

PAPER DETAILS

TITLE: A Study on The Problems Faced by Women in Sports

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PAGES: 11-24

ORIGINAL PDF URL: <https://dergipark.org.tr/tr/download/article-file/3512189>

A Study on The Problems Faced by Women in Sports

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Author Contribution Rate:

- A) Study Design
- B) Data Collection
- C) Data Analysis
- D) Article Writing
- E) Critical Reading

ABSTRACT

The aim of this study is to evaluate the problems experienced by women in sports with the Q method. In the methodological model of the research, the Q method, which includes qualitative and quantitative research methods, was used. The study group was determined by snowball sampling method of female participants who had problems in the sports environment for various reasons. In this way, a total of 25 women participated in the study. The research data were analyzed using the PQ-Method 2.35 program developed for Q method research. Principal component analysis method was used in the data analysis process. As a result of the rotation process after the principal component analysis, it was seen that the participant opinions were grouped under two factors. Z scores showed which questions the participants grouped under two different factors scored higher. Participants were interviewed about the scores obtained from positive and negative quantitative data and the underlying reasons were examined. In the current study, the factors that cause the problems experienced by women in sports were determined as the negative social perspective adopted by the society against women who do sports, the misinterpretation of the clothes worn by women in the sports environment and the understanding of sports as a male activity.

Keywords: Gender Differences, Sexism In Sports, Women In Sport, Women Problems In Sport

Sporda Kadınların Karşılaştığı Sorunlar Üzerine Bir Araştırma

ÖZET

Bu çalışmanın amacı, kadınların sporda yaşadıkları sorunları Q yöntemi ile değerlendirmektir. Araştırmanın metodolojik modelinde nitel ve nicel araştırma yöntemlerini içeren Q metot kullanılmıştır. Çalışma grubu, spor ortamında çeşitli sebeplerden dolayı problem yaşamış kadın katılımcılar kartopu örnekleme yöntemi tespit edilmiştir. Bu şekilde araştırmaya toplam 25 kadın katılmıştır. Araştırma verileri, Q metot araştırmaları için geliştirilen PQ-Method 2.35 programı kullanılarak analiz edilmiştir. Veri analizi sürecinde temel bileşenler analizi yöntemi kullanılmıştır. Temel bileşenler analizi sonrası rotasyon işlemi sonucunda katılımcı görüşlerinin iki faktör altında toplandığı görülmüştür. İki farklı faktör altında gruplanan katılımcıların hangi sorularda daha yüksek puan aldığını Z skorları göstermiştir. Olumlu ve olumsuz nicel verilerden elde edilen puanlar hakkında katılımcılarla görüşülmüş ve altında yatan nedenler incelenmiştir. Mevcut çalışmada, kadınların sporda yaşadığı sorunlara neden olan faktörler, toplumun spor yapan kadınlara karşı benimsediği olumsuz sosyal bakış açısı, kadınların spor ortamında giydiği kıyafetlerin yanlış yorumlanması ve sporun bir erkek aktivitesi olarak anlaşılmaması olarak belirlenmiştir.

Anahtar Kelimeler: Toplumsal Cinsiyet Farklılıkları, Sporda Cinsiyetçilik, Sporda Kadın, Sporda Kadın Problemleri

