



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 1116-1119

© 2018 Yoga

www.theyogicjournal.com

Received: 26-11-2017

Accepted: 28-12-2017

Ms Poonam Singh

Research Scholar - Poornima

University, Jaipur, Rajasthan,

India

## Critical overview of performance of Indian women in Olympic Games

Poonam Singh

### Abstract

In the last few years, women empowerment increased the interest of young generation all over the world and especially in our nation India. Women has become more strong and capable to handle not only their day to day problems at their home but also to handle crucial problems in the society as well. Due to social humiliations female feels sad, weak, stressed and more depressed. With the growing participation of Indian women in sports, women are feeling more empowered, motivated, and capable to handle everything pertaining to their life. Sport is the best way to make women more empowered. Women Participation in recreation and professional sports activities enable them to live a life with more self-esteem. Olympic Games are the largest sports event which is organized in every four years. India participated first time in Modern Olympic Games in year 1900. Afterwards, Indian team took participation in year 1920 Olympic Games with 6 participants. After 1920 India participated regularly in Summer Olympic Games. Till to date, India won total 28 medals (12 Bronze, 7 Silver, and 9 Gold). It was very unfortunate that Indian women got opportunity to represent their nation in the year 1924 at Paris, France Olympic Games. After that female participation was increased due to their better performance. Athletes like Saina Mirza, Saina Nehwal, Mary Kom are some of the Indian athletes who set big examples for Indian women that women are no more decimated in India. 2016 Olympic Games organized at Rio De Janeiro, Brazil Indian women proved themselves with their empowerment and calibre by winning two medals for India. Due to this, Indian female players were motivated towards sports and their families are supporting for the same. Indian women won medals for India in the biggest sports event i.e. Olympic Games and empowered more to females to show their talent not only to nation but to the World.

**Keywords:** Empowerment, Olympic Games, athlete, participation, sport

### Introduction

Sport plays a major role in amplifying women's voice and also in tearing down the gender discrimination and barriers faced by women in many countries. It was belief that women are incapable and weak in terms of participation in sports. Most of the times women have to show their calibre to clear hurdle for showing their physical strength, but also in terms of strategic thinking and leadership qualities towards gender equality. Most of the research studies clearly indicated that participation in sports is beneficial for breaking gender stereotypes, for improvement of self-esteem among women, and also will contribute towards development of leadership qualities. Till 20<sup>th</sup> century, women are facing problems and discrimination as sportsperson and sports spectators in professional sports, sports media, recreation sports, and so on. Nowadays, women have achieved more value and status in sports due to more participation and better performance at various level sports events. Olympic Games are the largest sports event which is organized in every four years. There are two Olympic Events namely Winter Olympic Games, and Summer Olympic Games. India participate in Summer Olympic and Winter Olympic Games. Ancient Olympic Games was first organized in Athens, Greece in 776 BC. After that Modern Olympic Games were started in 1896 at Athens, Greece. India participated first time in Modern Olympic Games in year 1900. Afterwards, Indian team took participation in year 1920 Olympic Games with 6 participants. After 1920 India participated regularly in Summer Olympic Games. Till to date, India won total 28 medals (12 Bronze, 7 Silver, and 9 Gold). It was very unfortunate that Indian women got opportunity to represent their nation in the year 1924 at Paris, France Olympic Games.

Correspondence

Ms Poonam Singh

Research Scholar - Poornima

University, Jaipur, Rajasthan,

India

After that female participation was increased due to good performance.

