

A STUDY OF PHYSICALLY DISABLE WOMEN ATHLETES IN NEPAL

By

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DECLARATION

I hereby, declare that to the best of my knowledge this thesis is my original no part of it was earlier submitted for the candidature of research degree to any University, College or educational institutions. Whatever subject matter, I have presented in this thesis report belongs to my own field work and has not copied any part from the past theses.

Date: 16th August, 2021

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RECOMMENDATION LETTER

The thesis entitled “**A Study of Physically Disable Women Athletes in Nepal**” is an independent work of Ms. Bimala Tamang, completed under my supervision. It is prepared for the requirement of the partial fulfillment of Master’s Degree in Physical Education Department, Central Department of Education, University Campus. I have guided to the best of my research knowledge; this study is original and carries useful information in the field of disable women athletes. Hence, I recommend this thesis for final evaluation and viva-voce.

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APPROVAL SHEET

The thesis entitled "A Study of Physically Disable Women Athletes in Nepal" prepared and submitted by **Ms. Bimala Tamang**, for the partial fulfillment of the requirement of a Master's Degree in Physical Education has been approved.

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.....
Bimala Tamang

ABSTRACT

The title of this study is "A Study of Physically Disabled Women Athletes in Nepal." This research study was based on a descriptive research design. The main objectives of the study were to identify the current situation of physically disabled women athletes, to examine the existing physical facilities for disabled women athletes and to find out the satisfaction of disabled players in sports. Respondents to the study were selected using a purposive sampling method. The sample size is 24. Physically disabled women athletes were taken from cricket, taekwondo, swimming and basketball. The questionnaire was used as the main tool to collect the data.

This study found that out of total respondents' 20.84 percent of respondents entered the game voluntarily, 87.5 percent of the respondents had received support from their family. Similarly, 75 percent of respondents said that women with physically different abilities felt a change in society's behavior after becoming a player, 58.33 percent of the respondents do not have any source of income other than sports, only 16.67 percent of the respondents could make a living by playing sports, 66.67 percent of the respondents said that the accommodation was arranged by themselves and 79.17 percent respondents said that there is no transport facility but 20.83 percent of the respondents said that there is transportation facility but, not disable-friendly. Existing physical facilities: 79.17 percent of the respondents said that required materials are provided by the NGOs/INGOs, 62.5 percent of respondents said that availability of available materials is good, 33.33 percent of the respondents said that the required quantity of materials is available and 66.67 percent said is not available, 58.33 percent respondents said that they do not have proper infrastructures. Satisfaction of disable players in sports: 54.17 percent of respondents said they are satisfied with their field, 95.83 percent of respondents were paid by other means like prize money from the organizer or through some cash prizes during felicitation programs, 66.67 percent respondents said they are not provided with any facilities from their associations, 83.33 percent respondents said they do not have life and health insurance facility from the Government, 100 percent respondents said that they are not satisfied with the facilities provided by the government of Nepal.

Para women players were found to be facing problems such as lack of adequate services and materials facilities. In order to increase the access and participation of physically disable

women in the Para games family, friends, regional and national level stakeholders and all individuals need to play a special role from their respective places.

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CHAPTER-I

INTRODUCTION

1.1 Background of the Study

Physical Education is education through the physical. It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle (Education Bureau, 2018). Physical education is two sides of the same coin. Where physical means 'through the body' and education means 'imparting knowledge'. Overall physical education is the teaching different types of knowledge, skills, safety, the basics of living a healthy life and the medium to any student or person through any part of the body.

Disability is a condition in which the organs of the body cannot be used completely or partially due to physical and mental reasons (Adhikari, 2075, p.513). Physically disability is a condition in which any part of the body cannot function fully or partially due to various reasons. Disabilities are caused by congenital and various accidents. If a person is disabled, he has to face various personal and social problems. WHO explained that disability is part of human being, almost everyone will temporarily or permanently experience disability at some point in their life. Over one billion people – about 15percent of the global population – live with some form of disability and this number is increasing' (WHO, 2021). Disability is the loss or limitation of opportunities that prevents people who have impairments from taking part in the normal life of the community on an equal level with others due to physical and social barriers" (Cited by Mark, 2006, p. 14).

The disabled athlete is a person living with a disability who participates in sport, that is, "any individual who has a physical or mental impairment that substantially limits one or more of his or her major life activities" (Americans with Disabilities Act, as cited by Sandra, and others 20081990, p.1).

The long-term athlete-development model has been incorporated into a thoughtful solution for societal change by the United States Olympic Committee's American Development

Model (ADM) is the radical change we need. The ADM will allow American youth to use sport as a path toward active and healthy lifestyles and create opportunities for athletes to maximize their full potential. The 5 key principles outlined by the ADM follow:

Universal access to create opportunity for all athletes, developmentally appropriate activities that emphasize motor and foundational skills, multisport or multi-activity participation, A fun, engaging, and progressively challenging atmosphere, and quality coaching at all age levels (Cited by Brian Hainline, MD, 2019).

Disable sport, in general, is comprised of a wide range of sports that have either been adapted or are unique. The foundation of disabled sport is based that sport must be adapted to the capacities of the athletes, not the reverse (Sandra, and others 2008).

The late Nelson Mandela understood sport as a key element of society: Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than government in breaking down racial barriers (Cited by Brian, 2019). A sport is a competitive and recreational activity played between two people or two teams within a set of rules and boundaries (Sherchan, 2074).

Sports are as old as humanity itself with its own influence, popularity, impact and linguistic all over the world. Sports prevent any kind of discrimination such as gender, racism, age, disability etc. Many years ago, Nelson Mandela also said that, 'Sports has the power to change the world'. In this global world, we all agreed that 'Sports for all'. Nowadays persons with disability also play sports worldwide with a little bit different rules than persons without disability. They have their own Olympic Games named Paralympics. Sport can help reduce the stigma and discrimination associated with disability because it can transform community attitudes about persons with disabilities by highlighting their skills and reducing the tendency to see the disability instead of the person.

1.2 Statement of the Problem

Since the primitive era, people with disabilities have been facing many obstacles in achieving equality. Discriminatory social practices have resulted in the exclusion of people with disabilities face at all levels from the family to the highest official positions. For years together the discrimination in law and practice were justified on the grounds that people with disabilities are different from general people and differed in physical, mental and psychological aspirations, the result of the formal approach to understanding equality (Ghimire, 2020).

The condition of Nepalese women athletes with disability is not satisfactory. Socially they have discrimination in society due to lack of proper education and social awareness. Politically they are far behind from the mainstream of the country. Culturally they are not well accepted with Costiveness by society. Whether Nepalese women athletes were playing with such social barriers? They have not proper disable friendly play grounds as their physical and mental demands, the quarry is why and how they are playing for their passion and nation too. Even the media doesn't highlight them as others, is it bias or not. The authorities and policy makers aren't caring and supporting them with proper facilities, opportunities and strong policy support. The behavior of state is discriminatory. Behind all this, Nepalese women athletes are active in sports to prove their potential and to encourage others too. This kind of research problem has not studied so far. Hence, the research title was stated from these above issues.

