



**ASSESSMENT OF THE CHALLENGES AND WAYS OF
OVERCOMING THEM BY WOMEN WHO PARTICIPATE IN SPORTS
DURING FEDERATION OF EASTERN AFRICA UNIVERSITY
SPORTS (FEAUS) WOMEN GAMES IN UGANDA**

Olive Tusiime^{1,2i},

Elizabeth Mse¹

¹Masinde Muliro University
of Science and Technology,
Kenya

²Kabale University,
Uganda

Abstract:

Involvement in sports for women and men teaches critical lessons on discipline, goal setting, communication and work ethics that are widely transferable and often translate into successful careers down the line. Since men's control of women's physical activity has been at the heart of masculine hegemony, sports have been a highly gendered social sphere. For a long time, women were denied the right to engage in physical exercise for reasons of health, that is, the alleged physical "weakness" of women's bodies or detrimental effects on the fertility of women, chastity or threats to the "natural order" of sexes (Meier, 2020). This study described the challenges and ways of overcoming them by women who participate in sports during Federation of Eastern Africa University Sports (FEAUS) Women Games in Uganda held at Busitema University. In particular, the study described the challenges faced by women who participate in sports and ways of overcoming challenges faced by female sports participants. The study used a cross-sectional survey design using the quantitative and qualitative approaches on a sample of 95 respondents. Data were collected by the use of self-administered questionnaires and an interview guide. The data were analysed quantitatively and qualitatively. Quantitative data analysis involved the calculation of descriptive statistics namely, frequencies, percentages and means for analysis. Qualitative data were analysed through content analysis. The study found out that, marginalization, fear of injuries, long distances, lack of privacy around facilities, insecurity, family issues, lack of finance, lack of family support, unstable relationships, sexual harassment by male coaches, lack of time and menstrual challenges affected women participation in sports. Ways of overcoming challenges faced by women who participate in sports mainly involved; the need for

ⁱ Correspondence: email otusiime@kab.ac.ug

professional and female coaches, family support, good feeding, financial support, better facilities, good attire, incentives for the female athlete, improvisation in sports, guidance and counselling, having extra jobs, commitment to training, exposure, government policy on women empowerment in sports, sparing time for sports committing to rules of the sport and fair play and involvement of the non-governmental organizations to support women in sports. Therefore, it was recommended that policymakers should ensure that women are empowered in sports to give them the freedom to sports participation both at home, workplaces and in the field. Managers of sports should ensure players attain full security of the players and adopt tactics that reduce fear of injuries. Management of organisations sports that involve women should provide quality playing fields, give clear instructions, provide players adequate attention and advocate the full implementation of counselling female students. Management of organisations with female sports teams should engage females in sports jobs in the sports associations and also connect them outside sports and collaborate with non-governmental organizations that support and promote women's rights, resilience and confidence.

Keywords: family roles, sports, FEAUS

1. Introduction

To increase female sport participation, there is a need to support the sports Board to provide a culture change for women and girls to have opportunities and feel empowered to be physically active and stay active, improve the visibility of role models for women and girls at all stages of life and aspiration and address barriers to leadership and participation in sport for girls through the Active Girls programme, with a focus on body image and confidence (Karen M., 2021). Family obligations can keep women from pursuing sporting activities in some parts of the world. Shortage of time often results from commitments to the family, and it is also dependent on employment status, family structure, the time for raising children and caring for relatives has a negative effect on sport participation ([Jane E. Ruseski](#), [Brad R. Humphreys](#), Kirstin Hallmann & [Christoph Breuer](#), 2011). Women are more likely to participate in sport when they are younger, white, college-educated, and without young children at home while married women are less likely to participate in sport because household commitments reduce the amount of time available for sport participation (E. Ruseski, 2011). Muslim women in Arab societies are less likely to take part in sport than Western non-Muslims due to the traditions of Islamic modesty in dress and requirements for women's sport to take place in a single-sex environment making sports participation more difficult for devout female adherents, lack of availability of suitably modest sports clothing and sports facilities that allow women to play in private contributes to the lack of participation (Giambalvo, 2017). Such cultural norms of women's roles and responsibilities towards the family may also be a source of discouragement from time-consuming sports practice. All these need to be

addressed by empowering women in decision-making and ensuring that more women participate in sports by improving their conditions.

