

# Juana in Action: Assessing Women's Involvement in Sports

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**Abstract:** This research study focused on the women's involvement in sports at the Municipality of the Tanauan City. It made use of the descriptive method of research. The respondents were 90 women employees of the Municipality of Tanauan City. Percentage, weighted mean and chi-square test were utilized in the study. After careful analysis and interpretation of data, it was found out that majority of the respondents were involved in sports. There is significant relationship between the respondents' profile and their involvement in sports.

Majority of the respondents were single that comprises 56% of the total respondents. Further, most of the employees were 6 years and above in service which is 33 or 37% while in terms of respondents' position, 65 belonged to the Administrative Aide and Clerk which is 73%. Lastly, 65 respondents were in job order in employment status which is 72%. Employees want to exercise regularly to keep their body healthy and sound, this was the highest rated item, with a weighted mean of 3.09, verbally interpreted as strongly agree. The computed chi-square values when the respondents profile were related to civil status, length of service, position and employment status were all greater than the tabular values. This indicates significant relationship in the respondents' profile and their involvement in sport. The result of the study afforded the researches in coming up with the proposed course of action that can enhance the respondents' involvement in sports. This involves set of objectives and activities that may be considered by the concerned authorities since one of the trusts of the municipality of Tanauan is to strengthen and empower women especially in sports.

In view of the problem in this endeavour, the following actions were proposed by the researchers. Since the study revealed that employees seldom experience the gender equality through sports by participating and joining to their opposite sex, the municipality of Tanauan should prioritize the rights of women and fair equality in sports. The Office of the Sports and Development should review their employees, especially women. The people in charge in sports may conduct a pep talk as a marketing strategy to invite other employees to involve in any sports. Since the study revealed that most women were not attending seminars, the sports officials must conduct more seminars about sports.

**Keywords:** women involvement, sports.

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## 1. Introduction

Several studies reveal that sports and regular physical activities have beneficial effects on physical, well-being, mental health and social affections of humans. In addition to health and psychological benefits, sports also promotes involvements, integration and responsibility in society and contributes to the development of a given community. Traditionally sports has been a domain of only male tournaments achievement and competitions. Gender differences in sports participation have been the subject of research since the 1970s in the global area. However, despite of several efforts done for decades of heightened awareness of gender inequalities, girls take part in the fewer sports than do boys. Nevertheless, most of the studies in this regard are conducted in developed countries. Study results showed that sports not only reflect but can also contribute to girls' social exclusion in sports and wider society. While women and girls account for more than half of the world's population, and although the percentage of their participation in sport varies between countries, in every case it is less than that of men and boys. In fact, the situation is even worst in the least developing countries. In many of today's developing countries, everyday tasks to meet basic needs require most time, living few to think of the perceived luxury of recreational activities. In most cases, work conducted by females as providers of food and cares of the family is not considered as productive because it is not a directly income-generating activity, which implies the assumption that females may not require recreational or free time as men and hinder females to get access, time and resources to participate in sports.

Gender is a social construct that outlines the roles, behaviors, activities and attributes that a particular society beliefs are appropriate for men and women. The assignment of these roles and adoption of these traits can create gender inequities-differences between men and women that systematically favor one group to the detriment of the other.

Gender equity is a term used to describe both the principle and practice of fair and equitable allocation of resources to, and opportunities for men and women. Gender equity eliminates discriminatory practices that are barriers to full participation for either gender. The practice of gender equity does not necessarily mean that everyone is treated in an equal or identical manner. Identical treatment is unlikely to yield equal opportunities for men and women within existing power structures. Instead, gender equity means changing responses to, and treatment of, men and women to ensure that gender is a neutral factor when accessing resources, rights, and opportunities.

Gender differences between men and women do not necessarily imply inequity. Additionally, both men and women may experience adverse effects as a result of restrictive gender roles. However, globally, women are particularly disadvantaged by gender constructs which prevent them from fully realizing their rights, accessing resources, and harnessing opportunities. Consequently, this chapter is focused on the involvement of women in sports. Empowerment in this sense refers to the process through which women gain the confidence, strength, and in some contexts, the information and skills needed to make strategic choices to improve their lives (Sports and Gender).

Gender and Development (GAD) approach focuses on the socially constructed basis of differences between men and women and emphasizes the need to challenge existing gender roles and relations A 'bottom-up' process of transforming gender power relations, through individuals or groups develop awareness of women's subordination and build their capacity to challenge it Women's Human Rights instils the recognition that women's rights are human rights and that women experience injustices solely because of their gender.

Nowadays, women are actively involved in different activities. The International Olympic Committee is committed to gender equality in sports. The Olympic Charter states that one of the roles of the IOC is to “encourage and support the promotion of women in sports at all levels and in all structures, with a view to implement the principles of equality of men and women.

Sport is an integral part of the culture of almost every nation. However, its use to promote gender equity and empower girls and women is often overlooked because a sport is not universally perceived as a suitable or desirable pursuit for girls and women. Existing social constructs of masculinity and femininity-or socially accepted ways of expressing what it means to be a man or woman in a particular socio-cultural context-play a key role in determining access, levels of participation, and benefits from sport.

