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Promoting Women's Participation In Community Sport In Ward 10 Of Buhera District In Zimbabwe

By

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Declaration

I, Lawrence Jonah Rumbwere, declare that this dissertation, submitted for the Bachelor of Science Honours degree in Sports Science and Management at Bindura University of Science Education, is entirely original and has never been submitted for academic credit at any other university.

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Supervisor Approval Form

I certify that the student, Rumbwere Lawrence Jonah, was under my supervision. I further certify that he has attended all scheduled meetings with me and has fulfilled all the requirements that I set before him as the supervisor. It is my professional judgement that the dissertation is of a sufficiently high standard to be submitted with my name attached to it as the supervisor. I hereby release the student to submit his dissertation for marking without reservation.

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DEDICATION

I dedicate this research study to my wife, Maude, my daughter Princess Calister, my son, Brian, and my grandson Elon.

ABSTRACT

The purpose of this study was to develop strategies to promote the participation of women in community sports in Ward 10 of Buhera District. The study adopted a qualitative approach. A sample of thirty (30) local women was purposively selected from Ward 10 in Buhera District. Semi-structured interviews were used to collect data. Data was presented in tables and narrative forms and analyzed qualitatively, using semi-structured pie charts and graphs in line with the aim of this study. The study found that the participation of women in community sports in Ward 10 of Buhera was low due to cultural, environmental, and psychological factors. The study established that most women did not have free time to participate in community sports because of household duties such as domestic chores, child-bearing and caring roles, and farming activities, which they were supposed to do. Also the study found that the sporting facilities specifically for women's sports in Ward 10 of Buhera District were very few and in bad shape. The support from society was also not encouraging. The study also found that most women did not take part in community sports because there was no internal or external motivation. Another fact revealed by the study is that most of the women did not take part in community sports because of a lack of confidence in themselves. The study further revealed that most women were accepting their fate in society to such an extent that they did not see any reason for taking part in sports. The study recommended the following: the Ministry of Sports, Arts, and Culture to organize workshops with local leaders, educating them on issues to do with gender equality in sports; MOSAC to encourage local business people to sponsor women's clubs; MOSAC to select and train selected individuals in the ward on how to manage facilities in Ward 10 of Buhera District; MOSAC together with Women Organizations to organize workshops and awareness campaigns so that women in the ward can be taught their rights. There is a need for MOSAC to offer training courses to women in the ward. The study also recommended future research to determine the impact of the recommendations given in this study on the participation of women in community sports in Ward 10 of Buhera District.

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ABBREVIATIONS

AAC- African Apostolic Church

AAS - African Apostolic Sect

IOC- International Olympic Committee

MOSAC - Ministry of Sport, Arts and Cuture

NGP - National Gender Policy

NSRP - National Sport and Recreation Policy

UPC - United Pentecostal Churches

WDC - Ward Development Coordinators

ZOC - Zimbabwe Olympic Committee

CHAPTER 1: THE PROBLEM AND ITS SETTING

1.1 INTRODUCTION

This chapter focuses on the Background to the Study, Statement of the Problem, Research Questions, Research Objectives, Significance of the Study, Delimitations of the Study, and the Research Outline.

1.1 BACKGROUND OF THE STUDY

There is a notable anomaly in how community sports are conducted in Ward 10, Buhera District, with women, seemingly taking a somewhat backstage role. Very few women are visible and, mostly, they participate as spectators. This raises questions about the reasons why women are not taking up community sports. One is also made to wonder if enough has been done and is still being done, to encourage women to increase their participation in community sporting activities.

According to Mukurumbira (2015), many declarations and policies have been developed to increase the representation of women in sports governance structures. The Brighton Declaration provided an outline of the principles that have to be implemented concerning gender equality in sports (Mukurumbira 2015). One of these principles states that the number of women in decision-making positions in sports organizations should increase (International Working Group on Women and Sport, 2012). The Olympic Charter stipulates that one of the roles of the International Olympic Committee is "to encourage and support the promotion of women in sport at all levels and in all structures, to implement the principle of equality of men and women" (Rule 2, paragraph 7). The IOC also recognizes the role of gender equality in effective sports administration and continues to raise awareness of the significance of the promotion of women and girls in sports at all levels and structures (Mukurumbira 2015).

However, Chireshe (2013) argues that women's opportunities in life are fewer in comparison to those of their male counterparts. Women are expected to play a larger role in running the home and bringing up children (Chireshe, 2018). According to Chireshe (2018), in a typical African society, the responsibility of women is to sweep floors, clean dishes, wash clothes and cook. Women do not have the time to participate in sports because they are busy doing household chores and looking after the home (Chireshe, 2018).

Globally, women are demanding changes in the society (Mukurumbira 2015). They want to be given equal status with men because they argue that they are capable of doing the same things as men. National and international frameworks have been developed to address this scenario (Mukurumbira 2015). One of the statutes of the Universal Declaration of Human Rights of 1948 is the right of everyone to freely participate in the cultural life of the community (Mudekunye, 2018). The Zimbabwean government has also made some strides in availing equal opportunities to both men and women in accessing education, employment, health, and business (Mukurumbira 2015). The Model Gender Policy for Political Parties of 2018, stipulates that women deserve equality and should participate as equal partners in the development processes of the country (Zimbabwe Gender Commission, 2018). This means that both men and women must have equality in participating in sporting activities because the policies stipulate that everyone in society should be involved in decision-making processes. Some of these decision-making processes are in sports.

The Zimbabwean constitution which was adopted in 2013, introduced a quota system in which women are allocated 60 seats for proportional representation in the National Assembly (Sachiti, 2020). This was done to give women an opportunity to participate in the development of the nation. It had been noted by various organizations that women were not being accorded a fair chance in society and there existed a wide disparity between men and women in terms of opportunity (Mukurumbira 2015). So, the government decided to address the issue of gender disparities in society through the national constitution.

In the sports sector, the Ministry of Sport and Recreation produced the National Sport and Recreation Policy (NSRP) which was launched on September 8, 2016 (Mhlanga, 2017). The then Minister of Sport and Recreation, Makhosini Hlongwane, announced that the Sport and Recreation Policy specifically mentioned the inclusive thrust of the policy, particularly about women and vulnerable groups in sport (Mhlanga, 2019). The current Minister of Sport, Arts and Culture (MOSAC), Kirsty Coventry, has also called for a collective effort to create equality in sport (Mhlanga, 2019). Therefore, these statements show that the national leadership in the sports sector is aware of the fact that women are not fully involved in sports.

Apart from that, the Zimbabwe Olympic Committee (ZOC) has also made some effort to denounce gender discrimination and inequality in sports (Mukurumbira, 2015). In November 2013, ZOC held an awareness campaign encouraging women to be involved in sport (Mhlanga, 2019). It had been noted that women were failing to participate in sports due to lack of

confidence, and cultural and social beliefs (Mhlanga, 2019). Therefore, women were encouraged to take part in sports regardless of these factors because it is their right to do so (Mhlanga, 2019).

The Zimbabwe Government has implemented numerous strategies to address the issue of gender discrimination and inequalities in the country, yet women in different societies are still being oppressed (Mukurumbira 2015). Sadly, these women are not allowed to participate in sporting activities even though participating in sports is beneficial to them and the country at large. According to Mukucha (2017), sport helps in the improvement of female physical and mental health, offering opportunities for social interaction, increasing confidence, and reducing the risk of depression. Williams (2017) also argues that if women are not given opportunities to participate in sports, they can end up having poor physical and mental health as well as getting exposed to the risk of depression and stress-related complications.

Manyonganise (2010) identified culture as the most common factor that causes women not to participate in sports. According to Manyonganise (2010), culture is central to the construction and maintenance of gender structures in every society. This entails that women and men should know their socially ascribed roles and duties for society to function well. For example, an ideal woman should stay at home always, do chores, and look after children while the ideal man should not be seen loitering around his home (Manyonganise 2010). In other words, men have plenty of time to pursue sporting activities because they are not attached to household duties like their female counterparts. Kirth (2012) blames African cultural philosophies for depriving women of the many benefits obtained through participation in sports. This means that the issue of gender socialization is the major culprit in promoting cultural practices that prevent women from freely and actively participating in sports.

Besides cultural factors, Elendu and Okanezi (2013) identified environmental and psychological factors as influences that hinder the participation of women in sports. Environmental factors such as the availability of facilities contribute to the participation level of women in sports. According to Elendu and Okanezi (2013), if there are no sporting facilities specifically for women or if the facilities are in a poor state, women end up abstaining from sporting activities because of fear of injury. Therefore, psychological factors, such as a lack of courage to participate in sports, can be regarded as a hindrance, hence affecting their participation level in sports (Elendu and Okanezi, 2013).

However, one can argue that the strides made by the government are failing to achieve the desired goals of addressing the issue of gender discrimination in sports because the status quo has survived for a long period. Mudekunye (2018) has also noted that the gender policies that have been formulated by the government have very little effect on changing traditional cultural practices that prevent women from participating in sports. It is not clear why the government is failing to enforce these policies to address this issue permanently (Mudekunye, 2018). The National Sport Policy which was launched in 2016, as proposed by Mudekunye (2018), should be reviewed periodically. Moyo (2020) argues that what is outlined in the policy has not been achieved so far. Therefore, the failure can be attributed to the fact that not enough studies have been carried out on the impact of different cultural practices on the participation of women in sports (Manyonganise 2010). Hence, there is no strategy on how to tackle the issue of gender discrimination and inequality in various societies because women are faithful to cultural values in their societies. They are inseparably bound to societal and ethnic norms and values.

Many studies have been conducted on inhibiting factors that prevent women from participating in sports. However, not much has been done on how to improve women's involvement in community sports. For this purpose, this particular study was inspired by the need to bridge the knowledge gap on the measures that can be employed to promote the participation of women in community sport, specifically in Ward 10 of Buhera District.

1.3 STATEMENT OF THE PROBLEM

In Zimbabwe, the government has the mandate to promote equality between men and women within the communities. This responsibility cascades from the top to the bottom of the political, civil, and social hierarchy. However, despite efforts to eradicate gender disparities and inequalities, there are different obstacles to the participation of women in community sports in the Buhera District, particularly in Ward 10. This is evidenced by the number of community tournaments that are being organized within the ward where only men participate. These include the Mutomba Trophy, the Scorpion Empire Birthday Bash, the Kandava Tournament, the Machaka Tournament, and the Murambinda Area Zone League.

These community events showcase male sporting talent while reducing women to mere spectator roles. Some women attend these sports activities but they only come as supporters or spectators, maintaining a somewhat subdued presence. This raises the question of cultural influences, as Mudekunye (2018) points out while arguing that culture stifles the behaviour of women, maintaining a tight grip on how they behave in public. The women are forced to

maintain a veneer of dignity when in public, especially if they are married (Mudekunye, 2018). In some communities, participation in recreational activities by women can be misconstrued as loose or immoral behaviour (Mudekunye, 2018).

