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Factors Affecting Women's Sport Participation in Nepal

네팔 여성 스포츠 참여에 영향을 미치는 요인

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Abstract

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The major purpose of this research was to assess the factors that affect the women's sport participation in Bhaktapur Municipality, Nepal. Likewise, to discover how to defeat these issues. Total 315 females, which included students from the school, college and general women from the community around Bhaktapur Municipality took part in survey. Five general women were interviewed to know the challenges they are facing sports participation and expressed their opinion to overcome those problems. Random sampling techniques were used in the study. Data collected from the survey were analyzed using tables and SPSS linear regression and interpreted by means of both qualitative and quantitative analysis method. These questionnaires and interviews demonstrated various key subjects, for instance, monetary, mental, social, practical and family cultural which prevent girls and women from taking part in sports. These subjects are then talked about in detail to see what should be possible to beat them.

Major findings include the majority in sample are community women have less

interest in participating sports due to daily life household tasks including child care, cooking food, caring elder people. Lack of women friendly sports facilities, economic and psychological factors are major factor that hinder the women's sport participation.

Henceforth, it is prescribed that reviewing on the consequence of discoveries, national governing bodies, sport associations should create awareness for women in school, college and community about the benefits sports participation. Sports education curriculum should be compulsory education in school, college and university. Governing bodies need to build more indoor and outdoor sports facilities that are suitable to women and create safe and secure environment surrounding these areas.

Key words : **Women's Sports Participation, Sport for All, Economic and Psychological Factor, Sports Facilities, Overcome the Barriers**

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Chapter 1. Introduction

1.1. Background

Nepal is one of the developing nation in South Asian with 28 million populations. According to Nepal population in 2015 female population is more than male, 14,454,385 (female) and 14,225,139 (male) respectively. Ministry of youth and sport is the main sport governing body of Federal Democratic Republic of Nepal. Sport education in school is still not practiced as compulsory subject, sport is only as extra-curricular subject.

Women's sport participation is totally new research topic for Nepal. There has not been done much research on this topic. This study will focus on the factors that have affected women's sport participation in Nepal. In order to identify the major factors affecting women's sport participation and promote women participation in sports.

Nepal is changing politically, economically and socially at a swift speed. It's also believed that the condition of women is gradually improving. We can see women's active participation in different sectors like education, sports, politics, media, art and culture, services, science and technology.

Bhaktapur has the best preserved palace courtyards and old city center in Nepal, and is listed as a World Heritage Site by UNESCO for its rich culture, temples and wood and stone art works. Most of the people here, have adopted agriculture as an occupation. Bhaktapur is a multi-cultural and multi caste city. However, majority caste and culture is Newar. The society is male dominated, where society has not let women utilize their full potentials. Most often they are busy in household activities. They barely get time for practice. Attractive incentives, perpetual practice and eliminating the existing social-cultural taboos could help women's sport participation.

There are total of 17,639 households in accordance to of results of the

National Population and Housing Census 2011 (NPHC 2011) done by Central Bureau of Statistics (CBS) Nepal. Total population of this city is 81,748, 41,081 male and 40,667 female. More than 60 per cent of Bhaktapur total population comprises of farmers. The main sources of incomes are agriculture , tourism, handicrafts like wood carving, papercraft etc.

The status of women in Nepal, rural women in particular lags far behind that of men. The strong bias in favor of sons in the country means that daughters are discriminated from birth and do not have equal opportunities to achieve development. Women are characterized by low levels of access to education, healthcare, sports participation and economic, social and political opportunities. However, Government and non-governmental organizations and international development agencies are giving their effort to empower women in Nepal. There has been little improvement in the socio-economic status.

Poverty, heavy domestic demands, safety concerns, lack of accessible transportation, inadequate sport and recreation facilities and few opportunities for physical education and skill development has frequently prevent women's participation in sport. Socio-cultural norms and constraints are also barriers for women becoming involved in sport and physical activities.

According to Gertrud Pfister (2011) stated in report Gender equality and (elite) sport before 19th century only men do the sport, women were late comers and often outsiders. Women started slowly to enter various area of sport from 19th century. Some sport tennis and golf soon accepted women participation but women had to struggle for the sport like football to get access.

Lenskyi (1986) stated that sport is not intrinsically gendered. However, in a patriarchal society, definitions of masculinity and femininity have been imposed upon

sporting activities. It has been further suggested that this perceived incompatibility between ‘femininity’ and the playing of sport become specifically critical in adolescence, the women status becomes increasingly linked to their femininity

According to Leaman (1984) a women athlete in her adolescence may find herself a victim of role conflict. If she accepts the social definition of femininity, she will have the problem of reconciling her sporting behavior, with its accompanying characteristics of aggression, competitiveness, independence, competence, strength and expertise with a very different set of social expectations of her as a young woman.

Dunning and Rojek (1993), and Hargreaves (1994), have commented on the fact that women’s participation rates and their achievements in sport reflect the status of women in the countries involved. As Hargreaves (1994) stated in leisure activities in general and sport in particular men spend more time and they have a diverse range of opportunities than women and sport is a unique feature of cultural life in which women are seriously disadvantaged. Coakley (1998) stated that sports are the reflections of society.

Western sociologists state that sport is a “mirror of society” reflecting cultural values and social norms. Creedon (1994) characterized sport even as a “microcosm of gender values”.

Marianne Meier (2003) stated in “Gender equality sport and development”, in the starting of the of the 20th century most female sport was an exclusive privilege for the wealth upper class having issues in western Europe and availability of leisure time are directly linked to sport activity and games.

Looking at the developing countries today, lack of time and division of labor is a major barrier for women and girls getting involved in sport programs. Where everyday survival (nutrition, shelter, etc.) is the order of business, few are thinking of recreational

pursuits. Often women's work at home as providers of food and careers of the family (childrens as well as care of elderly people) is not considered "proper work". Consequently, those obligations which are by birth regularly delivered and socially engrained do not taught those role patterns from the beginning, thus they are often prevented from meeting peers and playing outside.

According to Greendorfer (1975) many factors are influencing girls' initial involvement with sport, such as socioeconomic factors, the reward system, qualifications required for each sport, opportunities generically offered etc.

Halvan (2000) stated that motivation is a more significant influential factor at younger ages than at more advanced.

Social background and availability of opportunities influence the decision to be involved in sport or not Higginson (1984). This notifies that Economic background of an athlete facilitates the choice to participate in sport because opportunities are easily available. Sport participation can thus afford to travel to where the facilities are situated and they can also afford to buy the necessary sporting equipment.

Chia-Chen Yu, Yin-Hua Liaw and Susan Barnd (2004), have analyzed a portion of the traditional and late social and social elements that affect ladies' interest in physical exercises in Taiwan. According to the Authors factors changes inside the family structure, level with training openings, and the developing consideration from the legislature toward physical action for all have roused and urged ladies in Taiwan to take an interest in physical movement. Cleland et al., (2010) have shown that women participation in sport based on three topics: personal, social, and environmental.

According to Cerin; Leslie, E (2008) individuals with higher discretionary income

can choose to live in environments that are more conducive to an active lifestyle as well as more readily obtain social and material resources that help to maintain an active lifestyle even in adverse conditions (e.g., lack of family support; lack of facilities in the neighborhood). According to Winkleby et al., (1992) in contrast, the effects of educational attainment on physical activity are likely to be, by and large, channeled through psychological and social pathways.

1.2. Objectives of the Study

The main aim of this study is to uncover the factors affecting women's sports participation in Bhaktapur, Nepal. The barriers will be ranked in order of importance. There are many mitigating factors, which affect women's sport participation and this study aims to unearth which barriers are the prime factors in preventing women from participating. Through establishing the facts, this research aims to expel the myths and current beliefs that are often viewed, but not actually backed up by actual evidence. The objective then will be to discuss these barriers and to see what can be done to overcome them. Also, providing a platform to create change and debate on the research topic.

The aims and objectives were established through the current state of women's sport participation in the Bhaktapur. There has long since been limited access for women to sports and physical activities in the country. There has been little research carried out on this subject within Nepal. Highlighting the barriers to participation may serve to kick start a sports revolution for women in Bhaktapur, Nepal, thus also focusing the attention on the on-going struggle for women's rights in the City.

There have not been many studies carried out on women's sports participation in Nepal. The study aims to lay the foundations for ongoing research into the challenges facing women's participation in sports in Bhaktapur municipality. This study can become a

starting point for future state, schools and club's policies for Nepali sports sector. It can help the government to draw up and implement a dynamic strategy to overcome the barriers to women's sports participation in the Nepal. The study can shed light and add substance to the many reasons that people may see as barriers by actually basing them on facts.

The research advocates that the barriers to participation will be of high interest to the women of Bhaktapur municipality, Nepal, and will give them food for thought as to their own personal situation in relation to sports as well as making them ask questions of their government in terms of its future policies for women's sports. Through identifying the barriers and then discussing how to overcome them, this study may provide a platform for future analysis and decision making on the direction all stakeholders should take to overcome the challenges.

1.3. Significance of Study

To sum up, this study is significant as it aims to directly examine the barriers. It is well documented that sports and regular physical activities have beneficial effects on social and economic development and well-being of human beings. It will offer a unique insight into what are the barriers and what can really be done to begin demolishing them brick by brick. Therefore, the finding of this study may provide useful information about social awareness and cultural, religious influences on women's sports participation and to identify major factors that could obstruct women's sport participation. And therefore, it has the potential to influence future government policy and plan to increase and develop women's participation in sports for the healthy society and better country.

Chapter 2. Literature Review

2.1. Women and Sport in Nepal

Sports has constantly been in the shadows in Nepal. While the battle of the competitors and their unending enduring make life extreme, the craving to taste greatness never keeps them down regardless, it has never been extravagant circumstance with the state's absence of intrigue consistently being the best thorn that must be separated out in every case. In the event that something equalizations the sportsmen and ladies it is the lack of concern of the state. The vast majority of the games ladies originate from the insides of Nepal, the little towns and towns where life is less complex and circling, getting roughed up and acting naturally is the lifestyle. They begin playing diversions in school or inside their groups with companions and completed it to pass the choices at every intersection before making it to the national level. Regardless of the dim mists, the silver covering remains that sportswomen have persevered through this adventure with coarseness and assurance, figuring out how to do great inside the requirements. Their families too have dependably been behind them with enduring confidence and support. Sports have figured out how to make better lives for a ton of ladies as far as popularity and a toehold in the public eye.

2.1.1. Women in Nepal

The trend of women's participation in sport has been punctuated by a lot of misconceptions from long ago, false assumptions, prejudice and even myth. The plight of Nepali women in this regard has not been an exception. Nepal is a patriarchal country. Male superiority over the female has been part of the culture in Nepali society. In traditional Nepali society, women have always been as the weaker sex, natural calm, beauty and femininity may be destroyed by participation in vigorous physical activities. The society

has wrong impression of women's place is in the kitchen. This type of attitude may be among the factors that have affected the number of women participation in sport in Nepal.

According to Nepal gender profile (2007) There is big income gap between men and women in term of opportunities for employment income generation and property. It has made women status very poor in Nepal. Only 31% women are paid job whereas men are 69%. Women remain poor because they do not have control in productive works. Large number of women (76%) than men (50%) are involved in agriculture, household based extended economic activities and other household maintenance work.

According to Nepal gender profile (2015) Women's education attainment is lower than males. In the 15- 49 age group over 40% of women against 14% male have never been school. However, the ratio of girls and boys in primary school has significantly improved since 1990.

Marriage is the main destiny in women's life, most of the time even choice is not theirs. Women in Nepal have neither the freedom of marital choice nor the fertility choice. Many women still go through unwanted pregnancy and childbirth because of minimum choice of decision-making.

However, nowadays we can see significant change in women role in their house, community and in nation too. Last year 2015 Federal Republic of Nepal has elected first women president of the nation Bidhya Devi Bahndari similarly speaker of the Constituent Assembly Pool and Chief Justice of the supreme court is women too, Ansari Gharti and Sushila Adhikari respectively nominated by parliament conformation.

2.1.2. Current Trend in Women's Participation in Sport

Women's participation in sports is an excellent venue for developing the necessary skills for empowering women with confidence and developing decision-making

and leadership skills for future life. Gathering women who participate in sports or those persons who play a leadership role in such activities from various parts of Nepal, along with a small number of international participants is one means of enhancing this opportunity. It can provide a chance for a cross-cultural exchange of ideas and address issues common to women throughout the world.