ISSN:**Doi Number:**

Introduction

Lately, societies and cultures have begun better understand the significance of physical activity and sports in the light of science. Sport emerges not only as a part of mass culture but also as a necessary concept whose importance has begun to be understood regarding individual and social health and well-being (Sekot, 2018). With the advancement of age, the change in the sports environment, especially when sexism is considered, continues to exist as an obstacle to the optimal performance of female athletes and negatively affects the psychological and social status of women and the competitive structure in sports. When we check the background of sports, it is clear that it has a male-dominated structure. Therefore, the problems experienced by women in the sports environment still continue. (Pfister, 2010). Sports is expressed generally as a mechanism that helps shape how one's gender defines masculinity (Messner, 2002). The gender bias within this mechanism reveals systematic inequalities along with the obstacles faced by female athletes. (Homan, 2019). These inequalities in the sports environment pave the way for the formation of anti-social behaviors (Hindman and Walker, 2020) Specifically, it causes women to form a negative prejudice against men, and men against women and female athletes. For sure, in sexism, individuals had negative attitudes, beliefs and reactions as to their gender (Barlow,Vickers-Jones, Alba, Williamson and Hutton, 2021). Sexism is considered a social phenomenon, and it frequently emerges in sports environments, where individuals are involved to protect sociality day by day. Many factors can cause the formation of sexist attitudes in the sports environment. Its influences are present from trainer behavior to the media and sponsor companies (Fink, 2015). Apart from these factors, the reflection of people's beliefs and values in the sports environment, as in daily life, can be considered among the reasons for sexism in the sports environment. In addition, sexism is manifested through statements that women disfavor by attributing superiority to men in the sports

environment. While a child who throws the ball properly gets motivated with an expression of "he plays like a grown man", the words used in the opposite case "you play like a girl" has a pejorative meaning (Sekot, 2018). Aside from that, societal and psychological pressures on women limit their participation in sports. In addition, the separation of sports branches according to gender and sexual harassment of beautiful female athletes can be considered as reasons increasing sex discrimination in the sports environment (Rai, 2020).

Fundamentally, society's value judgments are at the base of this discrimination in the sports environment. The patriarchal structure of society, the expectations of the family, the fact that marriage is compulsory for women, the denial of women's economic freedom, the fear of failure, and the pressure of the family and the individuals around them cause women to remain in a limited number in the sports environment (Albayrak, 2019). On the other hand, strategies such as the "sexual objectification" of women and featuring them with their bodies rather than their achievements are used to attract the attention of men, who make up the majority of the target audience, in the sports media (Basmacı, 2020). During sponsorships, the sports activities performed by men are highlighted and supported, yet the support for women's sports activities is almost non-existent compared to men (Yeşilyurt Öztürk, 2022). In addition, factors such as the negative effect of the patriarchal family structure, wage inequality, the media not covering sports news for women or making false news, the insufficient and limited number of sports facilities for women, and high rates of sexual abuse are other reasons that cause women to approach sports suspiciously. Besides their participation and many parameters related to sports, these and similar problems negatively affect woman's feelings, self-confidence, and motivation in the sports environment.

In the literature, it is possible to find many studies examining sexism and the problems women face in the sports environment (Ada et al., 2021; Akkaya & Kaplan, 2014; Arslan & Koca, 2006; Bowes, 2022; Dereli, 2005; Erikainen, 2019; Farkhod et al., 2021; Gentile, 2018; Heffernan, 2018; Koca, 2020; Lasso Jiménez, 2022; Narin et al., 2022; Orta, 2018; Narin, 2019; Özsoy, 2008; Schultz, 2021; Şallı et al., 2017; Tiryaki, 2014; Uğurlu, 2018; Yaprak and Amman, 2009; Yenilmez, 2021; Yüksel, 2014). Almost all of the studies have different cultural and social characteristics. This research is important in terms of revealing the problems experienced by women in fitness centers, which is one of the sportive areas where women and men come together the most, and revealing the problems caused by men in women's sports environment.

Method

Methodological Model of the Study

In this study, Q method was used as the methodological model in this study in which the problems faced by women in sports were investigated. The Q method has a semi-qualitative and semi-quantitative structure that includes qualitative and quantitative research features to reveal people's perspectives on any subject. In addition, it has been applied and attracted attention in many fields of science in recent years (Zabala, Sandbrook, & Mukherjee, 2018). Q methodology is considered as mixed research by its nature. It is also known as the science of subjectivity as it reflects the subjective views of the participants (Lundberg, Leeuw, & Aliani, 2020). Q methodology studies, on the one hand, are concerned with revealing and interpreting the subjective opinions of the participants on a particular subject; on the other hand, it is concerned with the numerical calculation of the common and dissimilar opinions of the participants (Watts & Stenner, 2005).