However, Ward 10 of Buhera is not a very traditional community that exercises such grips on women's behaviour to the extent that they cannot be themselves during recreational activities. It is a modern civilization that boasts of nine townships, and social and economic hubs, which offer the community a variety of entertainment opportunities. It is thus a cause of concern when women are not participating in community sports. Therefore, the study aims to suggest interventions and strategies that can raise the participation level of women in community sports in this ward of the Buhera District.

1.4 SIGNIFICANCE OF THE STUDY

Due to limited research on the strategies to promote women's participation in community sports in Zimbabwe, the study can add value to the body of knowledge by bridging the knowledge void in the area of the participation of rural women in community sports. The study also provides recommendations that would make society realize that women should be allowed to participate in sports. Women can benefit from the study a lot because they would realize that participation in sport is their right regardless of the views of society. Women's participation in sports has extensive effects on their health, which would greatly improve the overall health and wellness of the whole community and nation. Implementation of the suggested proposals has the potential to increase the sports participation of women in Ward 10 of Buhera District and other culturally similar rural communities. Women can also derive the accompanying benefits associated with community sports.

1.5 RESEARCH QUESTIONS

Primary Research Questions

a. What measures can be implemented to raise the participation levels of women in community sports in Ward 10, Buhera District?

Subsidiary Research Questions

a. What are the current levels of women's participation in community sports in Ward 10, Buhera District?

b. What are the factors influencing women's participation in community sports in Ward 10 of Buhera District?

c. What policies or strategic interventions to current practices can be implemented to facilitate the participation of women in community sports in Ward 10 of Buhera District?

1.6 RESEARCH OBJECTIVES

Main Objective

a. To identify strategies that can be implemented to raise the participation levels of women in community sports in Ward 10, Buhera District.

Subsidiary Objectives

a. To identify participation levels of women in community sports in Ward 10 of Buhera District;

b. To identify the factors that influence women's participation in community sport in Ward 10 of Buhera District;

c. To propose policies or strategies that can be effected to promote women's participation in community sport in Ward 10 of Buhera District.

1.7 DELIMITATION OF THE STUDY

The study was confined to Ward 10 of Buhera and it deliberated on the participation of women in community sport. Therefore, the findings would not be generalized to the whole nation because the factors that hinder or promote sport participation of women in sports differ from one society to the other. The study was focused on community sports and should not be used to refer to any other sports forum or area of study.

1.8 STUDY OUTLINE

The study set out to propose strategies to promote the participation of women in community sports in Ward 10 of the Buhera district. This involved identifying the current participation levels of these women in community sporting activities, identifying the factors that are influencing current behaviour, and then suggesting interventions that can be adopted to correct the situation. The study involved a review of the literature on the concept and attempts that have been made by both society and the Government to address the anomaly, as well as gaps

that can still be explored. An appropriate research instrument was designed to collect the data using semi-structured interviews. The data collected was compiled and analysed. The information gathered was then reviewed to identify areas that can be addressed to promote the participation of women in community sport.

1.9 CHAPTER SUMMARY

The chapter focused on the Research Problem and the Problem Setting. The reason why the research was being carried out was that the researcher wanted to bridge the knowledge gap on the participation of women in community sports in Ward 10 of Buhera. The researcher defined questions at the beginning of the research process to make the research study successful. The research objectives derived from research questions were set for the researcher to attain targeted goals in the study. It was observed that the study is vital to understand certain behaviors relating to women and sports. However, the fact that the study was done in the Buhera District, the findings should not be generalized to the whole nation because factors that influence the sports participation of women differ from one society to another.

CHAPTER 2: LITERATURE REVIEW

2.1. INTRODUCTION

This chapter focuses on Conceptualisation, Theoretical Review, and the Thematic Review of the research. An attempt was made to provide an understanding of the concepts involved and to provide an elaborate meaning of terms adopted during the research.

2.2. CONCEPTUALISATION

The notion that women are not active in community sports is a complex issue backed by various literary sources. The factors can fall under five broad frameworks, namely: social and cultural barriers, lack of access and opportunities, stereotypes and bias, and time constraints and domestic responsibilities.

Among the social and cultural barriers to women's participation in community sport, are the roles that women are often limited to in society (UN Women, 2020; Owusu-Ansah, 2019). A survey by the African Development Bank (2019) found that fifty-six percent (56%) of women cited cultural and social barriers as the primary reason for not participating in sports. Women are often restricted by domestic and childcare responsibilities, thereby stifling sports participation. According to the World Health Organisation (2018), thirty-four percent (34%) of women globally engage in physical activity, compared to forty-two percent (42%) of men.

Women have limited access to sports infrastructure, equipment, and training programs (Schultz, 2018). The Africa Sports Development Network (2020), reports that women in Africa face significant barriers in accessing sports facilities, coaching, and resources. According to a study by the International Centre for Sports Security (2019), seventy-one (71%) of African women reported lack of access to sports facilities as a major barrier to participation. This negatively impacts their participation in community sports. So, in essence, women suffer from a lack of access and opportunities in sports.

The other factor that hinders women's participation in community sports is economic constraints (World Bank, 2020). Poverty and economic instability limit women's access to sports, prioritising basic needs over recreational activities (Amusa and Toriola, 2018). A UK study found that sixty-three percent (63%) of women reported lack of time as a barrier to sports participation (Sport England, 2019). This implies that women would rather spend their time doing what they consider to be more worthwhile activities.

Women suffer from limited awareness about the benefits of sports participation and lack of education on health and wellness (WHO, 2018). This contributes to the low participation levels of women in community sports. Coupled with inadequate policies and governance structures, women get short-changed in pronounced sports development in Africa (Africa Sports Development Network, 2020).

Effective promotion of women's participation in community sports depends on the measures put in place to counter the effects of the factors that hinder women from actively participating in community activities.

2.3. THEORETICAL REVIEW

Several theories have been brought forward to explain why women are not as active as men in social community activities, not only in Africa but worldwide. These theories include the Gendered Social Norms Theory (Oduro et al., 2018), the Economic Constraints Theory (Amusa and Toriola, 2018), and the Institutional Barriers Theory (Flintoff and Fitzgerald, 2017). These theories give an overview of the main factors that hinder women from participating in community sports.

The social and cultural norms in many African societies restrict women's participation in community activities (Oduro et al., 2018). Women are often expected to prioritise domestic and childcare responsibilities over community engagement (Mwanga and Mwanga, 2020). These norms are reinforced by patriarchal systems, limiting women's autonomy and decision-making power (Afolabi and Oke, 2019). Gender stereotypes are used as a tool of women's suppression resulting in few women being active in community engagements. This is known as the **Gendered Social Norms Theory**.

Chireshe (2018) argues that, in African society, a woman's responsibility is to sweep floors, wash clothes, and cook and serve food to children and husbands while men have little or nothing to do. Mudekunye (2018) adds that the roles of the ideal woman are associated with childbearing, rearing, and executing all domestic chores with no physical exercise programme. Mudekunye (2018) also supports that women are always at home doing household chores while the girls are emulating their mothers. It can, therefore, be surmised that, due to gender roles, women have a lot of work to do that might limit their participation in sporting activities. This implies that men might have plenty of time to enjoy sporting activities while their counterparts

might be occupied with household duties (Mukurumbira 2015). Therefore, cultural practices have an impact on women's participation in sports due to gender-ascribed roles.

African patriarchal culture has been seen as a factor that influences the participation of women in sports. It was noted by Manyonganise (2010) that patriarchal norms and values affect women in their families because men maintain superiority in the family and home. Men are given opportunities to do what they want, without monitoring, while women are always under surveillance (Mudekunye, 2018). If a wife complains about her husband to her in-laws, she can be told that she must not compete with her husband because they are not of the same status. This means that regardless of the women being talented in sports if their husbands do not allow them to participate in sports, they should not complain because society does not value them as much as men (Mudekunye, 2018). They have to respect the hierarchy in their families – meaning that they have to always be submissive to their husbands.

Mudekunye (2018) pointed out that, in some societies in Zimbabwe, females are expected to do agricultural tasks, including cultivation of fields, herding of cattle during the rainy season, taking cattle for dipping, and guarding the fields against baboons. This implies that some societies create more opportunities for men to participate in sports while women are burdened with a lot of work in the community, thus creating fewer opportunities for them to engage in community sporting activities (Mukurumbira, 2015). This, therefore, creates wide discrepancies in the sports participation level of women and their male counterparts.

Mudekunye (2018) notes some societies do not allow women to sing and dance in public as spectators supporting their teams because it may be considered immoral for married females. It is believed that when they sing and dance, they have a habit of shaking the lower parts of their bodies, which, according to the African culture, is seductive and not proper, because men end up being aroused by such dances (Mudekunye, 2018). Therefore, married women abstain from sporting activities as spectators or supporters due to fear of being labelled prostitutes. On the other hand, women might end up putting the names of their husbands into disrepute through their behaviour during sports activities (Mudekunye, 2018). To avoid such labelling, women end up accepting that sports are for men only, not women since society creates more opportunities for men to discover their talent in sports (Manyonganise, 2010). This affects the rate at which women participate in sports.

Women should be submissive to their husbands (Mudekunye, 2018). In other words, they have to be accorded rights by their husbands to participate in sports. Mudekunye (2018) purports

that a married woman is not an independent being because she belongs to her man who is responsible for her. If a man declares that his wife should not take part in sporting activities, the wife cannot challenge him because of various reasons (Mudekunye, 2018. This reason is presumed on the fact that the husband owns the wife because he paid lobola for her (Mudekunye, 2018). Challenging the husband is regarded as taboo and is considered a sign of bad morals within society and the wife can be labelled, "*The cock of the home,*" for challenging her husband (Mudekunye, 2018). The men have a right to divorce such women because men do not want to live with women who do not listen to, or respect, them. As a result, taking the order not to participate in sports from the husband is the only way to save their marriages (Mudekunye, 2018). For this reason, women abstain from sports activities.

The **Economic Constraints Theory** suggests that economic constraints, such as lack of access to education, employment, and financial resources, hinder women's participation in community activities (UN Women, 2020). This implies that women's economic dependence on men can limit their autonomy and decision-making power, making it difficult for them to participate in community activities (Amusa and Toriola, 2018). With improved economic empowerment, women can increase their participation in community activities (UN Women, 2020).

According to Mukurumbira (2015), the Constitution of Zimbabwe and the Gender Policy stipulate the principles of gender balance and advocate for the full participation of women in all spheres of society, sport included, by stating that women should be equally represented in all institutions and agencies of government at every level. They further specify that women should constitute at least fifty percent of the membership of all Commissions and any other elective and appointed governmental body established by, or under, the Constitution or any Act of Parliament (Mukurumbira 2015). According to (Mukurumbira, 2015), notwithstanding the above statutes of the Constitution of Zimbabwe, women are still inadequately represented in sport. Patriarchal practices and customs in the Zimbabwean society are the major cause of these low participation figures.

The third theory is the **Institutional Barriers Theory**. According to this theory, discriminatory laws and policies can also limit women's rights and opportunities, hindering their ability to participate in community activities (Africa Development Bank, 2019). Institutional barriers, such as lack of access to information, transportation, and childcare facilities, restrict women's participation in community activities (Flintoff and Fitzgerald, 2017). According to *Yufei Qi et*

al (2024), obtaining accurate, precise, and timely information in sports has increasingly acquired significance as the sports industry continues to gain global expansion.