Recently, Nepal ended the 12th South Asian Games with just three gold medals in the worst performance since the 1993 SAF Games. For Nepal, South Asian Games is regarded as Olympic. But Nepali Female athlete won more medal than male athlete. Among 3 gold medal Phupu Lamu Khatri (Judo) and Nima Gharti Magar (Wushu) won 2 and Nepal National Football team grabbed a gold. Female athlete won 11 silver and male won 9, also dominated in Bronze medal winning 18 by female, while male win only 14. Sports has always been in the shadows in Nepal. While the struggle of the athletes and their ceaseless suffering make life tough, the desire to taste glory never holds them back. But it has never been bed of roses with the state's indifference always being the biggest thorn that has to be plucked out in every instance. If something balances the sportsmen and women, it's the indifference of the state. Mira Rai is a great example, who was ex rebel in decade long insurgency, and now ranks among the world's leading ultra-runners after a record-breaking win in the 80km (50-mile) Mont Blanc race in Chamonix, France, last June. In her first year, she won 10 races, including the internationally competitive Asia Sky Running 50K.

2.1.3. Nepalese Women Participation in Olympics

Nepal began official participation in Olympic was 1964 Tokyo Olympic where 6 male athlete represented the nation. Only from 1988 Seoul Olympic, Nepali female athlete first time participated in Olympic, Rajkumari Pandey and

Menuka Rawat competed in Marathon , Track and Field event. They completed marathon as 60th and 61th position respectively and Parvati Thapa competed in 10m Air Rifle, in Shooting event. Then Bimala Ranamagar in 1996 Atlanta Olympic, Devimaya Paneru competed in Athletics , Bhagvati Khatri in Shooting, Runa Pradhan in Swimming at 2000 Sidney Olympic. In 2004 Athens Olympic Kanchhi Maya Koju in Athletics, Nayan Shakya in swimming and Sangina Baidya in taekwondo. In 2008 Beijing Olympic, Debu Thapa competed in Judo, Phulmaya Kyapchhaki in shooting , Karishma Karki in swimming and Chandrakala Thapa in athletics. Pramila Rijal competed in athletics while Sneha Rana in shooting and Shreya Dhital in swimming at 2012 London Olympic. This time in 2016 Rio Olympic, Gaurika Singh competed in swimming, Nisha Rawal in taekwondo and Saraswoti.

In begining phase of Nepali sports women participation was found less. but ther e was female athletes participation in early games of national games in Nepal. There were limited no of women participation in the begining of nepali sports history but as the statistics of Olympic, Asian Games and South Asian Games ,women have more participation and achieved a lot than male athletes in international arena.

2.2. Social Factors

Women participation in sport continues to be a fascinating issue, which has prompted a variety of responses from a wide range of sport sociologists, sport psychologists and researchers, thus providing to differing and sound debates on the subject matter. The

purpose of the chapter is to critically review some of the material put forward by researchers on the women participation in sports. Many studies focusing on women participation in sport have linked sport with socio economic status, psychological, environmental, and socio-cultural. Participation in sport also leads to the holistic development of the learner Van Deventer (1998). Participation in sport and other sport related activities is significant as it leads to competence in the physical world of sport and can also extend to the real life situation.

2.2.1. Family

Harris (1994), stated that family is said to be generally responsible for early sports socialization and interest in sport is often preceded by the parents' interest Factors that affect our thought and behavior in social situations are social factors. Social factors are things that affect lifestyle, such as religion, family or wealth. Gender analyses of sport have also examined the impact of family life on adult participation. Feminist analyses have shown family Circumstances affect women's participation, highlighting the extent to which family roles- primarily the role of mother, but sometimes that of a 'traditional wife' constrain women's participation.

As indicated by WTO report (2001) young ladies' interest in game various studies have accentuated the impact of the family on youth physical action levels. Dynamic guardians have been appeared to have more dynamic pre-school youngsters, more seasoned kids, and juvenile action levels are further upheld with a dynamic kin. Concentrates, for the most part, recognize fathers as assuming the essential part in impacting youngsters' investment in games and physical exercises. It is important, then, that fathers have likewise regularly been accounted for to be the essential socialization operator for sexual orientation part advancement. The nature and degree of physical play openings depend incredibly on

the arrangement of convictions and desires held by the guardians, and these convictions are especially huge in connection to sex. A few authors have contended that inclusion in physical exercises is a result of a social conviction framework that values certain exercises and abilities for one sex and not for the other. From an early age, many guardians, in a scope of societies, treat young men and young ladies diversely and energize distinctive styles of play in physical movement settings, most generally by giving sex- based toys and urging young men and young ladies to participate in sexual orientation stereotyped exercises, more often than not with young men urged to play energetically and young ladies unobtrusively.

According to Harrington's (2003), an exceptionally informative empirical analysis of class differences in family attitudes to sport. Family contributes to class differentiation through differences in the attitudes and values it imparts. Working class children receive less encouragement to make constructive use of their time than their middle-class counterparts, and that middle-class parents attach greater importance to the developmental and health/safety benefits of sport.

Higginson (1985), stated that parents were the main socializing agents and most persistent influence on the sport involvement in the early years of both girls and boys. As they get older significance of family support seemed to decrease and peers, coaches and teachers become the main supportive agents.

According to Snyder & Speitzer (1983), besides the parents' education level, one of the higher significant factor that makes girls involved with sport is the social class from which they come. A study investigated the impact of social class on 587 top female athletes of 15 different sport and the result showed that top swimming and diving athletes came from a high social class, whereas track and field, football and hockey athletes from middle

class and female volleyball athletes from the middle-lower class. Greendorfer (1978) stated Women from middle-low social classes are participating team sport and women from higher classes are participation in individual sport.

Geendorfer (1977) & Greendorfer (1983) the higher interest and support by parents, siblings, friends and coaches the stronger the influence on boys and girls to become involved in sport. Most of the surveys studying the effect of social factor on sports have been based on the theory of social learning. According Bandura (1977) the social learning theory family and social encouragement and support for the children's involvement in sports reinforces their orientation towards sports.

According to Shaw and Dawson's (2001) research there was some difference between of low and middle-income families in time spent participating in physically active and sport. Children of middle income families participated for 17.6 hours and children of lower income families for an average of 17.2 hours. Lower income children spent much less of this time in sport than children in middle income families (4.8 hours, compared to 10.4 hours), including less time in organized sport (3.4 hours, compared to 9 hours); Lower income children spent more time engaged in physical activity other than sport with no parents present (10.4 hours) compared to children of middle income families (3.8 hours).

In ancient Chinese culture, men had the responsibility for matters outside the family, while women were responsible for domestic affairs. Because of the society and family expectation and pressure women had to wrap their efforts within the family area, they rarely worked outside of the home. Most of the time, they just stayed home to do the housework and handicrafts, which did not need a lot of strength to accomplish. As a result, these traditional expectations about women indirectly impacted upon women's participation in physical activities.

Family has been another factor Chinese woman not participating in sport. They were discouraged from setting goals for themselves. They devote their time and efforts to family. Their achievement is to make their husband and son success, so they were not expected and encouraged to improve the quality of their life and participation in sport.

Chen's (2002) research also supports the cultural and social factors are barriers for women's participation in sport.

2.2.2. Peer

According to WTO report Girls concentrates on recommend that a key calculate whether young ladies take part in and proceed with games was whether they had a same-sex companion with whom to take an interest. This may happen amid youth when numerous young ladies consider lessening their dedication to games exercises that are most worried about being rejected or avoided from same-sex fellowships. Sports exercises turn out to be less imperative in their lives as they, supported by weight from their companion gathering to look for different exercises connected with their favored impression of womanliness.

2.2.3. The School

According to Frydenberg & Lewis (1993) School is a place to fulfill certain social roles with peers and the opposite sex. Most of the decisions that teenagers make are important for their development and self-actualization and this might have a big impact on their lives at a later stage.

If the pressure to participate in sport is not generated at home, then it should come from the coaches, peers and particularly the teachers who are the main driving forces within the education sector. School is thus important as it shape the lives of our developing teenagers, on the other hand, Engel (1994) also indicates that schooling is of fundamental

importance in sustaining the notion that some sports are more ‘masculine’ or ‘feminine’ than others. There is still a discrepancy in some schools as to which gender should participate in the different sporting codes. A lot of schools do not have girls’ soccer, basketball and volleyball teams as these are labeled as boys sporting codes.

Khumalo (1999) stated that schools are the place which physical activity is mainly organized within an education context and thus determines whether learners will participate. The link between sport and education plays vital role in the holistic development of the learner.

Bryant JE & McElroy M. (1997) stated the school environment has been considered the main place of sport socialization for students aged 12 to 15 years. School sport and physical education have also been found to play an influential role in children’s current and future decisions to take part in sport activities.

For the children in the aged range of between 12 and 15 years, according to Bryant and McElroy indicates that the school environment was the main place for school student’ sport participation. Their data suggested that a desirable physical self-identity could be developed during this stage of a student’s life.

2.2.4. The Dress Codes of Female Athletes

According to Pfister, G. (2013) there are many more gender issues which influence women’s opportunities to participate in sport. Some sport federations try to force female athletes (e.g. beach volleyball) to wear “sexy” clothes in order to attract (male) audiences. On the other hand, sport federations (e.g. Iran) demand an “Islamic attire” of their female athletes. In addition, Muslim women may have “embodied” their faith and may choose to wear a hijab when participating in sports. There is, however, a trend to allow women to choose their sport dress according to their religious beliefs.

2.2.5. Religious and Cultural Factors

Culture is when a group of people have similar beliefs, which form part of their tradition and custom. According to Hargreaves (1997), culture is seen to be a lived dominance and subordination of particular classes, in the sense that certain cultural beliefs can affect the progress of particular areas in life. Cultural beliefs have a great impact on the involvement of females in sport. Kane (1998) argued that sport could be regarded as one of the most important sites for the production of cultural beliefs and practices that equate gender differences. These cultural beliefs make women think that they will never attain the levels of their male counterparts where sport performance is concerned.

Cultural factors and fears keeps many of women away from the woods and the fields. Tomboys are acceptable only until they reach the threshold of adolescence. Then, they are told must climb down from the trees they love and act as a proper lady. Then young women start to live within a paradox.

According to Fasting (1987) “A women’s place is in the kitchen” is still a common saying and many cultures still strongly believe it. Participation in sport masculinizes females and is therefore viewed negatively. This sentence confirms the fact that masculine and feminine behaviors are culture bond.

Sadker & Sadker (1994) stated in Some cultures still consider sport and physical education as a “vehicle for shaping boys into men who will lead society”. So promoting female sport and by encouraging girls and women to be physically active, gender norms are already challenged.

According to Chia-Chen Yu, Yin-Hua Liaw & Susan Barnd (2004) Religion and culture has affect women participation in sport. In ancient Chinese culture, women were evaluated based on four virtues and three obedience doctrines. The four virtues were:

womanly virtue, womanly words, womanly bearing and womanly work. Womanly virtue means that women do not need to be brilliant or have different opinions from others. Womanly words mean that women should speak at an appropriate time, should avoid offensive language, and should choose their words carefully. A woman has womanly bearing and work should have the characteristics of keeping herself and family clean and be well-prepared for housework. It has directly affect women participation in sport.

Ling, 1990 stated that women should obey her father before marriage, her husband after marriage and her son after her husband's death'. Women's opinions were not cared and the society was male dominated. Women had lower position in family and society. During this period, features of women were obedience and self-sacrifice. Women had to dedicate her life to maintain proper relation in family, their parent, husband and in-laws and women had to maintain proper behavior. So they rarely get chance to participate in physical activity.

Chia-Chen Yu, Yin-Hua Liaw & Susan Barnd (2004) stated that social and cultural factors have deeply impacted Taiwanese women's Participation in Physical Activities. A Confucian value has its own perception of women and it has it influenced women's status for thousands of years. According to Confucian's values women were usually presume below men, and were thought to lack the ability of procurement of an education and did not get any primary role in society.

2.2.6. Hierarchy of Social Status

The highest- ranking job was the position related to academics or to the government, then farmers, laborers, and business. Position related to labor and physical works were not preferred in the Chinese culture. Only people working in academic area or in government unit were highly respected. To find the good position in academic or

government area, an examination or receiving certification was required. Academic achievement was highly emphasized in society and in the family in Taiwan.