Sport in Africa has over time been viewed as a male thing, thereby making it even more difficult to encourage adequate female participation. The gender traditional roles put a greater burden of care work on women, which can reduce women's leisure time relative to men (Priyanka Harrichurran, 2021). Thus, poor funding and limited opportunities remain the biggest challenges female athletes face in Africa (Emmanuel Chinaza, 2021). According to a survey carried out by a worker with the Economic Community of West African States, it was revealed that there are very few or even no organized sports activities for girls in countries like Lesotho, Malawi, and some others (Emmanuel Chinaza, 2021). For example, Tirunesh Dibaba, a long-distance runner from Ethiopia, in an IWD interview with the ILO stated that "*young women and men are not given the same attention*". For example, the barrier of lack of parental permission to do sport. Parents feel overly worried about the safety of their daughters outside the home, with the thinking they might be assaulted while others would rather have their daughters beside them at home after school or simply did not believe sport should be a priority for the girl child. However, the males were free to leave home after classes to play sports in the streets and fields. Amanda Pamella (2016) sights poor sports facilities and inadequate funding that tends to contrive and thus continue to stagnate the women's game. Valentine C. (2013) discussed that; sport associations, non-governmental organizations, local initiatives as well as the private sector can play an important role in facilitating change, supporting in-depth research on existing barriers and documenting women's interest in sport, and claiming space for playing fields for women in sport as the most obvious ideas to improve the situation.

In Uganda, traditional roles of women in Uganda are similar to traditional roles of women around the world. according to Human Development Reports (2021), these roles are largely domestic including housekeeping, child rearing, fetching water, cooking, and tending to community needs. Few female parents serve as coaches or are involved in other supporting roles in sports, reflective of historical gender gaps in sports, dads are more likely to have been personally involved with sports and are likely to have coached any girls' sports team than moms, perpetuating the underrepresentation of female role models on the coaching staff and limiting mothers' involvement to supplemental roles like team mom, supplying food (women's sport foundation). Alegi (2010) noted that the few public spaces available for sport activities have either been grabbed or are grossly mismanaged such that the few that are available and are in good condition are available to men first before they are available to women. This evidence shows that their family roles hinder the participation of women in sports. The unanswered empirical questions were the challenges faced by women who participate in sports and the ways of overcoming challenges faced by female participants.

Family roles are shared beliefs that apply to individuals on the basis of their socially identified sex which are the basis of the division of labor in most societies (Wood and Eagly, 2010).

Sport is any form of competitive physical activity or game that aims to use, maintain or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators (World Atlas, 2018).

The study will be informed by the Feminism theory according to Bell Hooks (2000). The theory suggests a movement to end sexism, sexist exploitation and oppression through promotion of women's rights, transform society, privilege women's ways of knowing, and include their voices in research (e.g., Andermahr, Lovell, Carol Wolkowitz Arnold, 1997). In this research, Oppression is defined as unjust treatment. In this study, oppression is defined as referring to challenges faced by women who participate in sports which include; too much house chores, lack of financial support, cultural influence, insecurity, sexual harassment, long distances from the training field, marginalization, biological factors, fear of injuries and mother roles (Masuku, 2017). In regard to the promotion of women's rights, eradicates gender-based exploitation, discrimination, and unfair treatment and enhances women's socio-economic empowerment. In this study, promotion of women's rights is defined as referring to ways of overcoming challenges faced by women in sports referring; the need for family support, use of professional and female coaches, looking for sponsors/ side work, incentives for female athletes, have training programs, women empowerment in sports, have diet and body management, use facilities within your means, practice on safe ground and follow instructions and need for house helpers (Elendu, 2013; Kandola, 2018).

