

Sexual Harassment and Elite Sportswomen: A case of Pakistan

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Cite this paper: Din, B. M., Habib, M. B., Tabassum, Y., Sarwar, S., & Shafique, O. (2020). Sexual harassment and elite sportswomen: A case of Pakistan. *Paradigms, 14*(1), 178-182

The research related to sexual harassment might have been firstly conducted in the sports locations. There had been very limited work on sexual harassment in sports but since the mid-1980s the work on sexual harassment gradually started. In this study, the major objective was to explore the frequency of incidents of sexual abuse in the sports in Pakistan. Generally, there are three types of harassment (i) Verbal harassment (ii) Non-verbal harassment (iii) Physical contact and the major purpose of this research was to explore whether female players suffer sexual abuse or not. In this research researcher selected six hundred elite class female players of the twenty-five indoor and outdoor games of the Pakistan Olympic association and Pakistan Sports Board. The present research focused on the major categories of sexual harassment i.e. verbal, non-verbal and physical contact. The result of this survey revealed that male coaches were significantly involved in verbal harassment 23%, non-verbal 4.8% and physical contact 6.3% than male administrator, male spectators, and male athlete. Furthermore, the findings showed that male coaches highly involved in verbal harassment than non-verbal and physical contact. Male administrator highly involved in verbal harassment than non-verbal and physical contact. Male Spectators highly involved in verbal harassment than non-verbal and physical contact. Male athlete highly involved in verbal harassment than non-verbal and physical contact. The passing of time the number of female athletes of victimize of harassment gradually increasing in Pakistan.

Key Words: Sexual abuse, elite sports women, Coach.

INTRODUCTION

Female always plays paracontrolled for the amelioration of society. In all era women are being appreciated for their work for society. Indeed, for any society sexual harassment is considered a curse. Many researchers narrated about sexual harassment in different ways and according to them De-feminization is considered and is taken authentic as whole world (Brackenridge, 2000). Commonly sexual abuse is considered as the unwanted sexual at desire (Fejgin & Hanegby, 2001). In sexual abuse complied different practicing to talk in adequate manner, to comment negatively on other body during game and performance. All those activities which done by without permission and cause physical and mental disturbance (Brackenridge, 2000; Charney & Russell, 1994; Lackey, 1990). The research on the sports sexual harassment was being started in mid-1980. A great extent of work has been done in western centuries, but the present study considered pioneer study on sports sexual harassment in this country (Pakistan). The sexual abuse is found a problem in Pakistan because the political, social and moral thinking of the people regarding this immoral activity did not encourage the being to debate about it as it should be reviewed in our country. By Sexual abuse, the self-confidence of individual body personality gets a pessimistic effect (Brackenridge, 2000).

Most of the researcher of the world conducted the research on sexual Harassment of female students, teachers, employee furthermore researchers also accomplish different studies on female players by men trainer, coach and male administrative (Brackenridge & Spoilsports, 2001; Fasting, Brackenridge & Sundgot-Borgen, 2004; Hayden, n. d). August 2010 Daily Times of Pakistan done a survey and reported that female of public and private section complaint of sexually harassed by male officer, senior management staff. In Pakistan, two laws regarding sexual

abuse are in working and place had been made by the government in March 2010. Three-year police custody and fines of five lac or sometimes both these penalties are implemented by Pakistan Penal Code and criminal procedure, there had been made law of women sexual abuse in which penalties increase under the section of 509 of PPC. There is a need about practicing these laws at every platform by organizing different sexual harassment seminars under the unbiased inquiring committees for betterment. Sexual abuse has existed both in play field and academic institution (Hogshead-Makar & Steinbach, 2002). In sports and academic institution sexual harassment gradually increased and multiple reasons are following verbal, bad remarks on dress and doing unimportant comments on their personality during session (Muchena, Mapfumo & Dhlomo, 2015; Gunduz, Sunay & Koz, 2007). Unmarried women victimized harassment more than married women that was reported previous studies (Coles, 1986; Gutek, et al., 1980; Ryan & Kenig, 1991; Schneider, 1982; Tangri, Burt & Johnson, 1982). Female's sports harassment is not associated to any religion or area yet it's a worldwide curse (Ali, 2012). Not only Pakistan just victimizing this evil as well as Islamic and western country faces this problem too. In fact, in daily life Islam is one and the only religion that focused much more rights and honor of any female. In "Holy Quran's verses it is stated that all male and female have same human rights. Pakistan is a developing country and due to poor literacy rate especially to lot of Pakistani females do not have knowledge of theirs rights (Nawaz, Nawaz & Majeed, 2008). In Pakistan female hit hard by male in different places like bus stand, parks, and different recreation areas (Weiss, 1999). Laws are being implemented by Government of Pakistan regarding harassment but unfortunately sometimes those laws play less beneficial effects.

