

WOMEN VIOLENCE IN INTERNATIONAL SPORTS TOURNAMENT

By

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CENTRAL DEPARTMENT OF EDUCATION

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DECLARATION

I, hereby, declare that to the best of my knowledge this thesis is my original and 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 “**Women Violence in International Sports Tournament**” is an independent work of Mrs. Champa Gurung, completed under my supervision. It is prepared for the requirement of the partial fulfillment of a Master's Degree in Physical Education. To the best of my knowledge, the study is original and carries useful information in the women violence in international sports tournaments. Therefore, I recommend this thesis for final evaluation and viva-voce.

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ABSTRACT

Violence against women and girls is a major health and human rights issue. Violence against women does not mean only physical violence. It is much broader and includes sexual, emotional, psychological and financial abuse. According to some researches, female athletes at the school level have been suffering from different types of violence by their peer groups, coaches, referees, etc.

Women violence cases in Nepali sports are heard sometimes. Maybe the cases of violence are hidden due to the positions of power and authority or other family and social reasons. Therefore, the study aims to assess the current status of women violence against women players in international sports tournaments. Thus, the researcher carried out the research entitled “Women Violence in International Sports Tournaments.” A quantitative research approach was used to obtain information about the status of women violence in international sports tournaments.

A semi-structured questionnaire was used to gather the required data for the study. The study population consisted of 10 international women players each from football, volleyball, karate and cricket. The study included only Nepali women players who took part in training and international level tournaments. The data collected were edited on the field if found necessary and then was presented in an excel sheet for further analysis. As per the data, 20 percent violence took place both during training and international sports tournaments. During training and international sports tournament, women players were found to suffer at training venues, hotels, during the trip, etc. Women players suffered 7.5 percent physical violence, 10 percent mental violence and 2.5 percent other forms of violence during training while 5 percent women players suffered from physical violence, 7.5 percent from mental violence and 7.5 percent from other forms of violence in their international sports tournament. The major causes of women violence were naiveness of players (10 %) and other reasons (10 %) in international sports tournament. The culprits of women violence were found to be 7.5 percent coaches and 12.5 percent other persons in power and authority, managers and players themselves. Due to violence, women players were found to have lose interest in sports participation (2.5%), humiliation among friends and in society (10 %), and other effects (7.5 %). The women players reported that 57.5 percent of them feel safe from women violence, 22.5 percent feel

unsafe while 20 percent don't know about the women violence during training. So, they suggest that there should be female coaches and officials for women sports. It is also found that many women violence cases are not disclosed. It has been found that 42.5 percent reason is due to fear of embarrassment, 10 percent reason is due to fear of not inclusion in the team, 17.5 percent reason is due to not punishing culprits and 30 percent due to other reasons for non-disclosure of cases of women violence. There should be a strong law banning all forms of women violence and awareness programs conducted to make women players aware of women violence. Moreover, individual have right to live and play freely should be kept into consideration. In case, if there are victims of women violence, then they should be allowed to report the violence. Victims should not feel insecure and be in any kind of conflict thereafter. Victims should get justice despite the economic status and power and authority of the culprit. Family's support is very important for victims so, society should be made aware and educated to fight against any kind of women violence.

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ABBREVIATION

PE:	Physical Education
MOYS:	Ministry of Youth and Sports
NSC:	National Sports Council
NOC:	Nepal Olympic Committee
IOC:	International Olympic Committee
SAG:	South Asian Games
WHO:	World Health Organization
UN:	United Nation
WSI:	Women Sport International
DVAW:	Domestic Violence Against Women
NPC:	Nepal Police Club
APF Club:	Armed Police Force Club
TAC:	Tribhuvan Army Club

CHAPTER-I

INTRODUCTION

1.1 Background of the Study

Violence against women and girls is a major health and human rights issue. At least one in five of the world's female population has been physically or sexually abused by a man or men at some time in their life (WHO, 1997). WHO explained the including pregnant woman and young girls, are subject to severe, sustained or repeated attacks. Worldwide, it has been estimated that violence against women is as serious a cause of death and incapacity among of reproductive age as cancer, and a greater cause of ill-health than traffic accidents and malaria combined.

Violence against women does not mean only physical violence. It is much broader and includes sexual, emotional, psychological and financial abuse. Physical violence can include slaps, shoves, hits, punches, pushes, being thrown down stairs or across the room, kicking, twisting of arms, choking and being burnt or stabbed. Psychological and emotional abuse can include a range of controlling behaviors such as control of finances, isolation from family and friends, continual humiliation, threats against children or being threatened with injury or death. Financial or economic abuse includes forcibly controlling another person's money or other assets. It can also involve stealing cash, not allowing victim to take part in any financial decisions or preventing a victim from having a job (WHO, 1997).

Violence against women and children is a serious public health concern, with costs at multiple levels of society. Although violence is a threat to everyone, women and children are particularly susceptible to victimization because they often have fewer rights or lack appropriate means of protection. In some societies certain types of violence's are deemed socially or legally acceptable, there by contributing further to the risk to women and children (García-Moreno et al., 2005 as cited by Shahi 2018, p. 1).

The declaration on the elimination of violence against women, adopted by the United Nations General Assembly in 1994, defines violence against women as "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women, including

threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life." It encompasses, but is not limited to physical, sexual and psychological violence occurring in the family, including battering, sexual abuse of female children in the household, dowry related violence, marital rape, female genital mutilation and other traditional practices harmful to women, non-spousal violence and violence related to exploitation; physical, sexual abuse, sexual harassment and intimidation at work, in educational institutions and elsewhere; trafficking in women and forced prostitution; and physical, sexual and psychological violence perpetrated or condoned by the state, wherever it occurs," (UN, 1994).

The term violence refers to any harmful activities whether physical or psychological. Moreover, any kind of activities which damages physical, mental, psychological, social condition. Violence is synonymous to disorder; grief, torture etc. Women and violence refer to the association with this trafficking, labor exploitation, different types of violence like rape, abuse, sexual trafficking, labor exploitation, unnecessary punishment, polygamy, criticism, non-cooperation etc. in society and family (Panthee, 2017, p. 2).

World Health Organization (WHO) defines violence as 'violence is the intention use of physical force or powerful, threatened or actual, against oneself, another person, against a group or community, that either result in or has high lively hood of resulting injury or death, psychological harm, Mal - development or deprivation (WHO, 1997).

Violence has a profound effect on women, beginning before birth in some countries, with sex-selective abortions, or as birth when female babies may be killed by parents who are desperate for a son, it continues to affect women throughout their lives (WHO 1997). WHO explained that female children are more likely to be raped and sexually assaulted by family members. Likewise, those in positions of trust or power, or by strangers. In some cases, when an unmarried women or adolescent is raped, she may be forced to marry her attacker. Those women who became pregnant before marriage may be beaten, ostracized or murdered by family members, even if the pregnancy is the result of a rape. After marriage, the greatest risk of violence for women continues to be in their own homes where husbands and,

at times, in-laws, may assault, rape or kill them. When women become pregnant, grow old or suffer from mental or physical disability, they are more vulnerable to attack. Women who are away from home, imprisoned or isolated in anyway are also subject to violent assaults.

1.2 Statement of the Problem

Violence against women is a serious, ongoing issue that is of global significance. It is estimated that approximately one in four women will experience some form of sexual violence in their lifetime and the association between sport and violence against women has been firmly on the public agenda over the past 20 years, with extensive media coverage of allegations of violence perpetrated by male athletes (Mayhew & Reilly, 2006).

Sport-related violence against women refers to any physical, sexual, mental acts that are perpetrated by both male athletes and by male fans or consumers of sport and sporting events, as well as by coaches of female athletes. Sport related violence against women occurs in a range of settings and contexts, including homes, pubs & clubs, hotel rooms, the street and other public spaces (Palmer, Catherine 2011)

Sexual harassment and abuse against women happen in all sports and at all levels. Prevalence appears to be higher in elite sport. Members of the Athletes entourage who are in positions of power and authority appear to be the primary perpetrators. However, the coaches and peer athletes are also being the perpetrators (IOC.2007).

Furthermore, sports frequently involve close relationships, both among groups of athletes and between individual athletes and their coaches or leaders. According to Women Sport International (WSI, 2004) the trust that develops between athletes and leaders is often regarded as an essential part of training for success. Essentially, a perpetrator (already in a position of relative power) may seek to establish a relationship with the victim which appears to be built on trust and mutual objectives. This can create a situation where the victim may feel that she has consented to the sexual activity and is responsible for it. The sexual activities they become even more confusing and even more difficult to resist. It appears to be easy for more powerful individual, whether seniors, peers or coaches, to take advantage of those with less power with demeaning, sexually harassing behaviors such as sexist jokes or

unwanted touching or, in the most cases, abusing them sexually, emotionally or physically (Chroni, Stilianis 2012).

As the result, sexual harassment and abuse against women in sport, seriously and negatively impacts on athletes physical and psychological health. It can result in impaired performance and lead to athletes drop-out. Clinical data indicates that psychosomatic illnesses, anxiety, depression, self-harm and suicide are some of serious health consequence (IOC, 2007).