Study Group-Universe Sample

A total of 25 women participated voluntarily in this study conducted to determine the problems

faced by women in sports. Snowball sampling method, one of the purposive sampling methods, was used to determine the study group. In this method, researchers start data collection with a small number of participants who meet the research criteria. In the research, the criteria were determined as women who had previously experienced problems in the sports environment. Thus, it increases the ongoing sample by inviting participants who meet the research criteria to the study (Parker, Scott, & Geddes, 2019).

Data Collection Tools

In this study, a personal information form, a semi-structured interview form, and a Q string were used as data collection tools. The personal information form includes questions such as how long the participants have been doing sports and their age.

Data Collection Tool for the Qualitative Dimension of the Study

In the qualitative aspect of the study, a semi-structured interview form developed by the researcher was used as a data collection tool. Before the determination of the questions to be included in the interview form, studies covering the issues faced by women in the sports environment were reviewed. As a result of the findings obtained through the interview with the participants, the problems experienced by the participants were revealed and the questions to be placed by the participants in the Q string were formed.

Data Collection Tool for the Quantitative Dimension of the Study

In the quantitative aspect of the study, the Q string was used as a data collection tool. As a result of the data obtained from the literature review and semi-structured interview results during the research process, a total of 24 items were created in 8 dimensions. The placement of the items in the Q string was made through the forced distribution method. According to this method, the items are sorted by decreasing from neutral statements to negative and positive statements.

Findings

Table 1. Factors Used in the Study

Anxiety	1.I am worried about misdoing sports exercises in the sports ground. 13.I am worried about misdoing the exercises in the sports ground.
Health-Related Issues	2.During my period, I could not show my full performance in sports. 14.I do not have any problems in terms of sports performance during my periods.
Misapplication	3.Injuries caused by misapplication. 15.Injuries due to wrong exercises are not an issue.
Issues Based on the Opposite Sex	4.As a result of the words and stares of the opposite sex, I feel psychologically under pressure and cannot do sports activities accurately. 5.Discriminating men and women in the sports environment, having to implement the programs applied to men. 6.The evaluation of pilates and yoga as women's sports and not giving importance to these branches. 8.Considering sports as a male occupation and looking down on women who do sports 9.People take a step back from sports because of condescending speeches towards women 10.Men find that an outfit worn by women for sports is too conspicuous. 11.Experiencing inequality of opportunity in sports because of the majority of men in the gym 12.The thought of only interacting with the opposite sex in gyms bothers me. 16.Because of the words and stares of the opposite sex, I feel under psychological pressure, and therefore I do not quit sports. 17.It is not a big deal to discriminate between men and women in the sports environment and apply men's programs to women. 18.Recognizing pilates and yoga as women's sports and giving the necessary importance to them do not pose a problem. 20.It is not a problem when sports are seen more as a male occupation and women who do sports are despised. 21.I do not perceive condescending views towards women as a problem in the sports environment. 22.It does not pose a problem in the sports environment that women's clothes worn for sports are attractive to the opposite sex. 23.I do not have any trouble getting my turn to do sports in mixed gyms where men are in the majority. 24.The thought of only interacting with the opposite sex in gyms do not bothers me.
Unqualified Trainer	7.Only incompetent and ignorant people with a coaching certificate do coaching. 19.It is not an issue when incompetent people with a coaching certificate do coaching.

According to Table 1, the problems faced by women in sports are categorized under five factors: Anxiety, health-related problems, wrong practices, problems based on the opposite sex and problems caused by unqualified trainers.

