

## Sociological, Psychological and Economic Barriers to Women's Sports Participation in Punjab: A Comparative Study of the Majha and Doaba Regions

**Ms. Mamta Devi and Dr. Arun Kumar**

Research Scholar, Assistant Professor  
Guru Kashi University Talwandi Sabo, Bathinda Punjab

---

Cite this paper as: Ms. Mamta Devi and Dr. Arun Kumar (2024) Sociological, Psychological and Economic Barriers to Women's Sports Participation in Punjab: A Comparative Study of the Majha and Doaba Regions. *Frontiers in Health Informatics*, 13 (4), 300-303

---

### Abstract

Sports participation is a cornerstone of personal and social development, promoting physical health, psychological well-being, and social inclusion. However, women in Punjab, particularly in the Majha and Doaba regions, face multifaceted barriers that hinder their engagement in sports. This study investigates the sociological, psychological, and economic barriers impacting women's sports participation in these regions through a comparative cross-sectional research design.

A sample of 200 women aged 18-22 years (100 from each region) was selected using stratified random sampling to ensure diverse socio-economic representation. Data were collected using a structured questionnaire and analysed using ANOVA to identify significant differences between regions.

The findings reveal that while both regions face similar challenges, Doaba exhibited slightly higher levels of agreement with sociological and economic barriers, with Majha demonstrating marginally more psychological challenges. Economic barriers were the most significant across both regions, underscoring the need for targeted financial interventions.

The study recommends initiatives such as community awareness campaigns, psychological support programs, financial assistance, and infrastructure development. Policy advocacy focusing on reducing disparities and fostering inclusive sports environments is crucial to addressing these barriers. This research provides actionable insights for promoting gender equity in sports participation in Punjab.

### Keywords

Women's sports participation, Punjab, sociological barriers, psychological barriers, economic barriers, Majha, Doaba, gender equity, sports development, comparative analysis.

### Introduction:

Sports participation is a vital component of personal and social development, fostering physical health, mental well-being, and social interaction. However, despite its numerous benefits, women face significant barriers to participation, especially in regions with deeply ingrained socio-cultural norms and economic challenges. Punjab, known for its rich cultural heritage and strong athletic traditions, presents a paradox where gender disparities in sports participation remain prevalent, particularly in its Majha and Doaba regions.

The Majha and Doaba regions of Punjab have unique socio-cultural and economic contexts that influence women's access to sports. These barriers are multifaceted, encompassing sociological norms, psychological challenges, and economic constraints. Sociological barriers often include restrictive cultural expectations, family pressures, and societal stereotypes, while psychological challenges involve lack of confidence, fear of

judgment, and mental health concerns. Economic factors, such as inadequate resources, lack of financial support, and unequal access to sports infrastructure, further exacerbate the issue.

This study aims to explore these barriers in detail, analyzing their impact on women's sports participation in the Majha and Doaba regions. By employing a comparative cross-sectional research design, the study investigates the extent and nature of sociological, psychological, and economic barriers across the two regions, identifying key differences and similarities.

#### Objectives:

- To analyse the sociological and psychological barriers that affect women's participation in sports in the Majha and Doaba regions of Punjab.
- To evaluate the economic challenges and disparities impacting women's ability to participate in sports in the Majha and Doaba regions.
- To compare the sociological, psychological and economic barriers to women's sports participation between the Majha and Doaba regions.

#### Methodology

##### Research Design

This study employed a comparative cross-sectional research design to analyze the sociological, psychological and economic barriers to women's sports participation in the Majha and Doaba regions of Punjab. The design facilitated the examination of differences and relationships between variables across the two selected regions at a specific point in time.

##### Sample

- Population: Women aged 18-22 years in the Majha and Doaba regions of Punjab.
- Sample Size: A total of 200 participants were selected (100 from Majha and 100 from Doaba).
- Sampling Technique: Stratified random sampling was used to ensure representation from various socio-economic backgrounds within the age group.
- Data Collection
- Instrument: A structured questionnaire was developed to gather data on sociological and economic barriers.

##### Data Analysis

• Quantitative Data: Statistical analysis, including ANOVA, was conducted to compare the sociological, psychological and economic barriers between the two regions.