Women's participation in sports has become an area of concern to many scholars, because the female gender is not yet fully involved in sports despite the efforts of different governments and organizations, globally, to create equal opportunity between men and women (Mukurumbira, 2015). This can be due to various factors. According to Elendu and Okanezi (2013), cultural, environmental, and psychological factors affect women's participation in community sports.

In community sports, according to *Parent Press* (2023), team spirit can be fostered through participation in community sports. Friendships and partnerships emerge from team sessions. Community sport fosters an atmosphere of inclusiveness in which community people of different sports proficiencies and abilities come together and engage in sports (*Parent Press,* 2023). Participants do not only learn the sport, but also acquire essential life skills such as teamwork, communication, and perseverance (*Commonwealth of Australia*, 2023). It is a fantastic way for people to experience a sense of belonging while, at the same time, learning new skills (*Parent Press,* 2023).

The participants celebrate diversity and fun by not picking the best players and mixing up the teams (*Parent Press,* 2023). Community sport is not about winning, but about playing together and having a ball (*Parent Press,* 2023). It provides networking opportunities for the participants, as it provides the opportunity for as many people as possible to participate in sports, thereby improving the general wellness and fitness of the general populace (*Commonwealth of Australia*, 2023). Regular meetings and training sessions encourage routine practice (*Parent Press,* 2023). It benefits participants by improving physical health, as well as reducing the risk of chronic diseases and mental health conditions, particularly by reducing isolation, as participants engage in community life (*Commonwealth of Australia,* 2023). It improves the potential of participants by providing new challenges and personal goals. The participants realize new capabilities through involvement in sports.

Culture has a very significant impact on life. Some of these cultural impacts are seen through women because they fail to realize their potential in certain areas (Idang, 2015). As a result, the culture of a given society can influence gender roles, female attire, unhu or ubuntu, patriarchal nature, and the space that women should occupy Mudekunye (2018), Chireshe (2013), and Ogidan, Onifade, and Ologele (2013).

2.4. THEMATIC REVIEW

Women's participation in community sports is disproportionately low, with far-reaching consequences for physical and mental health, social connections, and overall well-being. This review synthesizes literature from the past decade to identify themes and factors contributing to this phenomenon.

2.4.1. Theme 1: Socio-cultural Barriers

Several cultural factors are alleged to play a significant role in influencing behaviour in African society. These behaviours can influence women's participation in community sports. Cultural beliefs are ingrained in an individual from an early age through socialization (Chireshe, 2018). Cultural beliefs, attitudes, norms, values, and behavioral practices are inculcated in the members of a community and end up being accepted as standard behaviour.

Socio-cultural barriers to women's participation in community sports come in the form of gender stereotypes, patriarchal systems, and cultural expectations (Oduro et al., 2018; Afolabi and Oke, 2019). Women are often expected to prioritize domestic and childcare responsibilities over community engagement. In the Zimbabwean culture, a woman has her own space to occupy in society (Mudekunye, 2018). Culturally, an ideal woman stays at home. This implies that society does not allow women to go out for activities such as sports because their place is in the home.

There is a belief that women are talkative and love gossip, so if they leave home, they are likely to spread gossip that can end up tarnishing the image of family and society (Mudekunye, 2018). Therefore, staying at home is regarded as a way of minimizing the spread of gossip. However, this belief hinders women from participating in sports because sporting activities occur outside of the home (Mudekunye, 2018). As a result, the sports participation level of women does not improve regardless of the effort made by the government.

In Zimbabwe, cultural Shona society is very particular about the dress code of women (Mudekunye, 2018). It is taboo for women to wear clothes that expose their body parts. However, in sports, athletes should wear these types of clothes so that they can perform the activities properly. For example, shorts, gym skirts, and tights are the proper attire for participation in sports. Since in Zimbabwean culture, female attire in sports is viewed along traditional gender lines, women are not supposed to wear such attire because it exposes their essential body parts (Mudekunye, 2018). Mudekunye (2018) also concurs that it is taboo for

women to wear clothing that does not cover their bodies properly. According to the above observation made by these scholars, one can safely conclude that women are left with no option but to avoid participation in sports. Also, it should be noted that due to these cultural practices, no husband is comfortable when everyone sees his wife improperly dressed. Hence, the man will be forced to bar his wife from participating in sports, and, on the other hand, the woman may disgrace herself and her family through the wearing of socially unacceptable clothes.

Apart from that, some women who have opportunities to participate in sports seem not to be comfortable participating while wearing clothes that expose their bodies. Mudekunye (2018) agrees that most women are not comfortable participating in tights, gym skirts, and tee-shirts that expose their bodies. Mudekunye (2018) adds that clothing that exposes body parts during sporting activities prevents women from being physically active due to the fear of being rebuked and humiliated. That feeling of discomfort, instilled by cultural beliefs, can cause most women to avoid participating in sporting activities. The issue of female attire negatively affects the sports participation of women because some of them believe that such clothes are not good because they expose their bodies.

2.4.2. Theme 2: Lack of Access and Opportunities

Limited sports facilities, equipment, and training hinder women's participation (Flintoff and Fitzgerald, 2017). Insufficient role models and mentors further exacerbate this issue (Women in Sport, 2019).

The state and availability of facilities also contribute to the participation level of women in sports. According to Flintoff and Fitzgerald (2017), a lack of community facilities hinders the participation of women in sports. Dhirender (2015) adds that poor access or availability of venues, lack of information on the availability of facilities, lack of appropriate facilities, and lack of physical access to the facilities are barriers for women in sports participation. This means that when a community has no sporting facilities specifically for women, the sports participation level of women in that community cannot grow because it is difficult for both men and women to share the same facilities (Mudekunye, 2018). Unfortunately, women will end up giving up the opportunity to use the facilities to their male counterparts. Apart from that, if the available facilities are in bad shape, the users of the facilities are likely to avoid using them due to the fear of getting injured. Flintoff and Fitzgerald (2017) agree that a lack of planning ahead for activities results in injuries to participants. Therefore, one can note that sports facilities are critical in the participation of women in sports.

2.4.3. Theme 3: Institutional and Policy Barriers

Discriminatory policies, limited representation, and inadequate funding restrict women's participation (Africa Development Bank, 2019; UNESCO, 2019). Lack of support for women's sports development and limited access to resources further compound this issue.

A major hindrance to women's participation in sports is travelling away from home for sports assignments (Mudekunye, 2018). African cultural beliefs stipulate that a wife's major duty is to serve her husband, always (Mudekunye, 2018). In other words, a wife should stay at home with her family so that she can play her role as a dutiful wife and be trusted by her husband and in-laws. According to Mudekunye (2018), most husbands think that if their wives are away from home for some days they are likely to practice infidelity. Mudekunye (2018) supports that most husbands are uncomfortable having their female companions stay away from home for long periods, during competitions, because they fear that they can engage in sexual activities with other men. Due to their beliefs and lack of trust, they end up forbidding their wives from participating in sporting activities (Mudekunye, 2018). The fervent participation of some women in sports can lead to divorce and the breakdown of marriages. This affects the participation of women in sports.

Religion is another factor that hinders the participation of women in sports (Adeyanju, 2011). Some churches do not allow their members, particularly women, to participate in activities that expose their bodies. According to Zavada (2019), the United Pentecostal Churches (UPC) do not allow women to wear slacks and very tight or very thin clothes because they are regarded as clothes that provoke the opposite sex. Also, the traditional African Apostolic Sects are still particular about dressing. The churches command women to always cover their heads on any occasion and wear long dresses, skirts, and blouses that fully cover their bodies (Nustcheckpoint, 2017). Unfortunately, for women to participate properly in sports like gymnastics, netball, soccer, or even athletics, they need those clothes that are being condemned by these churches. Therefore, most women end up obeying the demands of the church despite their love and talent in sports. Hence, the participation level of women in sports cannot grow due to the demands of religion.

2.4.4. Theme 4: Personal and Psychological Factors

Low self-efficacy, fear of judgment, and lack of motivation discourage women from participating in community sports (Amusa and Tiriola, 2018; Hunt et al., 2019). Body image

concerns and physical activity anxiety also deter women from actively participating in social community engagements (Hunt et al., 2019).

Injury and health problems are factors that hinder the sports participation of women. Dhirender (2015) agrees that health problems and the fear of injury or re-injury are major factors that can hinder women's participation in sports. Hunt et al. (2019) argue that most women see physical exercise as something that is not safe for them in terms of injury and, as such, they develop apprehension for participation. Therefore, this fear can end up forcing them to dislike sporting activities, hence, the sports participation level of women remains low.

Mudekunye (2018) agrees that women encounter humiliation and sexual violations in sporting arenas which causes them to stay away from sporting activities. A good example is Brenda Chaora, a former fitness trainer of The Mighty Warriors, who accused the team's coach of indecently assaulting her while they were on national duty (The Herald, 2024). One can argue that if Brenda Chaora was a man, she was not going to be treated like that. It is likely that in different sports organizations, women are sexually abused so that they can remain in their positions. So, such situations might make other women afraid to participate in sport fearing humiliation and sexual abuse, hence keeping the level of women's participation in sport low.

Hunt et al. (2019) note that if women do not have the confidence to engage in sports and active recreation activities, they are likely not to take part in sports. Elendu and Okanezi (2013) agree that some women lack the courage to participate in sports because they see themselves as not having the required skills. Therefore, it can be noted that the lack of internal motivation can affect women's participation in sports, hence affecting their participation level or status.

2.4.5. Recommendations

Several interventions can be proposed to deal with the factors:

- Promote gender-sensitive policies and programs (Afolabi and Oke, 2019)
- Increase access to sports facilities and equipment (Flintoff and Fitzgerald, 2017)
- Develop female role models and mentorship programmes (Women in Sport, 2019)
- Address body image concerns and physical activity anxiety 9Hunt et al., 2019)
- Provide childcare services and flexible scheduling (Oduro et al., 201810
- Offer women-only sessions and programmes (Amusa and Toriola, 2018)

- Engage with local communities and cultural organizations (Africa Development Bank, 2019)

- Provide education for coaches and officials (UNESCO, 2019)

- Increase funding and resources for women's sports (International Olympic Committee, 2020)

- Celebrate women's sporting achievements and success stories (Women's Sport and Fitness Foundation, 2020)

2.5. CONCLUSION

Low women's participation in community sports is a complex issue, influenced by sociocultural, access-related, personal, and institutional factors. Addressing these barriers requires a multi-faceted approach, including policy changes, increased funding, and community engagement. The strategies currently in place seem to be having little effect in increasing women's participation in community sports. As a result, the participation level of women is very low. The study is not interested in dismissing current promotional measures but is an attempt to find ways of complementing what is already in place.

2.6. CHAPTER SUMMARY

This chapter focused on the Literature review, highlighting key terms in the Conceptualisation, Theoretical Review, and Thematic Review. Much research has been conducted on cultural influences on behaviour in sports. However, not much has been done on how hindrances to women's participation in community sports can be navigated. There are knowledge gaps on why promotional measures are failing to yield the required results. Therefore, this study on the behaviours of women in community sports can assist in dealing with the challenges associated with this problem. The next chapter deals with the Research Methods used.