1.3 Objectives of the Study

The objectives of the study are as following:

- 1.3.1 To identify the current situation of physically disable women athletes
- 1.3.2 To examine the existing physical facilities for disable women athletes
- 1.3.3 To find out satisfaction of disable player in sports

1.4 Significance of the Study

Following points are the significances of the study:

- 1.4.1 The results of this study would be helpful for the federation of different types of sports to know the current situation of disable women athletes
- 1.4.2 The results of this study would be helpful for the 'ministry of youth and Sports' to manage the equipment for different types of disable women Athletes
- 1.4.3 The study results would be useful for the 'Nepal Paralympics association' to Plan, conduct and manage sports program for physically disabled women players
- 1.4.4 The finding of this study would provide important information to the Ministry of Youth and Sport authorities to plan and organize future needs of Physical disable women athletes.
- 1.4.5 The research study would be helpful for new research to conduct research work in the field of sports and physical activities for the people who have different types disabilities.

1.5 Delimitation of the Study

The study was delimited in the following points:

- 1.5.1 Only physically disable women athletes were taken as the sample for this research study.
- 1.5.2 The study was conducted in national disable women Athlete's association
- 1.5.3 The study has focused on women athletes with physically disabilities in Cricket, basketball, swimming & taekwondo games

1.6 Definitions of key Terms

Sports: A sports is a competitive and recreational activity played between two people or two teams within a set of rules and boundaries

Disability: Disability is a condition in which the organs of the body cannot be used completely or partially due to physical and mental reasons.

Physically disability: Physically disability is a condition in which any part of the body cannot function fully or partially due to various reasons

Physical education: The education given through the body is called physical education

CHAPTER- II

REVIEW OF RELATED LITERATURE

2.1 Theoretical Review

Theoretical reviews are essential part of research study. The researcher has described different theories which are related to this study.

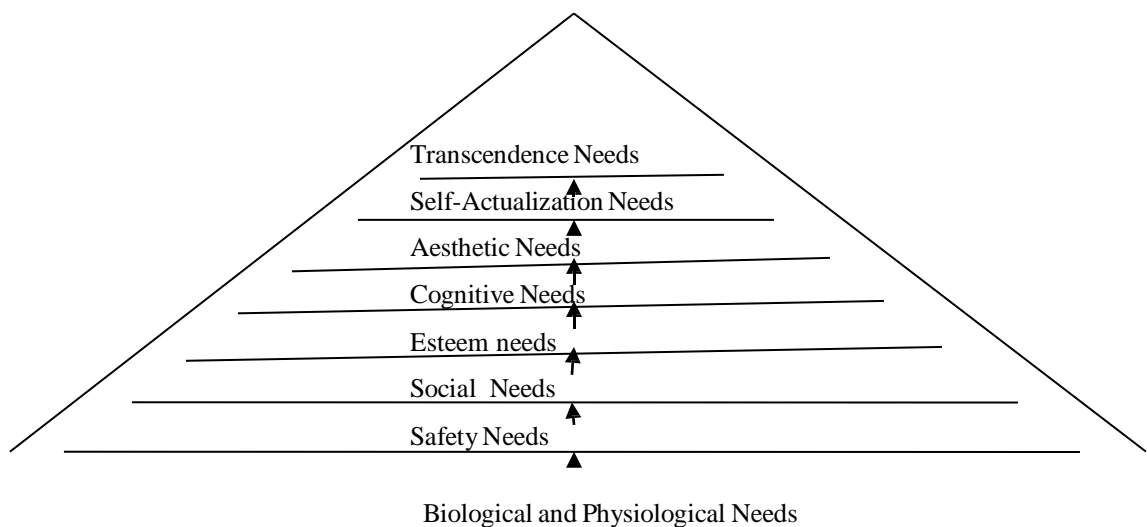
Theory of Connectivism

Shahi (2020) has indicated that principles of Connectivism theory in his mini-research study. Learning is a procedure that occurs within nebulous environments of shifting core elements- not entirely under the control of the individual. He concludes that learning/knowledge can reside outside of ourselves, is focused on connecting specialized information sets, and the connections that enable us to learn more are more important than our current state of knowing. The understanding that decisions based on rapidly altering foundations drives connectivism. New information has continually acquired. The ability to draw distinctions between important and unimportant is vital. The ability to recognized when new information alters the landscape based on decisions made yesterday is also critical The principle of connectivism variables are learning/knowledge, information sources, human appliances and capacity, facilitate continual learning, connection between fields, ideas, and concept, up-to-date knowledge, and decision factors (Siemens, 2005 as cited by Shahi, 2020, p. 6).

Maslow: Motivational Theory

Shahi (2020) has classified physiological and safety needs as essential needs because it is difficult to survive without addressing these needs first. Once these essential needs have been satisfied, even to a limited degree, other needs start to emerge as important. The third need relates to love and affection, and the sense of belonging to a group. The next relates to self-esteem: the need to be accepted and desired by others. The final need is self-actualization: people's drive to realize their full potential. While needs for love and self-esteem are commonly met in parts of the world where the essential needs are taken for granted, self-actualization is rare and often reveals itself in creativity. The hierarchy of needs can be arranged as follows.

Figure 1: Maslow's Hierarchy of Needs in Pyramidal Shape



The various aspects of hierarchy needs from above pyramid: Biological and physiological needs - air, food, drink, shelter, warmth, sex, sleep, etc., safety needs - protection from elements, security, order, law, limits, stability, etc., social needs - Belongingness and Love, - work group, family, affection, relationships, etc., esteem needs - self-esteem, achievement, mastery, independence, status, dominance, prestige, managerial responsibility, etc., Cognitive needs - knowledge, meaning, etc., aesthetic needs – appreciation and search for beauty, balance, form, etc., self-actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences and transcendence needs-helping others to achieve self-actualization. However, the hierarchy of the needs later expanded with three needs: cognitive, aesthetic and transcendence which have described. These needs show that the ladder of needs is unlimited and no one fulfill it however when individual achieve the lower level need another needs automatically raised and try to fulfill it.

Many studies have showed the different result in motivation and behavior change. A study shows that motivation and performance including learning strategies have positive association. Motivation can distinguish into two types: autonomous and controlled motivation. Autonomous motivation is out of controlled that means beyond the

interest or necessity whereas controlled motivation is directed by reward and punishment or threat (Maslow, 1943 as cited by Shahi, 2020 p. 3 & 4).

Vygotsky: Social Cultural Learning

Chiluwal (2020) has described the book “Educational Learning Theories” whereas they make clear that Vygotsky has established Social Cultural Learning. He is known as educational psychologist with a socio-cultural theory. This theory suggests that social interaction leads to continuous systematic changes in children's thought and behavior that can vary greatly from culture to culture. Vygotsky has cleared that the discussion given among students to the understanding of the relation between the social world and cognitive development. Particular attention has given to the significance of culture, the role of language, and the student's relationship with this social world. His view of the integrated and dynamic social-nature of learning, and the notion of a zone of proximal development, which utilizes such ideas, introduced. Vygotsky's ideas on cognitive development have shown to lead to student-centered and a co-constructivist basis of learning, in which the student potential within the social context has accommodated. The dynamic relationships between culture, history, interpersonal interactions and psychological development have described, and the important role of language as a common and conducting medium discussed. He emphasizes the importance of the social aspect of learning, and particularly the student-centered and co-constructivist basis of learning in which the individual's potential within the social context has addressed. It concluded from this theory, the socio-cultural factors directed the peoples' attitude towards issues (Zhou and Brown, 2015, as cited by Chiluwal, 2020, p. 4 & 5).

2.2 Empirical Review

Most of the children in the sample were not interested in physical education. Although teachers and parents expressed a positive view that deaf children should be involved, it was found that the participation of deaf children in physical education could not be increased due to lack of subject teachers, unavailability of educational materials and disability friendly textbooks. All the selected candidates said that even if the playground system in the school is good, the subject teacher should teach the necessary sports materials and physical education to make the subject more effective in the school. Deaf children were found to be going through various problems and they

were found to be different in the way society, other children view, speak and act. No action has been taken to increase the participation of children in physical education so deaf children as well as other children are deprived of physical education (Paudel, 2018).