So, women violence in sport is one of the burning issues which is hidden from the public view and unrecognized and underreported due to socio-cultural and economic factors. The study on women in sport might not include greater detail, however, it will focus all the necessary aspects for the research thus, this research is entitled "Women Violence in International Sports Tournament. "

1.3 Objectives of the Study

The major objective of the study is to find out the women violence in international sports tournaments. However, following are the specific objectives of the study:

- 1.3.1 To find out the causes of women violence in international sports.
- 1.3.2 To examine the impacts of women violence in their sports performance.
- 1.3.3 To find out the ways of reducing women violence in international sports.

1.4 Significance of the Study

The followings are the major significance of the study:

- 1.4.1 This study would be beneficial for the people who want to develop sense of awareness towards women violence in international sports.
- 1.4.2 It would be a source material for those students who are interested in conducting research in similar field.
- 1.4.3 It is expected that it will be beneficial for policymaker for planning and developing strategies to reduce women violence in sports.

1.4.4 The study would motivate women players to be aware about violence in sports.

1.5 Delimitation of the Study

The study has been delimited in the following points:

1.5.1 Only international women players were participants for the study.

1.5.2 Only physical (sexual) and psychological (emotional) violence was considered in this study.

1.5.3 Only the women players of Football, Volleyball, Karate and Cricket were selected randomly for this study.

1.5.4 Only 40 women players were selected for the study.

1.6 Definitions of key Terms

Sports: Sports and events where the repetition of movement is the same such as swimming, running, weight lifting, etc., and usually for a competitive nature.

Participation: Participation means active involvement in all decisions related to the objectives. The primary purpose of participation is to encourage community self-determination and this faster sustainable development.

Sports participation: A person who takes part in any sports.

Women Violence: Behavior that intends to abuse and harm women living.

CHAPTER-II

REVIEW OF THE RELATED LITERATURE

Literature review is the most important function of development in any research. The research cannot complete without the review of related literature. This literature review provides knowledge, experience, research gap and other ideas to the researchers. It would be guideline and verdict the research gap for researcher to gain knowledge and insight in to his/her previous and further procedures.

2.1 Theoretical Literature

Violence against women cuts across social and economic situation and is deeply embedded in cultural around the world much so that, millions of women considered it a way of life. Even women often view of certain amount of physical abuse as justified under certain condition. For instances, 80 percent of women surveyed in rural Egypt said hat beating were common and often justified. Particular if the women refused to have sex with her his partner (UNFPA, 2003).

The greatest clinical psychologist, Sigmund Freud is behind this psycho-Analytic theory. According to the psycho-Analysis, sports is medium of outlet for the anxieties, tensions, conflicts, frustration etc. Which results from repression and suggestion of the libidinal energy, desires and wishes in early childhood or at any stage growth and development. Sports is a mirror through which inner is reflected on the outside screen. It is medium through which the child seeks pleasurable experience and shuns painful once. Sports for adults and old generation, is a tension reduction device. According to Sigmund Freud libidinal energy, forces the child /individual to indulge in sport activities in order to satisfy the living being (Sedai, 2065).

Vygotsky: Social Cultural Learning

Lohar, (2021) 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 Lohar, 2021, p. 6)

Social exchange theory is based on the assumption that every individual has built in calculator which weighs the advantages and disadvantages of any interaction. The individual will naturally attempt to maximize the rewards while minimizing the costs. In other words, an athlete will weigh the punishment associated with a rule violation against the potential benefits to be gained by breaking the rules. So, if a hockey player can pre-vent an opponent from scoring a goal by employing extra-legal aggression, and receives only a 2-minute penalty as punishment, then clearly the reward outweighs the punishment and the extra-legal aggression is positively reinforced. In this situation, the only forces that may deter the individual from acting violently are the expectation of aversive reinforcement from his coach the teammates (this is an unlucky event) or the influence of strong personal convictions which the individual may hold (Homans, 1974).

Cognitive learning theory is viewed as the change in the behavior of a person in the areas of problem solving, concept formation, reasoning and acquisition of knowledge through memory and or understanding. These types of learning predominantly mental or nature-depends greatly on the brain process which deals with conscious awareness of the external environment and the acquisition of all kind of knowledge. Cognition covers every mental activity that is commonly regarded as "thinking or knowing perceiving, recognizing, learning conceptualizing imagery, problem solving remembering, reasoning and judging"(Kamlesh, 1990).

2.2 Empirical Literature

Schuler, (1992) found in his study in United States, a woman is battered, usually by her intimate partner, every 15 seconds. Physical violence is nearly always psychological abuse, which can be just as demeaning and degrading. Among 613 abused women in Japan, for instance, close to 60 percent had suffered from physical, psychological and sexual abuse at the hand of their partners; only 8 percent had experienced physical abuse alone (Cited by Shahi, 2021).

Thapa, (2019) conducted research on 'Effects of Sexual Harassment among Girls in Secondary School of Damak.' The study aimed to find out the types of sexual harassment faced by secondary level female students and the causes of sexual harassment among secondary level female students. This study was based on descriptive nature within quantitative research design. The sample size for the study were 255 female students selected randomly from five government schools of Damak Municipality. The major findings of the study are 31.08 percent among the 255 students were facing verbal sexual harassment, 24.37 percent were facing unwanted visual, 16.21 percent facing written harassment, 8.55 percent physical, 4.05 percent threatened and 6.79 percent were facing others sexual harassment. The researcher also found that 41.75 percent girls faced harassment by their male friends, 8 percent by the administrator, 2.23 percent by their teachers and 5.69 percent girls faced harassment by other factors. The researcher found that classroom, playground, library were the places to give result to the harassment. The study shows that the possible causes for sexual harassment are male dominated society, lack of women empowerment, lack sex education, weak administration, lack of punishment to the perpetrators and lack of strict rules and regulation.

Panthee, (2017) Carried out research on 'Violence in Sports against Secondary Level Girl Students of Kathmandu District.' The main objectives of the study were to find out the types of violence sports against girl students and to examine the impacts of violence sports in education of the girl students. The study was conducted on the basis of descriptive and quantitative nature. The data for the study had been collected from ten different secondary school of Kathmandu district. The researcher had chosen ten secondary school (five public & five private) of Kathmandu district as sample in a purposive way. The researcher had selected 450 girl students and they had been the sample for the study. The researcher found that the school girls in Kathmandu areas

are subjected to various types of abuse and violence. The majority of girls were facing violence from their peer athletes. They were facing problems like pushing, pinching, pulling hair, misbehaving by their peer athletes. The researcher found that most of the girl took part in basketball because it is very easy to play & very interesting. The study found that 4.44 percent girls were being harassed by the referee, 37.11 percent by peers, 33.44 percent by coaches and 34 percent by sport teachers.

Badri, (2014) has reviewed literature on school violence in African context and literatures results of an original cross-sectional descriptive research conducted in Khartoum State, Sudan. A total of 240 respondents were randomly selected from fifteen primary schools for girls from main three localities of Khartoum State. The objectives of the study were to explore different forms of violence that girls face in schools and at home; to find out the psychological consequences experienced by the girl-child after facing violence; how the girl seeks help, and finally to draw recommendations for educational policy makers. It was found that girls face many forms of violence as they are in young age. The main causes are related to many interconnected factors. Most common factor is due to socialization and rigid treatment that girls face at home, girls who experienced extreme violence at home reflect their emotions passively in front of violated behaviors against their peer students at school. Also, the study highlighted the negative physical and psychological impact of violence on young girls, which affect and reduce their educational achievements and normal life. Moreover, the socioeconomics level of girl's parents has not contributed as a significance factor to violence. It is clear from this research that violence against young girls is a reality and it occurs at all class levels and at different settings (home, schools and streets).

Shrestha, (2014) studied, entitled "Psycho-social problems of female players in Pokhara sub-metropolitan city". The main purpose was to find out the psychological problems faced by the female players in Pokhara sub-metropolitan city. The required information was collected through the purposive sampling method. He found that women players are still dominated by men. They are not completely free from their parents for deciding themselves. They were facing unprofessional dealt with coaches and administrators which makes them unpleasant. Financial stress and unsecured life have affected their sports performance. Racial discrimination is also

found to some extent by which the players are found not having a pleasant atmosphere to enjoy the sports.

Rai, (2020) conducted research on 'Participation of Women in Different Sports: Problems and Solutions'. The research mainly focused to find out the present situation of women's participation in sports, identify the problems of women's participation in sports and find out the solution to address the problems in sports. This research was conducted on the basis of quantitative cum descriptive research design. The study was conducted among 36 women players and 1 coach from each sport. The total 39 respondents were selected using purposive sampling method. The major findings of the study were 8.33 percent of the respondents had negative response from their families. Only 33.33 percent of the respondents were able to sustain their life through sports. The study also found that 86.12 percent of the respondents were not satisfied. 50 percent of the respondents faced transportation and financial problems while travelling abroad. This research also found teasing as one of the main problems for the respondents. It also found that the reason for the disability of women in sports was the lack of scheduled training in Nepal. 44.44 percent of the respondents said that to improve the women's sports, economic investment in sports should be increased. This study also shows that the government should organize a greater number of local and international level competition and should provide proper reward to all the players and position holders.