Table 2. Factor Distributions

PARTICIPANT ID	PARTICIPANT CODE	FACTOR 1	FACTOR 2
1	Participant 1	0.3638	0.0934
2	Participant 2	0.3797	-0.3918
3	Participant 3	-0.4523	-0.4427
4	Participant 4	0.8440X	0.1197
5	Participant 5	0.7600X	0.0681
6	Participant 6	0.6445X	0.3776
7	Participant 7	0.1839	0.5417X
8	Participant 8	0.6056X	-0.0981
9	Participant 9	0.6420X	-0.1672
10	Participant 10	0.8978X	0.0720
11	Participant 11	-0.1846	-0.2223
12	Participant 12	0.3443	-0.3009
13	Participant 13	0.3958	-0.1300
14	Participant 14	0.4239	-0.4479
15	Participant 15	0.0231	-0.2581
16	Participant 16	-0.3194	0.7386X
17	Participant 17	-0.7138X	0.0992
18	Participant 18	0.5498	-0.1306
19	Participant 19	0.4658	-0.1306
20	Participant 20	0.6472X	0.1192
21	Participant 21	0.4622	0.5198
22	Participant 22	0.7589X	-0.0710
23	Participant 23	-0.0327	-0.6150X
24	Participant 24	0.5065	0.2207
25	Participant 25	0.6934X	-0.1807

As per Table 2, the women participating in the study were grouped under two factors. Values with significance are indicated by X. After analyzing the data collected with the Q method for its statistical significance, the statistical formula ($=2.58 \times (1 \div \sqrt{n})$) was used to determine the significance level (Demir and Kul, 2011), which was found to be .50 in this study.

Table 3. Inter-factor Correlations

Factors	Factor 1	Factor 2
Factor 1	1.0000	0.1117
Factor 2	0.1117	1.0000

According to Table 3, there was a weak positive and significant correlation between the two factors formed in the study ($p < 0.05$).

Table 4. The order of importance of Factor 1 items (Z scores)

Statements	Z-Score
10.Men find that an outfit worn by women for sports is too conspicuous.	1.623
7.Only incompetent and ignorant people who have a coaching certificate do coaching	1.518
9.People take a step back from sports because of condescending speeches towards women	1.483
8.Considering sports as a male occupation and looking down on women who do sports	1.185
6.The evaluation of pilates and yoga as women's sports and not giving importance to these branches.	0.787
11.Experiencing inequality of opportunity in sports because of the majority of men in the gym	0.687
5.Discriminating men and women in the sports environment, having to implement the programs applied to men.	0.616
3.Injuries caused by misapplication.	0.598
12.The thought of only interacting with the opposite sex in gyms bothers me.	0.514
2.During my period, I could not show my full performance in sports.	0.440
4.As a result of the words and stares of the opposite sex, I feel psychologically under pressure and cannot do sports activities accurately.	0.356
1.I am worried about misdoing sports exercises in the sports ground.	0.169
13.I am not worried about misdoing the exercises in the sports ground.	0.121
24.The thought of only interacting with the opposite sex in gyms do not bothers me.	-0.004
16.Because of the words and stares of the opposite sex, I feel under psychological pressure, and therefore I do not quit sports.	-0.377
15.Injuries due to wrong exercises are not an issue.	-0.498
14.I do not have any problems in terms of sports performance during my periods.	-0.507
18.Recognizing pilates and yoga as women's sports and giving the necessary importance to them do not pose a problem.	-0.873
23.I do not have any trouble getting my turn to do sports in mixed gyms where men are in the majority.	-0.912
17.It is not a big deal to discriminate between men and women in the sports environment and apply men's programs to women.	-1.062
21.I do not perceive condescending views towards women as a problem in the sports environment.	-1.384
19.It is not an issue when incompetent people with a coaching certificate do coaching.	-1.396
22.It does not pose a problem in the sports environment that women's clothes worn for sports are attractive to the opposite sex.	-1.493
20.It is not a problem when sports are seen more as a male occupation and women who do sports are despised.	-1.592

According to Table 4, the most important problems faced by women in sports can be listed as follows 10. Men find the clothes worn by women while doing sports very striking Men find the clothes worn by women while doing sports very striking, 7. Incompetent and ignorant people who only have a coaching certificate are coaching, 9. People step back from sports due to condescending speech towards women, 8. Sports are seen as a man's job and women who do sports are looked down upon. Seeing sports as a male profession and looking down on women who do sports.

