Analysis of the Relationship between Family Roles and Women Participation in Sports

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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 has 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 relationship between family roles and women participation in sports during Federation of EasternAfrica University Sports (FEAUS) women Games in Uganda held at Busitema University. In particular, the study described the roles of women in the family setting and the challenges faced by women who participate in sports.The studyused cross-sectional survey design using the quantitative and qualitative approaches on a sample of 95respondents. Data was collected by use of self-administered questionnaires and interview guide. The data was analyzed quantitatively and qualitatively.Quantitative data analysis involved calculation of descriptive statistics namely, frequencies, percentages and means for analysis. Qualitative data wasanalyzed through content analysis. The study found out that, the roles of women in homes were; cooking food, sweeping, washing clothes, taking care of the young ones, collecting firewood, grazing animals, taking care of the home, digging and food security, producing/ bearing babies, paying bills, caring for the patient relatives and husbands as roles of women in homes. 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. The conclusion was that, roles of women in a family setting were overwhelming leading to a lot of challenges hindering women participation in sports. Therefore, it was recommended that, 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. Management of organisations sports that involve women should provide quality playing fields, security of players, guidance and counselling of female athletes. Management of organisations with female sports teams should engage females in sports jobs in the sports associations and collaborate with non-governmental organisations that support improve on women's rights, resilience and confidence.

Keywords: family roles, sports

1. INTRODUCTION

Gender roles are essential for understanding the work-home interface in a family setting. In Western societies, the home sphere, and the household chores as part of this sphere, it is assumed to be in charge of women, which could in turn affect more highly the home to work conflict of women than of men. Family obligations can keep women from pursuing sporting activities in some parts of the world. For example, laundry, cleaning and cooking, care for children on a daily basis, shop for groceries and wash dishes women are the primary decision-makers when it comes to home decor in 62% of

households (Megan, 2020). 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 (Jane E. Ruseski, 2011). In US, there is only one task that men and women are equally likely to take the lead on paying bills. In 37% of U.S. households, the woman primarily pays the bills, while in 34% of households, the man does; Planning family activities is the only task that is reported as being shared equally by a majority, 52% and in households that don't share the job, women are more likely to be responsible (37%) than are men (10%) (Megan 2020). Married women are less likely to participate in sport because household commitments reduce the amount of time available for sport participation (E. Ruseski, 2011). In India, Women are the key to sustainable development and quality of life in the family. The varieties of role the women assume in the family are those of wife, leader, administrator, manager of family income and last but not the least important the mother (A Sehgal, P. Khandelwal, 2020). 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 (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 ensure 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. Traditional gender roles within the household are still common due to the prevalence and persistence of patriarchal systems. These 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). Women in Africa do the lion's share of the house work, they are not valued the same as men and will typically work a day that is 50 percent longer than their male counterparts and in less than favorable conditions while a society that revolves around men, the women are the force of the economy, though they remain largely ignored (Amanda Pamella, 2016). 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,2019). 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 women, what makes it difficult to go running is the family. The family does not allow you to run, but they also don't want you to go to school. A girl works at home, always at home. 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. Some 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 tend to contrive 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 participation of women in sports. The unanswered empirical questions were what women's' roles in a family setting, the challenges faced by women who participate in sports and the ways of overcoming challenges faced by female participants.Karen M. (2021), stated that to increase female sport participation, there is 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.

1.1. 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).

1.2. 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, 2000). In this research, sexism exploitation is defined as a belief that one sex is superior to or more valuable than another referring to roles of a woman in a family setting which include; cooking, washing, taking care of the young ones, collecting firewood, grazing animals, managing the home, digging and securing food, sweeping, bearing babies and paying house bills (Megan Brenan, 2020; Guloba, 2018). Oppression is defined as unjust treatment. In this study, oppression is defined referring to challenges faced by women who participate in sports which include; too much house cores, lack of financial support, cultural influence, insecurity, sexual harassment, long distances from the training field, marginalization, biological factors, fear of injuries and mother roles (wangari&Kubayi 2017).