Involvement in sports for women and men teaches critical lessons on discipline, goal setting, communication and work ethics that are widely transferable and often translate into successful careers down the line. Since men's control of women's physical activity has been at the heart of masculine hegemony, sports have been a highly gendered social sphere. For a long time, women were denied the right to engage in physical exercise for reasons of health, that is, the alleged physical "weakness" of women's bodies or detrimental effects on the fertility of women, chastity or threats to the "natural order" of sexes (Meier, 2020). In most countries, Family obligations keep women from pursuing sporting activities in some parts of the world. Traditional family roles put a greater burden of care work on women, which can reduce women's leisure time relative to men (Priyanka Harrichurran, 2021). At Busitema university, the sports performance report of the FEAUS activity shows a very poor turn up of the participating universities and shortage of facilities at the university during participation while from the attendance, universities that sent in apologies were due to lack of funds while others stated the poor timing of the tournament given that it was a festive season- Easter (Baluka A., 2022). This is a result of family obligations. Therefore, female employment continues to be stigmatized within the culture (The Human Development Reports, 2021). During the championship, Netball, Basketball, Soccer, Rugby, Volleyball, Handball, Table Tennis,

Chess, Scrabble and wood ball will take place at Busitema main sports complex while Athletics was at King George IV Memorial stadium in Tororo, Lawn Tennis in Mbale and Swimming at Tororo (Isabirye D., 2022). If the problem of roles of women and sports participation among women in East African countries is not addressed, the welfare of women will be put at stake and they will not be able to compete successfully in the various sports tournaments in their countries and abroad. Therefore, this study seeks to analyze the challenges faced by women who participate in sports and ways of overcoming challenges faced by female participants.

Objectives of the study were (a) to establish challenges faced by women who participate in sports (b) to establish ways of overcoming challenges faced by female sports participants.

2. Materials and Methods

This study adopted the cross-sectional design. The target population was 106 including female sports students involved in all games comprising of 96 students and 10 sports administrators and coaches. The study was carried out at Busitema University Eastern Uganda during Eastern Africa University Sports (FEAUS) Women Games. Busitema is a multi-campus model university in Uganda, with the main campus located at Busitema along Jinja – Tororo highway. Others are; Nagongera Campus, Namasagali Campus, Arapai Campus, Mbale Campus, and Pallisa Campus. The Games took place at Busitema main campus and were played from the main sports complex, King George IV Memorial stadium in Tororo, Mbale and Rock Classic Hotel Tororo. The sample size for the questionnaire survey was 87 respondents. The sample size for each category of respondents was determined by proportionate sampling (Amin, E., 2005). The sample for the interview guide included 08 sports administrators and coaches that attended the championship. The study adopted two sampling methods, namely stratified random and purposive sampling. Stratified random sampling involved dividing the sample for the questionnaire survey into different subgroups according to their different games during the championship. Thereafter, the respondents were selected proportionally from the different subgroups. Only female players were involved in the study. The two data collection instruments were; a self-administered questionnaire (SAQ) for the players and an interview guide for sports administrators and coaches. The SAQ formulated by the researcher was a closed-ended questionnaire with question items based nominal scale with appropriate alternatives given for section A on demographic characteristics of the respondents and an ordinal scale based on the five-point Likert for sections B and C. Closed-ended questions were selected because they were easy to administer, easily coded and analysed, allow comparisons and quantification, and they were more likely to produce fully completed results while avoiding irrelevant responses. At the end of each section of the SAQ there was an open-ended question which allowed time and space for free-form responses that invited participants to share their understandings, experiences,

opinions and interpretations. Overall, a combination of closed and open questions provided the survey write-up with quantifiable and in-depth results. Closed questions produced results that were easily summarised and clearly presented in quick-look summaries while open questions produce verbatim comments adding depth and meaning (Bird, 2009). Section A was on the demographic characteristics. Section B was on the main variables of the study, namely; the challenges faced by women who participate in sports and ways of overcoming challenges faced by female sports participants. The SAQ-based questionnaire was also very suitable for the sampled respondents because they easily responded to the questions because of their proficiency in the English Language that was used in the questionnaire survey since they were university students. The SAQ was established by the researcher pending the relevant data needed according to the objectives of the study. An interview guide was used to interview female sports administrators and coaches. The design of the interview guide was formulated by the researcher, as an open-ended interview guide with structured items in terms of the wording of the questions (Tashakkori & Teddlie, 2009). The question items for the respondents were questions eliciting open-ended responses. The open-endedness of interview questions allowed the respondents to provide detailed information and allowed the asking of probing questions. The interview questions helped in obtaining in-depth data necessary for qualitative analysis from female sports administrators and coaches.

