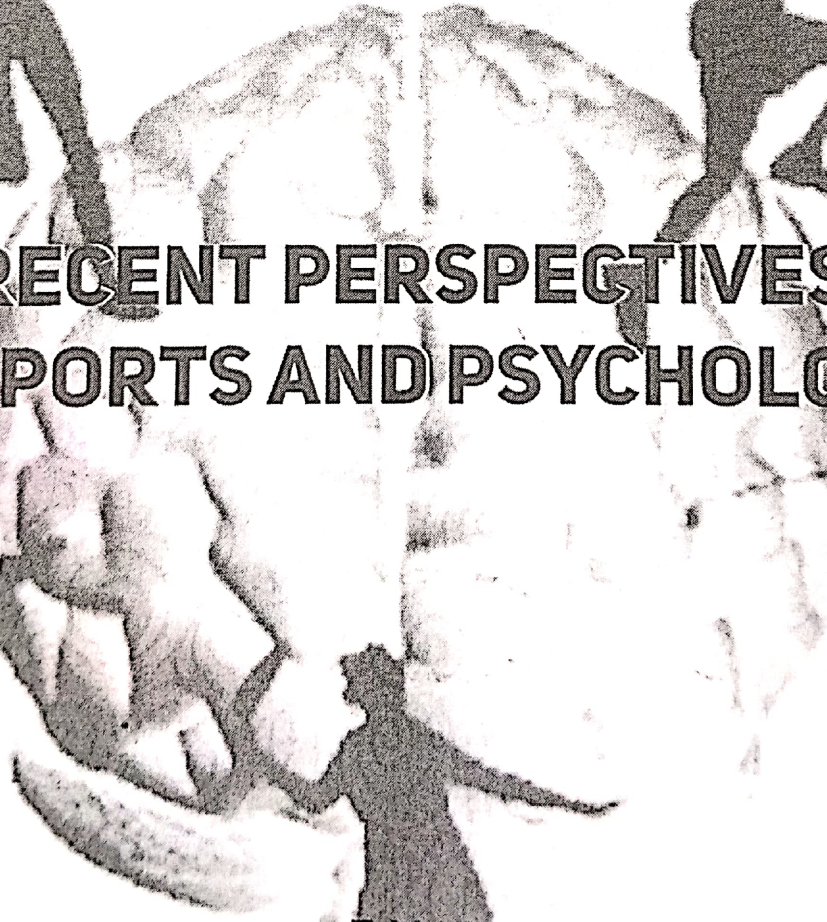


# RECENT PERSPECTIVES IN SPORTS AND PSYCHOLOGY



Edited by

*Santosh B. Kokil*

PRINCIPAL  
Shivaji College  
Hingoli, Dist. Hingoli.

# RECENT PERSPECTIVES IN SPORTS AND PSYCHOLOGY



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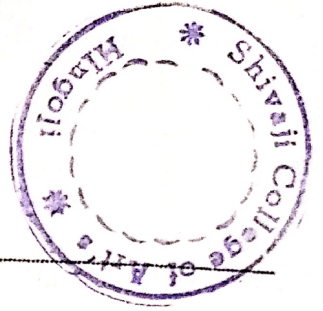


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## The Role of Physical Education and Psychology in Women's Health

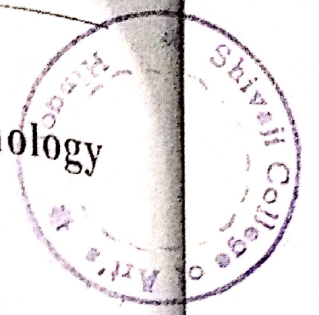
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The status of women in India has changed over time in Indian history. The status of women in Indian society was degraded. The literacy rate was so low at that time. Women did not have the right to education. It has given rise to numerous bad social practices, fanatical religious beliefs, inhuman superstitions, and horrible practices. The practice of child marriage, enforced widowhood, sati, devadasi, dowry, female-child murder and polygamy destabilized Indian society. Women lived their lives in the bondage of superstition under the guise of rituals. It has also spread in religion.