CHAPTER 3: MATERIALS AND METHODS

3.1 INTRODUCTION

This chapter presents the study's Research Approach, Time Horizons, Primary Research Strategy, Population and Sampling Procedures, Data Collection and Analysis Procedures, and Ethical Considerations.

3.2 RESEARCH APPROACH

The researcher made use of semi-structured interviews, which are a qualitative method designed for data collection. Semi-structured interviews consist of predetermined questions asked in a predetermined order (George, 2023). According to George (2023), asking set questions in a particular, predetermined order can help the researchers to see patterns among responses, and it allows them to easily compare responses between participants while keeping other factors constant, thus mitigating biases in research and leading to results which are highly reliable and valid. This method focuses on in-depth exploration and understanding of participants' experiences, perspectives, and opinions. Qualitative research focuses on non-numerical data and thematic analysis (George, 2023). It allows for detailed and probing questions, interviews conducted physically, over the phone, or using online methods, transcription, coding, and analysis for themes and patterns (George, 2023). There are no preconceived hypotheses, allowing themes to emerge, and providing insights into the experiences and perspectives of the participants (George, 2023).

3.3 TIME HORIZONS

This study was a cross-sectional study because of the pressure of time and resources. Gray (2014) supports that if there is pressure on time and resources, the researcher should use the cross-sectional time horizon.

3.4 PRIMARY RESEARCH STRATEGY

This study was based on a qualitative method. The semi-structured interview was employed. The reason for using this method was to generate unexpected new insights. According to George (2023), qualitative research helps in understanding the behavioral traits, values, beliefs, opinions, and emotions from the participants' perspective. However, the researcher was aware of the fact that the results of qualitative research are difficult to generalize since they are subjective and based on small sample sizes (George, 2023).

3.5 POPULATION AND SAMPLING

3.5.1 Population

The study population was three thousand two hundred and seventy-seven (3 277) women from Ward 10 in Buhera North Constituency (Zimbabwe National Statistics Agency, 2022). From this population, thirty women were selected using the purposive sampling method. Though the researcher was aware of the limitations posed by purposive sampling, it was preferred because it allows for the generation of deep and rich information (Patton, 2015).

3.5.2 Sampling Procedures

The researcher made use of women who had assembled at the Ward Centre for their social gatherings such as political meetings, distribution of farming inputs gatherings, and workshops organized by Non-Governmental Organisations (NGOs). The women were selected to represent social demographics, including age, socio-economic status, and villages. The researcher was careful to choose women who were likely to give diverse answers. This purposive sampling was intended to gather cross-sectional data that was representative of all women in Ward 10, Buhera.

3.5.3 Sample Size Determination

The number of participants was chosen based on the women population in the ward. Thirty participants were considered a good representation of the total ward female population. The number of participants was believed to provide the desired confidence in the results and were suitable for the type of research design, as supported by George (2023). Considering the time limit, thirty participants could effectively provide the required information.

3.6 DATA COLLECTION PROCEDURES

3.6.1 Pilot Study

A pilot study was conducted on 10 participants to:

- Test research design and methodology
- Validate data collection tools and instruments
- Assess the feasibility and practicability of the study
- Identify potential issues and biases
- Refine research questions and hypotheses

- And estimate sample size and power requirements

3.6.2 Main Study

Thirty (30) women were interviewed and their responses were recorded. The researcher informed the respondents of the research topic, objectives, and reasons behind the study, during the interviews, as proposed by Ruhanya (2014). The interviews were conducted at Mambo Business Centre, which is the ward centre. The researcher took advantage of community gatherings and liaised with the local leadership to get the opportunity to conduct the interviews. Data collection stretched over a week.

Interviews containing semi-structured questions were used as the instrument to collect data. According to Ruhanya (2014), the difference between interviews and questionnaires is that, in the case of the interview, the researcher records the responses while the respondent does the recording in the case of the questionnaire. The researcher chose semi-structured interviews because he wanted to get direct information and data in detail since the interviews allow the interviewer to develop a clearer understanding of the subject matter and there is a wider coverage of the issues raised by respondents (Ruhanya, 2014). Interviews allow a diversity of in-depth responses (Ruhanya, 2014).

3.7 DATA ANALYSIS AND PRESENTATION

The collected qualitative data was edited, cleaned, and coded. The responses given by the respondents were coded to summarise them. The researcher used Nvivo software to organize the data into themes. Then the data was presented in the form of tables and narration.

3.8 VALIDITY AND RELIABILITY

The semi-structured interviews employed gave a true reflection of the opinions of the respondents. When some explanations were not clear, the researcher had the opportunity to probe so that the respondents could give elaborate explanations. The researcher allowed the respondents to give their responses without forcing some explanations on them.

3.9 ETHICAL CONSIDERATIONS

The researcher sought permission from authorities such as the chief, the councillor, and village heads in the area targeted for the study. In some instances, permission was sought from the husbands of the women to conduct the interviews. The researcher assured the participants of

the confidentiality of their responses by signing statements indicating nondisclosure of the research information. The researcher also assured participants of the privacy of the information gathered. The interviews were specifically based on voluntary participation.

The researcher also managed to obtain consent from the participants before the study. Ruhanya (2014) defines informed consent as a practice that refers to providing all the necessary information to potential research participants so that they can make decisions regarding their participation.

The research atmosphere allowed participants to give their responses freely without fear of victimization, physically and psychologically, as the researcher conducted them in safe places which maintained dignity and integrity for all parties involved. In some cases, it was crucial to conduct the interviews in the presence of the spouse for ethical considerations. The researcher observed was aware of cultural nuances and adapted the interview approach accordingly.

The researcher verified the responses with the participants before recording them. Efforts were made to check the responses with colleagues from line ministries. The respondents were selected from all the four corners of the ward.

Also, the researcher was able to respect the works of other authors by acknowledging their works using the APA referencing system.

3.10 CHAPTER SUMMARY

The chapter was mainly focused on the research methodology. The following areas were presented: Research Approach, Time Horizons, Primary Research Strategy, Population and Sampling Procedures, Data Collection and Analysis Procedures as well as Ethical Considerations. The next chapter focuses on data analysis and presentation.

CHAPTER 4: DATA ANALYSIS AND PRESENTATION

4.1 INTRODUCTION

This chapter presents and discusses the response rate, demographic data, and findings linked to the research objectives.

4.2 RESPONSE RATE

Table 4.1 shows that thirty interviews were planned and all of them were successfully conducted as planned (100%).

Table 4.1: Response Rate

Number of Planned Interviews	Actual Interviews Done	Percentage
30	30	100

4.3 DEMOGRAPHIC DATA

4.3.1 Marital Status

The respondents who participated in the research were thirty (30) women and their marital status is indicated in Table *4*.3. Six (6) of the women were single (20 %), nineteen (19) women were married (63.3 %), three (3) were divorced (10 %) and two (2) were widowed (6.7 %). This was an appropriate sample for this study because the researcher wanted to capture the views of respondents with different marital statuses. This sample was a cross-section of the female population in the ward, highlighting the views of all women in the ward on the participation of women in community sports.

Table 4.2: The Marital Status of Respondents (N=30)

Marital Status	Number	Percentage
Single	6	20
Married	19	63.3
Divorced	3	10
Widowed	2	6.7
Total	30	100

4.3.2 Age of Respondents

Table *4*.3 shows the ages of the respondents who took part in the study. Four (4) (13.3 %) of the women were below twenty years, five (5), (16.7 %), ranged from twenty to thirty years, eleven (11), (36.7 %), were between thirty and forty years, while ten (10), (33.3 %), respondents were between forty and fifty-five years.

Table 4.3: Age of respondents (N=30)

Age	Number	Percentage
19 years and below	4	13.3
20 years to 30 years	5	16.7
31 years to 40 years	11	36.7
41 years and above	10	33.3
Total	30	100

4.3.3 Employment Status of Respondents

Table *4*.4 shows that a large number of respondents who participated in this study were unemployed (70 %). This implies that these women spent most of their time at home looking after children, doing chores, and doing other menial tasks. Only 30% of the women were formally employed. This means that the majority of the respondents spent most of their time at home, in gardens, and in fields to make a living.

Table 4.4: Employment status of respondents

Employment Status	Number	Percentage
Unemployed	21	70
Formally employed	9	30
Total	30	100

4.4 PRESENTATION AND ANALYSIS OF DATA LINKED TO THE RESEARCH

The purpose of the study was to find out the intervention strategies that can be implemented to promote the participation of women in community sports in Ward 10, Buhera District. The findings from semi-structured interviews with the women were presented under the following themes:

- participation of women in community sports;
- the age range of women who participate in community sports;
- sport which women participate in in Ward 10, Buhera District;
- sporting facilities for women;
- challenges faced by women participating in community sport
- and the strategies that can be explored to promote women's participation in community sports.

4.4.1 Participation of Women in Community Sport

On the issue of the participation of women in community sports, all the interviewees revealed that women were not active in community sports because they did not have enough time to do both domestic chores and sporting activities. They indicated that most women spent their time looking after children and doing domestic chores at home, hence there was no free time to participate in sporting activities. The respondents indicated that due to a lot of domestic chores, women did not have free time to participate in leisure activities such as community sports. They also disclosed that failure to perform these duties properly could cost them their marriages. Therefore, to protect their marriages, they spent most of their time at home making sure that everything was in order.

Some, however, bemoaned the lack of opportunities to participate in sports. They revealed that women did not participate in community sports because they did not see any benefit brought by such activities. They claimed that there are no organizations that promote women's sports in the ward. The Ministry of Sport, Art, and Culture was blamed by some of the women for not being visible in Ward 10. The women claimed that other Government departments conducted regular interactions with the community, yet MOSAC was never featured on the scene. Other Government departments, such as Agritex, and Youth and Women Affairs, had coordinators stationed in the Ward, but MOSAC has no such structures. So, the women were blaming the Government for not taking rural sport seriously.

Some of the women pointed out that the participation of women in sports was limited by the availability of resources, both human and material. They claimed that even if they had interest, there were no qualified people to take charge of the teams. There was no support provided by the powers that be to women's community clubs. There is a difference between the support given to male sports as compared to that given to women sports.

There were lamentations concerning marriage and sport. To most of the women, it was a choice between the two. Those who valued marriage had to abandon sport because the two cannot co-exist. Further probing revealed that men made life difficult for women who showed interest in sport. So, since the women valued their marriages, they decided to leave the sport. The single women as well as the divorced had a higher degree of liberty to take part in sports activities but they still experienced restrictions from their parents and families, who associated sport with immoral behaviour.

Cultural practices were blamed for having a high influence on the participation of women in community sports. Almost all the respondents revealed that the responsibilities of married women included sweeping floors, washing clothes, cooking, and serving food to husbands and children. For example, one interviewee remarked:

"Doing domestic chores and looking after my children and husband are my duties. Our culture does not allow women to share domestic chores with men."