LITERATURE REVIEW

In the past few years, sexual harassment and transmission in sports had been investigated and quantitatively abstracted. Most studies were conducted on acceptable policies and were devoted to quantitative studies of sportswomen who had encountered distorted analytical problems because of the scale of sampling, agreement and ethics, and recognition of the conformity and effectiveness of their measurements. In a study on sexual harassment verbal or physical related to coach, results revealed that physical & sexually harassing verbal from coach were 2% athletes on the other side 1/5% heard sexist and slighting comments (Volkwein, et al., 1997).

There was another previous study of Great Britain on sexual harassment of male peer athletes and coaches. Results of that study revealed that was effect of a coach on various variables as follow: dress (17%), sleep (27%), hair style (10%), social life (30%), and diet/weight (56%) boyfriend's/sex life (14%). A result also revealed that male peer athletes also much involved to harassment those coaches (Yorganci, 1993). In another previous study of sexual harassment of Canada's athletes and freshly retire Olympic players. The results concluded that 266 female athletes had experienced that by administration people 21.8% sexual contact was and 8.6 % faced or sexual assault by different people and sexual harassment leaved negative impact on their social life (Kamau, et al., 2014). A study of Norway about sexual harassment 666 female were chosen whom ages were 15 to 39 years old and findings revealed that 28% sports women had faced of sexual abuse (Fasting, Brackenridge & Sundgot, 2000). A study of Czech Republic 595 female athletes selected, and results concluded 45% female athletes had experienced of this abuse in sports setting (Fasting & Knorre, 2005). A research of public medical school of Ghana and results revealed that 97.2% women medical pupils had faced of verbal, non-verbal and physical contact harassment (Norman, Aikins & Binka, 2013). A study was conducted by Australian Sports Commission in 2002 regarding harassment in sports; findings of that study was that 1 in 4 men practiced unwanted and sexual comment except touching other athletes and this was general in sports setting and sexual wording was considered by 1 in 10 women as a part of sports (Apaak & Sarpong, 2015). A survey of 155 professional sports women of tertiary institutions of Zimbabwe, results revealed that 14% of female athletes had experienced of sexual harassment by men coach, trainer and administration (Muchena & Mapfumo, 2012). Sexual harassment of Puerto Rican was a research of female athlete faces and writing responses. In this 63.4% of college women had faced sexual abuse and 46.4% additional gender interest; 5% had forced (Nogueras, 2010). A study that was done in Australia related to sexual abuse in sports, 31% female and 21% male had faced of gender abuse and in this 41% female and 29% male had suffered this abuse in sports environment (Zengin, 2012). In Turkey for the research 356 women athletes were selected and results concluded that harassment happened one time (12%), one to three times (31%), four to eight times (7%), five to eight times (5%) and All times (4%) (Nogueras, 2010).

In a study Norway sports, sexual abuse that 28% female players were experienced of sexual harassment and 15% female athletes

harassed by male coaches and management (Brackenridge & Spoilsports, 2001). Czech Republic female player also 72% had a sexually harassment in sports (Fasting, Brackenridge & Knorre, 2010). In addition, study, sexual harassment in sports by USA, 25% women athletes had alone accomplished and 50% of athletes had experience sexual harassment, 33% academy and 30% female sports women were acquaintance of sexual abused. Nine percent sports women were accepted that aggravation by drillmaster and 42% influenced those humans which are in contest task (Muchena, Mapfumo & Dhomo, 2015). In a previous study about by Danish sport college Denmark, findings revealed that 25% female athlete had suffered of harassment and harassment by coach in the age of eighteen (Nielsen, 2001). A research of sexual abuse in college female athlete; result revealed that (28% men trainer), (11.1% assistant trainer), (77.7% male) and (22.2. % female) had experienced of this abuse (Fasting, Brackenridge & Sundgot-Borgen, 2004). Another study 81% women had experienced of sports sexual harassment and 90% had experienced in institution and 25 % commonly harassed (Lipson, 2001). A study of Australia 21% men and 31% women experienced of harassment and gender abuse in whole this 29% male and 41% harassment by sports setting (Leahy, Pretty & Tenenbaum, 2002).