Many changes have taken place in Indian history between the East India Company and the British rules, including the Prevention of Murder of Women and Children Act, the Hindu Widow Remarriage Act, the Sati Regulation Act and many other laws. Meanwhile, in the nineteenth century, many social reformers worked hard to eradicate social evils and to awaken the people against the injustice done to Indian women. Initiatives were taken to improve the secondary status of women. The work of Raja Ram Mohan Roy, Maharshi Dhondo Karve, Ishwar Chandra Vidyasagar, Dhondo Keshav Karve, Subbalakshmi, Mahatma Jotirao Phule and Mata Savitribai Phule, a couple who opened the doors of education for women, can be named first. Under her leadership, a national movement emerged which is considered important from the point of view of empowerment for women.







Dr. Babasaheb Ambedkar has also done a lot for women. He always opposed the oppressive practices in Hinduism. He was of the opinion that this society and the women of that society would never improve unless such stereotypes were stopped. The position of women was not equal to that of other human beings, there were no rights in the family, and her hands were bound by the hand of 'Manusmriti'. Such handcuffs were what led women to decline. Babasaheb Ambedkar violated the Indian Constitution by giving women equal rights.

In short, there are two main stages of women's development, the first stage is the contribution of progressive thinkers and the second stage is the contribution of some social organizations in women's development. From Vijaya Lakshmi Pandit to Deputy Lieutenant Shivangi, all of them have made their mark after India's independence. In which Anna Chandy became the first Indian woman judge in the High Court. (Kerala High Court), Indira Gandhi became the first woman Prime Minister of India, Kamaljit Sandhu became the first Indian woman to win gold at the Asian Games, Kiran Bedi became the first woman to join the Indian Police Service. Mother Teresa won the Nobel Peace Prize and became the first Indian woman to achieve this feat, Bashendri Pal became the first Indian woman to climb Mount Everest, P.T. Usha has achieved remarkable success in sports and sports.

If we want to make India an economically prosperous, politically equipped, socially developed and culturally fragmented country in the future, women will have to remove the glass roof in all their respective fields. In a real sense, they need to be encouraged to enjoy freedom. The late President of India Dr. Radhakrishnan once said that "The progress of our land towards our goal of democratic socialism cannot be achieved without the active participation of our mothers, wives, sisters and daughters."

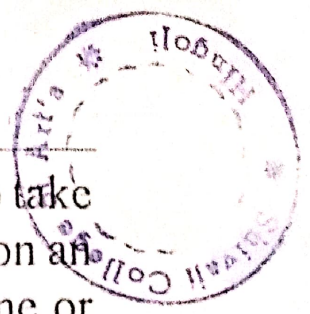


If we look at pre-independence India and post-independence India in the context of women's development, the change that has taken place is very revolutionary. Today, patriarchal culture is emerging. As time has changed, so has woman. Today, her journey is from rickshaw puller to pilot. Today's woman is a woman of independent thinking, who carries out all responsibilities properly, who faces all the difficulties shoulder to shoulder with men.

### **Women's Physical and Mental Health:**

Every woman is adept at this task. It is as if they have an innate quality of planning and accomplishing every task. They always show their intelligence in the social, cultural, economic and political spheres. While women have been given special rights by law, education has added to their knowledge. Even so, many women today face new challenges in their daily lives, sometimes in the family and sometimes in the business / job. While carrying out all these responsibilities, she faces the challenge of maintaining her physical and mental health. In such a situation, one's own physical and mental health is being neglected. Even so, owning one remains beyond the reach of the typical person. Then the right balance is maintained in every field, be it sports, social, cultural, political, or commercial. From a psychological point of view, the relationship between 'mind and our body' is very close. A sound mind in a sound body means that a healthy mind is in a healthy body. So we need to keep our body and mind happy and healthy at all times. In today's fast-paced world, women have to deal with physical and mental problems while playing a dual role. Analysis and statistics of the Mental Health Index show that mental disorders appear different in women than in men. Symptoms of depression, anxiety and unpredictable psychosis are 2-3 times more common in women than men. At the same time, like men, addiction and drug abuse are on the rise in women, in the name of reducing stress and in the name of modernity and fashion. In some aristocratic





societies, it is considered a sign of prestige for women to take drugs / alcohol. He doesn't even know when he's going on an addictive diet, and when he does, he's either out of time or he has no choice. Once the mental state deteriorates, it does not take long for the physical condition to deteriorate.