3. Results and Discussions

3.1 Challenges faced by women participating in sports

Objective 1 was to establish challenges faced by women who participate in sports during Eastern Africa University Sports (FEAUS) women Games, at Busitema University Uganda (Table 1).

The results in Table 1 on whether fear of injuries was a challenge cumulatively 81.6% agreed with 11.4% disagreeing. The mean = 4.48 indicated that respondents agreed. This implies that fear of injuries was a great challenge. This is in line with Meier (2020) who noted that *“women were denied the right to engage in physical exercise for reasons of health, that is, the alleged physical “weakness” of women’s bodies”*. From the open-ended questions, St₃₄ indicated that *“facilities are scarce and those available are in bad condition, male coaches also tend to observe figures of female for consideration athletes and community discouragement”*.

About too many house chores showed that the majority 80.4% agreed with 10.3% disagreed. The mean = 4.46 suggested that the respondents agreed. Therefore, this implied that too many house chores were a great challenge. This is in line with Jane and Ruseskie, (2011) who found out that a shortage of time often results from commitments to the family. From the open-ended questions, St₅ stated that *“women are always caught up by house chores on top of caring for family members”*. From the interviews, SA₃ stated that

"making the coaching program and adhering to it alone is not easy". Some people turn up while others will always have excuses.

In regard to mother roles vs sports, the majority 89.6% agreed while 3.4% disagreed. The mean = 4.21 suggested that the respondents agreed. Therefore, this means that mother roles vs sports are a challenge to women in sports. This is in agreement with Priyanka (2021) who indicated that *"traditional gender roles in a household that put a greater burden of care work on women, which can reduce women's leisure time relative to men"*. Jane and Ruseski (2011) add that women are more likely to participate in sports when they are younger, college-educated, and without young children at home. From open-ended questions, St₁₂ stated *"lack of time when you have young children at home"*. From the interviews, SA₁ identified a *"lack of specific attire, time, family commitment especially the marrieds, bear facilities and lack of finances"*.

Regarding lack of financial support, cumulatively 83.9% agreed with 10.3% disagreeing. The mean = 4.01 suggested that the respondents agreed. Therefore, lack of financial support is a challenge for women in sports. This is in agreement with Chinaza (2021) who stated that poor funding and limited opportunities remain the biggest challenges female athletes face in Africa. Amanda Pamella (2016) also sighted poor sports facilities, and inadequate funding that tends to contrive and thus continue to stagnate the women's game. From open-ended questions, St₁₁ explained that *"the major problem in sports was money"*. Institutions tend to support sports for boys more than girls, parents also support boys more and the requirements of a girl are more than that of boys. From the interviews, SA₄ identified *"low response in training, family issues, lack of finances and family support"*.

As to whether the biological factors were a challenge, cumulatively the majority 87.4% agreed with 8.0% disagreeing. The mean = 4.09 indicated that the respondents agreed. Therefore, biological factors were a great challenge. This was in line with Gorreti et al., (2017) who stated that *"biological factors such as menstruation and pregnancy sometimes kept women away from football activities"*. From the interviews, Co₂ remarked that *"some women fear to wear specific attire in fear to expose their figures"* while SA₄ stated that *"female sports students are full of issues. Some of them fall sick during their menstruation and their parents give minimal or no support"*.

Concerning whether sexual harassment was a challenge, the majority 80.4% agreed while 11.4% disagreed. The mean = 4.01 indicated that respondents agreed that sexual harassment is a challenge to women in sports. This is in line with the International Labour Organization (2022) which found out that parents feel overly worried about the safety of their daughters outside the home, with the thinking they might be assaulted. From open-ended questions, St₈ revealed that *"sometimes men think that when women practice with men, they may end up relating compromising with our relationships"*. From the interviews, Co₄ stated that some male coaches mislead the female participants. They *"tend to care for those close to them and lure them into sex instead of helping them to develop the skill"*.