**Indian Women Participation at Olympic Games**

Women athletes started participation at Modern Olympic

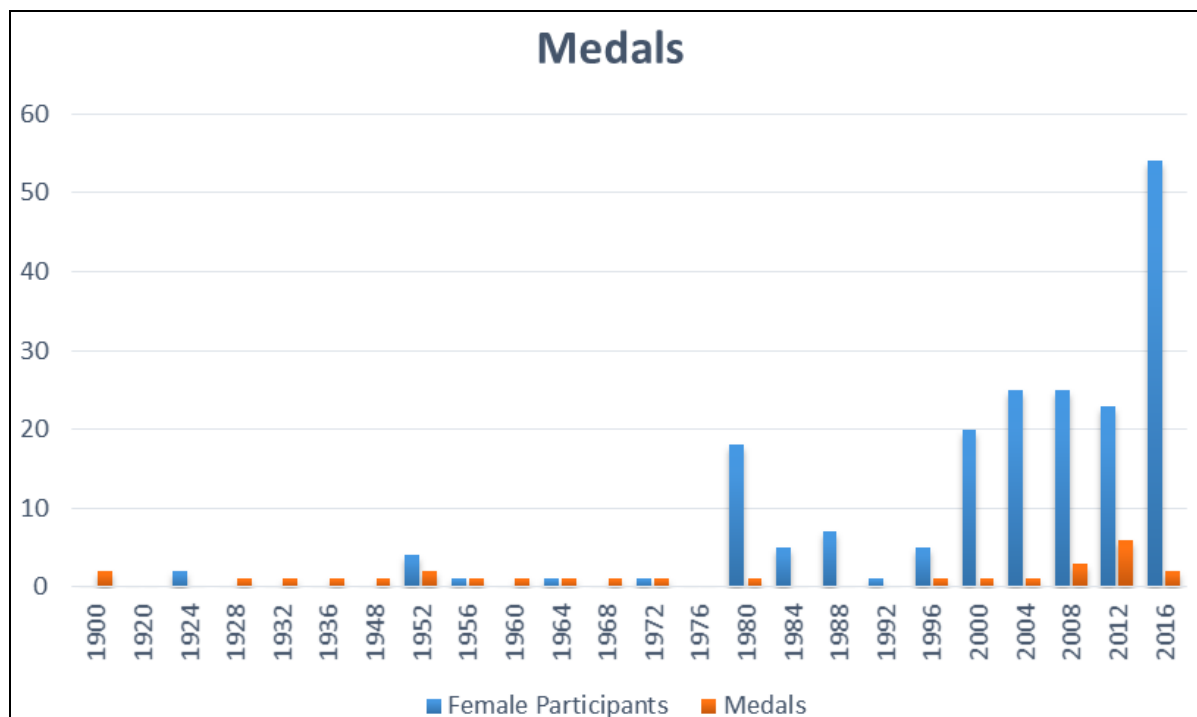
Games in the year 1924 that was organized in Paris, France. After 1924, there was no record of women participation in the Olympic Games till 1952. In 1952 Olympic Games hosted by Helsinki, participation of Indian women again initiated and continued till 2016 Rio Olympic Games.

**Table 1:** Indian Athletes participation at Olympic Games

S. No.	Year	Place	Male Participants	Female Participants	Total Participants	Medals
1.	1900	Paris, France	1	0	1	2
2.	1920	Antwerp, Belgium	6	0	6	0
3.	1924	Paris, France	13	2	15	0
4.	1928	Amsterdam, Netherlands	21	0	21	1
5.	1932	Los Angeles, Unites States	30	0	30	1
6.	1936	Berlin, Germany	27	0	27	1
7.	1948	London, United Kingdom	79	0	79	1
8.	1952	Helsinki, Finland	60	4	64	2
9.	1956	Melbourne, Australia	58	1	59	1
10.	1960	Rome, Italy	45	0	45	1
11.	1964	Tokyo, Japan	52	1	53	1
12.	1968	Mexico City, Mexico	25	0	25	1
13.	1972	Munich, Germany	40	1	41	1
14.	1976	Montreal, Canada	20	0	20	0
15.	1980	Moscow, Soviet Union	58	18	76	1
16.	1984	Los Angeles, United States	43	5	48	0
17.	1988	Seoul, South Korea	39	7	46	0
18.	1992	Barcelona, Spain	52	1	53	0
19.	1996	Atlanta, United States	38	5	43	1
20.	2000	Sydney, Australia	45	20	65	1
21.	2004	Athens, Greece	48	25	73	1
22.	2008	Beijing, China	31	25	56	3
23.	2012	London, Unites Kingdom	60	23	83	6
24.	2016	Rio de Janeiro, Brazil	63	54	117	2

Table-1 clearly indicated that participation of female athletes increased from 1920 till 2016. At the Olympic Games, female participated in the year 1900 but in India, female athletes participated at Olympic Games in year 1924. Afterwards, number of participation increased year to year. Till 2016 Olympic Games Indian bagged total 28 medals in total. In 2016 Olympic Games, total two medals were won by

Indian athletes and all medals were won by only female athletes. Women empowerment increased in the field of sports through increased participation of female athletes at Olympic Games. The graphical representation of women participation in the Olympic Games has been presented in Figure 1, Figure 2, and Figure 3.