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 has 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, traditional gender roles within the household are still common due to the prevalence and persistence of patriarchal systems. Family obligations keep women from pursuing sporting activities in some parts of the world. For example, laundry, cleaning and cooking, care for children on a daily basis, shop for groceries and wash dishes women are the primary decision-makers (Megan, 2020). Traditional roles of women in Uganda are similar to traditional roles of women around the world and are largely domestic including housekeeping, child rearing, fetching water, cooking, and tending to community needs. These 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 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 relationship between roles of women in the family setting and the challenges faced by women who participate in sports. Objectives of the study were (a)to determine the roles of women in the family setting (b) to establish challenges faced by women who participate in sports.

1.3. Research Hypothesis

$H0_1$ There would be no significant relationship between roles of women in the family setting and the challenges faced by women who participate in sports during East African University Sports (FEAUS) women Games.

2. METHODOLOGY

This study adopted the cross-sectional design.The target population was 106 including female sports students involved in all games comprising of 96students 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 high way. 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 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. Sections B was on the main variables of the study, namely roles of a woman in a family setting and the challenges faced by women who participate in sports. 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 on 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, 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. Roles of Women in a Family Setting

Objective 1 determine the roles of women in the family setting during Eastern Africa University Sports (FEAUS) women Games, at Busitema University Uganda.

The results are as presented in Table 1

Table1. *Roles of a woman in a family setting*

Roles of a woman in a family setting	F / %	SD	D	NS	A	SA	Mean	Std. Deviation
Cooking food	F %	3 (3.4)	8 (9.2)	11 (12.6)	45 (51.7)	20 (23)	3.8161	1.00613
Washing clothes	F %	2 (2.3)	9 (10.3)	11 (12.6)	43 (49.4)	22 (25.3)	3.8506	.99451
Taking care of the young ones	F %	5 (5.7)	7 (8.0)	7 (8.0)	39 (44.8)	29 (33.3)	3.9195	1.12289
Collecting firewood	F %	10 (11.5)	8 (9.2)	5 (5.7)	39 (44.8)	25 (28.7)	3.7011	1.29503
Grazing animals	F %	9 (10.3)	8 (9.2)	11 (12.6)	33 (37.9)	26 (29.9)	3.6782	1.28039
Taking care of the home	F %	2 (2.3)	9 (10.3)	8 9.2	39 (44.8)	29 (33.3)	3.9655	1.02807
Digging and food security	F %	10 (11.5)	11 (12.6)	10 (11.5)	34 (39.1)	22 (25.3)	3.5402	1.31011
Sweeping	F %	5 (5.7)	8 (9.2)	13 (14.9)	29 (33.3)	32 (36.8)	3.8621	1.18294
Producing/ bearing babies	F %	3 (3.4)	6 (6.9)	7 (8.0)	40 (46.0)	31 (35.5)	4.0345	1.01670
Paying home bills like water, electricity, Rent	F %	8 (9.2)	5 (5.7)	6 (6.9)	41 (47.1)	27 (31.0)	3.8506	1.19620

The results in Table 4.3 on whether women had a role of the producing/ bearing babies showed that cumulatively, majority 81.5% agreed while 10.3%disagreed. The mean= 4.03 suggested that the respondents agreed. Therefore, the role of producing / bearing babies is very core. This is in agreement with A Sehgal and Khandelwal, (2020) who identified motherhood as the critical role of women. From open ended questions, St_{57} emphasized that "the woman's work is to be pregnant and makes a home lively with children". From the interviews, Co_9 stated that "women must fulfil their duties whether pregnant or not".

On whether women had a role of taking care of the young ones at home showed that cumulatively, the majority 78.1% agreed with 13.7% disagreeing. The mean =3.91suggested that the respondents agreed. Therefore, this means that the role of taking care of the young ones at home was key. This is in line with Megan, (2020) who found out that care for children on a daily basis was the primary role of women in homes. From open ended questions, St_1 reported that "women can do a lot of work like looking after children, grandparents, patients in the family, organize the house and sweep the compound". From the interviews Co_2 stated that, 'women are over worked in homes than men. They take care of kids, cook, sweep, bear babies and mop the house" while SA_2 remarked that "a woman collects children from school, feeding, general hygiene, take children for immunization, shopping and cooking".

About the role of taking care of the home showed that cumulatively, 78.1% agreed while 12.6% disagreed. The mean =3.97 suggested that the respondents agreed. This therefore means that the role of taking care of the home exists. This is in agreement with Sehgal and Khandelwal, (2020) who stated a variety of roles women assume in the family are those of wife, leader, administrator, manager of family income. From the open ended questions, St_2 indicated that "once a woman is not at home, the house will always be in a mess".

