

# Muslim Girl's Student Respondents about Participation in Sports

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**Abstract:** The purpose of the study was conducted to know about the participation of Muslim girls student in sports. The population of this study was all female students of West Bengal higher secondary school in North 24 Parganas. Total 100 respondents selected from within the population. For the purpose of collection of data a structured questionnaire on three point Likert scale, ranging from disagree (DA= 1 point) to agree (3 points), was prepared and handed over to 100 respondents with the help of physical education teacher of concerned school. The result of the study indicated that Muslim girls student like sports and she wants to participate in sports for overall development but their ethnicity, culture, physical and spiritual challenges, parents, family members, and society members discourage them to participate in sports. The result of the study further confirmed that Islam encourages the women to participate in sports for good health, fitness and healthy life style after observing the Islamic dress code.

**Keywords:** Muslim school girls student, questionnaire, participate sports, Islam.

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## I. INTRODUCTION

**Women's sports** include amateur and professional competitions in virtually all sports. Female participation in sports rose dramatically in the twentieth century, especially in the last quarter, reflecting changes in modern societies that emphasized gender parity. Although the level of participation and performance still varies greatly by country and by sport, women's sports have broad acceptance throughout the world. In a few instances, such as figure skating, rival or exceed their male counterparts in popularity. An important aspect about women's sports is that women usually do not compete on equal terms against men.

Those who participate in sport, recreation and physical activity are generally healthier, more confident and feel better than those who don't. Current research indicates that 30 minutes of moderate physical activity (such as walking) done most days of the week is the minimum required to maintain good health.

Depending on the country, women in Muslim parts of the world have varying experiences; they face different obstacles in trying to participate in sports. Even so, these female athletes have a few things in common. They all must try to navigate the complexity of their identities. Individually, girls and women make decisions for themselves based on their values, obligations, expectations, affinity to sport and whatever else it is that makes them who they are. Below, we'll explore some of the ways girls and women in Muslim countries might experience sport. Keep in mind that there is no single "female Muslim" experience.

In light of the traditional Islamic practices and the lack of resources (leagues and/or facilities) which accommodate them, many Muslim girls and women must decide what it is they're comfortable with, based on their values, obligations, expectations, affinity to sport and other facets of their identities. It's a personal struggle for women to reconcile being Muslim, being a woman, and being an athlete.

Yuka Nakamura studied the experiences of Muslim women who were born in or immigrated to Canada. Obviously, Canada is not a Muslim country. However, we can still learn something about the way Muslim women come to practice their faith while identifying as athletes. Of the twelve subjects in her study, Nakamura found that modesty was the more important issue and posed the greatest barrier. Even so, differences in observances existed. Eleven of the twelve said they'd cover their legs when exercising publically, even if they were in a women-only space; eight said that they wore their hijab during sports even though all of them believed they were supposed to.

The purpose of the study was conducted to know about the participation of Muslim girls student in sports.

## II. METHODOLOGY

**Selection of the subject:** The subjects were selected from North 24 Parganas district of West Bengal, India. 100 muslim girls student, class-twelve, age ranged 17±1 years were selected as subjects. Data were collected in sports and physical activities a structured questionnaire with 14 statements on three point likert scale, ranging from “Disagree” to “Agree” was developed for collection of data.

**Statistical techniques:** The collected data were arranged, organized, and after due coding, it was processed through Statistical Package for Social Sciences (SPSS version-12). Percentage was used for analysis of data. Percentage of disagree, not sure and agree of each item was calculated and the conclusion was drawn on the basis of the calculated percentage. The result of percentage of each item has been given in table-1 below.