2.3. Economic Factors

Higginson (1985), suggested the notion is that social background and availability of opportunities influence the decision to be involved in sport or not. This indicates that the economic background of an athlete facilitates the choice to participate in sport because opportunities are readily available. Sport participants can thus afford to travel to where the facilities are located and they can also afford to buy the necessary sporting equipment.

There are many factors that make it impossible for some women to participate in sport. Higginson (1985), argued that if parents are apathetic regarding sport participation child and mental health development, availability of the sport facility does make any difference.

2.3.1. Household Income

Farrell Lisa & Shields Michael (2002) found that household income has a positive effect in the probability of sport participation. Compare to low income household, having high income household group are more significantly positive in gym visit, racket sport, swimming and aerobics.

Household income influences the women participation sport. Mozaffari (2002) stated that increase of family income status and parents' education correlated the leisure time they spent and their participation in physical exercises. Ramazanu (1994), contemplated the motivational components of the investments, individuals with under-certificate instruction was more disposed to take part in physical activities than those with advanced education levels.

Digest (1997), indicated that some low –income group families also depend on the daughters to provide child care for younger siblings after school, they have to prepare family meals and to run the homes when the parents are at work. For these reasons it would be impossible for some girls to be involved in sport because it would be considering as comfort and luxury. Digest (1997), also indicated that most black girl in unhealthy environments, unsafe areas making it difficult for them to walk from home to coaching session.

Coakley, J. (1992), stated people from low income backgrounds had limited access to sport activities because their parents rarely had time, money and resources to support them. So, differences in sport participation can also be explained by socio-economic status. These opportunities to sport might further influence children’s socialization process and their physical self-development.

According to Higginson (1984) the social background and availability of opportunities influence the decision to be involved in sport or not. This implies that the social background of an athlete facilitates the choice to participate in sport because opportunities are readily available. Sport participants can thus afford to travel to where the facilities are situated and they can also afford to buy the necessary sporting equipment.

According to Digest (1997) that one and a half black girls compared to one-quarter of white girls said that they cannot consider taking part in competitive sports when their families could not finance their transportation needs. According to Hargreaves (1997), lack of parental support has been indicated as one of the factors, which discourage female sport participation.

Results of the research showed that significant independent effects, in the expected direction, of all socio-economic status (SES) measures were found for self-efficacy,

perceived benefits, social support from family, mental health, and perceived neighborhood traffic hazards and crime. Presence of physical barriers to walking and access to individual-sport facilities were found to be related to individual- and area-level household income. Social support from friends, presence of open space, team sport facilities, and neighborhood aesthetics also encourage for the participation in sport.

Zahra and Hojat (2014) has also concluded that women’s monthly income affects their participation in sport. According to their sample group study monthly income also shows the social class of the families and the rate of family expenses. Economically weaker women have problems for earning their living. It affects the number of women participation in sport. The table below shows that women with lower monthly income are more active in sport activities.

Table 1: Rate of income and female sport participation

Income	0-100000	100000-200000	200000-500000	500000	Total
University	Number	Number	Number	Number	
Tehran	50	15	30	5	100
Urmia	45	35	17	3	100
Study area	95	50	47	8	200

Source: Zahra and Hojat (2014) Indian Jornal science

2.3.2. Employment Status

The employment status can also effect the amount of time that the women participate in the sport. The rate of sports participation of employed women’s is significantly higher than unemployed women.

2.3.3. Work Hour

According to the journal article by Zahra and Hojat 2014, Women who work more

hours have less participation rate. On the other hand, working women have to attend in society and it gives them awareness about the impacts of sport participation. Furthermore, women living in society with high living cost have to work more hours for earn a living. And it is obvious they have less time for exercising and participation in sport. According to the chart below, it shows that higher the working hour less the number of participation in sport. Zahra and Hojat (2014).

Table 2: The work hour and female sport participation

Hours	0	6	7	8	Total
University	Number	Number	Number	Number	
Tehran	75	20	4	1	100
Urmia	80	12	5	3	100
Study area	155	32	9	54	200

Source: Zahra and Hojat (2014) Indian Journal science

2.4. Demographic Factors

According to Singh (2000) birth order has confirmed female athletes, second born women were motivated by their family to participate in sport more than first born ones.

Washington & Lehr (1986) stated relevant study tells that the lion's share of competitors partaking in game are the most youthful kids in family, while just 20.9% were first conceived or just kids.

According to the journal “women in sport and physical activity” that birth order in each family have affect the participation in sport second conceived was more than first conceived kid. Guardians and kin’s contribution in games additionally have impact in women participation in games.

Tanner (1973) & Malina, (1993) satiated investigation of guardians' instructive level and its part in the kids' inclusion in game have showed that parent with a decent training and socio sparing level embed in their youngsters legitimate dietary propensity, suitable living conditions and palatable data identified with the advantages of physical action and game.

2.4.1. Health

Health issues have also influenced women's sport participation. According to Lee (2001) chronic cardiovascular diseases influences women to participate in sport. Diseases like cerebrovascular disease, heart disease, diabetes, and hypertensive diseases were the second, third, fifth, and tenth leading causes of death, respectively, in Taiwan. This result critically influences Taiwanese women's participation in physical activities or sport to maintain a healthy lifestyle.

2.4.2. Age

According to Konstantinos Alexandris & Bob Carroll (1997), Age assumes a vital part in deciding women interest in game. Women age likewise figures out what sort of game they are getting included in. plays an important role in determining women participation in sport. Women age also determines what kind of sport they are getting involved in.

The examination discoveries showed that there are critical contrasts in the view of limitations by various age bunches. Such as

- 1) physical and individual requirements were found to in increment essentially with propelling age,
- 2) absence of time-related requirements was appeared for propelling age,

3) requirements identified with absence of accomplices were observed to be experienced all the more firmly by more established and more youthful respondents than by those of middle age,

4) monetary and availability related imperatives were appeared to decrease fundamentally with propelling age,

5) at last, absence of mindfulness and absence of chances were seen all the more seriously as imperatives by the most youthful and the eldest age bunches, than moderately aged gatherings.

2.4.3. Education Level

According to Zahra and Hojat (2014), the study of behaviorist research approach done in universities to find out the affecting factors on the rate of female participation in sport. For this research 200 university students were randomly selected. The research has proved that education level is one of the important factor which determines women sport participation. Women with higher education master education just 32 and the respondents with bachelors 165. The table below clearly shows that level of education affects women's sport participation.

Table 3: Education Level and Female Sport Participation

Level	Bachelors	Masters	PhD	Total
University	Number	Number	Number	
Tehran	85	13	2	100
Urmia	80	19	1	100
Study area	165	32	3	200

Source: Zahra and Hojat (2014), Indian Journal Science.

2.4.4. Marital Status

Sport and Women, Sport issues in global point of view, conjugal status is outstanding for mediating on game investment for ladies in Tanzania. Ladies can either proceed with her interest in game after weds depends to a great extent on support from her significant other and family all in all. Most young ladies drop their athletic vocation due to their better half and families don't need them to proceed with game. The ladies who keep on participating in game after marriage encounter an arrangement of contention originating from both the games structure and their families. The preparation examples of morning and night is likewise persuasive judgments in Tanzania. This is the time when ladies are relied upon to be at home to serve their families, whether they are profession ladies or housewives. The circumstance is more terrible for ladies with youthful kids.

Massao (2001) expressed that game framework has point of view that wedded ladies' competitors are absence of genuine responsibility and viability in game, they don't go to game practices as required. Leivaag (1989) & Massao (2001) expressed another element is that hitched ladies are some of the time viewed as being excessively old for games interest. Support in game is generally considered with respect to kids and youngsters, that is for unmarried ladies.

Robinson (1967) found no critical relationship between either parenthood or conjugal status and games interest when age and level of training were controlled. Hobart (1975) found a solid communication impact amongst age and conjugal status. For ladies under 35 years being hitched was contrarily identified with games investment however for ladies matured 35-55 conjugal status was of no significance to games interest.

Unkel (1981) found that among ladies under 35 years, single ladies practice more than wedded ladies and after that ladies with youngsters. The inverse was valid among

ladies matured 35 and over, i.e., single ladies practiced not as much as wedded ladies and afterward ladies with youngsters.

It has been found there is connection between ladies' social parts and their physical and emotional wellness and prosperity. Thinks about have not done to discover what of the part, parenthood or conjugal status has the most grounded impact on practice cooperation, which leaves the likelihood that the two parts frustrate.

2.5. Psychological Factor

The variables chosen to include in the study were achievement goal orientations, intrinsic motivation, Perceived sport competence.

2.5.1. Achievement Goal Orientations

Achievement goal orientations entitles the predisposed view that individuals have on the nature of success and way of achieving. Task orientation is supporting a mastery approach and concentrating on personal improvement evidence whereas ego orientation is depending on better performances than others. In accordance to research Goal orientations have long been regarded as important motivational correlates of physical activity and sport, task orientation more likely to produce persistence and higher levels of long- term motivation. Task and ego achievement goals seem to have huge impact upon the criteria that individuals use to understand the ability. Subsequent achievement behavior such as sport choice, tenacious and motivation can be influenced by these factors (Boyd M, Callaghan J. 1994). In the consideration of determinants in children's sport participation, one of the influencing factors is goal orientation. Goal orientations were also inter-related with how much importance individuals attach to being successful in sport.

2.5.2. Intrinsic Motivation

According to Cognitive Evaluation Theory, intrinsic motivation is produced from feelings of competence, self-determination, autonomy, and this form of drive is critical to the explanation of choice of behaviors and self-esteem. Intrinsic motivation as opposed to extrinsic rewards such as winning, status, and trophies, has also emerged as a leading factor in persistence and choice in sport behaviors. However, Weiss and Chaumeton argued that intrinsic motivation orientation as the main motivator in sport participation, extrinsic motivation may still play a valuable role in the process of sport adoption. About the sport identity, research has proved the association between intrinsic or extrinsic motivation and the development of physical self in which positive physical self could lead to active engagement in physical activity or sport Vealey RS (2000).

2.5.3. Perceived Sport Competence

According to Brewer BW, Van Raalte JL & Linder DE. (1993) continued motivation and participation is likely to be reinforced if an individual shows competence through mastery experiences in specific behaviors. Fox and Corbin revealed that perceptions of sport competence are a salient element of the physical self that is closely related to sport participation, a finding that has been replicated in other studies. It is intuitive that perceived competence needs to be high for a role specific identity to develop. who indicated that sport identity is closely related to sports competence and also the perceived importance of sport competence to self. The journal title on “women in sport: and controversies”, Cohen, G.L, (2001), Author has stated seven contents in issues related to women’s participation in sport. They are gender issues, her story, government and policy, physiological perspectives, institutionalization of women’s sport, psychological perspectives, economics of sport and changing times. These issues have influence women’s

sport participation.

2.5.4. Emotional Well-being

Physical fitness is connected with mental health and well-being (president' council report, 1997). A study has found that women who did not participate in sport displayed greater stress and ill effects than those women that were actively participated in sport or those that involved in physical program, Brown and Lawton (president's council Report, 1997)

According to Higgins (1984) there are various factors that affect women's sport participate and socio-economic background may only be indirectly involved as an influence on sport participation. Women lacking personal ambition to succeed in sport may not be influenced to participate to a great extent as a result of the above factors.

2.6. Biological Factors

2.6.1. Menstruation

Hargreaves (1997), supported research that proved and demonstrated that strenuous exercise did not negatively affect the menstrual cycle, nor did menstruation significantly affect physical performance. Zaharievas (1985) studied female Olympiads from 10 different countries. Results showed that 92% of the subjects had a regular menstrual cycle, the length of the menses was not affected and their blood flow was regular. Strenuous sport and delayed menstrual cycle have some correlation. Leunes & Nation (1991) argued that menstrual irregularities are caused by heavy exercise and training.

2.6.2. Pregnancy

In Nepal there is a Myths, like many other parts of the world, many people still believe that physical exercise by women has a detrimental effect on their reproductive organs and that women lose their femininity through active participation in sport.

Anecdotal evidence shows that pregnancy does not hamper performance of women who choose to participate in sport throughout their live.