Concerning with paying bills like rent, electricity and water showed that cumulatively, (78.1%) agreed with (14.9%) disagreeing. The mean = 3.85 suggested that the respondents agreed. This

therefore means that the role of paying bills existed. This is in agreement with other scholars for instance, Megan and Benin (2020) found out that in 37% of U.S. households, the woman primarily pays the bills, while in 34% of households, the man does. From the interviews, Co_3 indicated that "women suffer a lot with home chores in addition to their jobs, relatives, domestic animals, pay rent, water bills and electricity". From the interviews, SA_3 indicated that "women also contribute on home bills because some earn better that their partners".

In regard to cooking food, results showed that cumulatively, (74.7%) agreed with (12.6%) disagreeing. The mean = 3.82 suggested that the respondent agreed. Therefore, the role of cooking food was there. This was in line with Megan, (2020) who stated thatcleaning and cooking on a daily basis was a major role of women. From the interviews, St_{12} women can work at home without getting worn out". SA_1 narrated that,

"a woman lived in a home, did her work but the husband believed that she was just a house keeper. When the woman requested to exchange the roles, the lady tried attending to the husband's office work but the man could not take it for a minute cooking, washing, attending to children's noise, lighting the fire, washing among others. When the wife returned in the afternoon, the man had not yet taken breakfast and was very upset. That is the time the man understood that women do work at home".

As to whether washing clothes was one of the women's roles, cumulatively, the larger percentage 74.7% agreed with 12.6% disagreeing. The mean = 3.85 suggested that respondents agreed. Therefore, the role of washing clothes existed. This is in agreement with Human Development Reports (2021), which stated that, women roles are largely domestic including housekeeping, child rearing, fetching water, washing, cooking, and tending to community needs. From the interviews, Co_1 stated that 'women spend much time in homes because they have to look after children, their husbands, foresee the home and dig'.

In regard to collecting firewood cumulatively, 73.5% agreed while 20.7% disagreed. The mean = 3.70 suggested that respondents agreed. This therefore, means that the role of collecting firewood exited. This is in agreement with Guloba, (2018) who stated roles of a woman as managing the home, digging, fetching firewood and securing food. From the interviews, SA_4 stated that, "women collect firewood, do shopping and breast feeding, dig and work for children's fees".

Concerning sweeping cumulatively, 70.1% agreed with 14.9% disagreeing. The mean = 3.86 suggested that respondents agreed. Therefore, the role of sweeping is key to women in homes. This is in line with Brenan, (2020) who revealed that, women roles include cooking, washing, taking care of the young ones among others. From open ended questions, St_6 indicated that "sweeping and mopping is always a duty of girls in a home". From the interviews, Co_4 stated that 'a woman is driver in a home setting because they double work, roof houses, save firewood, dig and plan ahead'.

To whether digging and food security were roles of women, cumulatively, 64.4% agreed with 24.1% disagreeing. The mean = 3.54 indicated that the respondents had it existed. This is in agreement with (Global Gender Gap Report, 2021) which stated that women in Buganda had made substantial contributions to cash-crop agriculture in the 20th century. From open ended questions, St_{20} remarked that "people will always starve if the women miss being in homes. They do work like; grazing goats, chicken and their custody, growing crops among others which men may not easily do".

About women grazing animals, cumulatively, 68.8% agreed while 19.6% disagreed. The mean = 3.68 suggested that respondents agreed. This therefore shows that the role of grazing animals amongst women was there. This was in line with other scholars for instance, Brenan, (2020) who revealed that, women roles also include collecting firewood as well as grazing animals. From the interviews, Co_2 narrated that "in our culture, women roof houses, dig, look after families and also graze animals especially if they don't have sons to help and when men are engaged in other activities. They can also take animals to drink water, collect peals for them or tie them in the bush".

The results from the interviews with the sports administrators of the universities and coaches and open ended questions from the questionnaires revealed that the roles of a woman in a family setting include: parental care, sweeping, grazing animals, growing crops, sweeping, mopping, bearing babies, cooking, pay bills, roof houses, work for fees, caring for husbands and relatives. These results were

consistent with those from the descriptive results which revealed that the role of a women in a family setting included: cooking food, sweeping, washing clothes, taking care of the young ones, collecting firewood, grazing animals, taking care of the home, digging and food security, producing/ bearing babies and paying bills.