With respect to whether marginalization, cumulatively the larger percentage 79.3% agreed while 9.2% disagreed. The mean = 3.91 indicated that the respondents agreed. This, therefore, means that marginalization is a problem in female sports. This is in agreement with Alegi (2010) who noted that the few public spaces available for sports activities have either been grabbed or are grossly mismanaged such that the few that are available and are in good condition are available to men first before they are available to women. From the interviews, Co₁ narrated that *“when girls start relationships, they lose concentration of the sport. The same partners mislead them causing them to drop out of the training program and later dump them leaving them desperate”*. Co₃ stated that *“ladies are minimized for not managing some sports activities. They are seen as just women. It takes courage to convince the administrators that girls can play rugby without getting injuries”*.

With regard to cultural influence, cumulatively the majority percentage 77.0% agreed with 13.7% disagreeing. The mean = 3.89 meant that the respondents agreed. Therefore, the cultural influence was a challenge. This is in agreement with some scholars, for instance, Giambalvo, (2017) indicated that Muslim women in Arab societies are less likely to take part in sport than Western non-Muslims due to the traditions of Islamic modesty in dress and requirements for women's sport to take place in a single-sex environment make sports participation more difficult for devout female adherents, lack of availability of suitably modest sports clothing and sports facilities that allow women to play in private contributes to the lack of participation. From interviews, Co₁ indicated that *“in some cultures like Islam, parents of female students are never convinced with the attire we use in a variety of sports”*.

Regarding to whether insecurity was a problem, cumulatively 71.2% agreed with 19.5% disagreeing. The mean = 3.79 meant that the respondents agreed. Therefore, Insecurity was a challenge. This is in agreement with Chinaza, (2021) who stated that parents feel overly worried about the safety of their daughters outside the home while others would rather have their daughters beside them at home after school or simply did not believe sport should be a priority for the girl child. From the interviews, SA₄ indicated that *“women always need clean and safe changing facilities which are not available in most cases around the field, the safety of properties, clean water, privacy when in menstruation among others”*.

Concerning whether long distance from the field, cumulatively the majority percentage 64.4% agreed with 20.6% disagreeing. The mean = 3.69 meant that the respondents agreed. Therefore, a long distance from the field was a threat. This was in agreement with Gorreti et al. (2017) who found out that limited access to facilities and equipment was a challenge to women in sport. From the interviews, St₃ stated that *“the distance from home to the field might be too long and yet the participant cannot afford daily transport”*.

The results from the interviews with the sports administrators of the universities and coaches and open responses from the questionnaires revealed that the challenges faced by women who participate in sports include; marginalization, fear of injuries, long

distances, lack of privacy around facilities, insecurity, family issues, lack of finance, lack of family support, unstable relationships, sexual harassment by male coaches, lack of time and menstrual challenges.

3.2 Ways of overcoming challenges faced by women in sports

Objective 2 was to establish ways of overcoming challenges faced by female sports participants during Eastern Africa University Sports (FEAUS) Women Games, at Busitema University Uganda (Table 2).

The results in Table 2 on whether the need house helpers showed that cumulatively, 85.0% agreed with 8.0% disagreeing. The mean = 4.66 suggested that the respondents agreed. Therefore, this implied that the need for house helpers was vital. These results are in line with other scholars, for instance, Elendu (2013) who indicated that women need for house helpers to freely participate in sports. From open-ended questions, St₁ stated that *“women need to be understood by men that they are also human beings who need leisure time”*. From the interviews, SA₄ stated that *“husbands need to support women on house chores by hiring house helpers so that they can balance time to exercise”*.