The education right gives the child opportunity to engage in any form of learning irrespective of social status, Physical appearance and any other condition or disability. Students with special needs are marginalized or excluded from physical education lessons. Physical education teachers stated that the lack of professional knowledge in their academic preparation has made it difficult to fully involve in special equipment for special needs students are a major challenge and another challenge is large class sizes make it difficult for them to organize, manage and teach effectively with the inclusion of student with disabilities. Large class sizes places a lot of stress on teachers because class control becomes more difficult (Dhakal, 2018).

Access of persons with disabilities in sports activities in the context of Nepal is relatively low due to lack of facilities such as playfield and equipment. Little progress has been observed in promoting accessible sports like cricket, basketball, football, athletics and swimming. The Kirtipur international cricket ground is free for mainstream cricket players but athletes with disabilities are required to pay exorbitant fees. The observation shows that no preliminary accessible features such as toilets, audio system, safety measures and safe changing rooms for women with disabilities have been properly maintained almost all of the public sports venues. Lack of accessible transportation always hinders persons with disabilities to reach to the sports venues and conduct regular practices. Lack of coordination between the water supply board, telecommunication, and transportation divisions have also created problems in maintaining safe access to sports venues (Ghimire, 2020).

The population of disabled people is large, using the widest survey definition, it is estimated that there are about 11 million disabled adults in the UK is one in five of the total adult population and 770,000 disabled children. Many of these people would not define themselves as disabled. The majority of these people experience low level impairments wheelchair users, blind people and Deaf people make up an important minority. The population of disabled people is distinct from and much larger than the three million people in receipt of disability related benefits (cabinet office, 2005, p.5). According to a national disability survey conducted in 2006, there are

approximately 83 million people with disabilities in China, which accounts for 6.34 percent of the total population (Anne & Marie, 2011, p.12).

Pokhrel (2016) Research "Participation in sports of children of different abilities studying at basic level in Arghakhanchi district" the main purpose was to find out the status of children's participation and sports program in the school. The descriptive research design was followed in this study to identify the different factors. The data collected through questionnaire. The researcher found that most of the respondents were involved in physical education.

Regmi (2018) studied, entitled "Historical development of Para Olympic game in Nepal" the main purpose was to find out the historical development of Para Olympic Games in Nepal. The required information was collected through purposive sampling method. He found that Nepal has got a not very long history of the development of these sports. But the Para Olympic committee is improving in slow motion in Nepal.

Bhandari (2016) has conducted a study on "Parental attitude towards Para Olympics activities in Kathmandu district". The main aim was to identify the situation of parents on their children participation in Para Olympic. The data collected through the purposive sampling method. He found that parental attitude towards Para Olympic activities in Kathmandu district were not strongly good.

Williams (1994) studied, entitled "Disability sport socialization and identity construction". Disability sport socialization produces much identity of athletes with disabilities and they are apparently different. At its most simple, it focuses their sociological attention upon sport and the development of individuals with impairments participants in specific sport group and, at the same time, upon the more general development of individuals with impairments as social beings.

Dariusz & Paulina (2011) has conducted a study on "Martial arts as methods of physical rehabilitation for disabled people". This study disabled people practicing combat sports and strength sports gave them the opportunity to be more self-sufficient and financially independent their self-esteem has improved due to the sport. The sport practiced under the supervision of a physical therapist and a sports medicine doctor is an important part of rehabilitation and a way to a new better life.

According to Belaynesh & Marloes (2016) the life experiences of educated disabled women in Ethiopia indicated the hardships faced by high achieving disabled women and the different opportunity. The categorized paradox consists of: paradox of disability and educational opportunity, paradox of separation from family and success, paradox of hardship in obtaining employment and related opportunity and strength, paradox of self-confidences, paradox of support and dependency.

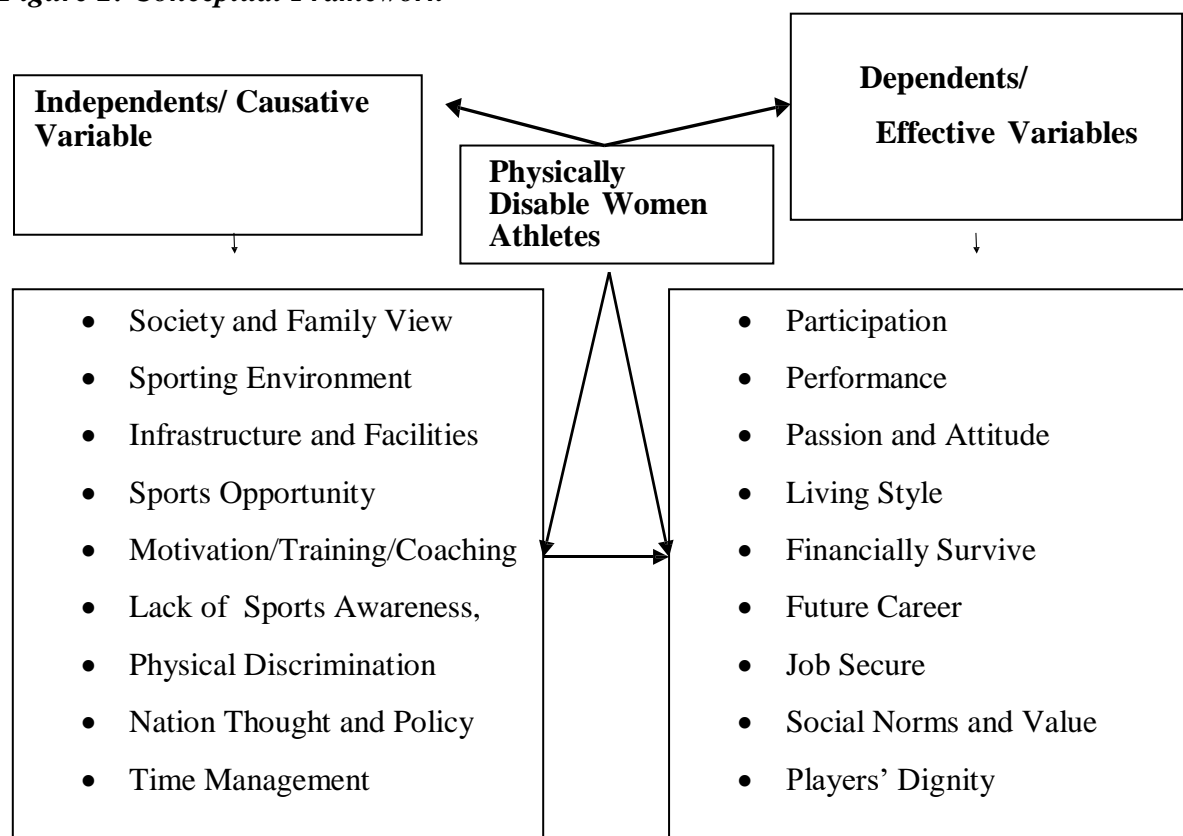
According to Constitution of Nepal (2072) sub-section (1) of section (16) each person shall have the right to live with dignity. Sub-section (2) of section (17) every citizen shall have the following freedoms: a) freedom of opinion and expression, b) freedom to assemble peacefully and without arms, c) freedom to form political party, d) freedom to form unions and associations, e) freedom to engage in any occupation or be engaged in employment, established and operate industry, trade and business in any party of Nepal.