The study established that cooking food, sweeping, washing clothes, taking care of the young ones, collecting firewood, grazing animals, taking care of the home, digging and food security, producing/ bearing babies, paying bills, caring for the patient relatives and husbands as roles of women in homes.

3.2. The Chi- Square Test

Results on relationship between roles of women in the family setting and the challenges faced by women who participate in sports during East African University Sports (FEAUS) women Games.

Test Statistics		
	Roles	Challenges
Chi-Square	53.851[a]	40.690[b]
Df	21	20
Asymp. Sig.	.000	.004

The computed or observed Asymp. Sig for roles of women in a family setting was (.000) and for challenges faced by women was (.004). The difference between family roles and the challenges was (.002) which was less than the level of significance of 0.05 (p = 0.05). This meant that therelationship between roles of women in the family setting and the challenges faced by women who participate in sports exists.

3.3. Challenges Faced by Women Participating in Sports

Objective 2 was to establish challenges faced by women who participate in sports during Eastern Africa University Sports (FEAUS) women Games, at Busitema University Uganda.

Table2. *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 00	3 (3.4)	6 (6.9)	47 (54.0)	31 (35.6)	4.2184	.72216

The results in Table 4.4 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, St_{34} 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 much house chores showed that, the majority 80.4% agreed with 10.3% disagreeing. The mean = 4.46 suggested that the respondents agreed. Therefore, this implied that too much house chores were a great challenge. This is in line with Jane and Ruseskie, (2011) who found out that shortage of time often results from commitments to the family. From the open ended questions, St_5 stated that "women are always caught up by house chores on top of caring for family members". From the interviews, SA_3 stated that "making the coaching program and adhering to it alone is not easy". Some people turn up while others will always have excuses.

About 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 to 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 tend to contrive thus continue to stagnate the women's game. From open ended questions, St_{11} explained that "the major problem in sports was money". Institutions tend to support sports for boys more than girls, parents also support boys more of which the requirements of a girl are more than that of boys. From the interviews, SA_4 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, Co_2 remarked that, "some women fear to wear specific attire in fear to expose their figures" while SA_4 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".

In regard to mother roles vs sports, 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 is a challenge to women in sports. This is in agreement with Priyanka, (2021) who indicated that, "traditional gender roles in house hold that put a greater burden of care work on women, which can reduce women's leisure time relative to men.Jane and Ruseski (2011) adds that Women are more likely to participate in sport when they are younger, college-educated, and without young children at home. From open ended questions, St_{12} stated "lack of time when you have young children at home". From the interviews, SA_1 identified "lack of specific attire, time, family commitment especially the marrieds, bear facilities and lack of finances".

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, St_8 revealed that,"sometimes men think that when women practice with men, they may end up relating compromising with our relationships". From the interviews, Co_4 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 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. From the interviews, Co_1 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". Co_3 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 tocultural influence, cumulatively the majority percentage 77.0% agreed with 13.7% disagreeing. The mean = 3.89 meant that the respondents agreed. Therefore, 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, Co_1 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, (2019) 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, SA_4 indicated that "women always need clean and safe changing facilities which are not available in most cases around the field, 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, long distance from the field was 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, St_3 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.

4. CONCLUSIONS

Basing on the findings of this study on the analysis of the relationship between family roles and 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 roles of a women in a family setting were re washing clothes, producing/ bearing babies, taking care of the young ones, sweeping, taking care of the home, paying bills, cooking food, grazing animals, collecting firewood, caring for the weak relatives and husbands as roles of women in homes, digging and securing food.

A number of challenges including;Marginalization, lack of privacy around facilities, too much 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, un stable relationships, lack of time and mother roles vs sports faced women who participate in sports.

The hypotheses formulated and tested using the chi-square test concluded that;

$H0_1$ There would be a significant relationship between family roles of women and challenges faced by women in participating in sports during Women's East Africa Games in Uganda.

5. RECOMMENDATIONS

The conclusions of this study on the analysis of relationship between family roles and women participation in sports 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 much house chores and cultural and lack family support.

Managers of sports should ensure players attain full security of the players and adopt tactics that reduce fear to 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 clear instructions, better attire, provide players adequate attention and advocate 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, 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 becausefinancial support is a main challenge to women participation in sports.

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