Sahi, (2018) conducted research on "Domestic Violence against Married Women in Thakuri Society of Lamjung District" was conducted in Thakuri community of Sundarbazar municipality ward no. 1 which is lies to number 4 state of Nepal. The objective of the study was to identify the types and causes of domestic violence against married women in Thakuri society. The study also focused to explore the effect of domestic violence against women. This research study was based on descriptive with quantitative design. There were taken 80 Thakuri married women from 60 households. These 80 married women were aged between 15-49 years were selected as the respondents for this research. This study was conducted convenient cum census sampling method where the interview schedule was the tool for data collection for the study. This study found that majority of 56.25 (45%) respondents husband income job were armed force and hundred percent respondents have experienced on domestic violence. In types of domestic violence, out of total

respondents, majority of 50 (40%) respondents did not have wanted to categorize as Domestic Violence Against Women (DVAW) and of 53 (42.5%) respondents have faced of traditional type violence. Likewise, the 62 (50%) never faced violence from their spouse also they were shared with spouse. The causes of violence, out of total respondents, 50 (40%) respondents were victimized from their mother-in-law. Likewise, the causes in social activities and after talking alcohol were found 12.5 and 11.25 percent respondents respectively. Furthermore, 40 (32%) women felt that they became victim by unused family planning devices and 46.25 (37%) women were response that social/cultural tradition was the main cause of domestic violence. From the violence effect of this study, out of 80 respondents, 38 (47.5%) respondents have been impacted from physical, mental/psychological, social/political and reproductive types of violence. The majority of total respondents, 76.25 (61%) respondents were existed as normal married life even after violence. The mental health problems, 50 (8%) from 16 respondents were found suffered from depression. Likewise, the reproductive health problems, 50 (5%) from 10 respondents were suffered from habitual abortion. The out of total 80 respondents, 43.75 percent respondents were suggested to provide skillful training for victims.

European commission, (2016) The final report of 'Study on gender-based violence in sport' by European Commission reviews the various legal and policy frameworks related to addressing gender-based violence within sport. It identifies best practice in addressing this issue and makes recommendations for further action. The terminology used to refer to gender-based violence in sport varies widely across the EU. There is also a lack of clear legal text in most Member States. Most of the initiatives focused on sports organizations and individuals. A holistic approach is needed to address the issue of gender-based violence in sport. This includes an assessment of the problem, prevention initiatives, and punishments for perpetrators.

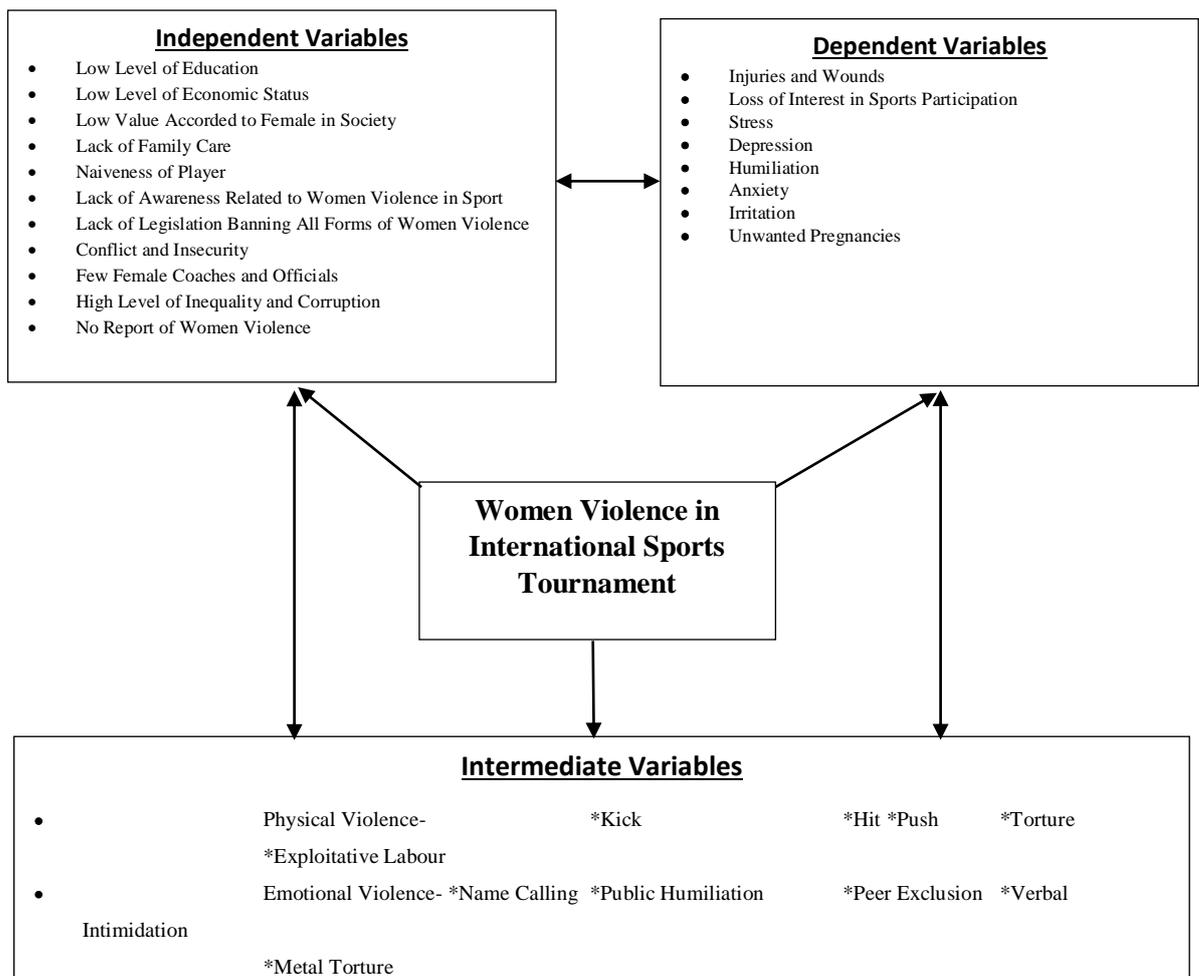
Jodie Swallow, (2017) submitted thesis entitled "An exploratory study of women's experiences regarding the interplay between domestic violence and abuse and sports events." The study aimed to investigate how abusive partners' interest in team combat sports affected women's accounts of domestic violence. It was conducted through a feminist standpoint epistemology and the Lacanian theory. The Lacanian model of the Real was used to explore the stories of nine women who were accessing women's support services. The model removed the focus from the women

who experienced abuse and instead revealed the complexity of the problem. The women discussed the abuse they suffered during their intimate relationship with someone else. Thematic analysis revealed the link between sport and domestic violence. This study shows how domestic violence perpetrators use their partners' sporting interests as a way to exert power and subjugating them. This study explores how perpetrators of domestic violence and abuse use their sports interests as a way to control and subjugate their victims.

2.3 Conceptual Framework

From the review of literatures, the various variables of the study were determined. The relationships among these variables are shown below in the pictorial form. The relationship between these variables is basically helpful in collecting data for analysis and findings according to the objectives of the study.

Figure 1: Women Violence in International Sports Tournament



There is relation among the variables as presented in the chart. For example, if the athlete has low level of education, then there is chance of her being public humiliation by her peers. In such case, she feels humiliated and lose interest in sports participation.

2.4 Implication of the Literature Reviews

The review of literatures provided appropriate research design. After going through the reviews, the researcher found that the various factors affecting the women violence should be noted. So, the variables of this research were determined. Then the conceptual framework was prepared. The effective data collection tool was prepared. The collection, tabulation, interpretation and appropriate results were done accordingly.

CHAPTER-III

RESEARCH METHODOLOGY

Effective research methodology should be used in the study. This chapter describes the research design of the study and source of data, population of the study, sampling procedure and sample size, data collection tool, data collection procedure and methods of data analysis procedure and ethical consideration.

3.1 Research Design

Research design refers to the overall strategy utilized to carry out research that defines sufficient and logical plan to tackle the established research questions through the collection, interpretation, analysis and discussion of data. Based on the nature of the topic descriptive research design was be carried out to collect basic data and information from the field. So, the nature of the study design was quantitative.

3.2 Sampling Procedure and Sample Size

International women players within the Kathmandu district were population for the study. The participants were selected using lottery method of random sampling method. The 10 respondents were selected from each game. Altogether, 40 women players were the sample size of the study.

3.3 Sources of Data

This study was basically based on primary sources of data. The sample women players were the primary sources of data. For the collection of primary data from the respondents, a set of questionnaires was designed and developed. The researcher requested them to provide exact and correct information without embarrassment. The required information for the study were collected from primary sources of data.