Pathak (2005) research "A study on the historical development of physical education, sports in Nepal." The main aim was found out the problem in the development of sports and physical education in Nepal. National education system plans 2028 B.S. He concluded that Nepal is still weak in Games and sports at the international level. It has also included the contributions of various personalities in the field of extracurricular activities under the ministry of education and sports.

2.3 Conceptual Framework

This conceptual theory is based on above theoretical reviews. Basically, the variables of conceptual framework are formulating through all of the above theories. Hence it is related to grounded theory.

Figure 2: Conceptual Framework



The figure 1 shows that the society and family view, sporting environment, infrastructure and facilities, sports opportunity, motivation/training/coaching, lack of sports awareness, physical

discrimination, nation thought and policy and time management are independent variables, which are related to the physical disable women athletes. Furthermore, participation, performance, passion and attitude, living style, financially survive, future career, job secure, social norms and value and players' dignity are the dependent variables. The impact of independent variables is upon independent variables. Through the based on these variables/factors of conceptual framework the researcher was measured the existing situation of physically disable women athletes. This conceptual framework shows the existing status of physically disable women athletes.

2.4 Implication of Literature

Reviewed of related literatures have cleared that physically disable women athletes is challenging issues of Nepal. So, the nation should provide an opportunity for physically disable women athletes. The above cited literatures are of enormous value to the current study. Literature review has facilitated me to select the research problem, research variables, methodology and data analysis and interpretation. I get help in the following points from reviewed literatures.

- 2.4.1 These reviews helped this study to select the research title.
- 2.4.2 It helped to construct and design conceptual framework of the study.
- 2.4.3 Literature reviews helped this research to justify the problems of the study.
- 2.4.4 Furthermore, it facilitated to develop research design, sampling procedure, instruments of data collection, and as well as submitted this research study

CHAPTER -III

RESEARCH METHODOLOGY

Research study is not concrete without methodology, so it is necessary to drive the study in a better way. This chapter has described the following topics for research methodology:

3.1 Research Design

This study was based on descriptive research design. The data were taken from primary source and field observation.

3.2 Population /Sources of Data

Physically disable women athletes were the population and sources of data. The data were based on the primary sources. The primary data were taken from physically disable athletes in cricket, basketball, swimming & taekwondo.

3.3 Sampling Procedure and Sample Size

This study included relatively a small number of populations, i.e., the sample size twenty-four physically disable women athletes i.e., 6 from each sport and total respondents 24 people were selected as the sample using purposive sampling method.

3.4 Tools of Data Collection

In this study, the main tool for gaining primary information was semi structured questionnaire. Questionnaire (closed 23 & open 7) was applied to physically disable women athletes to collect the data for this study.

3.5 Standardization of the Tools

In this study, the Questionnaire was pre-test among the physically disable women athletes in. After getting the feedback from the pre-tested result and the suggestion from the research supervisor, the tool was standardized and modified.

3.6 Data Collection Procedure

In the process of data collection, researcher first visited the 'Nepal taekwondo Association' to get the required information about the physically disable women athletes in Nepal with the recommendation letter from the Department of Physical Education. Based on the information received from the taekwondo players, the necessary information was obtained by visiting the hostel where the players of the Nepal blind cricket association and Bagmati blind cricket association were staying. After that, based on the information received from the cricket players, the required amount of information was obtained by meeting the basketball and swimming players to get the require data for this study. The information was recorded and data were noted down.

3.7 Methods of the Data Analysis and Interpretation

The collected data were calculated and converted into numbers and percentages and presented in different tables. The data presented in the tables were analyzed and interpreted according to the objectives of this study. The data were analyzed descriptively and interpreted on the basis of subject matters.

3.8 Ethical Consideration

The research was carried out after the acceptance letter from the department of physical education. The researcher maintained the personal privacy of the respondents. To maintain the privacy, their names were kept hidden. The address and personal profile were kept confidential. Only with the prior permission of disable women, questions were asked. The respondents were not forced to answer the questions

CHAPTER-IV

ANALYSIS AND INTERPRETATION OF RESULTS

An attempt to analyze and interpret, the collected data had been made in this chapter. The data were collected through the medium of the questionnaire. As this study was related to the “A Study of Physically Disabled Women Athletes in Nepal” the questions were made by covering all the required aspects of the related fields. The analysis of the situations faced by women with physical disabilities players has been made based on following heading:

4.1 Analysis of Data and Interpretation of Results

4.1.1 Periods of Participation

Many people engage themselves in sports from their early age. They get involved in physical activities from their Montessori and kindergarten levels. However, everyone is not lucky enough to get chance to participate in sports. In case of disables, it is rare that they get involve in sports. They may not be supported by their family, friends and society.

In the following table, the period of sports participation of disabled players is shown.

Table 1: Period of Participation

S.N.	Response	No. of respondents	Percentage (%)
1	1-3 years	8	33.33
2	3-6 years	10	41.67
3	6-9 years	4	16.67
4	9-12 years	2	8.33
	Total	24	100

From the table, disabled players who are engaged in sports for 9-12 years is 8.33 percent, 6-9 years is 16.67 percent, 3-6 years is 41.67 percent and 1-3 years is 33.33 percent. So, it is seen that disabled players are also engaged in sports for good period of time.

Disabled players should be motivated and supported to let them engage in sports for long period of time. Disable-friendly sports environment should be focused from the respective

responsible body working for Para sports. As physical activity and sports starts from school level, schools have to create facility for Para sports.

4.1.2 Encouragement to Play

Most people choose to enter and continue the field where they enjoy the most. Some people choose a field due to encouragement from others. In the same way to be involved in the sports field, players may be encouraged by some people and events. Encouragement and motivation play an important role in fulfilling one's desires, aspirations and dreams. The result of the encouragement got by disabled players is shown in the table below.

Table No.2 Encouraged to Play

S. N	Response	No. Of Respondents	Percentage (%)
1	Self	5	20.84
2	Family	2	8.33
3	Friends	15	62.5
4	Others.....	2	8.33
	Total	24	100

According to table No. 2, 20.84 percent of the respondents were found to have entered the game voluntarily, 8.33 percent of the respondents were found to be encouraged by the family, 62.5 percent of the respondents were found to be encouraged by friends and 8.33percent of the respondents were found to be encouraged by others. Others said they were encouraged and motivated by the organization and its member.

The more the participation of disabled players in the sports field, the more the chances of meeting the goal of Paralympics and other organizations working to develop Para games. In the research most disabled players are suffering from the same problem as others. They tried to create a world of happiness for those who are suffering from the same problem, here, the role of family and different organizations working to develop the Para games is not seen as effective. Thus, organizations and sports associations helping the disabled should focus on encouraging and motivating them in sports participation. This will lead to creating a healthy and happy world for persons with a disability.

1.1.3 Family Support for Sports

Family is the backbone of any person. The biggest help to get in any field and to be successful in that field is the family. The family member is always guiding the person to walk in a positive way. But we live in a society where there is no future in sports and we hear that it is only for entertainment. When a member of their family decides that he/she will spend their life as a player in sports activities, their family opposes the decision. Thus, it is very difficult for women with different physical abilities to become player. Here is a study of the support from the family for disable women players which is presented in the table below.