Concerning having training programs, cumulatively, 95.4% agreed while 1.1% disagreed. The mean = 4.38 indicates that the respondents agreed. Therefore, the training programs make a better solution. These results are in line with Sumaya et al. (2015) who stated that sports programmes assure women and girls active board membership in leading positions, participation in decision-making and strategic planning are likely more successful in producing lasting change in the self-perception and self-confidence of female participants. From open-ended questions responses, St₄ indicated that *“women need to have special treatment in sports”*. From interviews, Co₃ suggested that *“there is a need to have training programs to help them balance their work aiming at fulfilling the program.”*

About women’s empowerment in sports, cumulatively the majority 94.3% disagreed and 3.4% agreed. The mean = 4.34 suggested that the respondents agreed. Therefore, women’s empowerment in sports can improve women’s participation. This is in line with Chinaza (2021) who states that sports can serve as a powerful tool and platform for empowering women in the content, with an ambitious view of challenging gender norms on and off the field of play. Cho (2013) also found out that, women's empowerment correlated with the success in women's soccer. From interviews, SA₂ stated that *“the government needs to fully empower women in sports”*.

As to whether having a diet and body management was a solution, cumulatively the majority percentage 89.6% agreed with 3.4% disagreeing. The mean = 4.29 indicated that the respondents agreed. Therefore, diet and body management help to improve women in sports. This is in agreement with Bryan (2021) who suggested that female athletes are encouraged to eat a diverse range of foods to ensure adequate micronutrient intake which is particularly important for female athletes which include iron, calcium, and vitamin D, supplement their diets with 1000–2000 IU vitamin D pills daily, drink when thirsty to provide adequate water intake and fluid balance, consult sports dietitians

to develop individualized nutrition plans and be wary of advice pedaled by so-called “experts” on social media. From open-ended questions, St₂₁ identified solutions as “good meals during sports, provision of finances, better facilities and the attire”. From the interviews, Co₄ stated that “women need more commitment and learn to handle their menstruation as a normal body change, involvement in sports leadership and improvise by training within the available means”.

Concerning whether practicing on good ground and following instructions would make a better solution, cumulatively the majority percentage 86.2% agreed with 3.4% disagreeing. The mean = 4.26 suggested that the respondents agreed. Therefore, practicing on safe ground and following instructions were used to improve women’s participation. This was in agreement with Gorreti et al. 2017 who noted that there should be Improvement and managing the existing playgrounds to ensure that women have access to these facilities whenever they require them. From open-ended questions, St₁₈ identified solutions as; fair play, self and space awareness, good relationship with others in court and discipline. From interviews, Co₃ suggested that “women need to be careful when playing especially on hard grounds to avoid falls and other causes of injuries”.

With respect to using facilities within your means, cumulatively the larger percentage 89.6% agreed with 4.5% disagreeing. The mean = 4.24 suggested that the respondents agreed. Therefore, using facilities within your means was a better means of solving the problem. These results are in agreement with Sumaya et al. (2015) who stated that the provision of designated spaces for women’s and girls’ sport activities can have practical benefits but also a symbolic character, especially if these areas are public. From interviews, Co₃ identified “use of the available equipment as long as the skill is learnt, commit to rules of the game and fair play”.

With regard to having sponsor/side work, cumulatively the larger percentage 86.2% agreed with 37.6% disagreed. The mean = 4.22 meant that the respondents agreed. Therefore, having sponsor/side work makes a better improvement. This is in agreement with the (Global Gender Gap Report, 2021) which noted that many women continue to struggle to find employment opportunities and some leave their communities to find greater employment opportunities elsewhere. From open-ended questions, St₃₇ stated that “the university needs to put more funds in female sports”. Co₄ indicated that “females in sports need to have supporting jobs to support them in sports, spare time for training if they are to qualify and commit to it”. From the interview, SA₃ suggested that “there is a need to collaborate with non-governmental organizations that support gender-based activities to support women’s sports”.

In regard to incentives for female athletes, the majority 88.6% agreed with 8.0% disagreeing. The mean = 4.16 suggested that the respondents agreed. Therefore, the incentive for female athletes would encourage them to participate more. This is in line with Gorreti et al. 2017 who suggested that the government should Provide incentives and rewards to women football teams and individuals who excel in football. From interviews, SA₃ identified solutions as “motivation, financial support, transport, good facility

and good diet". From open-ended questions, St₆₀ remarked that *"female sports students should at least be given special allowance to keep them motivated for the extra time they put in sports in addition to their academics"*. Sports need a lot of commitment and time.