3.4 Data Collection Tools

In this study, the data were collected through applying a set of mixed-questionnaire. Open and closed ended questions were used to get data. There were around 36 questions included in the questionnaire. The respondents were encouraged to respond the question based on their real feelings and attitudes. Embarrassment was discouraged.

3.5 Standardization of the tool

Before administering the questionnaire, it should be pre-tested to find out whether the questionnaire is valid or not. The questionnaire designed must fulfil the objectives of the study. Otherwise, the questionnaire is considered to be invalid. To validate the tool, five players of boxing game were administered the questionnaire. After getting the feedback from the pre-test and the suggestion from the research supervisor the tool was further modified and standardized.

3.6 Data Collection Procedure

In the process of data collection, the researcher visited different sports academies with the recommendation letter from the department of physical education. Nepal Police Club, Armed Police Force Club and Tribhuvan Army Club were the sports departments where researcher requested for the data collection. After permission from the respective chiefs of the Sports Departments, the researcher took time to distribute questionnaire to four sports which were football, volleyball, karate and cricket. The researcher did interact with the women international players of those games and shared them the purpose of research study and its objectives. After that, the researcher collected data by using questionnaire.

3.7 Data Analysis and Interpretation

After the collection of required data, the identified errors were removed. Preliminary editing was done in the field. After editing the data, the data that had coded were classified and presented at data entry sheet. Then the data were presented through excel in chart and tabulation separately with title. Some other simple statistical tools like frequency, percentage were used to make presentation clearer.

3.8 Ethical Consideration

Ethical consideration can be specified as one of the most important parts of the research. Dissertation may even be doomed to failure if this part is missing. The research was carried out after the acceptance letter from the Department of physical education. Following are the most important ethical considerations while conducting the research.

- Research participants were not subjected to harm in any way whatsoever.
- Respect for the dignity of research participants was prioritized.
- Full consent was obtained from the participants prior to the study.
- The protection of the privacy of research participants was ensured.
- Any type of communication in relation to the research was done with honesty and transparency.

CHAPTER-IV

ANALYSIS AND INTERPRETATION OF RESULTS

This chapter deals with the analysis and interpretation of the data collected from the respondents. This study has investigated the women violence in the international sports competitions. The further processes are followed for the analysis and interpretation of results.

4.1. Satisfaction with Sports Field

Satisfaction is recognized as an important determinant of motivation and commitment in sport and exercise. It includes psychological needs, values, personal and external expectations, preferred behaviours from others, social comparison (being better than others), self-comparison, and goals. Until and unless someone is satisfied there will be disturbance in his or her performance. In the context of Nepal, there has been gradual increase in the participation of women in sports activities. With the empowerment of people, women players are also contributing a lot in the sports activities inside or outside the country. For the satisfaction of players, the above-mentioned factors should be met. In context of Nepal, women players are not getting enough facilities and opportunities. As compared to the past the involvement of women has risen up but still there are some loopholes that has been creating hurdles in developing the facilities and opportunities to the women. Importance to men is still prioritized. However, with the available facilities and payment, they are still struggling in this sports field. Such prioritization to men has been keeping women's level in behind. So, the researcher tries to find out the satisfaction level of Nepali women players to the field for knowing the feelings of the women players.

Identification of satisfaction level of the players will surely help to make a room to the field in which they are dissatisfied. After all the more they are satisfied, the better the contribution. The finding of the research is shown in the table below:

Table 1: Satisfaction with Sports Field

S.N.	Response	No. of Respondents	Percentage (%)
1	Normal	11	27.5
2	Satisfied	28	70
3	Not satisfied	1	2.5
Total		40	100

From the above table, it is clear that maximum players are satisfied in the sports field they are engaged. 27.5 percent players are normally satisfied with their occupation and 70 percent players are totally satisfied with their occupation. While 2.5 percent players seem unsatisfied with their occupation.

Though maximum players are seen satisfied in sports field, they are actually not satisfied with their occupation. The payment, facilities and other various factors are affecting the satisfaction of players engaged in sports field. They seem forced to continue the sports field due to lack of their other skills and their family background. Still there are not strong provision to the players which could make them very less secure and are deprived of leaving their passion behind. Above table shows that only 70 percent of them are totally satisfied with their occupation which is not a good result. Only the satisfied players are motivated and can contribute a lot to the country. So, the Nepal government should meet the demand of players to keep them motivated so that they can give their 100 percent efforts.

4.2 Women Violence

Sometime the news and incident of women violence are heard in our society. But there are many cases which are not flashed. The various reasons like naiveness of players, fear of embarrassment, fear of not inclusion in the team, etc. makes these types of cases to disappear. Excuse of training, teaching and other reasons, women players get victim of women violence. Thus, every women player should be made aware of women violence. Also, victims should strictly be punished in order to control these types of acts. Policy makers and Nepal government should understand the problems being faced by the players which includes women violence as well. Here, in this research, the researcher is curious about the knowledge of women violence by the women players. The research made it easy by breaking women violence in various types of violence so that it becomes easy for players to answer the question properly and to get the actual result. The finding of the result is summarized the table below:

Table 2: Women Violence Concept

S.N.	Response	No. of Respondents	Percentage (%)
1	Physical violence	12	30
2	Mental violence	9	22.5
3	Others	19	47.5
Total		40	100

From the table above, it is seen that about 30 percent players think women violence as physical violence, 22.5 percent players think it as mental violence while 47.5 percent think it is other types of violence.

Hence, it can be concluded that women players of Nepal are aware of women violence. It also shows that women violence does not direct physical and mental violence only but also other types of violence such sexual violence, emotional violence, psychological violence and financial abuse. Since respondents are much more about the concept of violence against women, they urge every woman not to remain silent instead they should be raising their voices against such evil.

4.3 Heard About Violence Against Women in Sports

Violence to women is not only seen within the territory of the house but it can arise in various forms and sectors. With the increasing involvement of women in sports, violence to women is also pacing up all over the world. This question in the questionnaire was included by the researcher with the aim of getting more results of women violence cases. Actually, many cases of women violence do not come out in flash due to various reasons. Many of the women players prefer to keep their mouth shut against such violence due to embarrassment, mental torture. Men somewhere still placed women inferior to them and try to keep them under their control and torture them physically and mentally. We heard many cases regarding the abuses to women in sports field like, sexual harassments, blackmailing and other forms worldwide. To determine whether the women are aware about the violence in sports or not, survey is followed up. Also, this will lead to get more possible cases against women violence in the sports field. Further, victim of women violence share problems with their colleagues. In this way too, we can get cases of women violence. The result of response given by the players is shown in the table below:

Table 3: Heard About Violence Against Women in Sports

S.N.	Response	No. of Respondents	Percentage (%)
1	Yes	14	35
2	No	19	47.5
3	Don't know	7	17.5
Total		40	100

From the table above, 35 percent have heard about women, 47.5 percent haven't heard about women violence cases while 7 of them don't know about it. So, it is seen that some of the players share their problems related to women violence with their colleagues. This way, we can get data of women violence.

Women are emotionally weak. They fear of different aspects of social norms and rules. So, they are forced to hide their problems which include problems related to women violence. For such cases, they need good company to whom they can share their problems. In case of country like Nepal, it is very common that people are close in the society. They have good practice of brotherhood. Thus, those who are victims should share their problems with their colleagues and their colleagues should help them get rid of effects of women violence and also, should help responsible culprits to get punished.

4.4 Feels Safe from Women Violence During Training

Right to freedom to all is managed by the constitution of Nepal. So, every woman should live, grow and play without any obstacle. In sports field, especially during training, they are isolated, unnecessarily touched, are shown improper symbols, etc. may be by their coaches, manager, official or members of the related association. Thus, every woman should be aware of such incidents and also, those with malevolence should be aware of the punishment. To feel safe from women violence during training, they should be provided with safe environment that includes understanding coaches, managers and others personals. Otherwise, improve in performance is never gained as per the objective of the training.

Table 4: Feels Safe from Women Violence During Training

S.N.	Response	No. of Respondents	Percentage (%)
1	Yes	23	57.5
2	No	9	22.5
3	Don't know	8	20
Total		40	100

As per the response from the players, 57.5 percent feel safe, 22.5 percent feel unsafe and 20 percent are unaware of the situation of women violence. Though more than 50 percent players feel safe, it is not good data. Actually, every women player should be safe physically and mentally safe in their training.

Hence, responsible ministry of youth and sports, different federations and associations related to women sports should create such an environment where all women players feel safe to achieve peak performance in sports.

4.5 Victim of Women Violence During Training

Violence against women is a manifestation of historically unequal power relations between men and women. Violence against women is one of the crucial social mechanisms by which women are forced into a subordinate position compared with men. Violence against women and girls is a problem of pandemic proportions. At least one out of every three women around the world has been beaten, coerced into sex, or otherwise abused in her lifetime with the abuser usually someone known to her. In regards to sports field There are many cases of women violence out time to time. There may be many reasons of women violence but this is not good for any women to suffer from women violence. During training, unnecessarily touching, try of hug, misbehaved, pulling, pushing, isolated from team, harassment, debate, discrimination, mental torture, punishment, etc. are acts of women violence. In the name of training men are taking advantage of women and are attempting such mischievous actions. Numbers of women have been victimized by such actions.