Table No.3 Family Support for Sports

S. N	Response	No. of Respondents	Percentage (%)
1	Positive	21	87.5
2	Negative	–	–
3	Not to say	3	12.5
	Total	24	100

According to the table No.3, 87.5 percent of the respondents said they received positive support from the family and 12.5 percent of the respondent said they did not want to say.

Family support is must whatever you do. For sports participation, women with differently able players should be supported, encouraged and motivated in sports. This can help in more sports participation of disable women players. More expose of Para games and awareness regarding the Para games should be focused so that disable women players get more support from their family in the future.

4.1.4 Society's Attitude Towards Physically Disable Women Athletes

Everyone in society has their own point of view on different aspects. Not everyone thinks and acts the same way. So, society has different view to people with differently able. But, as time moves towards the scientific age, disables are also respected in the society. In the same way. the society has its own point of view on the participation of women athletes with different physical abilities in different types of sports.

Table No.4 Society's Attitude Towards Physically Disable Women Athletes

S. N	Response	No. of Respondents	Percentage (%)
1	Yes	18	75
2	No	2	8.33
3	Don't know	4	16.67
	Total	24	100

According to table No.4, 75 percent of respondents said that women with physically different abilities felt a change in society's behavior after becoming a player, while 8.33percent said they did not feel change and 16.67 percent said they don't know about the attitude of society towards them.

When women with different physical abilities participate in sports and make their name, region and nation known nationally and internationally, there are many positive changes in the way society treats them today. The change in society's behavior were found to be positive. Players felt respecting, encouraging, believing in the abilities of the players equally to other ordinary players.

4.1.5 Economic Condition of Disable Women Players

Economic condition is a very important factor in meeting the basic needs of human life. Even those who have done good progress in sports nationally and internationally are seen forced to change their field due to poor economic condition. It is important for all to be aware of the economic status of physically disable women athletes. The researcher tried to find out the economic status of the disable women player, which is shown in the table 5.

Table No. 5 Economic Condition of disable women players

S. N	Response	No. of Respondents	Percentage (%)
1	Lower class	5	20.83
2	Lower middle class	17	70.84
3	Upper middle class	2	8.33
4	Upper class	–	–
	Total	24	100

According to table No. 5, 20.83 percent of the respondents were found to be from lower class, 70.84 percent of the respondents were from lower-middle class and 8.33 percent were from upper middle-class families.

Despite of their disability and struggle for living, disable women players are trying to make their name in the international field. So, it should be kept in mind to support and make disable women players economically strong.

4.1.6 Source of Income Beside Sports

Everyone has to make a living. Though disable people cannot work and earn like normal people, they have to earn to survive. They do work which they can do. In the following table, the response of whether disable women players have other sources of income or not is shown.

Table 6: Other Source of Income

S.N.	Response	No. of respondents	Percentage (%)
1	Yes	10	41.67
2	No	14	58.33
	Total	24	100

In the table, it is observed 41.67 percent disable women players have other sources of income while 58.33 do not have any source of income other than sports. NGOs like Buddhisattva In Action are providing training for different skills and also providing them work.

Many NGOs and INGOs are involved in supporting disables. There are some organizations which are helping disables by providing them trainings and jobs as per their convenience. Some works like making incense sticks, candles, thanka painting, etc. can be learned as by disables for their living. Thus, policymakers should focus on policies for better job opportunity for disable players as the payment they receive from engaging in sports isn't sufficient.

4.1.7 Life can be Lived Through Sports

Of all creatures in the world, human is known as the best. In order to make a living of the same human life and to solve various kinds of problems, a person should be financially strong. It is found that it is difficult to make a living. Similarly, the question of whether disable women players involved in sports can make a living only by playing sports or not is one of the big subjects of study. Researcher has shown that women athletes with physical disabilities are able to meet their basic needs by playing sports, which is presented in the table 7 below.

Table No. 7 Life can be lived through sports

S. N	Response	No. of Respondents	Percentage (%)
1	Yes	4	16.67
2	No	20	83.33
3	don't know	-	-
	Total	24	100

According to table 7, 16.67 percent of the respondents said that they can make a living by playing sports while 83.33 percent of the respondents said that they cannot make a living by playing sports.

Athletes with different physical abilities do not receive monthly salary and allowances as other players. Their games are organized only once or twice times a year. They receive allowances only during the game. So, they cannot make a living just by playing. But, if they have same monthly salary and allowances as other players, have regular games, have daily training by a good coach and have good facilities, they can be able to make a living as a player. So, the responsible association of disable players should focus on facilities providing them.

4.1.8 Management of Accommodation

Every person whether involved in any profession or not, needs shelter to survive. In the same way, it is essential for people with different physical abilities to have basic needs. The following table presents the management of accommodation by disable women players.

Table No. 8 Management of Accommodation

S. N	Response	No. of Respondents	Percentage (%)
1	Self	16	66.67
2	Government of Nepal	-	-
3	NGO/INGO	7	29.17
4	Others	1	4.16
	Total	24	100

According to table No. 8, 66.67 percent of the respondents said that the accommodation was arranged by themselves, 29.17 percent of the respondents said that it was arranged by NGO/INGO and 4.16 percent of the respondents said that it was arranged by others. In others, there were organizers of various sports events.

In the developing country like Nepal, there is less chance that disables are provided accommodation. Families and societies of many disables ignore them. Even the government of Nepal is not seen working effectively providing facilities for disables. Disables who cannot do their daily chores are not even given love and respect. In such case, disables surviving and living their life is very difficult. So, disables are to be provided with disable-friendly accommodations and hence, for sure, to the players who are achieving for nation's good.

4.1.9 Facilities of Transportation

Transportation is considered to be a convenient means of getting to and from any place. Due to which human life has become more comfortable. People with different physical abilities should have friendly transportation facilities according to their convenience. It is very important to know that female athletes with different physical abilities are getting transportation facility or not and whether the transportation is disable-friendly or not. The table 9 shows the response of the facility of transportation for disable women players.

Table No. 9 Facilities of Transportation

S. N	Response	No. of Respondents	Percentage (%)
1	Yes	5	20.83
2	No	19	79.17
	Total	24	100

According to table No. 9, 20.83 percent of the respondents said that there is transport facility and 79.17 percent respondents said that there is no transport facility. Similarly, those who said that transport facilities are available also said that it is not disable-friendly.

Due to lack of awareness in our society, we do not have disable-friendly transportation facility. So, it is very difficult for disable women players to reach training venues, competition places, transportation for daily uses, etc. Even in cases when they are provided transportation facility, the facility may not be disable-friendly. So, government of Nepal should provide disable-friendly transportation facility to the disable players.

4.1.10 Provide the Facilities of Equipment During Practice

In order to perform any task, it is necessary to have the necessary materials. It is also necessary to have the necessary materials for the game to be played. The table 10 below gives the answers given by people with different abilities to the question of from whom they are provided the required sports equipment.

Table No.10 provide the Facilities of Equipment during practice

S. N	Response	No. of Respondents	Percentage (%)
1	Self	3	12.5
2	Government of Nepal	-	-
3	NGO/INGO	19	79.17
4	Others	2	8.33
	Total	24	100

According to the table No.10, 12.5 percent of the respondents said that they manage required materials themselves, 79.17 percent of the respondents said that materials are provided by the NGO/ INGO and 8.33 percent said that materials are provided by others. In others, the organizer of games and events have been providing the necessary material for the games.

Para association should focus on providing required sports infrastructure and equipment to Para players. Otherwise, expectation of the result is like dreaming in a daylight.