Leunes and Nation (1991) stated that Irwin, who was a women athlete, won an Olympic medal in diving when she was four months pregnant. Another example is that of Hays she completed a bareback rider successfully in world championship when she was eight months pregnant. Researches have shown that athletes return to top form rather quickly after having children.

2.6.3. Body form

Coakley (1986) discussed the myths about the excluded women from the sport. In the process of playing sport, it is believed that women might damage their breast. There is no manifest that shows that the breasts or reproductive organs are at risk at any point when women participate in sport. Breasts are one of the least vulnerable organ of the women body. Similarly, the uterus is also said to be the most shock resistant organ. Eitzen and Sage (1993) stated that males are more vulnerable to injury because their sexual organ is external.

2.7. Leisure Constraint and Negotiation Model

According to the Crawford (1991) constraints are not necessarily fixed barriers that result in non-participation rather, constraints once encountered might overcome or be negotiated. Kay and Jackson (1991) stated in their study to negotiate leisure constraint, found out that for the economic constraints, the respondents saved money ad identified

cheaper opportunities and for time constraints people reduced time spent on household works and reduced work time. They concluded that participation is dependent on negotiation of constraints.

Theresa G., Steve W. & Beth B. (2003) *Journal of Hiking alone: Under fear, negotiation strategies and leisure experience*, in this study examines the solo hiking experience, the strategies they employ to negotiate these fears and how the leisure experience is influenced. According to the result fears that solo hiker encounter is 1) fear of getting hurt by another individual, 2) the fear of getting lost, 3) fear of accidental injury/life threatening emergency, 4) fear of wild animals and dogs, and 5) fear of the theft of belongings left in one's vehicle. Study has found that strategies were employed by solo hikers to negotiate objective threats and perceived fears including avoiding perceived threats, modifying their participation in solo hiking, using aids or protective devices, expanding their knowledge or skills and employing a psychological approach.

The study suggest that the solo hiking experience can be diminished, maintained or optimized depending on the capacity of the participant to negotiate these threats and fears.

Dave D. white (2008) *Journal of Leisure Science*, a conceptual model tested the leisure constraints negotiation process of outdoor recreation: motivation and constraints to participate likely influenced by negotiation efforts. Higher motivation to participate encourages using negotiation strategies and resources to overcome constraints.

Millicent, Brent and Matthew (2013) *Journal of Leisure Research*, a study of Amateur Triathlons, explores strategies employed by amateur triathletes engaged in serious leisure to negotiate leisure constraints. Cognitive and behavioral negotiation strategies were interconnected, suggesting implications for physical activity programs and interventions.

2.8. Research Questions

This paper will examine the relevant literature to address the following three research questions:

- 1) What are the major factors affecting women's sport participation in Nepal?
- 2) How do women in Nepal can overcome the problems?

Chapter 3. Research Method

3.1. Overview

Based on the literature, the primary aim of this study is to know what are the major factors that has affected the women's sport participation in Bhaktapur. This chapter will focus on the research method to gather the necessary information, which will enable us to have a better understanding of the underlying reasons for women participation on sports and non- participation will be identified and analyzed. In Nepal females are largely underrepresented either as sport participants, coaches, team managers or sport leaders. This research will base on school, college and community focusing in the involvement of women in sport.

This chapter explains the research methods employed to obtain related data for the study. This selection mainly concerned the research design, nature of the study, universe and sampling procedure, techniques of data collection and process of data analysis, study approach, some tools, techniques and methods were used to conduct the research.

The purpose of the present study was to provide initial information on the contribution of key elements already located in the literature review and identify the factors affecting women's sport participation.

This study was based on descriptive and explorative research design; furthermore, both quantitative and qualitative data were used. It was descriptive as it based on detail investigation and records of the women participation on the other hand it was exploratory as the information derived from the study was focused for factors affecting women's sports participation in Bhaktapur, Nepal. As far as the aspects of the respondents are concerned descriptive research design was adopted because the frequency and percentage of respondents on the basis their age, sex, occupation, education level, family, marital status,

household monthly income etc. specifically described.

The study will conduct with the use of a special questionnaire that included of 47 questions within six dimensions: demographic (12), sport participation (13), social and cultural (10), economic (4), psychological (4) and biological (4). With the 315 women from high school, college and community in Bhaktapur municipality.

3.2. Survey

This method is used to quantify the problem by way of generating numerical data or data that can be transformed into useable statistics. It is used to quantify attitudes, opinions, behaviors and other defined variables- and generalize result from a large sample population. Quantitative research uses the measurable data to formulate facts and uncover patterns in research.

Berk (1997) stated a questionnaire is similar to a highly structured interview, just the difference is except that respondents read the questions and mark their answers on paper rather than verbally to the interviewer.

It is one of the important techniques in research to generate quantitative data. The researcher developed two set of questionnaires were prepared to obtain information from high school, college and community women. Nepali versions of questionnaire were used to collect data from community women due to the fact that it avoids language difficulty in understanding the questions that helps to find clear and appropriate information.

A self- drafted the questionnaire comprising open and close question were based on the literature review. Questions covered democratic factor, sport participation, social & cultural factor, economic factor, psychological factor and biological factor. Sampling method was applied, a total 315 questionnaires were distributed to the women in different schools, colleges and communities.

3.2.1 Sampling Design and Data Collection

Having carried out a complete examination of current status of women's sport participation pattern in Nepal and this research will focus on specific research questions which have not been looked at before, highlight the need and relevance of the subject matter, which has been grounded in theory and is also for implementation. Research will follow sampling method. It will comprise some observation selected from the women. As for determining the sampling number simple random sampling was adopted only some schools, colleges and communities were selected for study. The total number of the women was 315 which include college students and women from communities. Besides these 5 general women will be interviewed.

The questionnaire survey took in Bhaktapur Municipality. Which is located in the eastern part of Kathmandu valley. The majority of the population is Newar community. The population density is very thick in this municipality. It has 17 different wards. To make sure that sample women represent Bhaktapur municipality, researcher selected the school, college and community from the different area. Women from 14 years of age to 50 years were the respondent of the research. Survey questionnaire were distributed 115 for schools, 100 for colleges and 100 for community women. Researcher visited in the high schools, colleges and community to set appointment with women. For school only from grade 8, 9 and 10 women students were in survey and college women students. Survey with community women was bit complicated because very few community women can understand English so questionnaire was translated into Nepali language.

Data Collection

The success of research work depends upon the proper tools and technique of data collection, using techniques of questionnaire, report building, group discussion, observation,

interview and so on for this purpose. In this study, primary data were collected from field survey to collect the accurate information and an effort was made to get into the reality. On the other hand, secondary data was collected from books, journals, peer reviews, articles, magazines, published and unpublished documents, similar research done in other countries since research has not been done in Nepal before.

Three hundred fifteen questionnaires were distributed among the women in schools, colleges and communities in Bhaktapur municipality, only 302 questionnaires were used for analysis because 13 were failed to complete. Questionnaire survey was happened during October 2016 for about three weeks. After all data came back, start analyzing using descriptive and inferential statistics in SPSS software.

3.2.2. Questionnaire for Survey

Questionnaires

Namaskar! My name is **Rita Maiya Prajapati** and I am a Master's student of **Global Sport Management, "Dream Together Master's Program", Physical Education Department at Seoul National University, Seoul, South Korea**. This survey is part of my Master's thesis research. You are invited to participate voluntarily in this research entitled **"Factors Affecting Women's sport participation in Nepal"** by completing the following questions.

Your help in this research work is highly valued.

Name (optional):

Date:

1. Age:
2. Name of School/ College/ University/ Organization?
.....
3. Marital status
1. Single 2. Married 3. Divorced
4. Your Education level
1. Primary school 2. Secondary school
3. +2/ college 4. Bachelor's degree
5. Master's degree 6. None

Do you have parents if not go to question no.15?

5. Father's education level
1. Primary school 2. Secondary school
3. +2/ college 4. Bachelor's degree
5. Master's degree 6. None
6. Mother's education level
1. Primary school 2. Secondary school
3. +2/ college 4. Bachelor's degree
5. Master's degree 6. None
7. My parents are active sport participants
1. Yes 2. No

8. What is your father's occupation?
9. What is your mother's occupation?.....
10. I feel I'm healthy.
1. Strongly disagree 2. Disagree 3. Neutral
4. Agree 5. Strongly agree
11. In average how many hours do you work in a weekday?.....
12. Do you participate in any sport?
1. Yes 2. No
13. Who influence you to participate in sport?.....
14. How many days do you normally participate in sports in a week?
1. One day
2. two days
3. Three days
4. Four days
5. Five days
6. Six days
7. Seven days
8. None
15. Each time you participate in sport, how long do you normally participate?
- hour minutes
16. How far is a sporting/ Physical activity facility in your municipality?
1. 1-2 km
2. 2-3 km
3. 3-4 km
4. 4-5 km
5. Other,
17. What sport/activities do you normally participate in?
1. Athletics 2. Volleyball 3. Football
4. Cricket 5. Karate 6. Taekwondo
7. Table Tennis 8. Badminton 9. Swimming 10.
 Gymnastics 11. Dancing 12. Cycling
13. Judo 14. Wushu 15. Yoga
16. Walking 17. Jogging 18. Gym
19. Aerobics 20. Other

37. My income influences me in my participation in sport?
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
38. My family income influences my participation in sport.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
39. I do sport because I can show my physical performance.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
40. I do sport because I have the skill of that sport.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
41. I do sport because I feel competitive with others.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
42. I feel great when I win in sport competitions.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
43. Sport participation can affect my menstruation cycle.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
44. Doing sport activities can reduce my chance of getting pregnant or productivity.
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
45. My physical structure can be affected by sport participation. (e.g. breast becoming flat)
 1. Strongly disagree 2. Disagree 3. Neutral
 4. Agree 5. Strongly agree
46. Women that play sport look more like men.
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree
 5. Strongly agree

3.2.3. Multiple linear Regressions

The general purpose of multiple regressions (Pearson, 1908) is to clear more about the relationship between several independent or predictor variables and a dependent or criterion variable. Multiple regressions can show the relation between independent variables and dependent variables. We can get information about all of the independent variables and make it more powerful and accurate prediction about things. It includes many techniques for modeling and analyzing several variables, it focuses on the relationship between dependent variables and one or more independent variables.

Data obtained from sources and methods demand various analytical techniques. Data were analyzed with the assistance of regressing analysis and SPSS computer software which also was served the illustrations through charts and graphs.

Regression analysis is a statistical process for estimating the relationships among variables. It includes many techniques for modeling and analyzing several variables, when the focus is on the relationship between a dependent variables and one or more dependent variables. Subjective and qualitative data were analyzed descriptively. After the collection of the data, collected data were edited and each part of information was descriptively analyzed for the nature of the qualitative study. For the easy understanding of the generated data, they will be presented in the tabulated format. The statistical software packages SPSS-X (statistical package for social sciences, 1986), will use for the data analysis.

In this study the multiple linear regression was used to describe the correlation of the women's sport participation (dependent variable) and factors affecting women's sport participation (independent variable) social factors, economic factors, psychological factor and biological factors.

3.3. Interview

Primary exploratory research used to gain an understanding of underlying reasons, opinions and motivations. It provides insights into the problem or helps to develop ideas or hypotheses for potential quantitative research. Qualitative research is also used to uncover trends in thought and opinions and dive deeper into the problem. Some common methods include focus groups, individual interview and participation/observation. The sample size is typically small. Researcher has selected 5 general women with different social, cultural and economic background from around the Bhaktapur municipality.

Quantitative method is substantial because it has ability to explore the people's life directly in their own context. It helps to study human behavior, attitude and experiences and describes how people manage their world and produce meaning to their life. The interviewer can get closer to the interviewee through an interview and collect the empirical data in detail.

Interview questionnaire was prepared before going to the field reflecting the main concerns of my research questions. However, after conducting some interviews researcher realized some problems with interview questions. Then, made some changes to the interview questions based on the feedback. Seventeen-structured interview were prepared during the study period.

3.3.1. Selection of Interviewees

The interviews were conducted with local general women from different social background from around Bhaktapur, municipality. The length of the interview ranged from 15 minutes to half an hour. The interview was conducted to get the in-depth information about how to overcome the factors that are affecting women's sport participation. Researcher conduct interview in Nepali language via Facebook messenger voice call and

skype, it was recorded in mobile and later researcher translated in English for the analysis.

