

ACHIEVEMENT INCONSISTENCY AMONG WOMEN ATHLETES

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ABSTRACT

Participating in sports also has been found to increase young women's self-esteem. A sport also confers academic benefits. They need to comparable opportunities to develop their leadership skills through team sports. Expanding sports opportunities for women will help achieve the feminization of power in all realms. Women can encouraged exercising by parents' influence. Parents can help by insisting schools provide equal facilities and opportunities to their daughters. The percentage of Malaysian women athletes taking part in sports has increased over the years. Government Ministries encourage the participation among them. Besides that, private sectors also encourage the women participation with organize sports meets regularly. However, Malaysian women still lag behind Malaysian men in year sporting activities especially the level of excellence achieved. The factors which can make this problem happen are in terms of exposure in the print and electronic media, where's women get far less coverage than men. And because of less coverage, women athletes difficult gain the sponsorship. The other factors such psychological factors which can make women athletes stress or feel depression, health factors especially menstruation problems, socio-cultural factors which involved marriage, religion and socialization problems and finally the study and career advancement. All the factors above will make an inconsistency achievement among women athletes.

CHAPTER I

INTRODUCTION

Background of the Study

Federal Ministry of Youth and Sport was established to oversee sport in the country. The government, either through the policies of Ministry of Youth and Sport or statements by the Prime Minister, has supported gender equality and women's participation in sport. In the current 8th Malaysia Development Plan, there is a specific provision on women's role in society and the economy. This is further emphasized by the recent creation of a Ministry of Women and Family Development. There is also a Women's Sports Foundation that has being granted with a grant to promote women participation in sport that gets a grant from the Ministry of Youth and Sport.

Over the years, the number and percentage of Malaysian women athletes taking part in international multi-sports championships has increase over the years. However, Malaysian women still lag behind Malaysian men in year round sporting activities either in terms of number involved or level of excellence performance achieved. In terms of exposure in the print and electronic media, women get far less coverage than men and the media say it is because of the above mentioned reasons, and because of this case, it determines the achievement inconsistency among women athletes.

This study has been done to examine the achievement inconsistency among women athletes participation in sports. The selected sports are athletic, lawn bowl, gymnastic, shooting, squash and swimming. Nowadays, we can see the achievements of women athletes are poorer than men athletes.

It is believed that women athletes achievement been influenced by some factors that can cause achievement inconsistency. Despite their determinations to seek a success or to create their hat trick.