Table 5. The order of importance of Factor 2 items (Z scores)

Statements	Z-Score
11.Experiencing inequality of opportunity in sports because of the majority of men in the gym	1.799
15.Injuries due to wrong exercises are not an issue.	1.677
22.It does not pose a problem in the sports environment that women's clothes worn for sports are attractive to the opposite sex.	1.585
10.Men find that an outfit worn by women for sports is too conspicuous	1.158
5.Discriminating men and women in the sports environment, having to implement the programs applied to men.	0.874
24.The thought of only interacting with the opposite sex in gyms do not bothers me.	0.649
9.People take a step back from sports because of condescending speeches towards women.	0.527
20.It is not a problem when sports are seen more as a male occupation and women who do sports are despised.	0.502
23.I do not have any trouble getting my turn to do sports in mixed gyms where men are in the majority.	0.416
16.Because of the words and stares of the opposite sex, I feel under psychological pressure, and therefore I do not quit sports.	0.319
21.I do not perceive condescending views towards women as a problem in the sports environment.	0.054
1.I am worried about misdoing sports exercises in the sports ground.	-0.172
6.The evaluation of pilates and yoga as women's sports and not giving importance to these branches.	-0.182
13.I am not worried about misdoing the exercises in the sports ground.	-0.197
17.It is not a big deal to discriminate between men and women in the sports environment and apply men's programs to women.	-0.294
8.Considering sports as a male occupation and looking down on women who do sports.	-0.380
18.Recognizing pilates and yoga as women's sports and giving the necessary importance to them do not pose a problem.	-0.391
12.The thought of only interacting with the opposite sex in gyms bothers me.	-0.459
14.I do not have any problems in terms of sports performance during my periods.	-0.606
19.It is not an issue when incompetent people with a coaching certificate do coaching.	-1.029
7.Only incompetent and ignorant people who have a coaching certificate do coaching	-1.236
2.During my period, I could not show my full performance in sports.	-1.273
3.Injuries caused by misapplication.	-1.315
4.As a result of the words and stares of the opposite sex, I feel psychologically under pressure and cannot do sports activities accurately.	-2.026

According to Table 5, the most important problems experienced by women in sports can be listed as follows: 11. Inequality of opportunity in sports due to the predominance of men in the gym and men finding an outfit worn by women for sports too conspicuous.

Table 6. Distinctive items

Statements	Factor 1 Q	Factor 1 Z	Factor 2 Q	Factor 2 Z
7.Only incompetent and ignorant people with a coaching certificate do coaching.	3	1.52*	-2	-1.24
9.People take a step back from sports because of condescending speeches towards women.	3	1.48*	1	0.53
8.Considering sports as a male occupation and looking down on women who do sports.	2	1.18*	-1	-0.38
6.The evaluation of pilates and yoga as women's sports and not giving importance to these branches.	2	0.79*	0	-0.18
11.Experiencing inequality of opportunity in sports because of the majority of men in the gym.	2	0.69*	4	1.80
3.Injuries caused by misapplication.	1	0.60*	-3	-1.32
12.The thought of only interacting with the opposite sex in gyms bothers me.	1	0.51*	-1	-0.46
2.During my period, I could not show my full performance in sports.	1	0.44*	-3	-1.27
4.As a result of the words and stares of the opposite sex, I feel psychologically under pressure and cannot do sports activities accurately.	0	0.36*	-4	-2.03
24. The thought of only interacting with the opposite sex in gyms do not bothers me.	0	-0.00	2	0.65
16.Because of the words and stares of the opposite sex, I feel under psychological pressure, and therefore I do not quit sports.	-1	-0.38	1	0.32
15.Injuries due to wrong exercises are not an issue.	-1	-0.50*	3	1.68
23.I do not have any trouble getting my turn to do sports in mixed gyms where men are in the majority.	-2	-0.91*	1	0.42
17.It is not a big deal to discriminate between men and women in the sports environment and apply men's programs to women.	-2	-1.06	-1	-0.29
21.I do not perceive condescending views towards women as a problem in the sports environment.	-2	-1.38*	0	0.05
22.It does not pose a problem in the sports environment that women's clothes worn for sports are attractive to the opposite sex.	-3	-1.49*	3	1.58
20.It is not a problem when sports are seen more as a male occupation and women who do sports are despised.	-4	-1.59*	1	0.50

p<.05; (*) p<.01

In Table 6, the distinctive items obtained in the study were ordered by their Z scores. Accordingly, the most distinguishing items can be listed as follows: 7. Only incompetent and ignorant people who have a coaching certificate do coaching, 9. People take a step back from sports because of condescending speeches towards women, and 8. Considering sports as a male occupation and looking down on women who do sports.