The list of the interviewee was follow.

Table 4. List of the Interviewees

No.	Name	Occupation
1.	Rajani Shrestha	Business
2.	Roshan Maya Suwal	social work
3.	Pramila Laghu	House wife
4.	Indira Prajapati	Administrative officer
5.	Reena Suwal	House wife

3.3.2. Questionnaire for Interview

Five general women, were interviewed with well-developed separate set of interview questionnaire. Both open ended and closed questions were made in questionnaires. Following questionnaire were used the interview.

1. Name, Age?
2. Do you work?
3. Do you play any sport? What are the reasons you chose this sport?
4. How did you get into the sport?
5. Who is your inspiration to do sport?
6. If you have done sport before and you drop out.
What was the reason that you drop out of sport?
7. Why women participation in sport is less than men, in your opinion?
8. What factors has prevented women's sport participation, in your opinion?
9. In your life, what factors allow you and encourage/ limit you to participate in sports?
10. What do you think about the women's sport participation? Are you satisfied with

women's participation in your school/college and community?

11. Is the traditional dress code for women an issue for their participation?

Do you think women are comfortable participating in sport?

12. What are the main barriers to women's sport participation in Bhaktapur, in your opinion? What can be done to overcome them?

13. Are there adequate facilities for women's sport in Bhaktapur? If not, how can this be overcome?

14. How can we facilitate women to increase their participation in sport?

15. What do you think is the current status of women's sport participation in Bhaktapur? In terms of sport participation.

16. Do you think that culture and tradition has limit women's sport participation?

17. What system and culture have to change to overcome the problem?

3.3.3. Data Processing

Interview research method was used in this research to find out the answer for second research question "How to overcome from the problems that women are facing" data were collected from five general women through semi- structured interviews. All interviews were audio recorded on a personal audio recorder and transcribed for analysis.

Interview data were collected through following processes, firstly, researcher read transcript data very carefully then start labeling relevant by pieces, word, phrases, sentences and sections. Labels had been made according to the concepts, differences, opinions or processes that were relevant. Researcher also highlighted the important phenomena.

After labeling the data most important codes, create categories by bringing several codes together and group them together. Label categories and made decision which were most relevant and how they are connected to each other.

Chapter 4. Findings

4.1. Findings from Survey

The description of the data will be presented in the same order as that the questionnaire. This makes easier for reading and reference to the corresponding question in the survey questionnaire. Data was analyzed by using descriptive statistics. Frequency tables were drawn and the data was presented in tables and bar graphs.

4.1.1. Sport Participation of the Respondent

The findings of the sport participation of the respondent are follows.

Table 5. Respondents Sport Participation

	Frequency	Percent
Yes	218	72.2
No	84	27.8
Total	302	100.0

The total of 218 (72.2%) of the women in the sample indicated that they participate in sport. while 84 (27.8%) of the participants indicated that they do not participate in sport. a large number of the participants in the sample participate in sport.

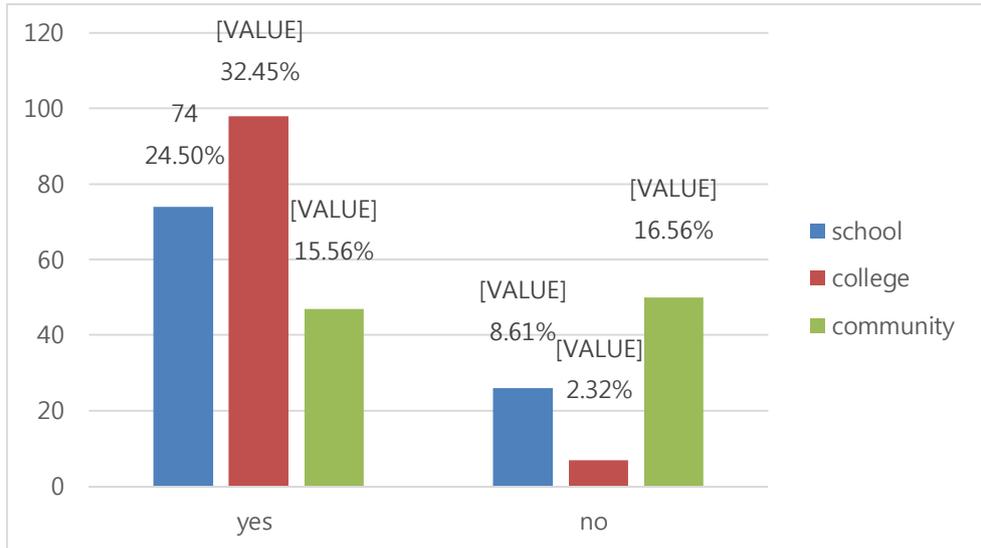


Figure 1. Respondents Sport Participation

The chart above shows that women from college are participating sport a lot than school and community women. Whereas women not participating in sport were lot than school and college. It implies that women are actively participating in sport during college and schools but once they leave college and schools they drop out from sport because most of the family has thinking that women have to learn house hold work so they will good family get marries.

Table 6. Frequency of The Sport Participation in a Week

	Frequency	Percent
One day	91	30.1
Two days	60	19.9
Three days	24	7.9
Four days	10	3.3
Five days	6	2.0
Six days	26	8.6
Seven days	26	8.6
None	56	18.5
Total	299	99.0
Missing System	3	1.0
Total	302	100.0

The total of the respondent for this question was 299, three respondents did not complete this question. The reason could be the women never participate in sport. A total of 91 (30.1%) respondent participate in sport once a week, 60 (19.9%) of respondent participate twice a week and six of them only participate five times a week. It implies that majority of women participate in sport once a week.

Table 7. Distance of the Sport Facility

		Frequency	Percent
	1-2 Km	217	71.9
	2-3 Km	48	15.9
	3-4 Km	10	3.3
	4-5 Km	6	2.0
	Other	20	6.6
	Total	301	99.7
Missing	System	1	.3
	Total	302	100.0

A total of 217 (71.9%) of women answer that the sport facility is one to two (1-2) kilometer far from their house and only six of them answered four to five (4-5) kilometer far from the house. It means the majority of the respondent has sport facility near from their house.

Table 8. Parents' Sport Participation

		Frequency	Percent
	Yes	55	18.2
	No	238	78.8
	Total	293	97.0
Missing	System	9	3.0
	Total	302	100.0

The total number of respondents for this question was 293, as nine participants did

not complete this particular question. A total of 55 (18.2%) of the sample indicate that their parents participate in sport. A huge number, more than half of the parents 238(78.8%) do not participate in sport.

Table 9. Who Influence to Participate in Sport?

	Frequency	Percent
Family	87	28.8
No body	71	23.5
School and teacher	46	15.2
Self	42	13.9
Other	56	18.5
Total	302	100.0

The majority of the respondents 87(28.8%) were influenced by family, 71(23.5%) women were not influenced by anyone, school/teacher influence 46(15.2%) of respondents, 42(13.9%) respondents were influenced by themselves and 56(18.5%) got influence by others

A total of 141 (46.6%) women agreed that work load impact on their sport participation. 59 (19.5%) women disagree that work load impact on women sport participation.

A total of 58 (19.2%) respondent disagree with the fact that there is uncomfortable environment in sport center. On the other hand, there was a total of 141 (46.7%) respondent was agreed with the statement. This implies that sport center environment is not an issue of concern for respondent.

A total of 83 (32.8%) respondent disagreed with the fact that the sport center has the facilities that they want. 99 (32.8%) women agreed with the statement. It means facility is not an issue for the women.

Table 10. Respondent's Choice of Sport

	Frequency	Percent
Never participate in sport	48	15.9
Athletics	29	9.6
Volleyball	14	4.6
Football	4	1.3
Cricket	2	.7
Karate	7	2.3
Taekwondo	6	2.0
Table Tennis	32	10.6
Badminton	83	27.5
Swimming	3	1.0
Gymnastics	1	.3
Dancing	25	8.3
Cycling	4	1.3
Yoga	8	2.6
Walking	18	6.0
Jogging	10	3.3
Aerobics	4	1.3
Other	4	1.3
Total	302	100.0

According to the Table above, the total of 83 (27.5%) of participants were playing Badminton, 32 (10.6%) were playing Table Tennis and 29 (9.6%) of respondents were participating in athletics. It implies that individual sports were more popular among the respondents. Most popular sport in the country football and cricket were not practiced much in school because most of the schools does not have big playing ground. Bhaktapur municipality is geographically very small and population is very high.

A total of 114 (37.7%) respondent answered very affordable and 67(22.2%) women think that public sport facility in their community are not affordable. It implies that affordability of the sport facility does not concern for them.

Table 11. Equal Opportunities for Men and Women

	Frequency	Percent
Strongly disagree	12	4.0
Disagree	33	10.9
Neutral	12	4.0
Agree	106	35.1
Strongly agree	139	46.0
Total	302	100.0

A total of 33(10.9%) disagreed with the fact that women and women has equal opportunity to play sport in school/college and community where as 106 (35.1%) respondent agree with the statement. Its means there is no discrimination between women and men in terms of sport facility.

4.1.2. Social Factor

A total of 125 (41.4%) women disagree with the perception family does not support sport participation and only 47 (15.6%) of women were agreed with the statement. It implies that most of the respondent's family support on their sport participation.

Table 12. Academic achievements emphasize to get job

	Frequency	Percent
Strongly disagree	7	2.3
Disagree	18	6.0
Neutral	40	13.2
Agree	158	52.3
Strongly agree	79	26.2
Total	302	100.0

A total of 18 (6.0%) disagreed with the fact that academic achievement is highly emphasized in getting job. Majority of respondent 158 (52.3%) agreed with the statement.

It implies that academic achievements are given more priority than sport achievements in getting job.

Table 13. Peer influence for sport participation

	Frequency	Percent
Strongly disagree	10	3.3
Disagree	40	13.2
Neutral	42	13.9
Agree	165	54.6
Strongly agree	45	14.9
Total	302	100.0

A total of 40 (13.2%) disagreed with the fact that peer influence them to participate in sport. While 165 (52.3%) respondent agreed about the fact. It implies that most of the women believed that friend influenced them for sport participation.

A total of 192 (63.6%) of the women in the respondent indicated that school/college and communities have good sport facility, while 110 (36.4%) of women indicate that they do not have good facility. It shows that sport facility was not an issue of concern for them.

A total of 182(60.3%) respondent indicated that school/college and communities have encouraged for sport participation and 117 (38.7%) women indicated No. It implies that that most of the school college were supportive for women sport participation. Three women did not answer this question.

A total of 54 (17.9%) women disagreed the statement there is equal recognition for plying sport in my school/college and community. While, huge number of respondent agreed on the statement. It means there is no gender discrimination in recognition. One respondent did not answer this question.

A total of 114 (37.7%) disagreed with the fact dress code for sport participation hesitates women. On the other hand, there was a total of 87 (28.8%) women who agreed with the statement. One did not answer this question. Most of the women agree that they don't hesitate to participate sport because of dress code- this implies that dress code is not an issue of concern for them.

A total of 102 (33.8%) of women disagreed that fact equipment requirement for sport participation hesitates women, while 97 (32.1%) women agreed the statement. Two of the women did not provide answer for this question. For most of the women equipment requirement for sport did not limits their participation.

The number of girls who disagreed with the statement was slightly more than those women who agreed with the statement.

A total of 155 (51.3%) of women disagreed with the statement that the reason of drop from sport is sexual harassment and abuse. Only very few 7 (2.3%) of women agreed the statement. For this particular question 67 of respondent did not answer.

It was interesting to note that most of the women 51.3% disagreed with statement. The result clearly indicates that the women did face any sexual harassment during their sport participation.

4.1.3. Economic Factor

Table 14. Household Annual Income of Respondent

	Frequency	Percent
Rs.50000-100000	74	24.5
Rs.100000-200000	56	18.5
Rs.200000-300000	65	21.5
Rs.300000-400000	60	19.9
Rs.400000+	46	15.2
Total	301	99.7
Missing	System	1
	Total	302
		100.0

A total of 74 (24.5%) of respondent has household annual income Rs.50000-100000, only 46 (15.2%) of respondent has household annual income Rs.400000+. One respondent did not answer this question. It implies that majority of the women's household annual income is low.