It is true in all countries that girls and women are less likely than boys and men to participate in sport, and sport continues to be dominated by males. It is a mistake, however, to assume that this is because girls and women do not wish to participate. Poverty, heavy domestic demands, safety concerns, lack of accessible transportation, inadequate sport and recreation facilities, and few opportunities for physical education and skill development frequently prevent women’s participation in physical activity and sport. As well, socio-cultural norms and constraints preventing girls and women from being physically active, leaving home unaccompanied, or being seen by men outside their family, are additional barriers preventing girls and women from becoming involved in sport and physical activity. For example, even in the matrilineal society of Palau where women are already active in communities and families, sport is still seen as a male domain.

Through structured sport programs, girls and women can become more physically active, benefiting their physical and mental health, including the reduced risk they will suffer from chronic diseases, depression and anxiety, and engaging in health risk behaviors. Sports can also be a powerful health information and education platform, connecting girls and women with the information, skills and strategies they need to reduce health risks in their lives, particularly in connection with their sexual and reproductive health. Sport can help increase self-esteem by giving girls and women opportunities to learn new skills, engage in positive relationships, acquire achievements, engage in volunteer service and receive public recognition.

By providing women and girls with a voice in program design and decision-making, training, and opportunities for leadership and advocacy, sport programs can also empower and help equip them to take greater control over their own lives. In spite of the benefits, the successful implementation of sport programs aimed at gender equity involves many challenges and obstacles. Not only do girls and women have limited time available for sport, but there is often little value placed on sport activities for girls by their families, by girls themselves, and by their communities. To overcome these challenges, and to convince key stakeholders about the benefits of sport programs for gender equity and empowerment, evidence to support the benefits must be documented.

In the light of the views presented, the researchers from Bachelor of Secondary Education who are majoring in Music, Arts, Physical Education, and Health (MAPEH) conducted a study of women involvement in sports of selective local government unit of Tanauan: basis for women empowerment program. The researchers believe that it is best to conduct research among women employees in the City of Tanauan because they are involved, engaged and

actively participating in many projects and organization in sports at Tanauan City that may guide them to be professionals. As future MAPEH teachers, the researchers believe that it is necessary to involve women in sports to avoid discrimination in the society and this will also aid the researchers in coming up with the different sports activities intended for women and men.

### 1.1 Objectives of the study

This study will determine the women involvement in sports. Specifically, it will answer the following questions: What is the profile of the following respondents in terms of: civil status; length of service; position: and employment status? How may the respondents’ extent of involvement in sports be described? Is there a significant relationship between the respondent’s profile and their extent of involvement in sports? What course of action may be proposed to strengthen women involvement in sports?.

## 2. Methodology

The descriptive-correlation method was used by the researchers in this study. Descriptive correlation method is used to determine whether or not there is a relationship that exists between two or more qualifiable variables to extent or degree of relationships. Also, the researchers used the descriptive-correlational method to determine respondents’ profile and their involvement in sports and to determine the relationship between the two.

Descriptive method was used since it focused on facts and conditions of the subject. It is the most appropriate research design employed in this study as it analyzes correlating factors and variables. It also provides an accurate account of a subject at the time of the research.

The variable of the study is the respondents’ involvement in sports. To be able to interpret the computed mean and composite mean, the following mean ranges with their corresponding interpretations were used.

Scale	Mean Ranges	Interpretation
4	3.51-4.00	Often/Highly Involved
3	2.51-3.50	Sometimes/Involved
2	1.51-2.50	Seldom/Slightly Involved
1	1.00-1.50	Never/Not Involved

The quantitative data gathered were subjected for checking, scoring, analysis and interpretation with the help of statistician. The researchers with the help of the statistician made a careful evaluation of the results of the questionnaires. Each item in the questionnaire was analysed and interpreted to come up with some implications of the findings.

## 3. Results and Discussions

This chapter covers the presentation, analysis and interpretation of the quantitative data gathered in the investigation. The discussion of the finding is patterned in a manner that coincides with the organization of the problems posed in the study.

### 3.1 Profile of the Respondents

In this portion, the profile of the respondents in terms of civil status, length of service, position and employment status are presented. These are found on the succeeding tables.

**Table 1. Profile of the respondents in terms of civil status, length of service, position and employment status are presented**

<b>Civil Status</b>	<b>Frequency</b>	<b>Percentage</b>
Single	50	56%
Married	40	44%
<b>Total</b>	<b>90</b>	<b>100%</b>
<b>Length of Service</b>	<b>Frequency</b>	<b>Percentage</b>
6 years and above	33	37%
4-5 years	19	21%
2-3 years	25	28%
1 year and below	13	14%
<b>Total</b>	<b>90</b>	<b>100%</b>
<b>Position</b>	<b>Frequency</b>	<b>Percentage</b>
Head/Chairman	3	3%
Assistant	18	20%
Secretary	4	4%
Administrative Aide/Clerk	65	73%
<b>Total</b>	<b>90</b>	<b>100%</b>
<b>Employment Status</b>	<b>Frequency</b>	<b>Percentage</b>
Permanent	25	28%
Job Order	65	72%
<b>Total</b>	<b>90</b>	<b>100%</b>

Majority of the respondents were single that comprises 56% of the total respondents. Furthermore, most of the employees were 6 years and above in service which is 33 or 37% while in terms of respondents’ position, 65 belonged to the Administrative Aide and Clerk which is 73%. Lastly, 65 respondents were in job order which is 72%.