**Fig 1:** Graphical Representation of Indian Female Athletes participated at Olympic Games

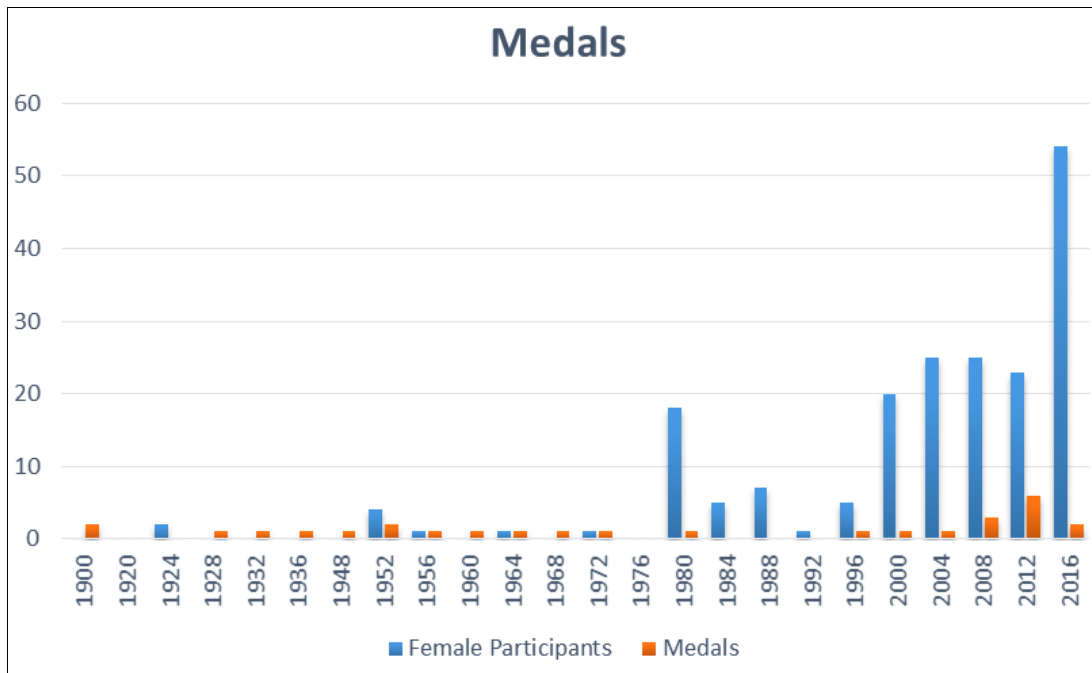


Fig 2: Graphical Representation of Medals won by Indian athletes at Olympic Games