This research related to sexual harassment might have been firstly conducted in the working environment and instructive sports locations. There had been very limited work on sexual harassment in sports but since the mid-1980s the work on sexual gradually started. Throughout the world research and particularly the present research which was initial step likewise noticeable effort on the nature to predominance and anti-harassment fight to school, colleges, universities, and the whole Pakistan. Furthermore, in the country Pakistan there was little written research work existed related to sports sexual harassment. In this study, the major objective was to explore the frequency of incidents of sexual abuse in the sports in Pakistan. Generally, there are three types of harassment (i) Verbal harassment (ii) Non-verbal harassment (iii) Physical contact and the major purpose of this research was to explore whether female players suffer sexual abuse or not.

METHODS

In this research, the researcher used quantitative paradigm. In this study only those six hundred (600) professional females athletes selected who were the player of intervarsity and also took part in national & international competition. The target sample women age consisted between 20 to 32 years. At this concerning women had been accommodating in the afterward sports beneath Pakistan Olympic Association and Pakistan Sports Board, codes of sports, Table tennis, Soccer, Netball, Cycling, Volleyball, Handball, Rowing, Rugby, Basketball, Karate Rowing, Hockey, Tennis, Archery, Tennis, Athletics, Badminton, Squash, swimming, Gymnastics, Ju-jitsu, Wrestling, Cricket, Judo, and Weight lifting. The information accumulation was accomplished within in 5 months; sampling was during the visits of altered training camps and throughout sports tours. Adapted Twenty-item self-administered questionnaire (Muchena & Mapfumo, 2012). Which divided into three parts (i) verbal, (ii) no-verbal (iii) physicalcontact. Data was sorted out on that had the elite sportswomen suffered sexual harassment or not. The tool had

gathered from all the sample and response rate was hundred percent. As most of sports women were less familiar with English language in the country of Pakistan, so to overcome this language difficulty the researcher translated English adaptation of tool into Urdu through the help of some Urdu language specialist. For analysis of information first coded all the variables to assess data through Statistical Package for Social Sciences (SPSS-25). Frequencies & percentages were utilized to count responses and to get results.

RESULTS

Table 1: Results of all types of Harassment

Harassment Experience	Option	Frequency	Percent	
	Yes	291	48.50%	
No	309	51.50%		
Total	600	100.00%		
Verbal Harassment	Option	Male		Male
		Coach	Administrator	Athlete
Non-Verbal Harassment	Frequency	138	34	7
	Percent	23%	5.70%	1.20%
Physical Contact	Frequency	29	-	1
	Percent	4.80%	-	0.20%
Physical Contact	Frequency	38	1%	-
	Percent	6.30%	0.20%	-

Table 1. Results showed that 48.5% elite women players had accepted harassment experience in Pakistan. In the verbal type of harassment 23% male coach, 5.7% male administrator, 6.3% male spectator and 1.2% male athlete were involved in this abuse. Non-verbal type of harassment 4.8 % male coach, .8% male spectator and .2% male athlete involved in this abuse. Physical contact with elite sports women 6.3% male coach and .2% male administrator involved in this abuse.