### STATEMENTS AND SCORES OF THE RESPONDENTS

S.NO	STATEMENTS	AGREE	NOT SURE	DISAGREE
1	Do you like sports?	92%	_____	8%
2	Do you like to participate in sports.	88%	_____	12%
3	You want to participate in sports for your overall development i.e. physical, mental, social, emotional and psychological development.	96%	_____	4%
4	Islam encourages the women to participate in sports for good health and fitness.	70%	_____	30%
5	Islam allows Muslim women to take part in sports after observing dress code.	60%	_____	40%
6	Participation of Muslim women in sports is seen as a challenge to the boundaries of their ethnic identities.	86%	_____	14%
7	Muslim culture prohibited the women to participate in sports.	90%	_____	10%
8	Cultural and ethnic factors determine your participation in sports.	85%	_____	15%
9	Spiritual and physical challenges constrain Muslim women to participate in sports.	87%	_____	13%
10	Sport is not seen as respectable activity for women in Islamic countries.	84%	_____	16%
11	Muslim women are constrained by their parents from participating in sports	89%	_____	11% <sup>5</sup>
12	Muslim women are constrained by their family and relative from participating in sports.	87%	_____	13%
13	Muslim women are constrained by society from participating in sports.	83%	_____	17%
14	Islam allows the women to participate in sports after observing Islamic dress code.	90%	_____	10%

## III. RESULTS AND DISCUSSION

According to analyzed data 92 % female respondents like sports while 88 % like to participate in sports. Major portion of sampled population (96 %) consider sports a positive activity that develop its participants physically, mentally, socially, emotionally and psychologically while 70 % female respondents were agreed with the statement that Islam encourages the women to participate in sports for good health and fitness. It was the view point of 60 % female respondents that Islam allows Muslim women to take part in sports after observing dress code while 86 % said that participation of Muslim women in sports is seen as a challenge to the boundaries of their ethnic identities. It was the opinion of the 90 % female respondents that Muslim culture prohibited the women to participate in sports while 85 % said that Cultural and ethnic factors determine their participation in sports. Majority of the female respondents said that spiritual and physical challenges constrained Muslim women to participate in sports while 84 % said that sport is not seen as respectable activity

for women in Islamic countries. Muslim women are constrained by their parents from participating in sports was the view point of 89 % female respondents, 87 % said that Muslim women are constrained by their family and relative from participating in sports, while 83 % said that Muslim women are constrained by society from participating in sports. The respondents (90 %) were agreed with the statement that Islam allows the women to participate in sports after observing Islamic dress code.

Results have shown that the respondents have positive values on sports because of their own interest in sports and religion influences, however, their ethnic and culture have prohibited them to get involved in sports (Table 1). The respondents have confirmed that their interests to participate in sport are for health, fitness and wellness. It is interesting to find out also that religious beliefs have sound values on their affection to participate in sports. In general, Islam promotes good health and fitness and encourages both men and women to engage in physical activity to maintain healthy lifestyles. However, their ethnicity (i.e., society, dress code and family) have discouraged their interest in sports participation.

Here, we'll see how different women observe the practice of separating themselves from men during exercise and sports. The women and girls that Kay categorized as traditionalists believes that to participate in sports women need to be out of sight of men . Some of the subjects of Walseth and Fasting's research show a more nuanced interpretation. They believed that women only need to be out of sight of men if they're going to be wearing sports attire which shows inappropriate amounts of skin. Some women who were stricter in their observance (they wore the krimar and/or niqab) thought that women, even dressed in their appropriate garments, should refrain from activities which might be sexually exciting to men.

#### IV. CONCLUSION

It is concluded that females attitude towards sports is positive and they not only like sports but they also like to participate in sports for their overall development i.e. physical, mental, social, emotional and psychological development but their ethnic and cultural factors as well as spiritual and physical challenges forbid them to participate in sports. Islam encourage the women to participate in sports to develop and maintain good health and fitness but their parents, family members, relatives and society members discourage them to participate in sports. Moreover sports is not seen as a respectable activity for women in Muslim countries and parents, family members, relative and society members discourage the women to participate in sports and physical activities.

#### ACKNOWLEDGEMENT

I would like to express my deepest gratitude to respondents and the persons who extended technical assistance during the course of data collection and analysis, and completion.

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