4.1.11 Quality of Materials Required for the Practice

In order to do any work, you need the necessary materials for that work. It is very important to know about the availability of materials because the availability of the material can be used to predict whether the work will be successful or not. In the same way, in sports field, not only the availability of infrastructures required for the respective sports, but also the availability of required materials is must. For disable players, it is important that required materials are available. In order to win a game, disable players have to practice with standard and approved materials. The use of good quality materials will affect in sports performance.

Table No. 11 Quality of Material Required for The Practice

S. N	Response	No. of Respondents	Percentage (%)
1	Very good	-	-
2	Good	6	25
3	Normal	15	62.5
4	Bad	3	12.5
5	Too bad	-	-
	Total	24	100

According to table No. 11, response for the availability of available materials, 25 percent of the respondents said that availability of materials required is good, 62.5 percent respondents said it is normal and 12.5 percent respondents said it is bad.

If the availability of such materials could be increased, women athletes with different physical abilities would be able to win tournaments. Thus, it is necessary that disable players are provided with standard and approved materials required for the training and competition.

4.1.12 Physical Equipment as per Need

There should be record of the number of players in any sports and the quantity of materials required for their training and competition. On the basis of requirement, sports materials should be managed by the association or any other organizations helping to develop Para sports. The table below shows the quantity of materials available for female athletes with different physical abilities.

Table No. 12 Physical Equipment as per Need

S. N	Response	No. of Respondents	Percentage (%)
1	Available as needed	8	33.33
2	Not Available as needed	16	66.67
	Total	24	100

According to table No. 12, 33.33 percent of the respondents said that the required quantity of materials is available and 66.67 percent of the respondents said that the required quantity of materials is not available. Those who responded that they do not have the required quantity of materials said that they do not have sports wheelchairs, suitable playground, good coaches, sports materials required in related sports.

The availability of required materials is not satisfactory for Para sports. Even though Para sports have achieved good results in the international arena. So, if the required quantity of materials is provided to Para sports, then they would have achieved much better results which can encourage them to play sports.

4.1.13 Availability of Standard Infrastructure for Practice

In order to practice and conduct all sports activities, along with the sports materials, the standard or good quality training and competition infrastructure should be managed. For female disable players, it is necessary to build standard infrastructure which should also be disable-friendly.

Table No. 13 Availability of Standard Infrastructure for Practice

S. N	Response	No. of Respondents	Percentage (%)
1	Yes	10	41.67
2	No	14	58.33
	Total	24	100

According to table No. 13, out of the total 22 respondents, 41.67 percent respondents said that they have good quality infrastructures available and 58.33 percent respondents said that they do not have good quality infrastructures. Those who responded that they are provided with good infrastructures actually are using playgrounds and other facilities managed by some organizations.

We have observed that Para players are not provided with good infrastructures. They have to depend upon other associations to provide them sports facilities and materials. The available facilities and materials may not be regular and are mostly in poor condition. Thus, there should be separate good quality sports facilities and materials required for Para players which have to be managed by the government of Nepal and respective associations.

4.1.14 Payment method by the Government of Nepal

Every person needs basic necessities to survive. Depending upon the ability and skills of an individual, they have their income. With the income, they try to meet their basic needs. In the following table no. 14, it is shown how the Para female players are being paid by the government of Nepal.

Table No. 14 Payment Method by the Government of Nepal

S.N.	Response	No. of Respondents	Percentage (%)
1	Based on sports(competition)	-	-
2	Based on award(medal)	1	4.17
3	Based on monthly	-	-
4	Based on achievement	-	-
5	Others	23	95.83
	Total	24	100

According to table No. 14, 4.17 percent respondents were found to be paid on the basis of award and 95.83 percent respondents were paid by other means like prize money from organizer or through some cash prizes during felicitation programs.

Para players are forced to engage in any other occupations. The payment is very low and irregular. Thus, if national woman athletes are also provided regular salary or allowance then they would also have given more time to sports. Government should focus Para players in payment like other normal players.

4.1.15 Satisfaction with Sports Field

Everyone should get satisfaction from the field they belong to because it is difficult to succeed in any endeavor without satisfaction. Similarly, it is important that players involved in sports are satisfied with their field. Research is done to know whether physically disabled women athletes are satisfied with their field or not. The result is presented in the table below.

Table No. 15 Satisfaction with Sports Field

S. N	Response	No. of Respondents	Percentages (%)
1	Very satisfied	1	4.17
2	Satisfied	13	54.17
3	Normal	6	25
4	Dissatisfied	2	8.33
5	Very dissatisfied	2	8.33
	Total	24	100

According to table No. 15, 4.17 percent respondents said they are very satisfied with their field, 54.17 percent respondents said they are satisfied, 25 percent respondents said they are normally satisfied, 8.33 percent respondents said they are dissatisfied and 8.33 percent respondents said they are very dissatisfied with their sports field.

Respondent said that they are happy and satisfied with the field as they entered the field with the help and support of their friends and family. At the same time, a kind of service facility is expected from the concerned association. It is found that there is no complete satisfaction from this sports field due to non-availability of services.

Physically disable women players should be treated like normal players by the association and government of Nepal. If so, disable women players also will fully satisfy and get involved in the sports sector and live their lives as athletes with the same encouragement and motivation.

4.1.16 Facilities Provided by the Association

Each game has its own association. The association should continue to meet the needs of all players in its association. Each player has some expectations from their respective association. The main responsibility of the association is to fulfill such expectations as much as possible. Researcher has studied the facilities available to physically disable women athletes from the respective association, which is presented from the table below.

Table No. 16 Facilities Provided by the Association

S. N	Response	No. of Respondents	Percentages (%)
1	Proper training and coaching arrangement	4	16.67
2	Accommodation	2	8.33
3	Financial support	—	—
4	Sporting goods	2	8.33
5	No facilities provided	16	66.67
	Total	24	100

According to table No. 16, 16.67 percent respondents said that association has arrange proper training and coaching arrangement, 8.33 percent respondents said that accommodation has been provided, 8.33 percent respondents said that they are provided with sporting goods and 66.67 percent respondents have stated that they are not provided with any facilities. Out of all the respondents, only taekwondo respondents informed that the concerned association is providing

proper training and coaching arrangements, daily expenses incurred for transportation as well as daily meal expenses.

There should be effective associations for disable players. Associations should manage different facilities for women players as they train and participate in the tournaments. Meeting the needs of women players with disabilities, providing support to see how their games is progressing and providing services to physically disable women players like other ordinary players, women with disabilities will achieve great success.

4.1.17 Life Insurance provision for Disable women Player

Everyone wants to be safe. People who are involved in various professions are losing their lives due to various accidents at the place of work. Similarly, researcher tried to find whether the national Para women athletes who are involved in sports are provided with life insurance from the government or not. The result is presented in the table below.

Table No. 17 Life Insurance Provision for Disable women Player

S.N.	Response	No. of Respondents	Percentage (%)
1	Yes	-	-
2	No	20	83.33
3	Don't know	4	16.67
4	Not to say	-	-
	Total	24	100

According to table No. 17, 83.33 percent respondents said they do not have life insurance facility from the government and 16.67 percent respondents said they are unaware of such facility. Players are the pride of the country. Physically disable women athletes are trying to make a name for themselves and their country by playing despite of their disabilities. It would have been better if the government would have supported them with health and life insurance. If any of the players lose their lives during the sports activity, then it would be helpful for their families to make a living.

4.1.18 Method to Increase Media Access of Para Sports

Nowadays, media is a powerful thing in which the broadcasts can be seen, heard and read from any corner of the world. It is seen that the media is always ready to promote and propagate the sports sector. But in the case of Nepal, there is hardly any local and national media coverage of the Para games and players.

