



Empowering women through core psychological empowerment via sports

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DOI: <https://doi.org/10.66856/ijyppe.2026.11.3.11059>

Abstract

Empowering women through core psychological empowerment via sports provides a path to women equity. Psychological empowerment is needed for the self-accreditation or inner self-empowerment of an individual woman. Until and unless women will not be mentally and emotionally strong, they will not be able to overthrow the barriers in the pathway of their empowerment. A psychologically distressed woman would never be able to withstand the out lash of difficulties at home or at work because of low self-esteem and stress level. Thus, Psychological barriers like emotional instability, low confidence, lack of leadership qualities, lack of social interaction, weak decision-making power and low self-esteem can be magically thrown away from an individual woman if she is taking part regularly in sports activities that may individual or team event and Psychological empowerment empower brain that helps women to think, decide, and work for themselves and act as a supporting independent pillar of the society. This research paper focuses on the women psychological empowerment through sports and related concepts. It will elaborate the psychological empowerment in women involving the indicators such as self-esteem, resilience, self-worth and decision-making power which directly or indirectly affects the psychological well-being of women. It also concluded that psychologically empowered women weather be homemaker or working done their job more efficiently and effectively.

Keywords: Decision making, leadership qualities, psychological empowerment, sports, self esteem, emotional stability and resilience

Introduction

If an individual is taking part in any individual or team event then the following qualities can be enhanced in relation to win that particular event match or tournament which are decision making, leadership qualities, psychological empowerment, self-esteem, emotional stability discipline, teamwork skills, resiliency, moral thinking, and other individual strengths if these qualities will be enhanced by an individual woman then we can empower that women psychologically and make her a strong pillar of society and in other way psychological empowerment of an individual woman through sports is process of recognition and conscientization potential building leading to greater participation, effective decision making power and control leading to transformative action. This involves capability to get what one wants and to persuade others on the concerns. With reference to women the power relation that has to be involved includes their lives at multiple levels, family, community, society and the state. Empowerment is not about giving power to people; it's about letting this power out. Empowerment is the expansion in people capability to access skills and make strategic life choices and cope with the present as well as future problems more effectively. Psychological Empowerment psychological empowerment is a process by which people become aware of the power dynamics that occur at multiple levels in their lives. The psychological empowerment is an amalgam of self-efficacy, self-esteem, self-confidence, self-determination, self-awareness, positive thinking and it finally leads to happiness and wellbeing of women. A psychologically empowered woman has a capability to increase their self-image and conquer stigma.

Aim of study

To identify barriers this affects women participation in sports

To analyse the psychological factors which empower women

To study the need and importance of sports for psychological empowerment of women

Review related literature

Nadia Nadim (2023) Participating in sports can help break-down gender stereotypes, improve women's self-esteem and contribute to the development of leadership and strategic thinking skill "football saved me from being poor outsider and made me get accepted"

Lakshmi Puri (2016) Sports in an area in which we can leverage our partnerships and engagement with different audience to teach everyone that gender-based violence has no place in it on or off the field, anywhere in our lives and that a future where all playing fields are truly for all women and girls can be achieved. During world cup in Brazil, UN women launched a mobile application "Cligue 180" to help women victims of violence access information and services. According to Suharto (2010) ^[7] Empowerment not only includes strengthening individual members of the community, but also the institutions. Instilling modern cultural values, such as hard work, self-reliance, efficiency, openness, responsible attitude, are the main parts of empowerment.

Oladiipo (2009) ^[5] Argued that when people are psychologically empowered there will be a change in attitude, cognition and behaviour, which most assuredly will lead to a positive change in value orientation, increased patriotic actions, ability to postpone gratification of one's

desires, improved self-esteem, self-efficacy, self-consciousness as well as better psychological well-being which will culminate in a peaceful and developing society. Spreitzer *et al.* (1997) ^[8] Psychological empowerment has been positively correlated with managerial effectiveness, increased levels of job satisfaction and decreased level of job strain.

Methodology

This paper is descriptive in nature. In this paper an attempt has been made to analyse the psychological empowerment of women through sports. The secondary sources are used in the paper for study which is collected from several books, journals, newspapers, magazines and internet.

Results and discussion

Need and Importance of Psychological Empowerment through sports: In many countries, it has been recognized that sport can be a force to amplify women's voices and tear down gender barriers and discrimination. Women in sports defy the misperception that they are weak or incapable. Every time they clear a hurdle or kick a ball, demonstrating not only physical strength, but also leadership and strategic thinking, they take a step towards gender equality. Psychological empowerment provides ground for all the development in this world. Women and girls continue to face discrimination in access to sports as athletes and spectators, and inequalities in professional sports, media coverage, sports media and sponsorships. Women are far more visible in sports today than at any previous point in history. The Olympics of the modern era started as an all-male event, with women making gradual inroads to compete in different disciplines. As such, women competed for the first time at the 1900 Games in Paris. Of a total of 997 athletes, 22 women competed in five sports: tennis, sailing, croquet, equestrianism and golf. Incredibly enough, women were only allowed to run the marathon in the Olympics in 1988. Also, with the addition of women's boxing to the Olympic programme, the 2012 Games in London were the first in which women competed in all the sports featured.