### 3.2. Respondents’ Involvement in Sports

**Table 2 Respondents’ Involvement in Sports**

<b>Item Statements</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>Verbal Interpretation</b>
<b>As an employee I ...</b>			
1. attend sports seminars to update myself about the modern technology in sports.	2.16	0.95	Seldom
2. participate in organizing sports event to enhance my skills in sports management.	2.31	0.91	Seldom
3. spend my time in sports by joining some tournament like inter-barangay, summer leagues and others that can help to improve myself.	2.13	0.91	Seldom
4. experience the gender equality through sports by participating and joining to my opposite sex.	2.10	0.95	Seldom
5. integrate the women as full and equal partners of men in development of sports.	2.41	0.90	Seldom
6. exercise the right of a woman to be a leader in terms of sports by coaching and	2.28	1.03	Seldom

officiating some sports.			
7. share my experiences, information, and ideas to enhance the development of women involvement in sports.	2.29	0.93	Seldom
8. exercise regularly to keep my body healthy and sound.	3.09	0.79	Sometimes
9. eat nutritious foods in order to strengthen my body and help me to become more physically fit and not to become obese.	3.07	0.80	Sometimes
10. ensure that my knowledge and ideas in sports management are updated.	2.46	0.94	Seldom
<b>Composite Mean</b>	<b>2.43</b>		<b>Slightly Involved</b>

Employees want to exercise regularly to keep their body healthy and sound, this garnering the highest rate, with a weighted mean of 3.09, obtained by the statement describing that the respondents were exercised regularly to keep their body health and sound. The verbal interpretation of strongly agrees.

#### 4. Relationship between the Respondents’ Profile and their Involvement in Sports

**Table 3 presents the relationship between the respondents’ profile and their involvement in sports**

<b>Variables</b>	<b>Computed c2</b>	<b>p Value</b>	<b>Interpretation</b>
Civil Status and Women Involvement in Sports	21.626	0.000	Significant
Length of Service and Women Involvement in Sports	21.436	0.011	Significant
Position and Women Involvement in Sports	34.166	0.000	Significant
Employment Status and Women Involvement in Sports	36.418	0.000	Significant

Table 3 shows that there is a significant relationship between the respondents’ profile and their involvement in sports. With a computed c2 value of 21.626, 21.436, 34.166 and 36.418, the data rejected the null hypothesis which further states that the respondents profile is significant in their involvement in sports. It is similar to the study of Simmions (2011) which focused on the women currently working in the industry and exploring their experiences in the workplace. The result of his study showed that women are overcoming the barriers that were set in the past and that more women today are successful in management roles in the sport industry.

#### 5. Implications of the Findings

Majority of the respondents were single that comprises 56% of the total respondents. Furthermore, most of the employees were 6 years and above in service which is 33 or 37% while in terms of respondents’ position, 65 belonged to the Administrative Aide and Clerk

which is 73%. Lastly, 65 respondents were in job order which is 72%. Employees want to exercise regularly to keep their body healthy and sound, this garnering the highest rate, with a weighted mean of 3.09, and verbal interpretation of strongly agrees. The computer Chi-Square values when the respondents profile were related to civil status, length of service, position and employment status were all greater than the tabular values. This indicates significant relationship in the respondents' profile and their involvement in sport.

Therefore, the result of the study afforded the researchers in coming up with the proposed course of action that can enhance the respondents' involvement in sports. This involves set of objectives and activities that may be considered by the concerned authorities since one of the trusts of the municipality of Tanauan is to strengthen and empower women especially in sports.

## 6. Conclusions and Recommendations

In the light of the important findings revealed in this study, the following conclusions were drawn: Majority of the respondents were single, 6 years and above in service, Administrative Aide and Clerk, and Job Order. Next, exercising regularly to keep their body healthy and sound is the best way of the respondents to be involved in sports. There was a significant relationship between the respondents profile and their involvement in sports. The proposed course of action personally crafted by the researchers may be utilized to further enhance women involvement in sports.

Second, considering the significant findings revealed and conclusions drawn in this study, the researchers suggested the following recommendations: Since the study revealed that employees seldom experience gender equality through sports by participating and joining with their opposite sex, the municipality of Tanauan should prioritize the rights of women and fair equality in sports by providing them a sports clinic exclusive for women only. The Office of the Sports and Development should review their employees specially women by giving an assessment in their performance and appraisal interview and discuss the way they work. The Office of the Sports and Development should conduct a seminar and workshop to enhance their skills and abilities in terms of organizing and managing of sports. Lastly, the proposed course of action by the researcher maybe implemented, administer and execute by the Office of Sports and Development and the entire Local government of Tanauan City.

## References

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