### Women's issues/Problems:

In the modern age, women have to face many kinds of problems. Even today, women have a somewhat secondary place in patriarchal culture. Their ignorance, situation and sometimes free nature are being taken advantage of. Some issues can be considered in its context.

#### A) Physical Problems: -

There are many women in India who suffer from physical problems, from housework to office work. If she is responsible for the whole family, then her problems are more. If the husband is addicted, the daily beatings from him are painful for him. If you think of the business sector, there are many problems in the workplace, sexual harassment in the workplace or in the playground, along with issues like gender discrimination, which always hinders his development. So standing up, it also hurts women a lot. If they try to break this 'glass roof', they will face many difficulties. So even today, despite being highly educated, women are seldom in high positions. In short, women suffer from many problems such as physical illness, being overweight or underweight, overeating, domestic violence, sexual harassment, as well as acid throwing, homicide and abortion, honor killing, reproductive health, molestation and rape, sexual assault, trafficking in women. Have to deal with. Menstruation and menopause in old age are common in most women, and it is difficult to cope with the changes in the body as they age, because even today no one speaks openly about it, the lack of sex education can lead to many misconceptions.

  
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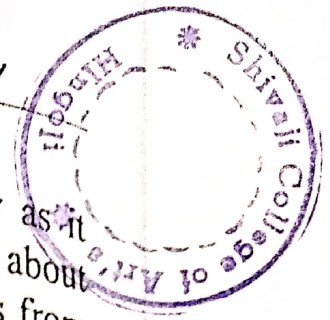
## B) Mental Problems:

Mental health in India is not taken as seriously as it should be. Even today, there is not enough awareness about mental illness. One in ten people in the world suffers from mental illness. If a woman has a mental illness, she is looked upon with suspicion and sarcasm. The moldy idea that she is pretending is ready. Many mental illnesses are cured immediately; all that is needed is proper treatment, guidance and mental support. The stigma attached to mentally ill women is the cause of their persecution and hinders their recovery. Current traditions spread negativity to mental illness; this prejudice results in cognitive or emotional responses such as anger or fear about such people and ultimately leads to discrimination, rejection and protection from society. Evidence from reports from southern India suggests that young women with schizophrenia are more vulnerable to discrimination in society.

Stress and depression are more prevalent in India than in any other country in the world, according to a survey conducted by Cigna TTK Health Insurance. About 89% of people in India say they are living their lives under stress compared to 86% of the global average.

According to a recent study by Nielsen, Indian women are the most stressed in the world today. 87% of Indian women said they feel stressed most of the time and 82% of women do not have time to rest.

Unrealistic expectations from family, or unrealistic demands from higher authorities in the workplace, put a strain on women, and the stress is so great that it is difficult for them to get out of it. Being under constant stress can lead to depression. Some who do not tolerate this stress commit suicide. Most women experience sleep disorders during menopause. Frequent sleep deprivation causes them to feel weak, lethargic, depressed, and tired the next day. It's called Domino Effects. Such sleep disorders and other brain





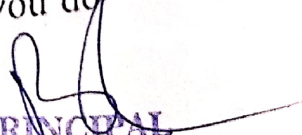
changes can make women more likely to relapse into depression. Recent research has found that depression at this age can be a symptom of forgetfulness. For all these reasons, women of this age should take timely treatment for sleep disorders. The future of a woman's family depends on her health and well-being. Just as treatment is needed for physical distress, so are proper advice / guidance for mental health care.

### C) Other Problems:

In addition to physical and mental problems, there are still other problems, such as dowry victims, allegations of witchcraft, betrayal, discrimination, child marriage, extortion, addiction, apathy, etc.

### The Role of Physical Education and Psychology in Women's Health:

A person's body and mind are two sides of the same coin. The mind affects the body and the body affects the mind. The role of physical education and Psychology is important in understanding women's health as a whole. Physical education teaches you how to take care of your body and Psychology teach you how to live life. We can make our body agile by studying physical education, while we can increase our intellectual capacity by studying Psychology. It is one's responsibility to keep one's health good and perfect. When it comes to physical health, you need to know how many calories your body needs. If you want to do daily work with sports, you need to do regular physical exercises and yoga every day. Yoga has important mental benefits like that Beneficial for brain, Useful in relieving anxiety 'Yoga' increases concentration: This will not make the day boring. Common exercise barriers for women include a few things. How much exercise you do depends on your body. It is advisable to exercise under the guidance of a good mentor. Otherwise the exercise you do will have side effects instead of positive effects.