Other respondents revealed that culture required women to be submissive to their husbands. They indicated that women should seek approval from their husbands when they want to do anything. The findings showed that most men did not want their wives to attend sports gatherings such as tournaments because these gatherings were being perceived as hotspots for prostitution. So, if the women insisted on attending, their husbands ended up labeling them as prostitutes. Therefore, most women ended up obeying the orders of their husbands to avoid conflicts and such bad labelling. The following remarks were from one interviewee illustrating the above findings:

"I do not attend sports gatherings and participate in community sports because most men think that women who take part in such activities are prostitutes. My husband told me that most women who attend such gatherings have the motive of seducing men. Since then I have not taken part in sport."

The respondents also pointed out that the culture was very particular about the dress code of women. Most respondents revealed that the culture required women to dress decently. Their definition of decent dressing according to the culture was that women were not supposed to wear any clothes that exposed their body parts. Therefore, the respondents revealed that most sportswear such as tights, and gym skirts exposed essential body parts. As a result of that, women did not feel comfortable taking part in sporting activities while wearing sports attire that exposed essential body parts. One of the interviewees illustrated the above findings:

"The body of a woman is sacred and must be seen only by her husband. I don't put on clothes that expose my body parts like those used by athletes."

The above findings on the impact of cultural practices on the participation of women in community sports, clearly that the sports participation level of women in Ward 10, Buhera District was grossly affected by cultural influences.

The following expressions were from one interviewee:

"The burden carried by women is too much. We look after kids, we do domestic chores, and we are also into farming. So, we do not have time to participate in community sports."

Another interviewee remarked:

"I don't see any benefit of participating in community sport. I should stay at home doing my tasks."

Another one simply remarked,

"You don't know men."

According to the findings above, the majority of women were not involved in community sports due to a lot of duties that they were supposed to do and psychological factors such as lack of motivation and support, as well as obstacles affected by men. This showed that the sports participation of women in Ward 10, Buhera District, was low.

4.4.2 The age range of women who participate in community sport

The findings of the study indicated that the age range of women who participated in community sports was between 18 and 45 years. Almost all respondents revealed that most of these women

were either not yet married or divorced. This implies that women who were married did not have free time to participate in community sports because they were always busy looking after their children and husbands as well as doing domestic chores. Some married women were restricted by their husbands or in-laws from participating in community sports. There were exceptions for those women who were employed in Government service or were spouses to Government employees. These seemed to enjoy a larger degree of freedom as compared to their kinsfolk in rural homes. The following remark from one interviewee illustrates the above findings:

"Why do I waste my time going there (participating in community sport)? I am a married woman, I have a lot of work to do at home. I don't have time to play."

The findings above clearly showed that the sports participation status level of women in Ward 10, Buhera District, was low because most married women viewed participating in community sports as a waste of time.

4.4.3 Sports Which Ward 10 (Buhera) Women Participate in

Table 4.5: Sports for Women

Dominant sports in Ward 10, Buhera District	Sports which Ward 10 women participate in Buhera District
Football	_____
Netball	Netball
Volleyball	Volleyball
Handball	Handball
Basketball	Basketball

Results from Table *4*.5 show that the most dominant community sports in Ward 10, Buhera District, were football, netball, volleyball, handball, and basketball. The results from Table 5 also show that women participated in netball, volleyball, handball, and basketball. The respondents regarded football as a sport for men only; women were not encouraged to

participate in this sport. Women had limited resources to use in their sporting activities. The findings above were confirmed by one of the interviewees who remarked:

"It is not possible for a woman to participate in football because this sport is for men only. Some of us participated in all sports at school but now our husbands discourage us from taking part in these activities. Men feel comfortable if their wives are playing netball, not any other sport."

This means that there are bottlenecks concerning sports that women could participate in. This would affect the participation level of women. Therefore, the findings above clearly show that if women participated in limited activities, their sport participation level was affected. For example, some women who were not good in netball, basketball, handball, or volleyball could not participate in community sports at all since some sports were reserved for men. This scenario grossly affected the sports participation level of women in Buhera District's Ward 10.

The women bemoaned the lack of support and resources for women's sports. The respondents explained that there were no trained personnel to take charge of the teams of women's sports. Thus, proper observation of game rules and regulations was compromised. The Ministry of Sport, Art, and Culture was, reportedly, invisible in the ward and the existing teams do not have any reporting structures. Sport for males occasionally gets support from NGOs and other Government partners, but, for women, that support is not easily forthcoming. The women take it upon themselves to establish teams. However, in the majority of cases, as the respondents explained they encounter a problem of failing to get teams to play against.

4.4.4 Sporting facilities for women in Ward 10, Buhera

On the issue of sporting facilities for women, the participants in this study indicated that there was only one facility for women in the whole ward. The facility, which was found in Mazambara Village, on the periphery of the ward, was substandard since it was made of makeshift materials. The facility comprised courts for netball, handball, basketball, and volleyball. There was no surfacing on the courts.

The findings of the study revealed that the standard facilities were found at schools and they were accessible to community teams under special arrangements. Since most of these facilities were in a bad state, most women were likely not to take part in sporting activities fearing injuries that could be caused by these facilities. The women themselves lacked physical fitness to participate in sports activities which made the likelihood of injury during play very high.

Hence the sports participation of women in Ward 10, Buhera District in the community was very low.

4.4.5 Challenges faced by women participating in community sport

On the challenges faced by women participating in community sports, the participants in this study identified lack of sponsorship, being given short periods to participate during tournaments, and having limited knowledge about their sport as the major challenges faced by women who participate in community sports. The following remarks from one interviewee illustrated the above findings:

"Many organizations do not support women because they argue that games played by women are not crowd pullers. Most tournaments are for men only. So, it is difficult for school women to buy resources for their clubs if they do not have sponsors."

Another participant remarked:

"The organizers of tournaments give us little time to participate in sport while men are given plenty of time to play their games. I think it is because we are not part and parcel of the organizing committee."

Another participant also revealed:

"The challenge that I have noticed is that most women who participate in sports, particularly netball, do not have enough knowledge about the game. As a result, the matches are characterized by conflicts. Hence, this affects the reputation of every woman who participates in sport."

Therefore, the findings above could be the reason why most women were not fully involved in community sports in Ward 10, Buhera District. For women to participate fully in community sports, they need many things such as resources, encouragement, and even the right information about the sport. Since most school women in Ward 10 of Buhera District were failing to find resources, encouragement, and correct information about their sports, their participation in community sports was very insignificant.

The major challenge in the participation of women in community sports in Ward 10 of Buhera District is the invisible nature of the parent ministry responsible for sport. The Ministry of Sport, Art and Culture (MOSAC) does not have a point person to coordinate its activities in

the ward. The respondents did not have any members of the ministry. The people who could be identified as organizers of sports in the ward were sponsors, political leaders, and members of NGOs. So, in essence, MOSAC is non-existent in Ward 10, Buhera. One respondent remarked,

"I don't know anyone from the Ministry of Sport. I thought it was the duty of Youth Officers or the coordinators from Women Affairs. No one from that Ministry has ever come here."

In summary, the findings above clearly show that the participation of women in community sports in Ward 10 of Buhera District was negatively impacted by cultural practices, environmental factors, psychological factors, and governance issues.

4.4.6 The strategies that can be explored to promote women's participation in community sport in Ward 10, Buhera District.

The respondents suggested quite several strategies which can be implemented to promote the participation of women in community sport. The proposals ranged from educational, cultural, organizational, and sociological to economic interventions.

On education, most of the respondents were of the view that the whole community, both male and female, needs to be educated on the value of sport in general, and women's community sport in particular. Some of the respondents emphasized the need to involve men as participants in that education process since men were regarded as the main obstacle to women's participation in community sports. It was suggested that various platforms have to be utilized to bring awareness to both men and women that sport is vital to the well-being of women, in particular, and society as a whole. Some of the respondents pointed out that women's participation in sports improved the wellness of the whole community since sports removed stress and tension. The community needs to be educated on that.

On the issue of culture, some of the respondents were in agreement that culture was dynamic. Several participants, regardless of age, pointed out that, if slacks could now be worn by women across the whole community, there was nothing that could stop the women from wearing suitable sportswear. However, there was general agreement that the adoption of sports attire needs to be gradual, and, specifically in the case of married women, spousal consent was vital. There was no need to coerce those who were reluctant to adopt the change. In line with the educational proposals, it was suggested that men should be familiarized with the legal rights of women so that new trends can easily be assimilated into cultural practices.

The organizational interventions suggested were numerous. They involved the establishment of local structures, the activation of the Ministry of Sport, Art, and Culture, the mobilization of support for women's sports, the construction of more sports facilities for women, the establishment of sports hubs and youth centers, and sponsorship of women's sports. The respondents thought that these interventions could go a long way in improving the participation of women in community sports. However, there were concerns regarding the safety of the women and the erection of measures to ensure there was no exploitation of the women in all the processes and structures. Above all, the respondents stressed that intervention measures adopted should treasure marriage and the well-being of the community.

The respondents were in agreement that structures for women's sports need to be established from the club level up to the ward level. All the respondents agreed that leadership structures were required in the administration of women's sports and coordination of sports development in the ward. They proposed that individuals with a passion for sport should spearhead the program in the ward. The clubs themselves also needed leadership structures to ensure that those clubs operated professionally. The respondents agreed that how the clubs were run had the potential to attract or dispel partners for women's sports. Women should also be actively involved in the administration of the local clubs and the Ward Coordinating Sports Committee to address the concerns of the women involved in sports. The women were strongly in support of the establishment of codes of ethics and clear disciplinary protocols to ensure moral behavior during women's involvement in sports. This was believed to generate the trust of the community in women's sports. Women should not hide behind sports to engage in nefarious activities.

The other strategy proposed was that the Ministry of Sport, Art, and Culture should set up structures in the district, cascading down to the ward. MOSAC should operate in the same manner as other line ministries with its officers stationed in the wards. This would enable the ministry to implement its programs effectively, as well as to enable sports to have a higher level of accountability. The presence of MOSAC in Ward 10, Buhera would improve its operations and initiate effective monitoring and evaluation of sport in the ward.

To address the concern raised by the respondents that women's sports lacked support in Ward 10, several interventions were proposed. One respondent suggested involving the Department of Women's Affairs in the promotion of women's sports. This respondent was of the view that women's involvement in community sports could be promoted under the banner of women

empowerment and gender equality. The respondent was of the view that participation in sport could be regarded as a right, with the relevant policies being promulgated. Support for women's sports could also be acquired by funding projects and programs constituting women's sports. The respondents were of the view that if participation in sports could be made worthwhile, more women would take up sports. Another suggestion was on the role played by NGOs such as Takunda, Care, and Rujeko. Respondents believed that these organizations could channel all their programs and resources toward women's sports to promote the participation of women in community sports.

The other intervention strategy proposed was the construction of sports hubs all over the ward. The respondents believed that this would address the issue of sports facilities for women in Ward 10. Respondents concurred that if the participants were to construct their facilities, the structures would lack standardization and were unlikely to motivate women to participate due to fear of injury and lack of seriousness. The respondents said that the appearance of the Government and its partners in community activities always raised the community's trust in the programs. So, sports hubs were suggested as the way to go. Youth centres to occupy youths on weekends and holidays were also proposed as another measure to promote the participation of women in community sports, particularly the youth.