DISCUSSION

In this study, the major objective was to explore the frequency of incidents of sexual abuse in the sports in Pakistan. There are cultural values and social norms variation in Pakistan. For sports women, there are available separate women hostel in Pakistan sports Board and another sports institution. In the current study 48.5% professional sports women had experienced of sexually harassed in Pakistan. Sexual abuse percentage differs due to religion and cultural values of countries. Percentage in Pakistan of this evil is (48.5%), of harassment rate higher than other countries like United State of America (Volkwein, et al., 1997), Great Britain (Yorganci, 1993), Norway (Fasting, Brackenridge & Sundgot, 2000), Czech Republic (Fasting & Knorre, 2005), Denmark (Nielsen, 2001), Norway (Fasting, Brackenridge & Sundgot-Borgen, 2004), Australia (Apaak & Sarpong, 2015), Zimbabwe (Muchena & Mapfumo, 2012). On the other side Pakistan had low percentage of sexual abuse than Ghana (Norman, Aikins & Binka, 2013), Australia (Zengin, 2012), Puerto Rican (Nogueras, 2010), Turkey (Nogueras, 2010), Czech Republic (Fasting, Brackenridge & Knorre, 2010), USA (Lipson, 2001).

The result of this survey revealed that male coaches were significantly involved in verbal harassment 23%, non-verbal 4.8% and physical contact 6.3% than male administrator, male spectators, and male athlete. Furthermore, the findings showed that male coaches highly involved in verbal harassment than non-verbal and physical contact. Male administrator highly involved

in verbal harassment than non-verbal and physical contact. Male Spectators highly involved in verbal harassment than non-verbal and physical contact. The results of present study supported with the previous study (Muchena & Mapfumo, 2012) that male coaches were highly involved verbal and physical contact harassment than male spectators and male peer athletes. The male spectator highly involved in non-verbal harassment.

CONCLUSION

From the concluded point of view the results revealed that sexual harassment is spread day by day all over the world. Pakistan also carries a large amount of victimize sports female who faced this abuse in their sports career, and it led to 48.5%. The rate of sexual abuse in Pakistan is higher than some nations but some of other nations have higher rate as compared to Pakistan. The growth of the cases of sexual harassment put negative impact on female sports participation in Pakistan because many of elite, middle and poor class families permit their females for playing in childhood but not in adulthood as professionals due to this immorality and male coaching also become another issue in our country because this trend is against to the cultural values. So, to overcome this issue there is need to arranged female coaches for females because by female coaching this abuse would be reduced and female participation will be increased. And might be with the passage of time it might be possible that abuse decreases, and male coaches better understand the rights of women through training sessions regarding harassment and laws set by authorities.

RECOMMENDATIONS

Indeed, sports sexual abuse is a global curse there is not even a single country that is being escaped from this abuse. Each year hundreds of females participated in different sports in domestic competitions but many of females left sports and their sports career due to harassment incidents in sports and not continue sports nationally and internationally. In this present research, very efficient sample size was adopted but close ended questionnaire used in this survey that is considered less efficient. In future research, there can be used qualitative and open-ended questionnaire that is more efficient for future survey. The researcher suggests some important recommendation to overcome the harassment cases and put some key point for sports authority to reduce the harassment,

- To avoid disturbance, sports authorities should organize training camp of all sports women at one place
- Government of Pakistan should take strict actions against all sports women harassment cases.
- International Olympic committee should ban those male athlete and coaches who are involved in this immorality
- During competition and camps male coaches are restricted to visit women changing rooms and rest places.
- Pakistan Olympic association must conduct awareness seminars regarding sexual harassment for coaches and trainers.
- During practice male coaches does not touch body parts of female athletes without necessary permission.
- Females should remain alert all the time to take evident action against the coaches and trainers against the violation of rules and regulations made by the authority.

- Keep away the unknown people during competition and camp session. If there is need to meet the unknown, then in that situation there is necessary to inform sports management authority and parents.
- Sports women need to keep distance from both the athlete and the trainer.
- Protect allowable liberty of players and coaches, do not retaliation.
- In order to avoid the sexual harassment, there should be some proper strategy and rules by the relevant authority of sports.
- Through Finest coordination between sports women, parents, caretakers, and sports authority can reduce sexual harassment in sports.
- Sports women don't drive alone with a male athlete or trainer.

ACKNOWLEDGMENTS

We are thankful to all players of Pakistan Olympic Association and Pakistan Sports Federation for their support. I am (Corresponding Author) grateful to my beloved parents, who have always given me their unreserved support, "Thank you for your unceasing prayers for me" Last, but not least, my sincere thankfulness goes to all my friends & Supporters.

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