Table 5: Victim of Women Violence During Training

S.N.	Response	No. of Respondents	Percentage (%)
1	Yes	8	20
2	No	32	80
Total		40	100

The result in the table above is showing that 20 percent of women have become the victims of women violence while 80 percent women reported safe from women violence. This kind result is actually not good. Also, many other women players who reported safe from women violence may have been also victim of women violence. They may have lied too. They may be being feared of different

results when they bring out cases of women violence. From the above survey it can be concluded that women are still less protected and they are being still abused through various actions.

The response obtained in this question is really painful for women sports society. These sorts of incidents should not be seen. To control such violence against women, different effective steps should be taken. Policy makers and responsible authorities should make and implement effective rules and regulations to minimize these cases. Also, there should be strict punishment for the culprits and more awareness programs should be launched in order to remove completely such cases.

4.6 Places of Violence

Women violence can take place in different place like while going and coming back from training, during training, during recess, etc. In the table below, women violence that took in different places are shown.

Table 6: Places of Violence

S.N.	Response	No. of Respondents	Percentage (%)
1	During training	3	7.5
2	During competition	2	5
3	During selection	3	7.5
4	Others	0	0
5	Non-violence	32	80
Total		40	100

From the table above, 7.5 percent of women violence took place during training, 5 percent during competition and 7.5 percent during selection.

Now, that we know the places where women violence takes place, we should make aware the women players and responsible authorities to find out ways of not letting to happen women violence.

4.7 Types of Violence

Different types of women violence have been reported by the women players. Some of the women violence faced by the players are physical violence, psychological violence, sexual violence, discrimination by coach etc. If the men are up to abusing the women, he can find out several ways for reaching out to the women. For fulfilling

his desires, satisfaction he can go for any length. He will always be in search of opportunities. Some of the types of violence are:

- Physical violence: Physical violence is any intentional act causing injury or trauma to another person by way of bodily contact. Physical violence sends a clear message to the victim from the perpetrator: “I can do things to you that you do not want to happen.”
- Sexual violence: Sexual violence is any sexual actor attempt to obtain a sexual act by violence or coercion, acts to traffic a person’s sexuality, regardless of relationship to the victim.
- Mental violence: Any act which causes psychological harm to an individual. Psychological violence can take the form of coercion, defamation, verbal insult or harassment
- Others types of violence are spiritual violence, cultural violence, verbal abuse, financial abuse etc.

The response on the question for types of women violence is expressed in the table below:

Table 7: Types of Violence

S.N.	Response	No. of Respondents	Percentage (%)
1	Physical violence	3	7.5
2	Sexual abuse	0	0
3	Mental violence	4	10
4	Others	1	2.5
5	Non-violence	32	80
Total		40	100

The above table expresses that 7.5 percent women players are victim of physical violence; 10 percent are victim of mental violence and 2.5 percent are victim of other types of violence such as gender-based violence.

Many reports were observed related to mental violence. Maximum of the respondents had become the victim of mental violence which can cause various vital psychological impact to the women. Due to the effects of Mental health suicidal cases has been increasing in the country. So, responsible authority should be aware of these incidents and should act seriously to minimize these sorts of cases.

4.8 Culprit for Women Violence

Women are considered as weak by peoples with malevolence nature. So, these people cause women violence. Still women are looked as inferior and they are kept under control of men. These people may include the coaches, managers, association members, referees, etc. The result of the culprit committing women violence as reported by women players is shown below:

Table 8: Culprit for women violence

	Response	No. of Respondents	Percentage (%)
1	Coach	4	10
2	Colleague	0	0
3	Referee	0	0
4	Others	4	10
5	Non-violence	32	80
Total		40	100

From the table, we observed that 10 percent culprits conducting women violence are coaches and remaining 10 percent culprits are others. Others in report were those who were members of sports councils, associations with powers and even from the association.

It is not good that women players are victim of women violence. Those who are directly linked with women players are supposed to be culprits. Also, while asking for suggestions regarding ways of mitigating women violence, the suggestions were that coaches, managers and officials should be woman for women players. Thus, to reduce cases of women violence, one of the methods is to appoint only woman officials for woman team. Furthermore, other effective methods should be implemented to reduce the cases of women violence and the culprits.

4.9 Causes of Women Violence

Women violence takes place due to various reasons. Though man and woman are considered as the two sides of a same coin, still women are not treated as the men. The main reasons behind the violence against women is gender discrimination i.e., Patriarchal society. Ideas of male supremacy, dominance over female are often reflected in societies and considered as private matter. Violence is continuing of

beliefs that grant men rights to control over women's behaviors, violence which results in injury of the victim. The other causes may be due to social causes, economic causes, naiveness, malevolence nature, etc. The response that the researcher got from the women players suffering from women violence are summarized in the table below:

Table 9: Causes of Women Violence

S.N.	Response	No. of Respondents	Percentage (%)
1	Close relationship with culprits	2	5
2	Naiveness	3	7.5
3	Their malevolence	0	0
4	Others	3	7.5
5	Non-violence	32	80
Total		40	100

The table shows that 5 percent is close relationship of women with their coaches, managers, etc. Similarly, 7.5 percent is due to naiveness of women players and 7.5 percent is due to other reasons. Some of the players blamed themselves as they had to overcome their selfishness. Also, the close relationship with the coach or any other person is actually for getting good performance in sports. But, some of the close relationship only brought themselves to meet their selfishness.

Whatever the causes are for the women violence, this practice should be stopped completely. The practice of awareness programs, strictly punishing the culprits, wrong practice of politics, female officials, etc. should be bring in act to minimize the causes of women violence.

4.10 Women Violence During International Competition

The country like Nepal where we still fear of our daughters being notoriety when unnecessary gossips spread in the society. In such critical conditions, it is very common that parents do not allow their daughters to go abroad for sports participation. Even though, some parents send their daughters to take part in sports competition, maybe they are convinced or by force. However, it is heard that women violence take place during international sports participation. The table below shows the data of women violence case during international sports competition:

Table 10: Women Violence Case During International Competition

S.N.	Response	No. of Respondents	Percentage (%)
1	Yes	8	20
2	No	32	80
Total		40	100

It is shown in the table that 20 percent cases of women violence are reported during international sports competition.

As we have already discussed about the society of Nepal that do not allow daughters to participate the international tournaments, this data will be reason for zero participation of female players in international platform. Thus, the measures should be taken to completely stop women violence.

4.11 Places of Women Violence/During International Competition

While going to participate in international sports competition, women violence may take place. In selection process, showing temptation to players or selecting politically or on basis of money/power, culprit can cause women violence. Moreover, during the trip, during competition, during the stay at hotel/hostel, during training, etc. women violence can take place. In the following table, the women players have reported various places of women violence during international sports competition:

Table 11: Places of Women Violence/During International Competition

S.N.	Response	No. of Respondents	Percentage (%)
1	During the trip	3	7.5
2	During international competition	0	0
3	In hostel/hotel	2	5
4	Others	3	7.5
5	Non-violence	32	80
Total		40	100

The table shows that 7.5 percent women violence took place during the trip, 5 percent in hostel/hotel and 7.5 percent in other places, may be during selection or training.

To minimize such cases of women violence in the allocated places above, preventive measures should be in act. Monitoring the trip, trainings and acts of officials by the responsible association, listening the complains of players and acting

for it, strictly punishing culprits, etc. can be ways of mitigating women violence in such places.

4.12 Type of Women Violence/During International Competition

Women violence during the international sports competition is similar to the violence in own country. Physical violence, psychological violence, sexual abuse, etc. are the types of violence that can take place. The women violence that took place during international sports competition is shown in the table below:

Table 12: Type of Women Violence/During International Competition

S.N.	Response	No. of Respondents	Percentage (%)
1	Physical violence	2	5
2	Sexual abuse	0	0
3	Mental violence	3	7.5
4	Others	3	7.5
5	Non-violence	32	80
Total		40	100

From the table, it is seen that 5 percent physical violence took place, 7.5 percent mental violence took place and 7.5 percent other types of violence took place.

The causes of women violence that took place should be identified and preventive measures should be implemented.

4.13 Culprit for Women Violence/During International Competition

The malevolence nature of culprit takes international area as chance to deceive. They take advantage of naiveness and weakness of women players. Here, in the table below, are the culprits reported by women players during their visit in international competition for sports participation:

Table 13: Culprit for Women Violence/During International Competition

S.N.	Response	No. of Respondents	Percentage (%)
1	Coach	3	7.5
2	Colleague	0	0
3	Referee	0	0
4	Others	5	12.5
5	Non-violence	32	80
Total		40	100

As per table, 7.5 percent of coaches and 12.5 percent of others related to sports associations were reported as culprits for women violence during their international sports competition.

Creating awareness, punishing culprits, selecting honest and good nature officials can help in reducing women violence during international sports competition. Responsible associations should play important role in securing women players from women violence.