What sports does if an individual take part in an event

What sports does	Affect	
Physical Development	Empowered Physiologically & Psychologically	Empowered Citizen
Mental Development		
Social Development		

The physical benefits of participating in a sport are probably the most obvious. Athletic training helps strengthen bodies, develops coordination, and promotes physical fitness. Through sports, youths learn physical fitness in a fun way that encourages healthy living habits. Once young athletes develop these habits, they are more likely to continue them throughout their lives. This is important since physical fitness helps combat major health issues such as obesity, heart disease, and diabetes.

Example- Even when it is not basketball season, Seema runs to keep in shape. She knows that staying physically fit year-round helps him play better when basketball season arrives. Seema has also learned what types of food provide him with the energy he needs to feel good. Playing basketball has

provided Seema with motivation to develop important habits of regular exercise and healthy eating.

In addition to these physical benefits, many social benefits result from participation in sports. Participation in sports provides opportunities to learn teamwork. Playing by the rules and overcoming adversity helps youths learn qualities of good sportsmanship and personal responsibility. Time management and good organizational skills must be developed to achieve both athletic and academic success. These benefits transfer to everyday situations, providing social skills that allow you to succeed in the real world.

Example- Seema has a lot of homework to complete, but she knows that she is an important member of the team and needs to attend practice. They are learning a new offense in practice, and she doesn't want to let his teammates down. She knows that she has to manage his time efficiently during basketball season. Seema attends practice and puts off plans to watch a movie with his friends later that night so she can get his homework done.

The physical activity and socialization provided through participation in sports increases mental and emotional well-being. Participation in sports can boost self-confidence, trusting one's abilities or judgment, as new abilities are learned. This helps prevent feelings of depression and provides a physical outlet for stress. In addition, being an athlete is an acceptable reason to say no to using drugs or consuming alcohol. Youths who participate in sports are also less likely to drop out of school or get in trouble with the law.

There are various psychological impediments that are creating obstruction in women empowerment. Some of these psychological barriers are dread, insecurity, risk, absence of self-esteem, self- confidence, fear of failure etc. In some of the organizations lack of information, lack of independence in decision making, lack of autonomy in task performance are the biggest hindrance in psychological empowerment of women. Sports play an important role to keep above mentioned impediments away from women if they are actively engaging themselves in the field of sports.

Obstacles in Psychological Empowerment of Women via sports

Media attention to women's sport in general is extremely low in comparison to men. Just have a look at the sports section of "Time of India" on any day of the week. Chances are there are no photos and no stories of women athletes. That has a very negative effect in sports women's salaries and the access to sponsorships, tournaments, leagues and the capacity of showcasing their capacity and skills.

Across professional sports, in fact, one of the most obvious and quantifiable manifestations of gender-based discrimination is that women athletes face a huge pay gap. The total pay-out for the Women's World Cup was 15 million United States dollars, compared with 576 million United States dollars for the last men's World Cup — nearly 40 times more for men. The exception is tennis, which since 2007 has awarded equal prize money at all four Grand Slam tournaments.

While sports events aim to promote values of fairness, there is also a dark side. Violence against women and girls occurs in all countries and happens in many situations, including in relation to sports events. Trafficking in women and children

for sexual exploitation vastly increases during sporting 'mega events' such as the Olympics and World Cups.

Finding

"Women Empowerment through sports" has been a routine in our discussion from the very beginning. Yet it should be noted, that while we all were busy in attempting to empower women in the fields of economy, society, education, Law, politics etc., we completely forgot how significant their psychological empowerment is. We almost forgot how important it is to empower the minds and brains of women first to make them fully independent, self-sufficient, and in actual terms, empowered. Now, as we all better know that empowerment takes place where there is freedom and equality (this can be possible form the way of sports). As women are constantly viewed as species that are undermined before men, it turns into our obligation to cause women to acknowledge on their own that they are worth quite a lot more. Obviously, there are no in-room classes which help women to understand their actual worth; the society should provide external support and intervention to upgrade their situation. In this way, to empower women psychologically, it should be noted that reverse psychology could play a very important role here. This implies, once women acknowledge about their capabilities, they would ultimately start believing in themselves and their self-confidence would arise. Simultaneously, if appropriate steps are taken to ensure that women actively partake in discussions, programmes and sessions, which rove around how they (women) make the foundation of any society, then this could lead to an enhancement in self-worth and self-esteem. It must be noted that psychologically empowered women are consequently enabled in other fields, as well. This is on the grounds that when ladies begin having faith in themselves, which happens when they are mentally strong, they recognize their true identity, they get an understanding of who they are; they realise what is in their access and what could they do to lift up themselves.

Conclusion

Empowerment is one of the key factors that determine the success of upliftment in the status and position of women in the society. Presently in societies, the women are enjoying the socio-economic status by engaging themselves in fields of sports. It also can be said that significance, self-confidence, self-determination, self-esteem and self-efficacy are the main contributors in psychological empowerment. Through Psychological empowerment women enable to gain insight and aware of what is unfavourable and undesirable about their current situation, they could perceive a better situation and the possibilities of attaining it and also realize what is within their reach and what they could do to improve their situation.

Limitation of the study

The research work depended on the secondary data. Therefore, outcomes of this research work depended a lot on the authenticity of the secondary data.

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