Women's Views on the Problems They Face in Sports

As someone who has been doing sports for a long time, I can say that only sports such as pilates and yoga are seen as sports that women can do. I have not come across an idea that indicates that women could be successful in other branches. (Participant 18)

There is a meaningless perception in society that only men can do sports, and women cannot. Unfortunately, this idea is incompatible with the equality of women and men, but we often experience problems based on this thought. It's as if women who do sports are considered dreadful in society. (Participant 19)

There are serious problems with gender equality in society. At least, that's what I think. To be able to do sports more comfortably in mixed sports environments, the clothes we wear are evaluated differently by men, and I don't like having leering eyes on me. (Participant 20)

I've had this problem more than once, especially when I had it, it was extremely hard for me to get back to my old healthy self. I have been injured many times by cause of the training and nutrition programs given by people who have a coaching certificate but are not professionals; Thus, I am afraid to do sports. (Participant 25).

It is inappropriate to apply men's sports programs to women. Their anatomical structures and our anatomical structures are not the same. I have issues while doing sports because of these programs. (Participant 15).

As if men and women are unequal, the condescending speeches against women in the sports environment may have caused many women to quit sports. In particular, the fact that coaches treat female athletes as if they are men and do not show the necessary understanding can be described as one of the biggest problems experienced in the sports environment. (Participant 9).

In sports, especially when I am in my period, I cannot perform the required performance. Especially the changes I experience in my emotional state cause a decrease in my self-confidence and prevent the opportunity to show my complete performance. For this reason, it is necessary to consider women's special days and evaluate sports, especially competitions,

accordingly (Participant 6).

Nowadays, there is no point in having a coaching certificate. Many people have a coaching certificate, yet they usually speak without any idea or knowledge about training, which is one of the most significant problems hindering the development of sports. (Participant 2).

The idea that sports is an occupation that only men can do should be abandoned because many activities that men can do can also be done by women. I think this is a big problem caused by people not educating themselves enough in society, so women who do sports are seen as strange. Because sports are not considered an activity that women can do; So, there is an urgent need for people's understanding to change. (Participant 5)

I don't go to mixed gyms anymore. Because I don't feel comfortable, the clothes I wear are to be able to do sports more comfortably, but feeling the eyes of others on me all the time makes me very uncomfortable. That's why I prefer gyms where only women can join, to do sports more comfortably. (Participant 8).

There are often trainers in the gym who don't show people how to do sports moves. And because of the indifference of such people to their work, I always have the fear that if I do the movement wrong in sports, I will get injured. (Participant 12).

The clothes we wear for sports are perceived by some men as being worn to attract attention, and for this reason, I have problems in the sports environment due to disturbing looks. Exercising with people from different cultures, especially in the same place, can cause major problems regarding clothes. (Participant 10).

My biggest problem was being trained by an unprofessional. Since the information that a person, who has become a trainer with a friend's favor, can give me in sports will be wrong, my physical development will not be sufficient. So, the presence of incompetent people in sports limits women's development in sports. (Participant 7).

Discussion And Conclusion

Based on the current study results, there are expressions such as the perception of sports branches that women can do is different from men, expressing that only men can do sports, and the evaluation of the clothes worn in the sports environment with a sexist attitude. When the literature is examined, it is possible to come across studies that have results seeing female athletes as sexual objects and expressing discrimination regarding gender in sports. In addition, the results of studies showing women as sexual objects by the media support the current study's findings. According to the study results of Turan et al. (2022), female athletes who have achievements in their branches or women who do sports to be healthy are turned into sexual objects in front of the camera or various press and media organs and presented to the public. The results of Özdemir's (2018) study show that women's place in the sports environment is shaped on a discriminatory and sexist basis in extents such as success, power, and gender perception. Moreover, the results of the study titled "women in sports and their problems" by Yaprak and Amman (2009) show that women, who are actively involved in sports, are exposed to heavy gender discrimination and that women are in bad conditions compared to men regarding opportunities in sports. The sports environment, in which inequality between women and men is overt, actually still keeps the sad reality alive as a social structure that reflects the problems experienced by women today.