4.14 Causes of Women Violence/During International Competition

Women violence are caused by various reasons. Some reasons are due to deceiving nature of women player self while other are similar reasons of others. The table below shows the causes of women violence obtained from the questionnaire:

Table 14: Causes of Women Violence/During International Competition

S.N.	Response	No. of Respondents	Percentage (%)
1	Close relationship with culprit	0	0
2	Naiveness	4	10
3	Their malevolence	0	0
4	Others	4	10
5	Non-violence	32	80
Total		40	100

From the table, it is seen that 10 percent cause of women violence is naiveness and 10 percent cause of women violence is other reasons. Here, naiveness also means due to selfishness, lack of awareness, weak family background, lack of political power, etc. And other reasons include strong culprits, weakness of association, improper implementation of rules and regulations, etc.

Thus, awareness programs for all including should be conducted to stop women violence, strongly implementation of rules and regulations, fair selection process and talent identification, appropriate policies from the government are some of the ways to control causes of women violence.

4.15 Effect of Women Violence

Human beings show physical, psychological and social response to any stimuli. Thus, it is normal that women players are affected after being a victim of women violence.

Here, in the table below, the various types of effects after suffering from women violence is shown:

Table 15: Effect of women violence

S.N.	Response	No. of Respondents	Percentage (%)
1	Social effect	1	2.5
2	Physical effect	0	0
3	Psychological effect	7	17.5
4	Non-violence	32	80
Total		40	100

The table shows that women players who were victims of women violence suffered from social effects by 2.5 percent and from psychological effect by 17.5 percent.

Like the proverb, prevention is better than cure, it is better to not let happen women violence to women players. But, due to various reasons and conditions, when women players become victims of women violence, we should help them recover from the effects they are having. Thus, various effective steps to be taken to control of effects due to women violence. In the case of Nepali women players, they are suffered much psychologically. So, psychotherapy or stress/depression minimizing session should be provided. Also, for other effects, as per the type and level of effect, appropriate steps to be taken to reduce the effect.

4.16 Kind of Psychological Effect Due Women Violence

After being the victim of women violence psychological effect can be seen in players. Psychological effects include anxiety, embarrassment, stress, depression, loss of interest to do anything, etc. The table below shows the result of kind of psychological effect reported by women players who were victim of women violence.

Table 16: Kind of Psychological effect due women violence

S.N.	Response	No. of Respondents	Percentage
1	Loss of interest in sports participation	1	2.5
2	Depression	0	0
3	Embarrassment	4	10
4	Anxiety	0	0
5	Others	3	7.5
6	Non-violence	32	80
Total		40	100

According to table 16, the type of psychological effect seen is 2.5 percent loss of interest in sports participation, 10 percent embarrassment and other effects of 7.5percent.

These effects directly affect the sports performance of women players. Moreover, it may also lead to leaving the sports field by women players. If these cases occur when there is a very low chance of achievement in women sports and also, maybe zero participation of women players in sports. Hence, responsible organizations and persons should pay attention that there are no cases of women violence and if any case, there is a case, they should be helping the victim to overcome such effect.

4.17 Kind of Physical effect due to Women Violence

Women constituting more than 50 percent of total population of the world devote their life for their family as well as children. Despite their high value, they are being mistreated by many peoples the world leading to the devastating social structure. Gender discrimination exists in Nepalese society. In Nepalese society violence has been in practice since a long time ago as patriarchal system is the most persistent through the country. Women are considered as inferior to men in almost every sector where women are compelled to be in violence because of sex.

The physical violence on women can be a major gateway for the entry of other major health related as well as lifestyle related difficulties. Violence is the act of forcing someone into doing something they don't like as well as stopping them from doing something they like. For this they attempt to go for physical torture that brings several vital consequences to the women. It can also bring various issues such as economic issues, morbidity issue, social issue and psychological issues. The physical effect of women violence may include injuries, loss of appetite, fatigue, etc. When women players are a victim of physical violence, these effects can be observed. The following table is the record of different kinds of physical effect seen in women players:

Table 17: Kind of Physical effect due to women violence

S.N.	Response	No. of Respondents	Percentage (%)
1	Injury	0	0
2	Loss of appetite	4	10
3	Fatigue	2	5
4	Others	2	5
5	Non-violence	32	80
Total		40	100

As per the table, a physical effect seen is 10 percent of loss of appetite, 5 percent of fatigue and 5 percent of other kinds of physical violence. We can conclude that physical violence against women is life threatening of that woman. Not just that women, it can be devastating force that might destroy the whole nation. Women have been victimized by such violence which not only decreases the productivity of the women, it also makes them disabled in terms of their well living in the society. Despite the fact that people have the idea on the possible impacts of physical violence against women, no any kind of efforts have been made that directly tackles the problem as the problem itself is in hidden corner of life. Despite its hidden attributes, this is destroying and depleting the structure of society as well as mankind.

Strict rules and regulations and their proper implementation are some of the best ways to reduce physical violence against women players. Moreover, awareness programs, treatment in case of serious injury, punishment to those who are responsible, etc. can be good methods to stop physical violence against women players.

4.18 Responsible for Women Violence

Every person is different from other. They show a different kind of attitude due to various factors affecting the attitude of an individual. Nobody knows what's cooking on people's mind. Knowing or unknowingly, a person commits a crime. But crime is a crime. In case of Sports field, majority of the employees are male like in other sectors since our society is male dominated society. So there exist high chances of women violence in every sectors and timely again we heard many cases of violence too. In the sports field, males are in the post of coaches, manager, administrator, like in every post male number is very much higher. This is the major reasons of increasing women violence in sports.

So, those who are responsible for women violence are also criminals and should be punished as per the law. The table shows the type of person involved in committing women violence:

Table 18: Responsible for women violence

S.N.	Response	No. of Respondents	Percentage (%)
1	Coach	11	27.5
2	Manager	13	32.5
3	Self	3	7.5
4	Others	13	32.5
Total		40	100

According to the table above, 27.5 percent of coaches are involved in women violence. Similarly, 32.5 percent manager, 32.5 percent other persons and 7.5 percent because of self-mistakes.

The measures to stop women violence should be taken immediately. Those who are responsible for women violence should be strictly punished so that the repetition of similar mistakes is zero. Similarly need of female coaches or managers should also be emphasized. To stop women violence completely is the responsibility of all. So, everyone should be against women violence and should follow the measures to stop it completely.

4.19 Responsible Person/Body to Reduce Women Violence during Training and Competition

Everyone is responsible to stop women violence. However, person or association directly linked with women players are the main responsible ones. Women violence basically increases due to the weaknesses of the women. They prefer to shut their mouth due to embarrassment and fear of prestige down in the society. By not raising voices women are giving courage to such culprits as a result violence are increasing even more. In the sports field, all the figures are equally responsible to each other. Organizer, managers, coaches all should properly support the women and should take corrective action if the violence arises before them. The following table, the record of the response presented by women players is shown:

Table 19: Responsible person/body to reduce women violence during training and competition

S.N.	Response	No. of Respondents	Percentage (%)
1	Coach	11	27.5
2	Manager	14	35
3	Organizer	3	7.5
4	Others	12	30
Total		40	100

According to women players, they believe that 27.5 percent coaches are responsible, 35 percent managers are responsible, 7.5 percent organizer is responsible and 30 percent other who are directly connected with women players are responsible to control women violence.

Persons or body working with women players know the problems of players. They understand and even are reported of the problems facing by the players. Thus, they should play a vital role in reducing problems faced by women players which should include problems of women violence. But, it is not the responsibility of them only. We all should be aware of such problems and thus, should be responsible for stopping such problems being faced by our precious women players.

4.20 Ways to Reduce Women Violence During Training

Discussion about violence in society and thus on violence in sports are often associated with people thoughts about moral society as a whole. Though everyone is curious about stopping women violence completely, effective steps are to be taken to get effective result. So first of all, the women player should be well aware of the violence and should be much more confident to raise voices against such evils. It is desirable to raise awareness about the prevention of sexual violence at all levels. In the following table, effective methods to reduce women violence during training are listed and record of the response given by women players are shown:

Table 20: Ways to reduce women violence during training

S.N.	Response	No. of Respondents	Percentage (%)
1	Be aware	13	32.5
2	Strict rules and regulations	9	22.5
3	Female coaches and officials	4	10
4	Conduct awareness program	14	35
Total		40	100

As per the response of women players, ways to reduce women violence during training as per their response are awareness 32.5 percent, strict rules and regulations 22.5 percent, female coaches and officials 10 percent and organizing awareness programs 35 percent.

Hence, the above-mentioned methods along with other effective methods should be implemented to reduce women violence during training. It is necessary to focus on preventive precaution to supports projects to fight violence and intolerance in sport, to develop codes of conducts that determine the relationship between athletes, coaches and officials, relations between parents and coaches. Therefore, it is necessary to increase the legal awareness of sport as a tool for regulation in sport activities.