Table 15. Employment Status of Respondents

	Frequency	Percent
Unemployed	170	56.3
Employed (part time)	46	15.2
Employed (full time)	45	14.9
Self employed	18	6.0
Housewife	23	7.6
Total	302	100.0

A total of 169 (56.6%) respondents were unemployed and only 45 (14.9%) were employed (full time). It implies that unemployment has positive impact on respondent's sport participation. Most of the school and college respondents were unemployed and community women were employed and most of them do household works.

A total of 78 (25.8%) women disagreed with the perception of their income and sport participation, on the other hand huge number of respondent 140 (46.4%) women

agreed that their income influences sport participation. One respondent did not answer for this question.

It means that personal income has positive effect on the women sport participation.

Table 16. Family Income Influence in Sport Participation

	Frequency	Percent
Strongly disagree	17	5.6
Disagree	79	26.2
Neutral	62	20.5
Agree	128	42.4
Strongly agree	15	5.0
Total	301	99.7
Missing System	1	.3
Total	302	100.0

79 (26.2%) of women disagreed with the perception that family income influences their participation in sport, while majority 128 (42.4%) of women agreed with the statement. One women did not provide answer for this question.

It implies that family income has huge influence on women sport participation.

4.1.4. Demographic Factor

In size and area composition, Bhaktapur is the smallest district. But the density of the population is the thickest here. The Newars are the indigenous inhabitants of the Bhaktapur. Most of the people here are involving in Agriculture. Three hundred (315) questionnaires were distributed to the selected high schools, colleges and community around Bhaktapur Municipality, 13 respondent failed to finish the survey so only 302 respondent survey is valid. The distribution of the data regards to the respondents will be presented next.

Table 17. Distribution of The Respondents

	Frequency	Percent
School	100	33.1
College	105	34.8
Community	97	32.1
Total	302	100.0

The above table indicated that total of 100(33.1%) of respondent from school, 105(34.8%) from college and 97(32.1%) of women were from community.

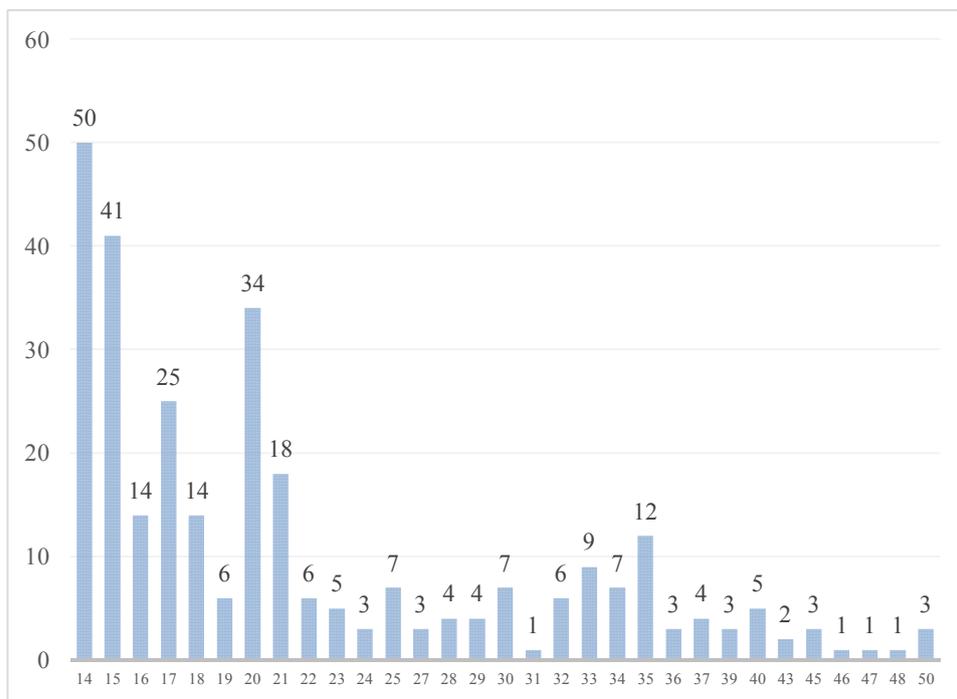


Figure 2. Respondents' Age Distribution

Women from school, college and community were given a set of questionnaire. It

was apparent the number of 14 years old respondent is high compare to other age group of the respondents. Which is 16.56% of the total respondent. Second is 15 years old women with 13.58% and third is 20years old women from college with 11.26% of the total respondent list.

Table 18. Respondent's Marital Status

	Frequency	Percent
Single	226	74.8
Married	73	24.2
Divorced	3	1.0
Total	302	100.0

From the descriptive data analysis, we come to know that majority 226 (74.83%) of women were single and 73 (24.17%) women were married and only 0.99% were divorced.

Table 19. Birth Order of the Respondent

	Frequency	Percent
First born	108	35.8
Second Born	98	32.5
Third born	65	21.5
Other	31	10.3
Total	302	100.0

From the descriptive analysis found the majority of the respondents 108 (35.8%) are first born and 98 (32.5%) are second born and 65 (21.5%) are third born. It means first born women are participation in sport more than other

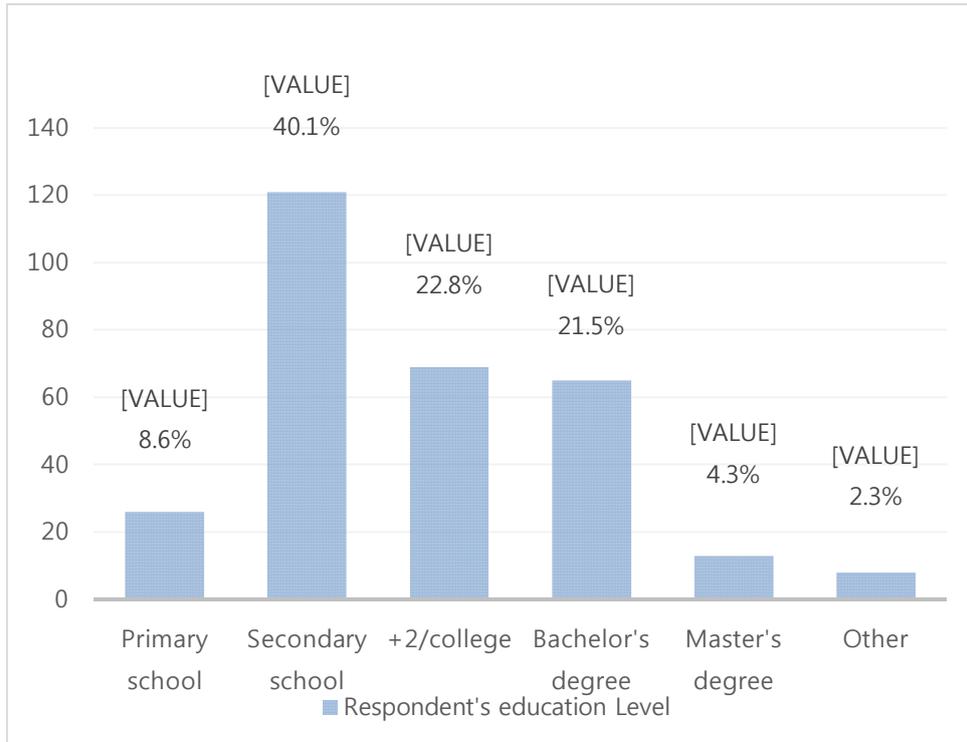


Figure 3. Respondents Education Level

The bar chart illustrates the respondent's education level. In the study area, there are lots of educational institutes which have played a vital role to achieving one of the most educated district in Nepal. Education Descriptive analysis shows that among 302 women respondents 40.7% were having secondary school level of followed by +2/college level 22.85%. Respondent having Bachelor's level were 21.52%, 8.61% having primary school education, only few number of respondent having Master's level education 4.30% and 2.65% having other education, i.e. computing course and some vocational education.

Table 20. Father's Education Level

		Frequency	Percent
	Primary school	89	29.5
	Secondary school	86	28.5
	+2/college	39	12.9
	Bachelor's degree	25	8.3
	Master's degree	11	3.6
	Other	43	14.2
	Total	293	97.0
Missing	System	9	3.0
	Total	302	100.0

The descriptive analysis found that majority of the respondent's fathers 29.5% having primary level education, 28.5% having secondary level education, 39% have +2/college level education, 25% have Bachelor level and very few number of fathers having master's level education, 43% have other type of education i.e. computing course, agriculture culture and other vocational course.

Table 21. Mother's Education Level

		Frequency	Percent
	Primary school	112	37.1
	Secondary school	62	20.5
	+2/college	26	8.6
	Bachelor's degree	5	1.7
	Master's degree	5	1.7
	Other	83	27.5
	Total	293	97.0
Missing	System	9	3.0
	Total	302	100.0

According to the descriptive analysis majority of respondent's mothers 37.1% having primary education level, 20.5% having secondary level education, 8.6 having +2/college level education and Master's level education and Bachelor's level education

have only 1.7% and other type education like vocational or practical courses having 27.5%.

Table 22. Father's Occupation

	Frequency	Percent	
Agriculture	72	23.8	
Business	56	18.5	
Mason	28	9.3	
Driver	20	6.6	
Other	106	35.1	
Total	282	93.4	
Missing	System	20	6.6
	Total	302	100.0

According to the table below, 35.1% respondent's fathers were involved in other type of work and agriculture accounted 23.8%. Mason accounted 9.3% and only 6.6% fathers followed driver as occupation.

Table 23. Respondent's Mother's Occupation

	Frequency	Percent
Housewife	190	62.9
Agriculture	53	17.5
No mother	15	5.0
Shopkeeper	10	3.3
Other	34	11.3
Total	302	100.0

The majority of respondent's mothers were housewife (62.9). Agriculture accounted 17.5%, while 5.0% of respondent does not have Mother, 3.3% respondent's mothers followed shopkeeper as occupation. While the rest were involving in some other types of occupations.

4.1.5. Psychological Factor

A total of 31 (10.3%) of respondents disagreed with the statement. The majority of

176 (58.3%) women agreed that they do sport so that they can show their performance. One respondent did not answer for this question.

Most of the women participate in sport because they want to show their confidence through physical performance. We can see that number of disagree women are very less than women who agree about the statement.

Table 24. Sport Participation to Show the Sport Skill

	Frequency	Percent
Strongly disagree	5	1.7
Disagree	33	10.9
Neutral	72	23.8
Agree	167	55.3
Strongly agree	24	7.9
Total	301	99.7
Missing	System	1
	Total	302
		100.0

A total number of 33 (10.9%) respondent disagreed the statement that they do sport because they have the skill of that sport. While, the majority of respondent 167 (55.3%) agreed with the statement. One respondent did not answer for this question. It implies that women want to participate in sport because of their intrinsic motivation.

Only 3 (1.0%) of the respondent disagreed with the statement they feel great when they win competition and a total of 157 (52.0%) were those who feel great winning sport competitions. It implies that sport has positive effect on mental health and well-being.

Table 25. I do Sport because I Feel Competitive with Other

		Frequency	Percent
	Strongly disagree	10	3.3
	Disagree	50	16.6
	Neutral	59	19.5
	Agree	160	53.0
	Strongly agree	22	7.3
	Total	301	99.7
Missing	System	1	.3
	Total	302	100.0

A total of 50 (16.6%) women disagreed with the perception that women do sport because they feel competitive with other and 160 (53.0%) were agreed with the statement. The total respondent for this question was 301 and one women did not answer this question.

4.1.6. Biological Factors.

Table 26. Sport Participation Effects My Menstruation Cycle

		Frequency	Percent
	Strongly disagree	32	10.6
	Disagree	96	31.8
	Neutral	48	15.9
	Agree	116	38.4
	Strongly agree	10	3.3
	Total	302	100.0

A total of 96 (31.8%) women who disagreed with the perception that participating in sport can affect menstruation cycle. 116 (38.4%) of the women agreed with the statement.

The above result indicates that most of the women think there is a correlation between their menstruation cycle and playing sport.

Table 27. Reduce Chance of Pregnancy

	Frequency	Percent
Strongly disagree	92	30.5
Disagree	134	44.4
Neutral	31	10.3
Agree	36	11.9
Strongly agree	9	3.0
Total	302	100.0

A total of 134 (44.4%) women disagreed with perception that women who play sports can reduce chances of getting pregnant. Only 36 (11.9%) of women agreed with the statement. It implies that women do not believe that sport participation can affect chances of getting pregnant.