  
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Common exercise barriers for women include Lack of time, Lack of motivation, Parenting demands, Lack of energy, Health conditions, Lack of money / resources, Gender stereotyping. Physical education can be a good guide for women's health. Regular exercise gives good benefits to the body as your day goes by. Enthusiasm persists in regular work, physical immunity increases. To feels a positive confidence. Regular physical activity can improve women's health and prevent diseases and conditions that are the leading causes of death and disability for women around the world. Many women suffer from a disease process that is associated with insufficient participation in physical activity:

- Cardiovascular disease accounts for one-third of all deaths in women worldwide and half in women over the age of 50 in developing countries.
- The prevalence of diabetes in women is high and is expected to double in the near future.
- Osteoporosis is a disease in which the bones become brittle and brittle and are more likely to break, and it is most common in women after menopause.
- Breast cancer is a common cancer in women. Women who participate in regular exercise have been shown to have a lower risk of breast cancer.

### **Social benefits of sports for women**

Regular practice of physical activity allows a woman to find new friends, maintain close relationships and new social relationships, and interact with others and find a place in her social environment. To do physical activity in a group, gives the woman the opportunity to have a new meeting and as a result maintains some conversations and discussions that may become introverted over time. Games prove to be a tool of socialization. Communication needs to happen. Commenting on sports activities, Michelle Boet states: "It seems that the political situation in the world seems to be regularly reconciled with those who are devoted to physical



activity. This puts the woman on the basic scheme of law. It strengthens the consciousness of 'for others' and 'with others' (Bullet. 1968) In short the benefits of participating in regular physical activity to improve physical fitness, positive mindset and social relationships go well. The skills created by practicing more physical workout dedication, application, and teamwork can be easily applied to everyday life situations. Youth sports programs, promoting the development of these basic skills, have been suggested as a promising approach to reducing the range of problem behaviors among young people and promoting their social inclusion.



Psychologists, mental health counselors are always ready for a woman to be mentally capable. The incidence of mental illness is increasing in daily life, women are suffering from it more and more, women are falling prey to many disorders like Anxiety, Stress, Depression, Personality disorder, Schizophrenia, Psychiatric disorders, Suicide, and Depression. After taking them to a psychiatrist and giving them proper guidance and medication, they begin to behave normally. The question of how to diagnose mental illness is common, with sudden changes in behavior (behaving contrary to the situation), irritability, delusions and delusions, loneliness, discrepancies in actions and narratives, and irrational speech. If any two or more of these symptoms appear, it is advisable to see a psychiatrist immediately. Natural hormonal fluctuations can cause depression or anxiety. Menopause, which is a change in menopause, also causes depression. Treatment provides relief no matter how severe the symptoms.

One out of every three men who visit a public health psychiatric outpatient clinic in India appears to be undergoing psychiatric treatment. Indians view women as "unused" because they grieve, and they forbid even greater clauses relating to women's mental illness to underestimate the importance of public health facilities or women's health





in general. This low attendance has been partly explained by the lack of facilities for women in the hospital. Psychiatric hospitals mainly care for men. If beds are available here, gender-based discrimination is seen. Poverty leads to criminal prostitution, drug trafficking and HIV infection, and severe emotional and Psychological oppression, making many young children, especially street girls, vulnerable. Women health workers or women counselors can play an appropriate role in educating the community to identify women's health and nutrition needs. Improving the health and nutrition structure in India requires women professionals and women empowerment at all levels.

In short, with the help of Psychology, women can live their lives with confidence. Stress management, Decision making, Positive thinking, Logical ability, Time planning, strength to cope with emergencies, persistent depression, elimination of suicidal thoughts, strength to cope with small and big crises in life definitely increase with the right guidance of Counselor. Psychiatrists, Psychoanalysts, Psychologists, Counselors are the four main pillars of Psychology, without them Psychology cannot be complete. It all goes to the root of mental illness and seeks out problems and solutions.

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