It is imperative that the sports of women athletes with different physical abilities be communicated through the reliable media of the nation. Because through such media, Para women players and games could be introduced to the mass. When researcher asked to all the respondent's methods to be taken to increase the media's access to Para women sports, they expressed their views. The methods were reporting about sports tournament by sports organizers to the reliable media, broadcasting the event or situation of Para players and sports by the local and national level media, conducting public awareness programs to ensure that women athletes with disabilities can play sports like other ordinary people, etc.

It is very important to have media access of the game of Para women players because media coverage takes the problems and current situations of player to the public and related policymakers. After the broadcast of such cases of Para women players, there might be change in the problems being faced by Para women players. Also, there may be arrangement of good sports facilities, equipment, coaches, officials, encouragement and motivation to other disables, aware the public, etc.

4.1.19 Satisfaction of Facilities Provided by the Government of Nepal

Despite of various disabilities and problems of Para woman athletes, they are playing for the country. So, the researcher is trying to find out the facilities being provided to them by government of Nepal and whether they are satisfied or not. The table below shows the result.

Table No. 19 Satisfaction of Facilities by the Government of Nepal

S. N	Response	No. of Respondents	Percentage (%)
1	Yes	-	-
2	No	24	100
	Total	24	100

According to table no. 19, 100 percent respondents said that they are not satisfied with the facilities provided by the government of Nepal. Actually, they have not received any kind of facilities from the government of Nepal.

Some respondents said that Para women players do not have regular training, some of them said that the necessary materials and facilities are not disable-friendly and many sports was not available for Para women players. Some also said that there should be transportation facility, fooding and accommodation facility. Similarly, some said there is lack of encouragement and motivation from the government side, adding that the Para games would be better if above mentioned facilities were provided to them.

They should be paid monthly salary and allowances according to their level which should at least help them meet their basic needs. They also require daily training by a good trainer, officials and regular competition. With these facilities, Nepali Para women athletes would have been able to get good place in the Paralympics games.

4.1.20 Respondent's Suggestion to Increase Participation of Physically Disable Women in

Sports

Playing sports in human life is also considered good in terms of health because playing sports can help person to stay healthy not only physically but also mentally and emotionally. At present, various types of sports are practiced in Nepal. Most people are engaged in sports including disables. However, the participation of disable women players in sports activities is less than that of ordinary women players. When women athletes with physically disabilities were asked for their suggestions on methods to increase the participation of disable women in sports. Suggestions from all respondents are included in the following paragraph.

In order to involve and increase physically disable women in the field of sports, many organizations and the government of Nepal should be aware and should pay attention to their participation. Some respondents also said that disable women should be provided encouragement, respect and service facilities like other normal players. Some of them said that there should be proper physical structures and materials. Materials have to be disable-friendly. Disables also

should be trained by good coaches on regular basis. Some suggests that they should be paid with minimum salary for their livelihood so that they can focus and continue sports. Similarly, some have said that like other areas, a clear policy is needed to be formulated in the field of sports for disable. Then, it has to be implemented properly. There should regular tournaments at different levels for disables. Also, there should be arrangement of volunteers for disable players. Similarly, some also said that conduction of public awareness programs so that people with disabilities can understand and know about their abilities. Thus, people with disabilities would get encouragement and more motivation to play sports. There should be many games made available for disables. They should be treated and provided services equally to normal sportsmen in sports.

CHAPTER-V

SUMMARY, FINDING, CONCLUSION AND RECOMMENDATIONS

5.1 Summary

At present, sports have become an integral part of human life. Sports is playing an important role in the overall development of the people. In the context of Nepal, not only ordinary people but also physically disabled have started participating in various sports. But the participation and development of physically disabled women in sports are much weaker than that of normal women athletes. Therefore, the researcher tried to study the topic “ A Study of Physically Disabled Women Athletes in Nepal.” The main objectives of the study were to identify the current situation of physically disabled women athletes, to examine the existing physical facilities for disabled women athletes and to find out the satisfaction of disabled players in sports.

Physically disabled women athletes were the main population included in the study. This research study was based on descriptive research design. Respondents to the study were selected using a purposive sampling method. The sample size was 24 physically disabled women athletes from different games. The games included in this research were cricket, taekwondo, swimming and basketball. Questionnaire was used as the main tool. The questionnaire was made up of all aspects of a physically disabled women athletes.

After collecting the required data, the collected data were tabulated, analyzed and described as per the demands of the objective of the study. The data were analyzed descriptively. Required tables were used to analyze and present the collected data.

5.2 Key Findings

There were found major findings which are described according to the objectives of this research:

- 5.2.1 Disabled players who are engaged in sports for 9-12 years is 8.33 percent, 6-9 years is 16.67 percent, 3-6 years is 41.67 percent and 1-3 years is 33.33 percent. So, it is seen that disabled players are also engaged in sports for good period of time.

- 5.2.2 Only 20.84 percent of the respondents were found to have entered the game voluntarily. Self-motivation is must to achieve good results.
- 5.2.3 It is difficult to succeed in any endeavor without family support. The disable women players were found to have good support from their families. The study reveals that 87.5 percent of the respondents had received positive support from the family.
- 5.2.4 Still our society takes physically disable people as weak person. But, if the physically disable person does something as other ordinary people in the society, the same society may treat them positively. In the study, 75 percent of respondents said that women with different physical abilities felt a change in society's behavior after becoming a player.
- 5.2.5 The study found that 20.83 percent of the respondents were from lower class, 70.84 percent of the respondents were from lower-middle class and 8.33 percent were from upper middle-class families.
- 5.2.6 According to the research, 58.33 percent of the respondents did not have other source of income other than sports. Due to which it was found that it was difficult for them to make a living.
- 5.2.7 In this study, only 16.67 percent of the respondents said that they can make a living by playing sports. It means that a physically disable women athletes cannot make a living from sports.
- 5.2.8 This study found that 66.67 percent of the respondents arrange accommodation themselves. Most of the disable women players are not provided accommodation.
- 5.2.9 It has been found that 79.17 percent respondents do not have transportation facility and 20.83 percent of the respondents have transportation facility but not disable-friendly.
- 5.2.10 According to this study, 79.17 percent of the respondents are provided with required materials by the NGOs/INGOs.

- 5.2.11 In this study, 62.5 percent respondents said that quality of available materials is normal. It is necessary that disable players be provided with standard and approved materials required for the training and competition.
- 5.2.12 This study found that 33.33 percent of the respondents have required quantity of materials and 66.67 percent of the respondents do not have required quantity of materials.
- 5.2.13 In order to perform well, you have to have standard infrastructures. The study Found that 58.33 percent respondents are provided with standard infrastructures.
- 5.2.14 The study found that 95.83 percent respondents were paid by other means like prize money from organizer or through some cash prizes during felicitation programs. But they do not get salary or bonuses on monthly basis.
- 5.2.15 It is found that all disable women athletes are not completely satisfied from this sports field due to non-availability of services. while, 54.17 percent respondents said they are satisfied.
- 5.2.16 It has been found that 66.67 percent respondents have stated that they are not provided with any facilities. Associations should manage different facilities for women players as they train and participate in the tournaments.
- 5.2.17 This study found that 83.33 percent respondents have not received life insurance facility from the Government of Nepal. 16.67 percent respondents said they are unaware of such facility.
- 5.2.18 To increase media access in Para games, sports tournament by organizers should be reported to the reliable media, broadcasting the event or situation of Para players and sports by the local and national level media, conducting public awareness programs to ensure that women athletes with disabilities can play sports like other ordinary people, etc.
- 5.2.19 In this study, it is found that 100 percent respondents are not satisfied with the

facilities provided by the government of Nepal. Actually, they have not received any kind of facilities from the government of Nepal.