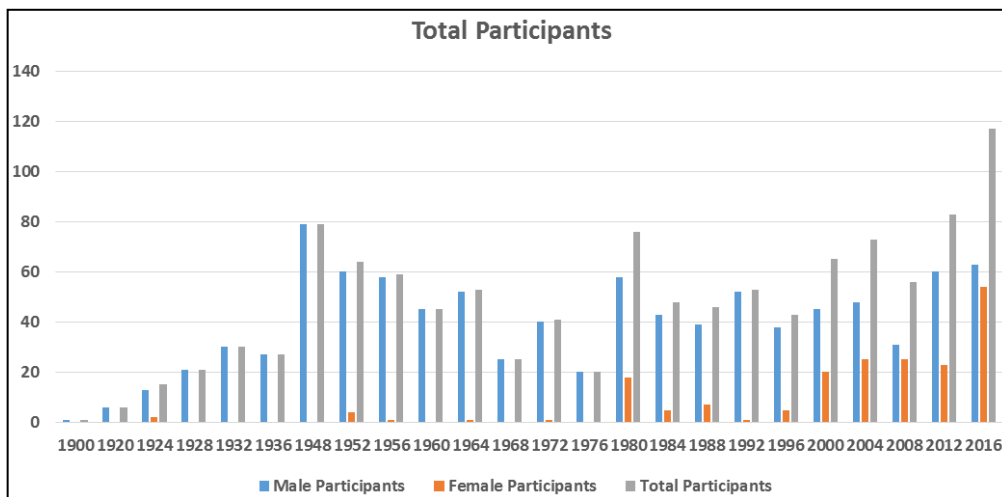


Fig 3: Graphical Representation of Total Participants from India at Olympic Games

**Women Athletes Achievement at Olympic Games**

Women participation at Olympic Games enhanced the level of competition among Indian Athletes. Till 1924 to 2016, Indian Women won total 5 medals out of total 28 medals. This is big achievement made by Indian women. Following mentioned athletes are medallist at Olympic Games:

**Karnam Malleshwari:** Karnam Malleshwari was in Weight lifting sports under 54 kg weight category. She participated in 2000 Olympic Games at Sydney. She was titled with first Indian women to win medal at Olympic Games. She got bronze medal and add glory to India with this biggest achievement.

**Saina Nehwal:** She is the Badminton player and represented India at 2012 London Olympic Games. She bagged Bronze medal in badminton.

**Mary Kom:** Mary Kom is the player of Boxing Sport. She also participated at 2012 London Olympic Games. She also bagged Bronze medal in boxing in flyweight category. India won six medals at 2012 Olympic Games, out which two were won by Women Athletes.

**P.V. Sindhu:** PV Sindhu is the Badminton player and represented India at 2016 Rio Olympic Games. She won

Silver medal in Badminton Singles and recorded as first silver medal won in women category.

**Sakshi Malik:** Sakshi Malik is the Wrestler of Freestyle 58 kg weight category. She has represented India at 2016 Rio Olympic Games. She won bronze medal in wrestling and become first women to win medal in women wrestling sport.

**Dipa Karmakar:** She is the artistic gymnast and participated at 2016 Olympic Games. She has become the first female Indian Gymnast to securing fourth position in Gymnastics.

**Conclusion**

Women empowerment was clearly shown by Indian Female athlete’s personalities such as legend Ashwini Machappa and PT Usha were very vigorous and elite athletes of India. After wards, in this modern generation other female athletes set example of women empowerment in modern scenario. Athletes like Saina Mirza of Tennis sport, Saina Nehwal of Badminton sport, Mary Kom of Boxing sport are some of the Indian athletes who set big examples for Indian women that women are no more decimated in India. 2016 Olympic Games organized at Rio De Janeiro, Brazil Indian women proved themselves with their empowerment and calibre by winning

two medals for India. India bagged only two medals at 2016 Rio Olympic Games and both medals were in the account of Women section. Afterwards, Indian female players were motivated towards sports and their families are supporting for the same. Indian women won medals for India in the biggest sports event i.e. Olympic Games and empowered females to show their talent not only to nation but to the World.

### References

1. Shoval N. A new phase in the competition for the Olympic gold: the London and New York bids for the Games. *Journal of urban affairs*. 2012; 24(5):583-599.
2. Bernard AB, Busse MR. Who wins the Olympic Games: Economic resources and medal totals. *Review of economics and statistics*. 2004; 86(1):413-417.
3. Donald WB. Olympic Games competition: structural correlates of national success. *International Journal of Comparative Sociology*. 1972; 13:186.
4. Lozano S, Villa G, Guerrero F, Cortés P. Measuring the performance of nations at the Summer Olympics using data envelopment analysis. *Journal of the Operational Research Society*. 2002; 53(5):501-511.
5. Johnson D, Ali A. Coming to play or coming to win: Participation and success at the Olympic Games, 2000.
6. Sallis JF, Bull F, Guthold R, Heath GW, Inoue S, Kelly P. *et al*. Physical Activity Series 2 Executive Committee. Progress in physical activity over the Olympic quadrennium. *The Lancet*. 2016; 388(10051):1325-1336.