116 (38.4%) of women disagree with the fact that physical structure can be affected by sport participation (e.g. Breast becoming flat). Only 86 (28.5%) of women agree with the statement. It implies that majority of women does not believe that sport participation can affect women's physical structure.

A total of 95 (31.5%) of women disagreed with the perception that women that play sport look more like men. 97 (32.1%) women were agreed with perception.

The above results indicate that most women believe that women that participate in sport look more like men.

Table 28. Descriptive Statistics of Demographics

Variables	Group	Frequency	Percentage
Age	14-22	208	68.87
	23-32	40	13.24
	33-42	42	13.9
	42-50	11	3.64
marital status	Single	226	74.8
	Married	73	24.2
	Divorced	3	1
Birth order	First born	108	35.8
	Second born	98	32.5
	Third born	65	21.5
	other	31	10.3
Mother's education	Primary school	112	37.1
	Secondary school	62	20.5
	college	26	8.6
	Bachelor's degree	5	1.7
	Master's degree	5	1.7
parents sport participation	other	83	27.5
	yes	55	18.2
Father's occupation	No	238	78.8
	Agriculture	72	23.8
	Business	56	18.5
	Mason	28	9.3
	Driver	20	6.6
Mother occupation	other	106	35.1
	Housewife	190	62.9
	Agriculture	53	17.5
	No mother	15	5
	Shopkeeper	10	3.3
Healthy	other	34	11.3
	Strongly agree	5	1.7
	Disagree	21	7
	Neutral	80	26.5
	Agree	160	53
	Strongly agree	36	11.9

Table 29. Descriptive Statistics of the Key Variables

	Descriptive statistics		
	N	Mean	Std. Deviation
Social factor	301	2.4817	0.49966
Economic factor	302	2.8272	1.39883
Psychological factor	301	3.9385	0.63669
Biological factor	302	2.6291	0.80636

The table 17. above shows the frequency of the respondent in each variables and mean and standard deviation of the frequency. From the table we can see that demographic factor has less number of respondents. The reason is for some of the question asked they did not provide the answer.

4.1.7. Regression data analysis

Researcher have used SPSS data analysis software multiple liner regression to find the relationship between women’s sport participation (dependent variable) and four independent variables economic factors, social and cultural factor, psychological factor and biological factors.

The questionnaire of this study contained ten demographic questions. Among them age, marital status and health condition were used as control variables for the multiple linier regression analysis.

Table 30. Summary of Hierarchical Regression Analysis

	Model 1	Model 2	Model 3	Model 4	Model 5
	<u>Control Var.</u>	<u>Economic Factor</u>	<u>Social Factor</u>	<u>Psychological Factor</u>	<u>Biological Factor</u>
Variables	B (S.E.)	B (S.E.)	B (S.E.)	B (S.E.)	B (S.E.)
Age	.013 (.004)**	.012 (.004)**	.013 (.004)**	.012 (.004)**	.012 (.004)**
Marital status	.164 (.081)*	.184 (.081)*	.202 (.084)**	.170 (.083)	.173 (.083)
Health	-.124 (.028)***	-.119 (.028)***	-.115 (.028)***	-.103 (.028)***	-.102 (.028)***
Economic Factor		-.035 (.016)	-.040 (.016)	-.035 (.016)	-.033 (.016)*
Social Factor			-.038 (.050)	-.035 (.050)	-.040 (.050)
Psychological Factor				-.105 (.037)*	-.111 (.037)**
Biological Factor					.027 (.028)
R2	0.262	0.274	0.276	0.295	0.297
Adjusted R2	0.254	0.264	0.263	0.281	0.280
N=302					

The best model for the relapse can demonstrate the connection between sport participation (dependent variable) and psychological factor, social factor, economical factor and biological factor (independent variables) in term of regression equation. The data of the independent variables factors can anticipate the measure of women sport participation.

Table 27. shows the regression model, the fifth model indicated the significance between the control variables and women's sports participation, indicating age of the respondent $B = 013$, $S.E = .004^{**}$, control variable marital status has $B=.156$ and $SE=.082$, control variable health has $B=-.109$, $S.E = .028^{***}$, it means health has significant role in Women's sport participation, when respondent has poor health the sport participation rate increase.

Independent variable, economic factor $B= -.033$, $S.E = .016^*$, it implies that economic facto is significant and its coefficient is negative. When economic condition of the participant is weak, women's sport participation rate increase.

Next, psychological factor is $B=-.111$, $S.E = .037^{**}$ the coefficient is negative which would indicate that when psychological factor decrease women's sport participation rate increase. It indicates the regression model has statistical significance. The model can significantly predict that control variable age, marital status and health, independent variables economic factor and psychological factor had significant impact on women's sport participation. ($Sig.<0.05$).

From the table R2 section demonstrates what number of percent that the women's sport participation (dependent variable) can be clarified by independent variable financial, social, mental and organic elements. $R2=29.7\%$ implies recorded autonomous factors can clarify number of ladies' game interest.

As indicated by Hierarchical linear regression analysis among four boundaries

elements picked in this study, control factor age of respondent, marital status and health has significance with dependent variable and independent variable psychological and economic factor has also significance role in dependent variable women's sport participation.

4.2. Finding of The Interview

To find out the answer for research question number 2. "How to overcome the barriers", researcher interviewed 5 women from different sector. The recommendation from the interviewees are follows,

Interviewees indicate some of the factors preventing women's sport participation.

4.2.1. Practical barriers

Firstly, social and cultural factor were the most important factor affecting women's sport participation according to the interviewees. Women were not getting family support. Most of the interviewee were married and they have huge responsibility for housework, childcare and are of elderly family members' care. Five of the interviewees said family did not support their sport participation. Married women were legs behind than unmarried women in terms of sport participation because in most cases parents in laws did not support them to participate in sport.

4.2.2. Family perception on sports

Family were not assured that sports career can secure their girls future, married women are not getting support by her husband to continue their sport training and career instead they want their women to give their time looking after household responsibility one of interviewee mentioned that her peer did not participate so she dropout from sport.

4.2.3. Socio-economic factors

Women does not have any good source of income so most of them were dependent to their parents or husband. Which has directly impact on women's sport participation. Interviewees indicate that they can't afford equipment and sport gear needed for sport. Most of the interviewees' family adopting agriculture as occupation and their income is less than average people. This result was consistent with the research result of Farrell Lisa & Shields Michael (2002) stated that household income has positive effect in the probability of sport participation.

Lack of sport facilities: most of the facilities are not women friendly and far from their home. There are no good toilets and changing rooms. So women were not comfortable to visit there. Facilities were far from their house.

Psychological factors: Most of the interviewees were shy wearing tight fitting sport wear and some of them felt nervous while doing jogging in front men. On of interviewee added "men are making fun of women". So that women were shy to mix up with the men in same sport facility.

To overcome these factors, firstly, government and sport governing bodies should run awareness program of benefit of sport participation. They should create more women role models who have name and fame in society which results more parents bring their girls in sport.

Local sport government bodies should run sports camps so young women and adult women can enjoy sport. Also government should allocate enough budget for infrastructure development.

Physical education should be compulsory education from the school level and degree in university. More jobs in sport sector and create more role models so women will

attract with sport.

Government and business house should invest money in sport facility building.

4.3. Conclusion

The point of this section was to show the information gathered by study and to discover the noteworthy part of the independent factors and control variable on ladies' games cooperation utilizing the SPSS relapse examination. The information gathered used to comprehend what are the obstructions to ladies' games cooperation in Nepal. It is likewise imperative to discover what should be possible by government and partners to build the ladies' games cooperation.

Chapter 5. Discussion

5.1. Introduction

The purpose of this study is to understand factors affecting women's sport participation in Nepal and secondly after these factors have been recognized to find out what can and needs to be done to overcome them. The study has not been done before on this topic in Nepal. The results that were obtained from three hundred and two women from school, college and community women and interview with five general women with interesting findings and a summary of these result will be provided below.

5.2. Summary and Interpretation of the Main Findings

This section has provided a summary of the key findings through over-viewing the aim and objectives of the study. First to find the major factor affecting women's sport participation five factors were established. Sample size of the study was three hundred and two women from school collage and community. And for the secondly to find out how to overcome the barriers.

From the study in the linear regression analysis, researcher has found there is correlation coefficient between women's sport participation and psychological factors and economic factors.

5.2.1. Sport Participation

Majority of women 218 (72.2%) from school and college girls were participating in sport and 84 (27.8%) including most of the married women were not participating in sport. Only 26 (8.6%) of women are participating in sport seven days a week, most of them were school student, whereas 56 (18.5%) women have never participated in sport. It

showed more than 50% of women are not participating in sport on daily basis.

217 (71.9%) of have their sport facilities around are 1- 2 km from their house only 6 (2.0%) indicate sport families are 4 – 5 km far from their house. So city is small and most of the women can go to sports venue easily. Married women did not get full support of parents in the participation of sports but now this generation has got full support from their parents. It means if at present days if girls show some interest in sport they can easily participate in sports regularly.

Most of the respondents 158 (52.3%) indicate that academic achievements were emphasized in getting quality job. Parents were not assured that only playing in sports could make their girls future sustainable economically so most of the respondents indicated that high achievement in academic degree can lead to quality job. It showed that during the school life lots of girls are actively involved in physical activities and sports competition but their participation becomes less in accordance to their high level of academic education. College and university's students are less involved in sports due to very busy in study and assessment.

Women believed that peer has major influence on their sport participation. Most of the School encouraged their students take part in physical activity after school and college hours. It showed that colleges and schools has known the importance of sports on their students' daily life.

There is still big issue regarding gender discrimination in sectors. But survey showed this issue is not a problem in sports area. Respondent were very happy to say that women have got equal chances of getting involved in sports and they were very pleasant that women received high recognition and award from society, government and whole country and no discrimination between men and women in terms of recognition and award

in sports. Every year medalists and athletes who had contributed in sport awarded by City Sports Committee with cash and certificate.

114 women (37.7%) indicated that dress code did not make them hesitates to participate in sports. As Bhaktapur has been rapidly urbanized as other cities in Nepal and also because of globalization women here are adopting western fashion easily than as before 10-15 years ago thanks for the TV channels, media, internet etc. Women are not shy to wear shorts while playing table tennis and n badminton. We can see women are doing jogging and walking wearing tight fitting sportswear. Also women in Bhaktapur who are involved in sports are not limiting their participation due to equipment they have to use in sport. They thought sports equipment helps to enhance to activity and for safety.

5.2.2. Social Factor

Social Factor Society plays key role to promote women sports participation. Family support play massive role in the daily life of women. Family support, emphasize on education, peer influence, sports facilities, encouragement from school and college, reason of drop out and hesitating to take part in sports due to dress code and equipment requirements are included as social factors in this research. Majority of women agreed that family supports their girls to participate in sports shows that society wants their girls to involved much in physical activities and know the physical and mental benefit of sports. They also believed women are getting equal recognition as men in sports. Successful athletes were highly awarded by society. Bhaktapur has produced elite women athlete including an Olympian, also many women who had successfully participated Asian Games and South Asian Games. These women are role model for new generation and inspiring them to take part in sports. Education plays vital role in to build of capable manpower in society. Only 2.3 % of women believed academic achievements are not emphasized to get

job.

Friends are also main factor to take part in sports. Most of the women believed their peers influenced them to sports. Comfortable sports facilities are basic needs for sports development. Most of the participants' school college have facilities but only open play ground not a sports oriented outdoor and indoor facilities.

Most of the women wear Kurta Suruwal and Saree who are married before 20 years ago in Nepal but Nepalese women has been also adapting global fashion trend. Latest fashion from western countries are easily available and they are also easily impressed by Bollywood fashion and Korean movies thanks for internet and other new technology. Researcher has revealed that majority of women are not hesitated wear skirt during badminton, table tennis and not feel uneasy wearing tight trouser during jogging. So dress code is not a problem for them while playing sports.

Sports equipment are necessary to play sports. Without good sports kits will hinder athlete's performance. Half of the women in survey believed that equipment will not hesitated them to take part in sports and half of them were not agreed. Sexually harassment is also a serious factor which affects women sports participation. In Nepal, many cases of abuse and sexual harassment are not properly investigated and punish who are guilty so girls do not feel free to reveal this cases due to state inability of implementing law strictly. The researcher found that in this study, among the 302 respondents 7 women faced sexual harassment during their sports participation and they dropped out.