##### Results

Comparison of Sociological, Psychological and Economic Barriers to Women's Sports Participation Between the Majha and Doaba Regions of Punjab

Variables	Region	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	F-Value	P-Value
Sociological	Majha	32.91	23.91	19.16	15.9	8.17	8.74	
	Doaba	34.91	25.25	19.16	12.83	7.83		

##### Sociological

Barriers	Majha	32.91	23.91	19.16	15.9	8.17	8.74	Doaba	34.91	25.25	19.16	12.83	7.83
----------	-------	-------	-------	-------	------	------	------	-------	-------	-------	-------	-------	------

## Psychological

Barriers Majha 36.77 26.33 17.55 12.33 7 96.14 9.42 Doaba 36.22 27.11 18.55 9.88 8.44

Economical Majha 40.1 28.1 14.6 10.2 7 207.06 1.68

Barriers Doaba 41.9 28.8 14.1 9.9 5.3

## Summary of Results

The study examined sociological, psychological and economic barriers to women's sports participation in the Majha and Doaba regions of Punjab. The following key findings were observed:

### 1. Sociological Barriers

- Majha and Doaba exhibited similar patterns, with slightly higher agreement levels in Doaba for barriers.
- Strongly Agree responses were 32.91% in Majha and 34.91% in Doaba.
- Significant variation was observed between the two regions (F-Value: 85.17; p-value: 8.74).

### 2. Psychological Barriers

- Responses for Majha and Doaba were close, with slightly more agreement in Doaba (36.22% Strongly Agree compared to 36.77% in Majha).
- Significant regional differences were observed (F-Value: 96.14; p-value: 9.42).

### 3. Economic Barriers

- Economic barriers were higher in both regions, with Majha (40.1% strongly Agree) slightly lower than Doaba (41.9% Strongly Agree).
- Economic barriers showed a highly significant variation (F-Value: 207.06; p-value: 1.68).

## Recommendations

To address these barriers and promote women's sports participation in Punjab:

### 1. Sociological Barriers

- Community Awareness Campaigns: Educate communities about the importance of women's participation in sports to challenge societal norms and reduce stigma.
- Female Role Models: Promote visibility of female athletes to inspire young women.

### 2. Psychological Barriers

- Counseling and Support Programs: Provide psychological support to address issues such as fear of failure, body image concerns, and lack of confidence.
- Peer Networks: Create mentorship opportunities with experienced athletes to boost confidence and motivation.

### 3. Economic Barriers

- Financial Assistance: Offer scholarships, grants, and subsidies for sports training and equipment.
- Infrastructure Development: Ensure availability of accessible sports facilities, especially in rural areas.

#### 4. Cross-Regional Collaboration

- Encourage sharing of resources and strategies between the Majha and Doaba regions to address unique and overlapping barriers.

#### 5. Policy Recommendations

- Advocate for government-led initiatives focusing on reducing economic disparities in sports participation.
- Incorporate gender-sensitivity training for coaches and officials to foster an inclusive environment.

By implementing these strategies, Punjab can take significant steps toward incre

easing women's sports participation and breaking down the barriers identified in this study.

#### References

- Verma, S., & Ahuja, D. (2022). The Role of Family and Societal Expectations in Shaping Women's Sports Involvement, *Women in Sports Journal*, 17(2), 45-61. This article focuses on the influence of family expectations and societal pressure on women's decisions to engage in sports in the Punjab region.
- Bandyopadhyay, S. (2019). *Cultural norms and their impact on women's sports participation in India*. *Journal of Gender Studies*, 28(3), 317-329.
- Batra, M., & Saxena, S. (2018). *Government policies and women's sports in India: An analysis of the Khelo India initiative*. *International Journal of Sport Policy and Politics*, 10(1), 105-121.
- Chopra, R. (2021). *Psychological barriers to women's participation in sports: A study from Punjab*. *South Asian Journal of Sport Studies*, 2(1), 45-58.
- Dhillon, P. (2021). *Diaspora and the changing role of women in sports: A case study of Doaba region, Punjab*. *Punjab Journal of Social Sciences*, 17(2), 89-102.
- Jain, A., & Gill, M. (2017). *Socioeconomic constraints in women's sports participation: Evidence from rural Punjab*. *Indian Journal of Sociology of Sport*, 2(2), 123-136.
- Jain, A., & Gill, M. (2021). *Community awareness and the role of media in promoting women's sports in Punjab*. *Media, Culture & Society*, 43(4), 677-692.
- Kaur, R., & Singh, J. (2020). *Family expectations and societal perceptions of women in sports: Insights from Punjab*. *Journal of South Asian Studies*, 39(1), 27-42.
- Raj, S. (2019). *The role of media representation in women's sports: A study in the Indian context*. *Journal of Media Studies*, 12(1), 67-81.
- Sethi, M. (2020). *Exploring gender biases in sports policies in India*. *Indian Journal of Gender Studies*, 27(3), 389-406.
- Sharma, N. (2018). *The influence of traditional gender roles on women's sports participation in Punjab*. *Journal of Gender and Sport*, 4(2), 112-124.
- Sharma, N., & Kaur, P. (2019). *Women athletes as role models: Challenging stereotypes in Indian sports*. *International Review for the Sociology of Sport*, 54(6), 750-765.
- Singh, G., & Gill, J. (2022). *Traditional beliefs and access to sports facilities for women in Malwa, Punjab*. *Journal of Sports and Social Issues*, 46(3), 280-295.