As to whether the need for family support improved women's participation in sports, cumulatively the larger percentage 83.9% agreed with 13.8% disagreeing. The mean = 4.07 suggested that the respondents agreed. Therefore, family support can improve women's participation. This is in agreement with Everbach (2018) who suggested that there is a need to influence cultural change and promote positive role models with the goal of supporting all levels of female participation and engagement in sport. From the interviews, SA₁ stated that *"women need family support like encouragement, finance and physical support to keep them active in sports"*. From open-ended questions, St₁₅ remarked that female athletes need counselling from wrong relationships by parents, relatives, coaches and sports administrators". From interviews, Co₄ stated that *"women should involve in sports leadership, seek for family support and be exposed in sports"*. If all these are put into practice, women can improve on their participation in sports while SA₂ remarked that *"women need counselling and understanding from the families to avoid cultural strings attached, university support, policy support and role models"*.

About the use of professionals/ female coaches, cumulatively the majority percentage 83.9% agreed with 11.5 % disagreeing. The mean = 2.64.02 suggested that the respondents agreed. Therefore, using professional/ female coaches was a better solution. This is in agreement with, Ian H. (2004) who states that the current female sports members need to evaluate the process of recruitment, career paths, the overall impact on the organizations and the level of support required to ensure the realization of a wider involvement of women in decision-making roles. From open-ended questions, St₉ specified that *"male coaches need to be briefed on how to professionally handle sports students in universities"*. Co₁ narrated that *"women need encouragement. Coaches need to handle them well and encourage them whenever they fail to qualify in their sport because they easily lose morale and drop out"*.

From the above responses, the results from open-ended questions, the interviews with sports administrators and coaches, the ways of overcoming challenges faced by women in sports include; the need for professional and female coaches, family support, good feeding, financial support, better facilities, good attire, incentives for the female athlete, improvisation in sports, guidance and counselling, having extra jobs, commitment to training, exposure, government policy on women empowerment in sports, time, committing to rules of the sport and fair play and involvement of the non-governmental organizations to support women in sports.

4. Conclusions

Basing on the findings of this study on the analysis of the challenges faced by women who participate in sports and ways of overcoming challenges faced by women

participation in sports at Busitema University during the Women's East African Games in Uganda, the study concluded as follows:

The challenges faced by women who participate in sports include; Marginalization, lack of privacy around facilities, too many house chores, lack of financial support, family issues, lack of time, cultural influence, insecurity, sexual harassment, long distances from the training field, lack of family support, biological factors, fear of injuries, unstable relationships, lack of time and mother roles vs sports faced women who participate in sports.

Ways of overcoming challenges faced by females in sports involved women empowerment, need for family support, use of professional/ female coaches, looking for sponsors/ side work, incentives for female athletes, training programs, diet and body management, use of facilities within your means, practice on safe ground and follow instructions and need for house helpers, good feeding, improvisation in sports, better facilities, good attire, guidance and counselling, have extra jobs and involvement of the non-governmental organizations to support women in sports.

5. Recommendations

The conclusions of this study on the analysis of the challenges faced by women who participate in sports and ways of overcoming them led to the making of the following recommendations;

Policy makers should ensure that women are empowered in sports to give them freedom to sports participation both at home, work places and in the field. This is because there are issues of sexual harassment, marginalization, too many house chores and cultural and lack of family support.

Managers of sports should ensure players attain full security of the players and adopt tactics that reduce fear of injuries. This was because the fear of injuries and insecurity were a threat.

Management of sports organisations that involve women should provide quality playing fields, give them allowances, give clear instructions, and better attire, provide players adequate attention and advocate the full implementation of counselling female students. This is because biological factors, inferior complex, incentives for female athletes, lack of training programs, feeding and body management, and lack of facilities were a great challenge. Management of organisations with female sports teams should engage females in sports jobs in the sports associations, connect them outside sports and collaborate with non-governmental organizations that support gender-based activities and provide incentives for female athletes. This is because financial support is the main challenge to women's participation in sports.