The last intervention measure suggested was on sponsorship. All the respondents concurred that if women did not earn something from sports, nothing was likely to pry them away from their daily hustles. So, the respondents suggested that the women needed to get something from sport. They suggested that sponsors should come into the ward targeting women's sports and offering something for the women to take home to their husbands and children. That way, they claimed that their families would be supportive of the women's involvement in sport. Sport has become big business and the women were aware of it. They said they did not want to be exploited by unscrupulous business people who did not benefit them anything. Sponsorship packages consisting of material and financial resources were also hailed as they were believed to motivate women to take part in community sports.

4.5. DISCUSSION OF FINDINGS

The literature review highlights the significance of cultural and environmental factors in influencing women's participation in community sports. The study's findings align with existing research, which suggests that cultural beliefs, gender roles, and societal expectations

hinder women's participation in sports. The review also emphasizes the importance of addressing these barriers to promote women's participation in community sports.

The results of the research substantiated the view that culture plays a very significant role in the participation of women in community sports. The patriarchal nature of society empowers men to determine whether their wives can participate in social events or not. This gives men the authority to permit or deny women the right to participate in community sports. Women lack the independence to make decisions concerning their participation in sports. However, divorce and employment act as gateways to freedom for women since they acquire the independence to make choices on whether to take part in sports since they then appear not to be under the control of men. Single women seem to be controlled by their parents while divorced women are completely free.

Cultural practices were blamed for having a high influence on the participation of women in community sports. Almost all the respondents revealed that the responsibilities of married women kept them away from sport. All the respondents expressed the view that marriage was a full-time occupation that left no room for recreational activities, whereas, for men, the liberty to participate in sports is expansive. Marriage has no impact on a man's participation in community sports, which is the other way around for the woman.

The fact that women shy away from sports due to fear of injury was also confirmed in the study. The state of the facilities acts as a motivating factor on whether women would take part in community sports. The interviewed women expressed reluctance to participate in sports which offered little or no security against injury. The women highlighted that they are inspired by the measures put in place to ensure that they are safe, physically, psychologically, and emotionally. Therefore, the policies and measures put in place by the organizers of the event, towards safeguarding participants against injury, can draw or repel the participation of women in community sport.

The thematic review identifies several cultural factors that affect women's participation in sport, including:
> Gender roles and expectations
> Dress code and attire
> Travel and distance from home
> Injury and health problems
> Availability and access to facilities

➢ Sexual abuse and harassment

➢ Lack of confidence and motivation

➢ Religious beliefs and practices

These factors are consistent with the study's findings, which suggest that women face various challenges in participating in community sports. The literature review and thematic analysis provide a solid foundation for the study's aim to investigate intervention measures to promote women's participation in community sports in Ward 10, Buhera District.

The study's findings and literature review suggest that a multi-faceted approach is necessary to address the cultural and environmental barriers that hinder women's participation in community sports. The proposed strategies, including educational, cultural, organizational, and economic interventions, align with the study's aim to promote women's participation in community sports.

Based on the literature review and thematic analysis, the research identified some key patterns and themes:

4.5.1. Cultural Factors Affecting Women's Participation in Sport

- Gender roles and expectations
- Dress code and attire
- Travel and distance from home
- Injury and health problems
- Availability and access to facilities
- Sexual abuse and harassment
- Lack of confidence and motivation
- Religious beliefs and practices

4.5.2. Thematic Analysis:
- Cultural and environmental factors significantly influence women's participation in community sport.
- Gender roles, expectations, and societal expectations are major barriers to women's participation.

- Addressing these barriers is crucial to promoting women's participation in community sport.

4.5.3. Proposed Strategies:
- Educational interventions
- Cultural interventions
- Organizational interventions
- Economic interventions

Using data analysis tools, research can further explore the relationships between these variables. Some potential areas to investigate are:
- Is there a correlation between gender roles and expectations and women's participation in sports?
- Do cultural and environmental factors have a greater impact on women's participation than individual factors like lack of confidence and motivation?
- Can the proposed strategies be ranked in order of effectiveness in addressing the cultural and environmental barriers?

These findings and analysis can inform the development of targeted interventions to promote women's participation in community sport, addressing the cultural and environmental barriers identified.

The findings of this study align with existing literature, which highlights the significant impact of cultural and environmental factors on women's participation in community sports. The study's results corroborate previous research, which indicates that cultural beliefs, gender roles, and societal expectations hinder women's participation in sports.

The literature review and thematic analysis identify several cultural factors that affect women's participation in sports, including gender roles and expectations, dress code and attire, travel and distance from home, injury and health problems, availability and access to facilities, sexual abuse, and harassment, lack of confidence and motivation, and religious beliefs and practices. These factors are consistent with the study's findings, which suggest that women face various challenges in participating in community sports.

The proposed strategies to promote women's participation in community sports, including educational, cultural, organizational, and economic interventions, align with the study's aim to address the cultural and environmental barriers that hinder women's participation. The literature suggests that a multi-faceted approach is necessary to address these barriers and promote women's participation in community sports. Overall, the study's findings and literature review suggest that cultural and environmental factors play a significant role in shaping women's participation in community sports. Addressing these factors is crucial to promoting women's participation and achieving gender equality in sport.

The findings of this study contribute to bridging the gaps in the literature in several ways:

- . *Confirmation of existing research*: The study's findings align with existing research, confirming the significance of cultural and environmental factors in influencing women's participation in community sports.

- *Identification of specific barriers*: The study identifies specific cultural factors, such as gender roles, dress codes, and religious beliefs, which hinder women's participation, providing a more nuanced understanding of the challenges women face.

- *Contextualization*: The study's focus on Ward 10, Buhera District, provides contextualized insights into the experiences of women in a specific setting, addressing the need for localized research.

- *Proposed solutions*: The study offers a multi-faceted approach to addressing the barriers, including educational, cultural, organizational, and economic interventions, which can inform policy and program development.

- *Empirical evidence:* The study provides empirical evidence to support the importance of addressing cultural and environmental factors, strengthening the argument for gender-sensitive interventions in community sports.

By addressing these gaps, the study contributes to a deeper understanding of the complex factors influencing women's participation in community sport, ultimately informing strategies to promote gender equality in sport.

Based on the research findings, the study revealed some key trends and patterns:

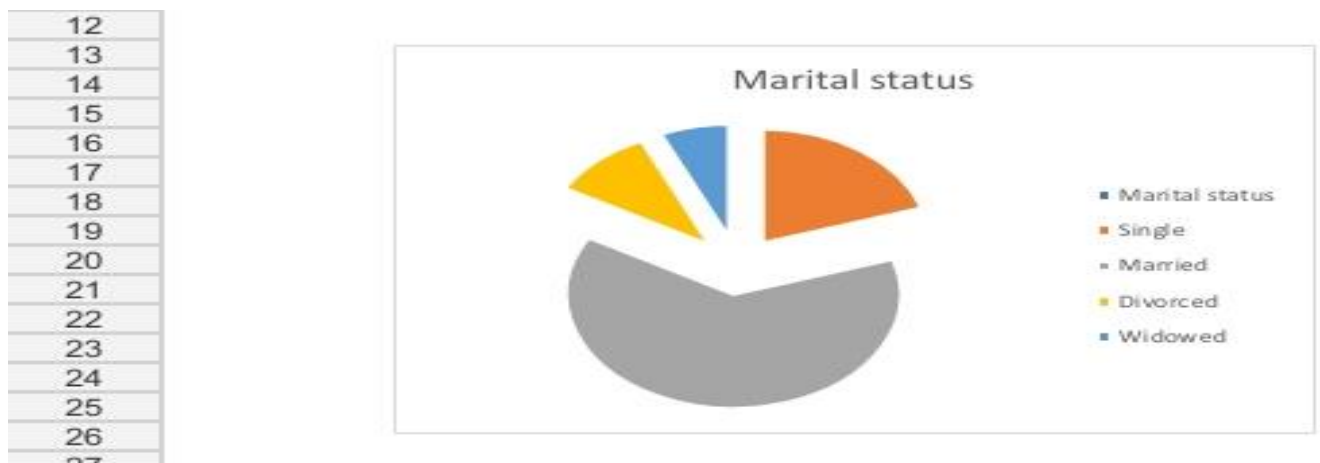### 4.5.4. Demographic Analysis

4.5.4.1. Response Rate

-30 interviews were planned and conducted, resulting in a 100% response rate.
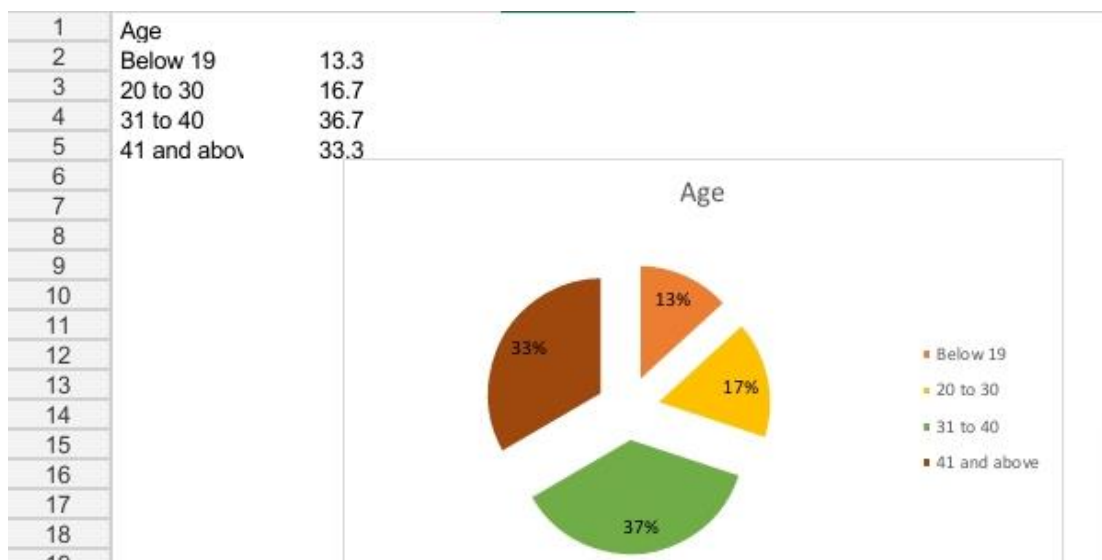
4.5.4.2. Marital Status

Figure 4.1: Marital status of respondents

  - Single: 20% (6 respondents)
  - Married: 63.3% (19 respondents)
  - Divorced: 10% (3 respondents)
  - Widowed: 6.7% (2 respondents)

4.5.4.3. Age

Figure 2: Ages of respondents

- 19 years and below: 13.3% (4 respondents)

- 20-30 years: 16.7% (5 respondents)

- 31-40 years: 36.7% (11 respondents)

- 41 years and above: 33.3% (10 respondents)

4.5.4.4. Employment Status

Figure 4.3: Employment status of respondents
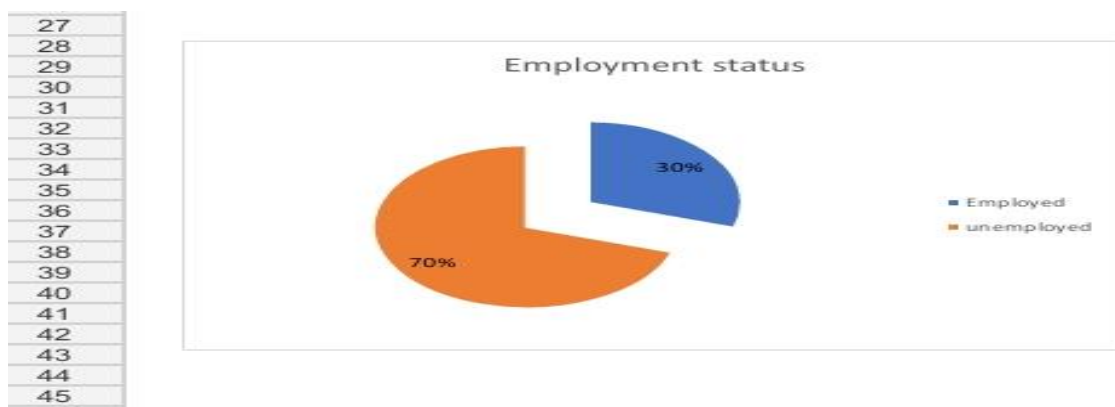
- Unemployed: 70% (21 respondents)

- Formally employed: 30% (9 respondents)

4.5.4.5. Participation in Community Sport

- Women's participation in community sports is limited due to domestic chores, lack of time, and cultural beliefs.

