, N. (1999). Sport participation: differences in motivation and actual participation due to gender typing. *Journal of Sport Behavior*, 22(3), 360–380.
2. Messner, M. A. (2002). *Taking the Field: Women, Men, and Sports*. University of Minnesota Press.
3. Hargreaves, J. (1994). *Sporting Females: Critical Issues in the History and Sociology of Women's Sports*. Routledge.
4. Bernstein, A. (2001). The Myth of “Female Athlete Triad”: A Feminist Poststructural Analysis. *Journal of Sport & Social Issues*, 25(1), 39–57.
5. Scraton, S., & Flintoff, A. (2002). *Gender and Sport: A Reader*. Routledge.
6. Bruening, J. E. (2018). *Women in Sports: Breaking Barriers, Facing Obstacles* [2 volumes]. ABC-CLIO.
7. Lenskyj, H. J. (2019). *Out of Bounds: Women, Sport and Sexuality*. Women's Press.
8. Messner, M. A. (2018). *Power at Play: Sports and the Problem of Masculinity*. Beacon Press.
9. Cooky, C., Messner, M. A., & Hextrum, R. H. (2013). Women Play Sport, but Not on TV: A Longitudinal Study of Televised News Media. *Communication & Sport*, 1(3), 203–230.
10. Boutilier, M. A. (2018). *Feminist Perspectives on the History of Women's Sports in the United States*. Routledge.