5.2.20 to increase physically disable women in sports, government of Nepal should take data and should pay attention to their participation. They should be provided with encouragement, motivation, respect and service facilities. Proper physical structures and materials should be made available. They should be trained by good coaches on regular basis, should be paid with minimum salary and clear policy is needed which should be formulated in the field of sports for disables. Organizing regular tournaments at different levels, conduction of public awareness programs, etc. can be done to have sports introduced to disable women.

5.3 Conclusion

This study was conducted on physically disable women athletes in Nepal. The study also aimed to explore the current situation, existing physical facilities and satisfaction from sports field to physically disable women athletes. This research study was based on descriptive research design. There was applied purposive sampling method was applied and a total of 24 athletes from 4 sports including cricket, basketball, taekwondo and swimming were selected.

It was found that physically disable women have good participation in Para sports. In which they entered voluntarily with the help of friends and family. Some of the players have to engage in other jobs as the disabled women players are not able to earn a living engaging in sports only. It is because there is no provision of any kind of service facility and salary or allowance from the government of Nepal to those players. The various physical materials required in the game are being arranged by various organizations and the player themselves. Accommodation is also arranged by most of the players themselves while for some have arranged with the help of organizations. Transportation facilities are not available to all and for those who are getting transportation facility, it is not found to be disable-friendly. To increase the access of women with disabilities to sports, various regional and national levels sports programs and public awareness programs should be organized. Although the women players involved in the Para games were

satisfied with their field of sports, they were dissatisfied with the services provided by the government as the government of Nepal did not provide them with the services they deserved.

Regional and national level Para games for players with disabilities should be conducted regularly, they should be provided services and salary according to their level. If the concerned organizations and the government of Nepal provide encouragement and motivation to the physically disabled women players like ordinary women players, then the Para games and the players can go further towards much more achievements.

5.4 Recommendation

Depending upon the findings and conclusions of the research, the following recommendations are taken into consideration:

5.4.1 Recommendation for practice

- a. Disable women athletes should be treated and provided services equally as given to normal sportsmen in sports.
- b. The government of Nepal and Ministry of Youth and Sports should pay attention to increase the access of physically disable athletes in various sports.
- c. There should be infrastructures for disable women athletes. Also, they should be provided with required approved materials.
- d. Government of Nepal should provide disable-friendly transportation facility to the disable players.
- e. limitation should be taken for Organization of regular tournaments at different levels for disables.
- f. Disable women athletes should be trained by related trained coaches on regular basis.
- g. The government should create a conducive environment for physically disable women athletes to make their living by playing sports.

- h. The problems of disable women players should be detected and necessary steps should be taken to minimize those problems which may include problems related to women violence in sports.

5.4.2 **Recommendation for National Policy**

- a. Government of Nepal, Ministry of Youth and Sports should be pay minimum salary to disable women athletes for their livelihood so that they can participate and continue sports.
- b. Government of Nepal should conduct public awareness programs so that people with disabilities can understand and know about their abilities.
- c. The government should provide the same encouragement and motivation to the physically disable women players as to other normal players.
- d. Effective policies should be practiced so that there is good participation and continuity of disable women players in sports.
- e. There is a need of implementation of Physical Education program for disable female children in school level.

5.4.3 **Recommendation for Further Study**

- a. Researches should be carried out on the topic “Need of physical activities and sports for physically disable women.”
- b. Researches should be conducted to find out attitude of disable women players towards sports.
- c. The study to analyze attitude of coaches, managers, associations and Nepal Sports Council members towards physically disable players can be undertaken.
- d. A study on socio-economic condition of disable women athletes can be carried out.
- e. Physically disable athletes, infrastructures and materials supplied to them can be studied.
- f. Discrimination and violence against disable women athletes.

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APPENDIX-A

Study of Physically Disable Women Athletes in Nepal

Questionnaire

A. Respondents Personal Profile

Respondent's Name.....Age.....

Educational qualification..... Religion.....

Marital Status..... Affiliated game/Sports.....

Temporary Address..... Permanent Address.....

Affiliated Institution (if any).....

B. Participation

- 1 How long have you been involved in sports?
.....
 - 2 How many years have you been playing for the national team?
.....
 - 3 How many times have you played the National Game of Nepal?
.....
 - 4 Have you ever played an International game?
a) Yes b) No
If yes, how many times.....
 - 5 Why did you get involved in the game?
a) Name/Fame b) Money c) Nation d) Passion e) Others
 - 6 Does Sports require education?
a) Yes b) No
If yes, could you mention here
-
-

C. Support

- 1 Who encouraged you to play the game?
a) Self b) Family c) Friends d) Others
- 2 How did you get support from your family in becoming a player?
a) Positive b) Negative c) Supportive d) Not to care e) Not to say
- 3 How did your family feel after you become a player?
a) Proud b) Happy c) Sad d) don't know
- 4 Whom do you give more credit to for being a player?

- a) Self b) Family c) Friends d) Others

5 Since you become a player, you have seen a change in the way society

treats you?

- a) Yes b) No

If yes, mention here.....

.....
.....

D. Financial Status

1 How is your financial situation?

- a) Lower class b) lower middle-class c) upper middle-class d) upper class

2 Do you have any other source of income besides sports?

- a) Yes b) No

If yes, mention the source.....

3 What is your monthly income?

.....

4 What is your monthly expenditure?

.....

5 Under whom do you save your income?

- a) Self b) spouse c) parents d) others

6 Is it possible to make a living just by being a player?

- a) Yes b) No c) Don't know

If no, how? Mention here

E, Facilities

1 Who is arranging accommodation for you?

- a) Self b) Government of Nepal c) NGO/INGO d) Others.....

If NGO/INGO, mention the name of the organization.....

2 Do you have transportation facilities to get to the practice area?

- a) Yes b) No

If yes, Is it disability friend or not.....

.....

3 Who provides the equipment you need during the practice?

- a) Self b) Government c) Organizations d) Others.....

4 What is the quality of material required for the game/practice you are playing?

- a) Very good b) Good c) Normal d) Bad e) Too bad

5 How much physical equipment is available for you practice?

- a) Available as needed b) Not available as needed

If not, what kind of equipment you needed.....

.....

6 Do you have a good infrastructure for practice?

- a) Yes b) No

F. Satisfactions

1 How has the government been paying the salaries of national players?

- a) Based on sport competition b) Based on award (medals)
- c) Based on monthly d) Based on achievement
- d) Others.....

2 Are you satisfied with your field?

- a) Very satisfied b) Satisfied c) Normal d) Dissatisfied
- e) Very dissatisfied

3 What benefits has your association provided you?

- a. Proper training and coaching arrangement

- b. Accommodation
- c. Financial support
- d. Sporting goods
- e. Others.....

4 Has the government provided life insurance for National physically disable woman athletes?

- a) Yes
- b) No
- c) don't know
- d) not to say

5 What should be done to increase media access to Para sports and player?

.....

.....

6 Are you satisfied with the services provided by the government of Nepal?

- a) Yes
- b) No

If no, please mention here

.....

.....

7 Suggest to policymakers what should be done to increase physically disable women's participation in sports and achieve high achievement?

.....

.....