4.21 Ways to Reduce Women Violence During Competition

There are different complaints of women violence during competition. Here, during competition also refers during their trip, lodging/fooding, during training sessions, etc. Anyway, if there are cases of women violence during competition, effective preventive measures should be taken and these kinds of acts should be stopped. Some of the ways to reduce women violence during competition are listed below with the support of several respondents:

Table 21: Ways to reduce women violence during competition

S.N.	Response	No. of Respondents	Percentage (%)
1	Strict rules and regulations	13	32.5
2	Conduct awareness program	12	30
3	Good Management	3	7.5
4	Female coaches and officials	12	30
Total		40	100

In the table above, 32.5 percent of women players voted for strict rules and regulations, 30 percent voted for conducting awareness programs, 7.5 percent voted for effective management and 30 percent voted for female coaches and officials.

Therefore, effective measures to stop women violence in Nepali sports society should be taken.

4.22 Measures to be taken by Ministry of Youth and Sports to Control Women Violence in Sports

Ministry of youth and sports is the supreme authority of Nepal sports. Under its supervision, National Sports Council, Nepal Olympic Committee, different associations and clubs operate. For different challenges and problems in Nepal sports, MOYS take actions and direct its sub-constituents. In the following table, different actions that MOYS can take to control women violence with the response is presented:

Table 22: Measures to be taken by Ministry of Youth and Sports to control women violence in sports

S.N.	Response	No. of Respondents	Percentage (%)
1	Strict rules and regulations	13	32.5
2	Female coaches and officials	22	55
3	Gender equality	1	2.5
4	Understand players' problems	4	10
Total		40	100

As per the table above, 32.5 percent of players agree with strict rules and regulations, 55 percent agree with female coaches and officials, 2.5 percent agree with gender equality and 10 percent agree with understanding players' problems.

Hence, MOYS should make a strategy to reduce women violence. It should focus on plan and policies regarding women players' safety. Also, every program should be supervised properly and faults should be corrected. If possible, women coaches and officials should only be presented for women players. Interaction programs with women to understand their problems and awareness programs should also be conducted. So, the vital role to stop women violence is to be played by MOYS.

4.23 Appropriate Code of Conducts in Sports

Codes of conduct are important for all sporting organizations. They set out a standard and expectation of behaviors for everyone involved - administrators, coaches, officials, players, parents and spectators. Issues covered in codes of conduct can be many and varied- from on field incidents, sideline abuse and mismanagement. to inappropriate social media posts, unfair treatment, poor sportsmanship and more. Sports make an individual disciplined. For such a field, every sports person following

it should follow its rules and regulations. In Nepal, there is provision of code of conducts that should be followed by all who are engaged in sports. The record of number of respondents who agrees and disagrees with code of conducts in Nepal sports is presented below in the table:

Table 23: Appropriate code of conducts in sports

S.N.	Response	No. of Respondents	Percentage (%)
1	Yes	34	85
2	No	6	15
Total		40	100

From the table, 85 percent of women players agree with the appropriate code of conducts while 15 percent disagrees with the current code of conducts. They want a sports society without politics. Also, they wish that everyone including members and associations to follow rules properly. And, for those who don't follow rules properly who be punished severely, severe punishment should be in the rules of Nepal sports.

4.24 Reasons for Non-disclosure of Cases of Women Violence

Regardless of the violence, women still prefer to shut their mouth due to their low self-confidence. Due to fear of embarrassment, shame, exclusion from the team they prefer to keep the matter disclosed. They are forced to stay silent even if they are victims of violence. Culprits are politically supported or supported by associations for their fame. But, these incidents may encourage culprits to continue crimes while innocent victims lose their hope of getting justice. Women are making themselves weaker. However, in the table below, reasons for non-disclosure of cases of women violence is shown:

Table 24: Reasons for non-disclosure of cases of women violence

S.N.	Response	No. of Respondents	Percentage (%)
1	Fear of embarrassment	17	42.5
2	Fear of not inclusion in team	4	10
3	No punishment given to culprit	7	17.5
4	Others	12	30
Total		40	100

In the response of reasons for non-disclosure of women violence cases, 42.5 percent was fear of embarrassment, 10 percent was fear of not including in the team, 17.5 percent was no punishment given to culprit and 30 percent were other reasons. Other reasons were that culprits were politically powerful, a society that does support

women problems, the naiveness of women players, some cases where women players involve for their self-benefit, etc.

The non-disclosure of cases of women violence though many women suffer is not good. These cases should be flashed and culprits who are responsible for the act should be strictly punished by the law. In some cases, the weakness of women players becomes the reason for women violence. For this, awareness programs, interaction programs to listen to women problems, self-respect of women players should be focused in the society and even the strongest culprit should be punished. This way, many cases of women violence will come out thus, creating a sports world where women players are respected and will play without any problem.

CHAPTER V

SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary

Violence against women and girls is a hidden global crisis which knows no boundaries of geography or culture. It takes many different forms, including sexual assault and harassment, sex trafficking etc. It is one of the widespread violations of human rights and has long term devastating effects on the lives of women, their communities and wider society. Every individual has right to live with freedom. In sports field, there should not be any kind violence to any person involve in it.

Violence in sports involve crossing the line between fair competition and intentional aggressive violence. Athletes, coaches, fans, and parents sometimes unleash violent behaviors on people or property, in misguided shows of loyalty, dominance, anger, or celebration. Rioting or hooliganism by fans in particular is a problem at some national and international sporting context. So, woman players also have right to play freely without being victim of any form of violence. The present study entitled “Women Violence in International Sports Tournament” was initiated with three main objectives: to find out the causes of women violence in international sports, to examine the impacts of women violence in their sports performance and to find out the ways of reducing women violence in international sports.

The researcher carried out field study with the assumptions that the woman players of Nepal do not suffer from any kind of violence in sports. The researcher visited all (three) departmental teams according to researcher’s convenience.

The number of respondents from different teams were 40, 10 each from football, volleyball, cricket and karate. The study was based on primary data in a quantitative design. The tool of the study was questionnaire with open and closed questions. Using the data obtained in the questionnaire, analysis was done. The researcher found out that few players were victim of women violence.

5.2 Findings

After the sequential analysis and interpretation process, the researcher found out the following findings:

5.2.1 Most of the players 70 percent are satisfied with the sports field.

- 5.2.2 About 30 percent, 22.5 percent and 47.5 percent of women players take physical violence, mental violence and other kind of violence respectively as women violence.
- 5.2.3 The study found that 35 percent of women players have heard about women violence, 47.5 percent haven't heard of women violence and 17.5 percent players are unaware of women violence in Nepali sports.
- 5.2.4 The women players reported that 57.5 percent feel safe from women violence, 22.5 percent feel unsafe while 20 percent don't know about the safety feeling from women violence during training.
- 5.2.5 The study shows that 20 percent cases of women violence during training.
- 5.2.6 The study found that 7.5 percent women violence took place during training, 5 percent during competition and 7.5 percent during selection process.
- 5.2.7 About 7.5 percent victims suffered from physical violence, about 10 percent suffered from mental violence and 2.5 percent suffered from other forms of violence was the finding of the study.
- 5.2.8 The research found that 10 percent culprits are coaches and 10 percent culprits of women violence are other persons related to women sports.
- 5.2.9 It has been found that women violence takes places due to 5 percent of close relationship of players with the victims, 7.5 percent due to naiveness of athletes and 7.5 percent because of other causes.
- 5.2.10 The study found that there were 20 percent cases of women violence during international competition.
- 5.2.11 The study shows that 7.5 percent women players suffered during the trip, 5 percent suffered in hostel/hotel and 7.5 percent at other places during international sports competition.
- 5.2.12 The research shows that women players suffered from 5 percent physical violence, 7.5 percent from mental violence and 7.5 percent from other forms of violence in their international sports tournament.

- 5.2.13 It has been found that 7.5 percent coaches and 12.5 percent other persons related to sports association were culprits of women violence during international competition.
- 5.2.14 The study shows that 10 percent women violence takes place due to naiveness of players and remaining 10 percent due to other reasons.
- 5.2.15 The study found that there was 2.5 percent social effect and 17.5 percent psychological effect in women players due to women violence.
- 5.2.16 It has been found that 2.5 percent women players suffered from losing interest in sports participation, 10 percent from embarrassment and 7.5 percent from other psychological problems.
- 5.2.17 It has been found 10 percent of women players suffered from loss of appetite, 5 percent from fatigue and exhausted and 5 percent from other types of physical violence.
- 5.2.18 The study shows that 27.5 percent culprits were coaches, 32.5 percent culprits were manager, 7.5 percent due to greedy nature of self (players) and 32.5 percent other persons related to respective associations.
- 5.2.19 The research found that 27.5 percent coaches, 35 percent managers, 7.5 percent organizers and 30 percent other person/body related to sports are responsible for women violence.
- 5.2.20 It has been found that 32.5 percent players agreed for awareness, 22.5 percent agreed for strict rules and regulations, 10 percent agreed for female coaches and officials and 35 percent agreed for conduction of awareness program in the suggestions to reduce women violence during training.
- 5.2.21 The study shows that 32.5 percent players agreed for strict rules and regulations, 30 percent players agreed for conduction of awareness programs, 7.5 percent agreed for good management system and 30 percent agreed on female coaches and officials in the suggestions to reduce women violence during competition.