In the Second Workshop on Women and Sports (2018), the issues faced by women in the sports environment were discussed. According to the working group of participation in performance sports, situations such as gender inequality and discrimination in sports, control and pressure mechanisms of families, society, and all sports-related institutions on the bodies of female athletes, sexist discourses, concealment of sexual harassment and abuse in sports were considered as "issues". The solution proposals presented by the working group were gathered under the same headings and evaluated. Physical activity policies, problems arising from staffing and facilities, problems arising from the media, and gender-based social and cultural issues manifest themselves as 'Individual problems' in the group known as participation in recreational physical activity. Again, in the same workshop, gender distribution charts were created regarding sports in Turkey. According to the report, 71.37% of the athletes affiliated with the Federations are male, and 28.63% are female. These reports are accepted as

Karafil and Kaplan, 2023

A Study on The Problems Faced by Women in Sports

an indicator that marks that the problems experienced by women in the sports environment also affect the rate of participation and attendance in sports. This case can be explained by the fact that the male-dominated structure in society shows itself effectively in the sports environment. In another study, Yılmaz and Ulaş (2017) evaluated the problems faced by women in the sports environment in two factors: Insufficient sports fields and environmental factors. As per the results in the heading of the environmental factors, men look at women doing sports in an uncomfortable way, which is a factor that prevents women from doing sports. Consequently, a similarity with the present study was determined. In this case, the cultural values owned in the society can be considered as supporting evidence for the problems that women have experienced in the sports environment.

Another problem faced by women, according to the current study results, is that coaches do not have enough information about the coaching profession. As per the study of Sunay (2020), in which the opinions of the trainers were discussed, the trainers perceived the aims of the training programs implemented by the General Directorate of Youth and Sports differently, their expectations from the program were different, and the programs were insufficient regarding physical opportunities and duration. In addition, they found the Sports Anatomy and Sports Sociology courses unnecessary in terms of the content of the program, and necessary to include courses such as Skills Education, Coaching Practice, Thesis (Seminar), and Turkish Diction. Canpolat and Çakıroğlu (2016) studied the levels of nutritional knowledge of trainers working in bodybuilding and fitness centers and found that only 23.9% had a good level of nutritional knowledge. Considering the number of people benefiting from these gyms, it is crucial to certify these trainers and increase their level of nutrition knowledge. According to the results of the study by Nas (2022), in which the aims and experiences of customers exercising with a personal trainer were discussed, professional knowledge, communication skills, discipline, teaching skills, and motivation skills are significant competencies that personal trainers should have. In the current study, the inadequacy of the trainers is put forward as a problem due to the fact that the trainers, which are described as one of the women's problems, do not have enough knowledge, that female participants made negative evaluations as a reaction to male coaches, the trainers do not take care enough of the women, and that they are exposed to sexist behaviors

in the form of sports being seen as an activity performed only by men.

As a result of the study findings, it has been determined that the problems experienced by women in the sports environment are due to various factors. These factors are divided into different categories such as anxiety, unqualified trainer, misapplications, and issues based on the opposite sex. Accordingly, issues originating from the opposite sex are more common in the sports environment compared to others.

According to the research, most of the problems women face in sports are caused by men and these problems are often caused by cultural and belief values. We recommend other researchers in the field to investigate the problems women face in sports in societies with different cultural values. In addition, since investigating the problems experienced by men while doing sports with women will enable the evaluation of these problems, it is recommended that researchers conduct studies on this subject as well.

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Note: This research was presented as an oral presentation at **The World Women Conference-VI** held in Ankara between 17-19 September 2023.