5.2.3. Economic Factors

Family income has directly affect in the women's sport participation in male dominated society in Nepal. In Nepal, most of the male dominate in employment and lead the income in family. As per survey most of the respondent's mothers were housewife doing

household works. However, nowadays many of women are educated with qualified degree and capable of holding competitive post and more employed than previous generation. So women of Bhaktapur city feels employment and income directly affect in sport participation.

Economic background of the women makes easy to participate in sport. So that they can easily afford to travel to sport center and can also buy the necessary sporting equipment and can eat good diet.

Family with low income have to give priority first for the education and then after sport. family income and individual income play role to increase women's sport participation because government also not providing enough fund in sport and its development.

Majority of respondent's house hold annual income is low which is less than USD 3000 per year. A total of 169 (56.6%) respondents were unemployed which means it has strong relation with sport participation. So family income has huge influence on women sport participation.

5.2.4. Demographic Factor

A total of 302 women, from 10 schools, 7 colleges and 20 different small companies were randomly selected, 100 women were from school, 105 from college and 97 from community. Among them most of the active sport participants were school and then from college women in compare to married women. They were less active in physical activities due to their household works such as preparing kids for school, cooking meal and cleaning house. 226(74.84%) were single and 73 (24.17%) were married.108 (35.8%) of respondents were first born, 98 (32.5%) were second born and 65 (21.5%) were third born. 121 (40.7%) of the respondent were having secondary level of education, followed by

+2/college level 69 (22.85%). Women are mostly influence by family to participate in sport.

Women were participating in indoor and sport which is easily available as in Bhaktapur municipality very few sport facilities are available even in schools and colleges they have sport facility for less space consuming. Thorough the survey researcher found out that most the school and colleges have Table Tennis and badminton sport facility. None of the school has cricket and football ground however some of the schools have coach for football. House hold work has impact on women sport participation. The women were not aware of any lack of facilities for women sport and insufficient facilities should not be regarded as a hindering factor.

112 (37.1%) of respondent's mother were having only primary education, 62 (20.5%) having secondary level education. Only 26 (8.6%) mothers were having +2/college education and 5 (1.7%) each for the bachelor's degree and master's degree. It shows that mother's generation has low literacy rate resulted lack of sports education and good employment that affected women participation in sports.

The result shows that without supports of family it is quite hard to participate in sport. majority of women who are active in physical activity gets support from family and influences from their parents.

5.2.5. Psychological Factor

Digest (1997), stated that sport helps to build confidence and a positive body image, which can be linked to lower level of depression according to women's sport foundation.

According to the survey most of the women 167 (55.3%) do sport because they feel, they have skill of that sport. It means that having possession of specific sports skills leads most of the women encourages to participate in sport. It implies that women are intrinsically motivated.

Most of the women 157 (52.0%) feel great when they win the sport competitions. It implies that sport has power to improve positively on mental health and well-being. They feel proud what they have achieved through sports and get recognition from society and nation thus it shows majority of the women believe that they feel competitive with other when they do sport.

The majority of 176 (58.3%) women believed that they do sport so that they can show their performance. Most of the women participate in sport because they want to show their confidence through physical performance. Which give them different personality than others. The number of disagree women are very less than women who agree about the statement.

5.2.6. Biological Factors

This survey shows that most of the women 116 (38.4%) believe that sport participation can affect menstruation cycle. A total of 134 (44.4%) of women did not believe that sport activity can reduce chance of getting pregnant and also 116 (38.4%) of women did not believe that sport participation can affect the physical structure such as breast becoming flat. Most of the women believe that sport participation can make them

look more like man in terms of muscles power and strong physical looks.

Leunes and Nation (1991) stated that Iewin, who was a female athlete, won an Olympic medal in driving when she was four months pregnant. Another example is that of Hays who successfully completed the world championship rodeo as a bareback rider when she was eight months pregnant.

According to Coakley (1986), discussed myths that excluded women from sport, some of the women believed that the process of playing sport might damage their breasts. There is no evidence that shows that the breast or reproductive organs are at risk at any point when female take part in sport.

In point of fact, males are more vulnerable to injury because their sexual organ is external.

5.2.7. Overcome the Barriers

Overcome the barriers, developing the sports culture can play a great role to overcome the barriers. Family environment, support from society, sports governing bodies and government plan towards sports development can address psychological, economic, biological and social factors to attract more women in sports participation. Building enough sports infrastructure with a secure and safe environment can attract more women in sports. Most of the married women are less involved in sports due to household work. Setting exercise equipment and playing park for kids together can give housewives time to involve in physical activities. Also providing free child care homes can give more time to be involved in sports. Many of public and private schools and colleges have sports facilities but only playground. So government needs to strictly push them to build indoor and outdoor sports facilities and sports coaches so that students can enjoy better sports training and facilities which leads to their good physical and mental health.

Creating role model also leads more women sports participation. Young girls will follow their path and parents let their girls to follow the leading and successful athletes. Government plans to give easy access to get job who are playing sports is very necessary. Only playing sports cannot enough to sustain in life in Nepal. So there should be special provision including financial benefit and other helps can attract more parents let their girls to play sports.

5.3. Implementations for Stakeholders

Women's family which has a greatest influence on whether she participates or not. The government needs to educate the people so that family encourages sports for women so the current culture changes and families conduct sport themselves. Physical education should be compulsory in government and private schools.

In Bhaktapur municipality there are very few public sports facilities, which is one of the factor affecting women's sport participation. To fulfill this problem, the municipality office, district development office and Nepal government should take initiation for clear government policy, programs for women sport, investment in infrastructure, which plays a vital role in prevention of participation. Through survey result and the observation of the schools, in private school's women can access to sport which is great but in government (public) schools were this need to take place, although currently government has school sport strategic plan, the reality is that schools don't have the facilities and trained staff to conduct sport activities. There is no point building facilities if there is not the skilled and qualified people in the country to teach women the sport.

The women from Bhaktapur municipality will benefit from this study. According to Hargreaves (2000) this will most likely be the biggest single driver for change, not just for women's sport, but for women's rights, it will need to be a collective push from all the

women in the country to make the government really stand up and take notice.

Despite the effort to increase the women's sport participation, more need to be done to address the disparities between men and women. Ways to overcome factors affecting women's sport participation should be sought. The Ministry of youth and sport, National sport council, Bhaktapur district development office and Bhaktapur municipality need to initiate and coordinate programs to promote women's sport participation. In addition, to foster the sporting careers no clear pathways have been established. Although there is physical education component in school, it is not compulsory subject and there is no formal training for women's sport participation. Ministry of Education needs to address this area.

Media coverage of women's sport participation in Bhaktapur is less covered. Stakeholders from sport could be far more proactive by providing stories to media about event and programs to create women role model in sport. which will help to attract other women in sport.

5.4. Limitation and Future Research

The research was confined only to the women's sport participation in Bhaktapur municipality, Nepal. Questionnaire survey was conducted among 315 sample group of women from local school, college and local community from Bhaktapur municipality to find out the main factors affecting women's sport participation. Also five women respondents were interviewed to know their idea how to overcome the barriers of the factor affecting women's sport participation. Similarly, as with any study, there are various confinements that must be considered. A little number of female witnesses were interviewed for this study; it might well point of confinement the discoveries by having such a little pool of members. Since this study is the first one in the field of women's sport

participation in Nepal, previous researches, journal and articles were lacking so the literature review were used that has been done in other countries. While the Sports Professionals who are as of now working inside the nation could give significant suppositions with respect to particular research questions, promote research should be completed to incorporate higher government authorities, sports governing bodies and other stakeholder.

Despite the fact that this study is based upon a little specimen determination of the women populace, it is the first research has been done straightforwardly on women living in Bhaktapur City, Nepal. Which addresses a critical gap in the writing that should be further analyzed by sports administration researchers. Women accept there is no gender discrimination in sports participation and they have the full support of family but due to households works they could not enjoy sports much.

A detailed study on what should be possible to beat the boundaries identified in this research. Moreover, research should be done into the sports policy which is suitable to the women. There additionally should be an exhaustive study into the government investment required to success sports for all project and to bring sports up to high acceptable standards in the state of academic courses, training and professional sports certification which creates more job opportunities.

5.5. Conclusion

Based on the major findings of the study, the following conclusions were drawn. The result of the study indicates that the majority of womens including women from secondary level school, students of the college and women who are married housewife have interest in physical activity and

know the importance of sports in their life but lack of good sports facilities, family's sporting environment, household works hindering them to join in sports.

Schools and college are hub for the playing sports and doing physical activities for the students. But in context of Nepal, students have to focus mainly on education and future talents drop out from sport. It is mainly because many of school and colleges does not good enough sports facilities except limited space of play ground. Public sports facilities in Bhaktapur are not women friendly and governing bodies are not caring them properly.

Based on the findings of this study women who played sports and athletes who achieved success in national and international event get equally recognition and awarded same as male and parents are not stricted to girls to participate in sports. Women revealed that their income and family economic status has high impact on their participation in sports.

5.6. Recommendation

Most of the women are facing education, household work and employment as challenges in the road to sport participation. At some point of life, they are in confusion which has to be given priority while continuing sports. Because they are not assured their life only dependent in sport. While participating regularly in sports it is quite difficult to continue education and without having higher educational degree to get quality job is very

difficult so government has to rethink its educational policy so that student can continue their sports participation. It will result less number of young talent athletes will drop due to school, college exams and assessment. So the government has to be committed to assisting athletes to pursue education and learning opportunities while participating at an elite level and pursuing career paths beyond sport participation.

To increase the women participation in sport in Bhaktapur city following step should be taken. Government has to invest more money to build sport facilities, because sports participation creates healthy women and only healthy women can run the family in right direction. Sport participation create healthy society and it can reduce the budget to cure the diseases.

Public sports facility has to be equipped with toilet, changing room. Provide safe and secure environment so that women can also use facilities in early morning and late evening. Publish biography and media coverage of successful women athletes. Adult women should be provided facilities for fun and sport activities. Funding and scholarship is good incentive to attract more young women in sport participation. School physical education is a foundation of life. More women coaches should be recruited in school.

It is important to recognize the achievement of sportswomen from Bhaktapur and to promote them as role models to women and girls, as well as to the wider community. The promotion of role model, including from a range of diverse backgrounds is one avenue for motivating women and girls to pursue a career in sport or to commence or continue participation in sport and recreation activities. The governing bodies of sport groups and programs should include women in key roles, such as coach, administrator, mentors and role models drawn from within local communities and schools. These should reflect differences in perspectives and interests and develop close links with schools and

communities to ensure their continuity of engagement in sports and physical activities throughout life.

Program should be conducted by school and sport association to raise the sports culture targeting parents because women faces resistance and more encouragement from parents with sporting environment to take part in physical activity.

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국 문 초 록

네팔여성의 스포츠참여에 미치는 영향요인 분석

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글로벌스포츠매니지먼트 전공

이 연구의 목적은 네팔의 Bhaktapur 지방자치지역의 여성 스포츠참여에 미치는 요인을 분석하는데 있다. 이와 더불어 어떻게 스포츠 참여 방해요인을 극복하는 지 알아볼 것이다. 총 315명의 여성을 대상으로 설문을 실시하였으며, 중고등학교, 대학교, 성인여성을 고루 모집하였다. 또한 5명의 대표성 있는 여성을 선발하여 인터뷰를 실시하였으며 이를 통하여 어떤 방식으로 스포츠 참여 방해요인을 극복하는지를 알아보았다. 설문지로 수집한 데이터는 SPSS프로그램을 활용하여 선형 회귀분석을 실시하였으며 인터뷰내용은 질적연구 분석방법으로 분석을 실시하였다. 설문지 내용은 경제적, 정신적, 문화적, 사회적 요인 포함하였다.

연구 결과, 여성들이 스포츠참여에 관심이 낮은 이유로 요리, 아이 돌봄 의무 등 일상적 주부의 의무 때문인 것으로 나타났다. 이에 정부의 차원에서 스포츠

활동 교육과정 신설들의 학교 여성체육 증진기회를 제공해야 할 것이며 여성친화적인 스포츠환경을 조성해야 할 것이다.

키워드: 여성 스포츠 참여, 생활체육, 여성친화 스포츠환경

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