- 5.2.22 The study found that 32.5 percent players agreed for strict rules and regulations, 55 percent agreed on female coaches and officials, 2.5 percent agreed for gender equality and 10 percent agreed on listening and understanding players' problems in the measures to be taken by Ministry of Youth and Sports to control women violence in sports.
- 5.2.23 The study found that 85 percent players think that the current code of conducts in Nepali sport is appropriate while 15 percent players think inappropriate.
- 5.2.24 It has been found that 42.5 percent reason is due to fear of embarrassment, 10 percent reason is due to fear of not inclusion in the team, 17.5 percent reason is due to not punishing culprits and 30 percent due to other reasons for non-disclosure of cases of women violence.

5.3 Conclusion

In the context of Nepal, being a patriarchal society, still there are dominances over women. As compared to the past, the women are now empowered and are involving in various sectors. The number of women involvements in sports are also increasing. Besides this increment too, evil act like violence to women are still in practice through various forms and methods which tend to affect the women physically, mentally and psychologically. There arise various cases of women violence in Nepal, some are flashed and some are just kept in shadow. Talking about the sports field, women players have also suffered from violence through various forms. Acts like unnecessarily touching, try of hug, isolation from team, sexual abuse, harassment, blackmailing etc. takes place from which women have been victimized. But the fact is that, women are keeping such violence within them due to the fear of embarrassment, exclusions from team, social norms and values. There are cases of women violence in Nepal. The main causes of women violence as in the research were close relationship of women players with their coaches and officials, lack of awareness of players and weakness of association of related sports.

Those players who became victim of women violence suffered from physical, mental and social effects. This affects their sports performance as they felt loss of energy, loss of appetite, loss of interest in sports participation, depression,

embarrassment, anxiety, etc. So, it was obvious that the sports performance of players degraded due to effects of women violence. It is also found that the women are deprived to leave their passion behind due to such act which can cause lifetime difficulties to them.

Most of the cases of women violence took place during training and selection process. So, first of all, it is necessary to make the women more aware and confident through different training and programs. The major cause of the women violence is the women itself, their low courage and confident. Due to their weakness to raise voice against such violence, more culprits are increasing and as a result more violence are increasing too. So different provisions for women growth and development should be made compulsory. Similarly, there should be proper process of selection and caution during training to avoid women violence. For this, there should be strict rules and regulations made and implemented perfectly, sports associations should be responsible to remove these weaknesses and maintain women friendly environment, politics should not be included in sports, no misuse of authority, organization of awareness programs, etc. should be done. This way, women violence can be stopped.

5.4 Recommendation

After analyzing, interpreting and going through all the findings and conclusions of the research, the following recommendations have been made to the concerned and authorized person and body to act upon the reduction of women violence in Nepali sports:

5.4.1 Recommendation for Practice

- a. Gender equality should be focused in sports of Nepal.
- b. Talent identification and development of women players from the ground should be focused.
- c. There is a need of development of infrastructures required for training and tournaments for women sports.
- d. Appropriate facilities should be provided to women players for practice and training.
- e. Fair selection process should be conducted to select proper women players.

- f. Awareness programs should be conducted to increase women participation in sports.
- g. Female coaches should be made produced and made available for women players.
- h. Conduct interaction programs to listen and understand problems of women players.
- i. Conduct motivation and counselling service for those women players who are victims of women violence.
- j. There is a need of advocacy programs to take women violence cases in the society to make them aware of it.

5.4.2 Recommendation for National Policy

- a. Research should be done proper in order to know the status of women violence in sports.
- b. Plans and programs are needed to reduce women violence in sports.
- c. Appropriate code of conducts for players, coaches and related persons should be implement in sports.
- d. Severe punishment should be given to those who are responsible for women violence whoever he/she with whatever status.
- e. There should be monitoring to any misuse of authority from any person or organization related to sports.
- f. Sports field should be free from any kind of politics for development of women in sports.
- g. Revised policies for more sports participation and opportunities should be bought out for women players.
- h. Policies that support women players should be developed and implemented.
- i. Empower of victimized women by optimal support and assistance which avoid secondary victimization.

5.4.3 Recommendation for Further Study

- a. Proper research should be conducted in all sports to know the status of women violence.
- b. Qualitative study can be undertaken in the case of women violence in sports.
- c. Study and analysis of causes, effects and mitigation process of women violence in sports should be done in detail.
- d. Women violence may take place anywhere. Researches to find out other places of women violence should be done so that women players can give their good sports performance.
- e. Additional research is needed in large scale to know the condition of women violence internationally in sports Field.
- f. Researches can be conducted in women violence in SAG-games, Asian games and Olympic games.

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APPENDIX – A
QUESTIONNAIRE FOR PLAYERS
“WOMEN VIOLENCE IN INTERNATIONAL SPORTS
TOURNAMENT”

This questionnaire is constructed for the research purpose submitted to Physical Education Department for partial fulfillment for the requirement of Master’s Degree in Physical Education. Respondents are requested to answer these questions in a comfortable and honest way. The researcher will maintain the personal privacy of the respondents. To maintain the privacy, their names will be kept hidden.

A) Personal Details

Permanent Address:

Temporary Address:

Religion:

Sports:

Age:

Number of family member:

Annual income of family:

About.....

Your daily expenses: About.....

1) What is your educational qualification?

- a) S.L.C b) +2 c) Bachelor d) Master Degree
e) Others.....

2) Have you taken sports related training?

- a) Yes b) No

If yes, how many times have you taken it? times

3) How many years have you been playing the game?

- a) 0-5 years b) 6-10 years c) 11-15 years d) 16-20 years
e) Above 20 years

4) Who encouraged you to get into sports?

- a) Family b) School c) Friends d) Others.....

5) What motivated you to become a player?

- a) Media Effect b) Family’s wish c) Personal interest
d) Others.....

6) For how many years have you played as national player?

- a) 0-3 years b) 4-6 years c) 7-9 years d) Above 10 years

7) Are you satisfied with your sports career?

- a) Slightly satisfied b) Satisfied c) Undefined d) Not satisfied
e) Strongly unsatisfied

8) Do you have other occupation beside sports?

- a) Yes b) No
If Yes, which occupation?

B) Questions related to knowledge, situation and causes to women violence

1) What is women violence?

- a) Mental violence b) Physical violence
c) Others

2) Have you ever heard about women violence in sports?

- a) Yes b) No c) Don't know
If yes, what kind of violence?

During international sports training

3) Do you feel safe from women violence during sports training?

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

4) Have you been victim of women violence during sports training?

- a) Yes b) No (If No, go to question number 9)

5) Where have you been victim of violence?

- a) During training b) During competition c) During selection
d) Others

6) What kind of violence did you face?

- a) Physical violence b) Sexual abuse c) Mental violence
d) Others

7) From whom did you become victim of violence?

- a) Coach b) Colleague c) Referee d) Others

8) What do you think is the reason of violence against you?

- a) Close relationship with them b) Naiveness c) Their malevolence
d) Others

During international tournament

9) Have you been victim of violence while going to international sports competition?

- a) Yes b) No (If No, go to question number 1 of group D)

10) Where have you been a victim of violence?

- a) During international competition b) During the trip c) In hostel/hotel
d) Others

11) What kind of violence did you face?

- a) Physical violence b) Sexual abuse c) Mental violence
d) Others

12) During the competition, from whom did you become victim of violence?

- a) Coach b) Colleague c) Referee d) Others

13) What do you think is the reason for violence against you during the competition?

- a) Close relationship with them b) Naiveness c) Their malevolence
d) Others

Group C (Questions related to effects of violence)

1) After becoming victim of violence, what effects did you feel?

- a) Social effect b) Physical effect c) Psychological effect
If social effect, what kind of effect?

2) What kind of psychological effect did you feel?

- a) Loss of interest in sports participation b) Depression
c) Embarrassment d) Anxiety e) Other.....

3) What kind of physical effect did you feel?

- a) Injury b) Loss of appetite c) Fatigue
d) Others.....

Group D (Ways of mitigation of women violence)

1) Whom do you blame for the incidence related to women violence?

- a) Coach b) Manager c) Self d) Others

2) To reduce women violence during training and competition, whose role is important?

- a) Coach b) Manager c) Organizer d) O
.....

3) What can be done to reduce women violence during training?

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.....
.....
.....

4) What can be done to reduce women violence during sports competition?

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.....
.....
.....

5) What measures should be taken by the ministry of youth and sports to control violence against women in sports?

.....
.....
.....
.....

6) Are codes of conduct followed by the players and the officials related to the games, appropriate?

- a) Yes b) No

If No, then what could be the appropriate one?

.....
.....
.....

7) What could be the reason for the non-disclosure of incidents related to various types of violence against women in sports?

- a) Fear of embarrassment b) Fear of not inclusion in team

c) No punishment given to culprit d)
 Others.....

Thank you for your support!