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Exam 2 Paper

# Introduction

Women participation in sports has increased our time due to their nature of accepting challenges and fully involving in sports activities. However, the number of youth sport coaches are still limited in different games. Michael Messner (Sociologist) has discussed barriers to female coaches and the hierarchies and gender inequalities that are prevailing in our social institutions. He found that female coaches are less than 20% in different sports, despite having expertise and experience to offer the role but are still not appreciated to represent as coaches.

# Discussion

Due to the female active presentation and good performance, their involvement in various carrier path is appreciated. However, in sports, they are allocated for less prestigious teams, younger age groups and some recreational level authorities. Gender disparities in different carrier paths are decreasing, but it is still highly prevailing in sports, which restricts female in entering into sports coaches. Messner identified three levels of sports which represent the structural formation of sports i-e the day to day practices, the hierarchy, and rules of sports institutions and the leading believe system conveyed though sports media. He examined men's violence through sports and their financial interest and dominating nature which maintain the status quo. He further states that it is necessary to understand the nature of sports for women and to recognize their identities in male-dominated fields (M. Messner). There is an opportunity for women to gain empowerment in sports and acquire legitimacy as athletes. Female coaches tend to influence social change, develops the mindset of girls to be more actively involve themselves in games, and challenge the stereotype beliefs about gender leadership roles in sports. They should prove themselves as a role model for many children especially girls and provide much better opportunities for girls to pursue careers in sports.

Cultural believes strongly influence the sports structure such as hegemonic masculinity is strongly connected with sports and is considered as bravery and strength in males. It also teaches boys to be careful about certain expressions especially avoiding expressing vulnerabilities. These structures provide men that they should suppress the feelings of pain and injuries, hence make sports a successful achievement for them. Females, on the other hand, are considered weak for youth sports and unable to motivate children. Also, it is believed that they can't play leadership roles in sports, and are nonathletic (Messner and Bozada-Deas). Thus, sports continues to be a male dominated and controlled institution.

Girls are likely to be more motivated by a matched gender and considering a female role model, they will be able to identify themselves. Female coaches have a positive motivation for girls and their self-perceptions rather than looking to male coaches where they cannot identify a role model and are more likely to accept the negative stereotypes of not becoming a good athlete. This results in failure of realization of their potential which limits their aspirations of sports career (M. A. Messner).

# Conclusion

Social change is necessary for all such institutions to consider a female significant role in developing the mindset of children particularly girls. The society should focus on girls participation and make them better athletes which is possible through motivation by a female coach and an effective role model. Female must be part of all institutions in equal numbers and at significant leadership positions to influence the social structure. A female has challenged many institutions in the past with their brilliant performances in all the fields, they are serving in the air force and navy's, so sports is not a challenge for them anymore. The need to be able to fight for their rights and presented with equal opportunities in the sports.

# Works Cited

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