- Most women prioritize their marital duties over participating in sports.

4.5.4.6. Age Range of Women in Community Sport:

- The age range of women participating in community sport is between 18 and 45 years.

- Most participants are either unmarried or divorced.

4.5.4.7 Challenges Faced by Women:

- Lack of sponsorship, limited time for participation, and limited knowledge about their sport are the major challenges faced by women in community sports.

Based on the research findings, the study identified some key trends and patterns:

4.5.4.8 Community Sport Participation:

- Women's participation in community sports is limited due to domestic chores, lack of time, and cultural beliefs.

- Most participants are unmarried or divorced, and the age range is between 18 and 45 years.

4.5.4.9 Sports Played:

- Netball, volleyball, handball, and basketball are the dominant sports played by women in Ward 10.

4.5.4.10 Strategies to Promote Participation:

- Educational, cultural, organizational, and economic interventions are proposed to promote women's participation in community sports.

4.5.4.11 Cultural Factors Affecting Women's Participation in Sport

Figure 4.4: Factors affecting women's participation in community sport
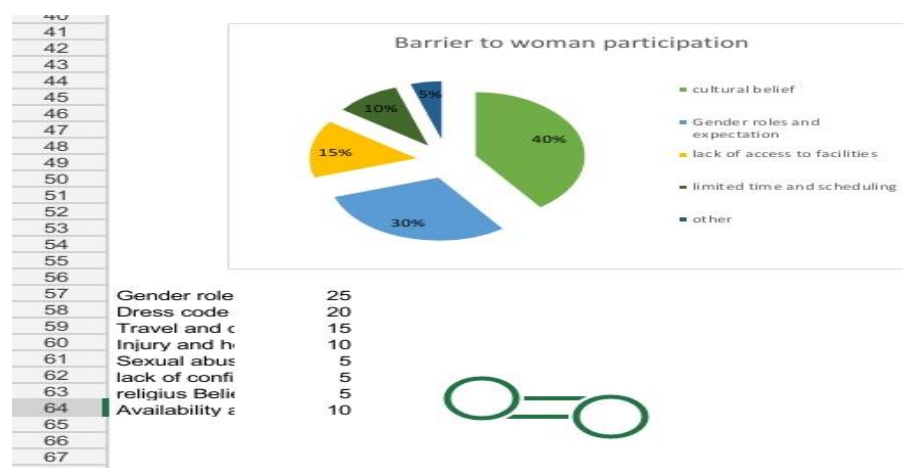
- Gender roles and expectations (25%)

- Dress code and attire (20%)

- Travel and distance from home (15%)

- Injury and health problems (10%)

- Availability and access to facilities (10%)

- Sexual abuse and harassment (5%)

- Lack of confidence and motivation (5%)

- Religious beliefs and practices (5%)

4.5.4.12. Barriers to Women's Participation in Community Sport

Figure 4.5: Barriers to women's sport participation
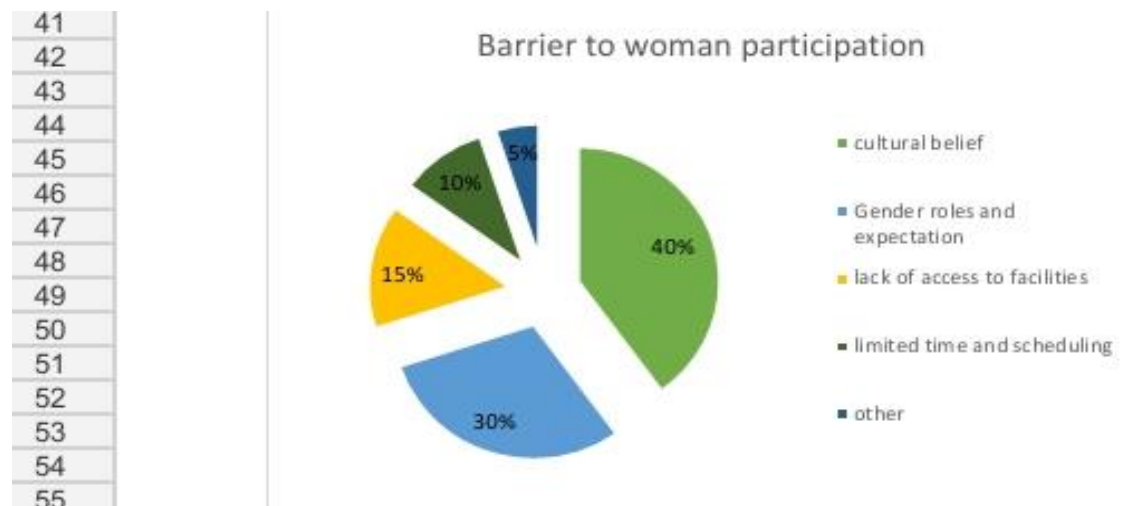
- Cultural beliefs (40%)

- Gender roles and expectations (30%)

- Lack of access to facilities (15%)

- Limited time and scheduling conflicts (10%)

- Other (5%)

4.5.4.13 Proposed Interventions

Figure 4.6: Proposed interventions
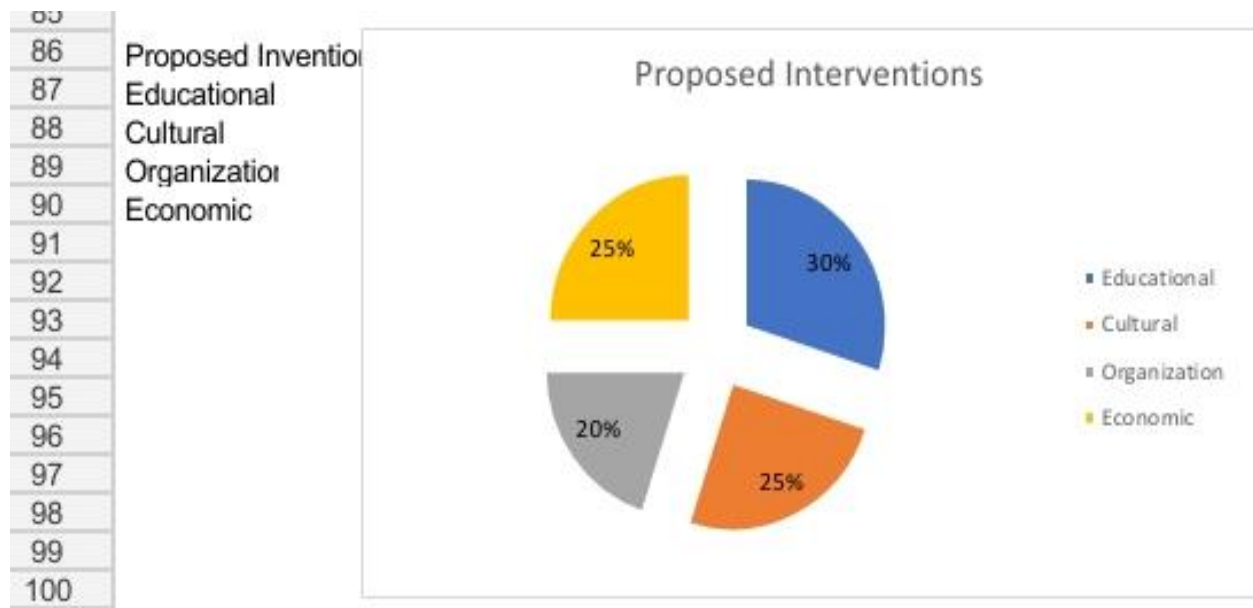
85	
86	Proposed Invention
87	Educational
88	Cultural
89	Organization
90	Economic
91	
92	
93	
94	
95	
96	
97	
98	
99	
100	

- Educational interventions (30%)

- Cultural interventions (25%)

- Organizational interventions (20%)

- Economic interventions (25%)

4.5.4.14 Participation Rates

Figure 4.7: Participation rates of women of women in sports in Ward 10

These visualizations help to illustrate the key findings and proposed solutions, making it easier to understand and communicate the results.

4.6. CHAPTER SUMMARY

This chapter discussed the Response Rate, Demographic Data, Presentation and Analysis of Data Linked to the Research Objectives, as we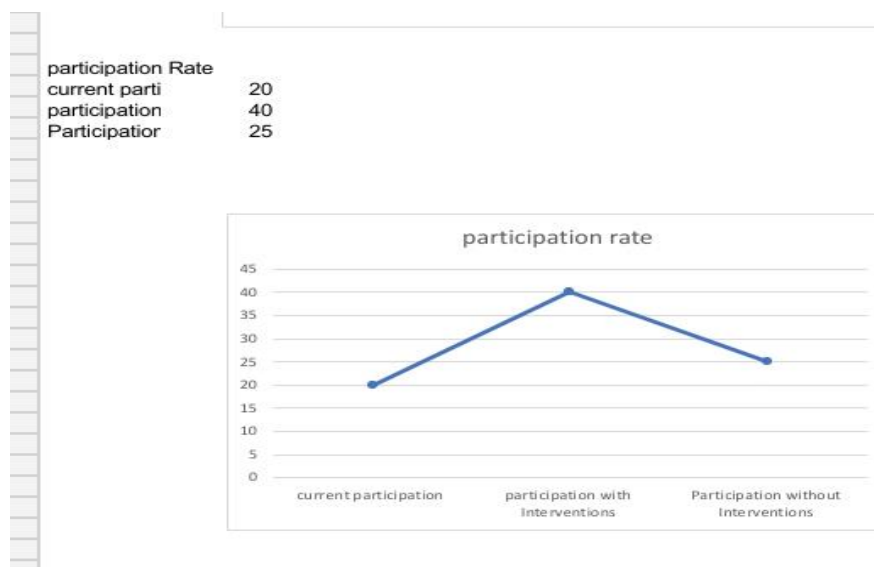ll as a discussion of the Data collected. The research set out to find the prevailing situation on the ground, the causes of that scenario, and proffer solutions. To a large extent, the study objectives were achieved since all the set targets were met.