Conflict of Interest Statement

The authors declare no conflicts of interest.

About the Authors

Olive Tusiime is a PhD student at Masinde Muliro University of Science and Technology, Kenya and an Assistant Lecture of Physical Education at Kabale University, Uganda. She holds a Master's degree in sports science from Kyambogo University Uganda and B. Science Sports Science from Makerere University, Kenya.

Elizabeth Mse (PhD) is a Lecturer of Sports Science at Masinde Muliro University of Science and Technology, Department of Health Promotion and Sports Science, Biomedical Science and Technology, Kenya.

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Appendix

Table 1: Challenges faced by women participating in sports

Challenge faced by women participating in sports	F / %	SD	D	NS	A	SA	Mean	Std. Deviation
Too much house chores	F % 2 (2.3)	7 (8.0)	7 (8.0)	43 (49.4)	27 (31.0)	4.4598	4.39557	
Lack of financial support	F % 4 (4.6)	5 (5.7)	5 (5.7)	37 (42.5)	36 (41.4)	4.1034	1.05692	
Cultural influence	F % 7 (8.0)	5 (5.7)	8 (9.2)	37 (42.5)	30 (34.5)	3.8966	1.18159	
Insecurity	F % 5 (5.7)	12 (13.8)	8 (9.2)	33 (37.9)	29 (33.3)	3.7931	1.21174	
Sexual harassment	F % 5 (5.7)	5 (5.7)	7 (8.0)	37 (42.5)	33 (37.9)	4.0115	1.10490	
Long distance from the field	F % 5 (5.7)	13 (14.9)	12 (13.8)	28 (32.2)	28 (32.2)	3.6897	1.24181	
Marginalization	F % 2 (2.3)	6 (6.9)	10 (11.5)	49 (56.3)	20 (23.0)	3.9080	.91031	
Biological factors	F % 2 (2.3)	5 (5.7)	2 (2.3)	50 (57.5)	26 (29.9)	4.0920	.88439	
Fear of injuries	F % 3 (3.4)	7 (8.0)	5 (5.7)	41 (47.1)	30 (34.5)	4.4828	4.40629	
Mother roles vs sports	F % 00 (0.0)	3 (3.4)	6 (6.9)	47 (54.0)	31 (35.6)	4.2184	.72216	

Table 2: Ways of overcoming challenges faced by women in sports

Ways of overcoming challenges faced by women in sports	F / %	SD	D	NS	A	SA	Mean	Std. Deviation
Need for family support	F % 2 (2.3)	10 (11.5)	2 (2.3)	39 (44.8)	34 (39.1)	4.0690	1.04317	
Use of professional/ female coaches	F % 2 (2.3)	8 (9.2)	4 (4.6)	45 (51.7)	28 (32.2)	4.0230	.97619	
Look for sponsors/ side work	F % 3 (3.4)	6 (6.8)	3 (3.4)	31 (37.5)	44 (50.6)	4.2299	1.04215	
Incentives for female athletes	F % 3 (3.4)	4 (4.6)	3 (3.4)	43 (49.4)	34 (39.1)	4.1609	.95081	
Have training programs	F % 1 (1.1)	0 (0.0)	3 (3.4)	44 (50.6)	39 (44.8)	4.3793	.66893	
Women empowerment in sports	F % 3 (3.4)	0 (0.0)	2 (2.3)	44 (50.6)	38 (43.7)	4.3448	.69596	
Have diet and body management	F % 1 (1.1)	2 (2.3)	6 (6.8)	39 (44.8)	39 (44.8)	4.2989	.79409	
Use facilities within your means	F % 3 (3.4)	1 (1.1)	5 (5.7)	41 (47.1)	37 (42.5)	4.2414	.88876	
Practice on safe ground and follow instructions	F % 1 (1.1)	2 (2.3)	9 (10.3)	36 (41.4)	39 (44.8)	4.2644	.82771	
Need for house helpers	F % 2 (2.3)	5 (5.7)	6 (6.8)	35 (40.2)	39 (44.8)	4.6552	4.37442	

Olive Tusiime, Elizabeth Mse
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