The findings indicated that the Response Rate was 100 % as all expected interviews were conducted. The Demographic Data indicated that a cross-section of the women in Ward 10 of Buhera District was represented in the study. The chapter also focused on data gathered in line with the research objectives. That data was then analysed. The research objectives were achieved. The research studied the current practices in the administration of women's sports in Ward 10 of Buhera District and the intervention strategies that can be implemented to address the situation. Several challenges were identified and numerous interventions were proposed. The next chapter will deal with the summary, conclusion, and recommendations.

CHAPTER 5: SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 INTRODUCTION

The chapter focuses on the summary, conclusion, and recommendations. The summary will give an overview of the entire study. The conclusion will address the four research questions outlined in Chapter 1. Recommendations to practice and further study are also suggested in this chapter.

5.2 SUMMARY

The purpose of this study was to propose strategies that can be implemented to promote the participation of women in community sports in Ward 10 of Buhera District. To get the relevant data the researcher was guided by the following research questions:

- ➢ What are the challenges faced by women in accessing community sport in Ward 10 of Buhera District?
- ➢ Which sports do women participate in in Ward 10 of Buhera District?
- ➢ Are there any hindrances or enablers in the participation of women in community sports in Ward 10, Buhera District?

The literature for this study indicated that the sports participation level of women was low because of various factors. These were cultural, environmental, religious, and psychological factors (Elendu and Okanezi, 2013). Several scholars noted that the culture of a given society can pose some influences on the gender roles, female attire, unhu or ubuntu, patriarchal nature, and the space that women should occupy (Mudekunye (2018), Chireshe (2013), and Ogidan, Onifade, and Ologele (2013). Hence the influence of the culture affects the sports participation of women.

Other scholars identified the state and availability of facilities as the contributing factors to the sport participation of women. According to Halyk et al (2010), the lack of community facilities hindered the participation of women in sports. Dhirender (2015) added that poor access or availability of venues; lack of information on the availability of facilities, lack of appropriate facilities, and lack of physical access to the facilities were barriers to participation of women in sport.

The literature also revealed that sexual abuse and sexual harassment have been noted as the factors that hinder the participation of women in sports (Elendu and Okanezi, 2013). Women

were encountering humiliation and sexual abuse in sporting arenas and they ended up staying away from the sporting activities.

The literature highlighted that the participation of women was affected by religious factors (Zavada, 2019). Churches such as A.A.C., U.P.C., and A.A.S were identified as the congregations that did not allow their members particularly women to participate in activities that expose one's body. Unfortunately, for one to participate properly in sports like gymnastics, netball, soccer, or even athletics, the woman needs those clothes that were condemned by these churches. Therefore, most women ended up obeying the demands of the church although they loved sport and were talented.

The literature also revealed that if women did not have the confidence to engage in sport and active recreational activities, they were likely not to take part in sport. Some women lacked the courage to participate in sport because they saw themselves as lacking the skills needed, hence this would affect their participation in sport.

The study adopted the qualitative approach. A sample of thirty (30) women was purposively selected from Ward 10 in Buhera District. Semi-structured interviews were used to collect data. Data was presented in tables and narrative forms and analysed qualitatively in line with the aim of this study.

The findings of the study indicated that the age range of women who participated in community sports was between 18 and 45 years. Respondents revealed that most of these women were either not yet married or divorced. This means that women who were married did not have free time to participate in community sports because they were always busy looking after their children and doing domestic chores. They were restricted by either family rules/regulations or by their spouses.

On the issue of cultural factors, the study established that most women did not have free time to participate in community sports because of the duties such as domestic chores, looking after kids, and/or farming which they were required to do. On the issue of environmental factors, the study found that the sporting facilities for women in Ward 10, Buhera District were in bad shape. The study also found that most women did not take part in community sports because there was no internal or external motivation. The study revealed that most women ended up not taking part in sports because they did not see any benefit in participating in community sports.

The results of this study revealed that the most dominant community sports in Ward 10 of Buhera District were football, netball, handball, basketball, and volleyball. The results also showed that women participated in all sports except for soccer. The following factors were identified as the major reasons why women did not participate in football. Football was regarded as a sport for men only. Women also had limited resources to use.

On the challenges faced by women participating in community sport, the participants in this study identified a lack of sponsorship, being given short periods of time to participate during tournaments, having limited knowledge about the sport, the inactivity of the Ministry of Sport, Art, and Culture (MOSAC) as the major challenges faced by out of school women who participate in community sport.

On the strategies that can be explored to promote women's participation in community sport in Ward 10, Buhera District, numerous suggestions were proposed. They included the education of the community on the value of sport, women's empowerment and activation of the Ministry of Sport, Art, and Culture, the establishment of sport-related structures in the ward, construction of sports facilities for women, availing sponsorship packages to women sport as well as embracing the dynamism of culture. There was some validity in the proposals given by the respondents as they addressed shortcomings on the ground and dealt with real concerns.

5.3 CONCLUSIONS

The study concluded that the participation of women in community sports in Ward 10, Buhera District was very low. This was attributed to the various cultural, environmental, and psychological factors identified in this study. The participation of women in community sports is limited due to domestic chores, lack of time, and cultural beliefs. Most women prioritize their marital duties over participating in sports.

The factors that limit women's participation in community sports were gender roles and expectations (25%), dress code and attire (20%), travel and distance from home (15%), injury and health problems (10%), availability and access to facilities (10%), sexual abuse and harassment (5%), lack of confidence and motivation (5%), religious beliefs and practices (5%) as well as other factors (5%).

The study also indicated that women participating in community sports were facing some challenges. These challenges included a lack of sponsorship, short periods of time to participate in tournaments, and having limited knowledge about their sport.

The study showed that the most dominant community sports in Ward 10, Buhera District were football, netball, handball, basketball, and volleyball. It was noted that women participated in 4 sports codes. Women were not active in football. This was attributed to the fact that football was regarded as a sport for men. Women were not encouraged to participate in this sport, and they had limited resources to use.

Educational, cultural, organizational, and economic interventions were proposed to promote women's participation in community sports. These interventions were expected to have varying degrees of success: educational interventions (30%), cultural interventions (25%), organizational interventions (20%), and economic interventions (25%)

5.3.1 Impact and Significance of the Findings

The findings added value to the body of knowledge by bridging the knowledge void in the area of the participation of women in community sports in Ward 10, Buhera District. The research came up with tangible proposals for the effective promotion of women's participation in community sport which could greatly change the scenario if implemented. The proposed educational interventions indicated that Ward 10 of Buhera District requires mass education of the entire population to realize visible changes in the participation of women in community sports. The study also provided recommendations that make society realize that women should be allowed to participate in sports since it is their right and produces results that may benefit the whole community.

5.4 IMPLICATIONS/ RECOMMENDATIONS

5.4.1 Implications for Practice

Based on the findings from the study the following recommendations were made:

➤ The Ministry of Sports, Arts, and Culture (MOSAC) should organize workshops with local community leaders and educate them on issues to do with gender equality in sports. This may help to correct certain societal misconceptions, wrong beliefs, and negative attitudes towards women involved in community sports.

➤ There is a need for MOSAC, through Ward Development Coordinators (WDCs), to encourage local business people to sponsor women's tournaments. This can help to change how the public perceives the games that are played by women. These women's tournaments

should not be organized alongside those of men in order to remove the aspect of competition for spectators.

➢ There is a need for MOSAC to select individuals from the ward and equip them with information on how to manage existing sports facilities and how to construct proper facilities. MOSAC should mandate these empowered individuals to help different clubs manage their sporting facilities. This would encourage women to participate in community sports because of safe, standardized facilities, as well as organized operations.

➢ The organizers of tournaments should involve women in the organizing committees so that they can have the opportunity to make decisions on issues that affect their participation in sports.

➢ There is a need for awareness campaigns on issues to do with gender inequality in sports during sports gatherings such as tournaments or any other public gatherings. Men should be encouraged to promote gender equality in sports.

➢ There is a need for MOSAC, together with Women's Organizations, to organize workshops so that women can be taught about their rights. These workshops can be useful because women can be able to campaign for their rights since they will be aware of them.

➢ There is a need for MOSAC to offer training courses to women. Women should be empowered to take charge of sports in their communities.

➢ MOSAC should bring sports psychologists and counsellors to assist women in overcoming psychological problems such as fear of injury, low self-esteem, and negative self-perceptions affecting their participation in community sports.

5.4.2 Implications for Future Research

There is a need for future research to determine the impact of the recommendations provided in this study on the participation of women in Ward 10, Buhera District in community sport.

5.5 LIMITATIONS OF THE STUDY

The literature sources adopted for the Conceptualisation, Theoretical Review, and Thematic Review of the study were not written specifically concerning Ward 10, Buhera society. Such literature may fail to adequately reflect the issues affecting women's sports in Ward 10, Buhera since they were based on studies that were carried out on environments that were different from those prevailing in Ward 10 of Buhera District.

The respondents in this study were women. However, ideally, on issues to do with culture, local traditional leaders deserved consultation in this study. The study should also have involved men since the assumptions accused them of perpetuating unfair gender practices in sports. The consumers of community sport as an industrial product should also have made their input since they control the market trends. Sponsors and other line ministries who deal with women's affairs are the other important stakeholders whose views should have been considered because they contribute to the dominance of women in community sports.

The results of the research were based on small sample size, hence, they were difficult to generalize.

5.6 CHAPTER SUMMARY

The chapter focused on the summary, conclusion, and recommendations. The summary gave an overview of the entire study. The conclusion addressed the four research questions outlined in Chapter 1. Recommendations for practice and further study were also suggested in this chapter.

APPENDIX A: Interview Guide

Lawrence Jonah Rumbwere is a student at the Bindura University of Science Education. Currently, he is studying for a Bachelor's Degree in Sport Science and Management. He is researching the participation of women in community sports in Ward 10, Buhera District. The information provided in this interview will be treated with the utmost confidentiality and will be used for this research only. Thank you for your cooperation.

Question 1

Gender: Female: ☐

Question 2

Age: 19 and below   20 – 30   31 – 40   41 and above
☐   ☐   ☐   ☐

Question 3

Level of Education

None	Primary level	"O" Level	"A" Level	Degree/ diploma

Question 4

Marital status

Single	Married	Divorced	Widowed

Question 5

Do women participate in community sports?

Question 6

What is the age range of women who take part in community sports?

Question 7

Which sport do women participate in?

Question 8

How many sporting facilities for women are in your community?

Question 9

What do you think are the factors affecting women's sports in your community?

Question 10

Are there any clubs for women's sports in the community?

Question 11

What are the challenges faced by women in accessing community sport?

Question 12

How can the participation of women in community sports be improved?

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