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# THE LIVED EXPERIENCE OF FEMALE FOOTBALL PLAYERS: THE CASE OF TIRET CORPORATE FOOTBALL CLUB, AMHARA REGION ETHIOPIA

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**BAHIR DAR UNIVERSITY**  
**FACULTY OF SOCIAL SCIENCE**  
**DEPARTEMENT OF GENDER AND DEVELOPMENT STUDIES**  
**POST GRADUATE PROGRAM**

**THE LIVED EXPERIENCE OF FEMALE FOOTBALL PLAYERS: THE  
CASE OF TIRET CORPORATE FOOTBALL CLUB, AMHARA REGION  
ETHIOPIA**

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**June, 2019**

**Bahir Dar, Ethiopia**

**THE LIVED EXPERIENCE OF FEMALE FOOTBALL  
PLAYERS: THE CASE OF TIRET CORPORATE FOOTBALL  
CLUB, AMHARA REGION ETHIOPIA**

**A THESIS SUBMITTED TO THE POST GRADUATE PROGRAM OF  
BAHIR DAR UNIVERSITY IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS IN  
GENDER AND DEVELOPMENT STUDIES**

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## Thesis Approval

The thesis entitled with “the lived experience of female football players: the case of tirt corporate football club, Amhara region Ethiopia, by Danait Sisay is approved for the degree of Master of Arts in Gender and Development Studies.

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## **List of Acronyms**

CECAFA Council for East and Central Africa Football Association

EFF Ethiopian football federation

FIFA International football association

IFAB International Football Association Board

ILO International Labor Organization

IOC International Olympic committee

SRM Sport Role Model

TWFC Tired women football club

WFA Women's Football Association

WHO World Health Organization

WSFF Women's Sport and Fitness Foundation

## Abstract

*Sport has been often considered as a masculine domain. Given this social norm, women's involvements in various sports including football are quite insignificant. However, the participation of women in sports have increased recently. For instance, a few Ethiopian girls became football players by deconstructing the previous gender stereotype. However, Ethiopian scholars have given little attention for this group of women. By considering such information dearth, this study attempted to identify the lived experience of female football players by taking Tiret Corporate women football club as a case in point. To attain the objective of the study, qualitative research approach with phenomenology research was employed. The subjects of this study were 10 female football players. They were selected by using purposive sampling technique. In-depth interview was used as data collection tool. The data elicited from these participants were analyzed by using thematic analysis. The study found out that female football players were facing a number of challenges. The major challenges include socio cultural challenges. (absence of role model, misperception of dressing style ,lack of societal acceptance. lack of adequate time ), economic challenge (shortage of nutrition, shortage of sport kits), institutional challenges(lack of access to ideal training place, lack of scientific training, unseen media representation of female sport, conflict with coaches), sexual harassment, psychological challenges(committing suicide, stress, isolation, hopelessness), personal challenges(menstrual complication, complicated love life, dropout from school, delayed success, lack of enough information about sport) and health related challenges(physical injury). The study also found out that there were some opportunities that these female football players enjoyed such as self-dependence, access to pocket money, access to health facilities, visiting cities and cultural exchange are among the opportunities. To cope up with their problem they were using different coping strategies for instance being patient and tolerant, seeking advice from friends, borrowing money, telling famous female footballer's story and go to the hospital and massaging are among the coping mechanisms. It can be conclude that female football players were facing a number of challenges in their footballs life with a few opportunities. Finally, recommendations and future directions for further study and intervention are highlighted in line with the major findings of the study.*

**Key words:** Female, Football, Tiret Corporate Football Club and Ethiopia

# CHAPTER ONE: INTRODUCTION

## 1.1 Background of the Study

Sport has a powerful linkage with individuals' daily life apart from their personal interest to participate in different sport activities. Among different types of sports, football is one of the most popular sports in the world that so many people love and enjoy participating, playing active role and attending the game as spectators (FIFA, 2016).

Football is the most popular sport worldwide and the number of female players is growing rapidly and undergoing constant transformation. The popularity of football is growing quickly and there seems no doubt that this will continue into the foreseeable future. But In most societies, sport has traditionally been regarded as male-dominated and male-centered, leaving little space for women to enter into, thrive or succeed (Pirinen.R, 1997). Women's football has been somewhat at odds with the male dominance that 'has surrounded football in world for so long' (Bryson, 1987).

However, the game is being played without rule variation between both sexes; the acceptance of popularity for both sexes is different. Reports of women playing soccer during the Middle Ages are not as common as those referring to men. Although, women football gets its popularity within a short period of time, according to the situation, one can safely say that women football lacks its popularity through time. May be it is dishonor to say women football is at the infancy level in relation to the time it started in our Country but it is true that its development is too slow. The causes for these are organizational and that of the outlook of the people.

As the leadership in sports lacked a popular base in this country, it has been undergoing a series of continuous reorganization. Women's in Ethiopia play football according to their environmental, social and economic status without the help of governmentally organized body. The limited role of the community in women football, the decline of women football in schools, the shortage of facilities, sport wear and equipment as well as the lack of trained personnel in the sphere have also made the problem more complex (Jeanes, 2006).

(Matuska, 2015) Confirmed that the late nineteenth century was one of the most meaningful stages in the development of women's participation in football and the growth of the game. Since 1991 FIFA decided to start the first Women's World Cup championship in China to give the opportunity for the best women players to play in world football as their counter, as a consequence of looking forward to the growth of women's football all over the world.

Women football like the world men football its beginning and attempt was the recent sport in relation to men's football. From 1930 the world men football still walking strong upto 2010, except the disruption of the game due to the world war 2nd for two Olympic Games. Worldwide the women's football match started in 1895 and also in 1920 the first women's international game between England and French. In history after 1920 football match of women banned due to certain reasons.

The reasons were "...the games of football is quite unsuitable for females and ought not to be encourage. For around 48 years women football banned throughout the world due to the FA reasons that women are not suitable for football. However, through a long time of banning, in 1969 the women's football association (WFA) with 44 club member clubs, through a different struggle of this association, finally, the FA council lifts the ban which forbade women playing on the ground of affiliated clubs (Rosina G. , 2014)

Football in Ethiopia was among the newly acquired sportive activity in the twentieth century. Unlike the rest of Africa, where football was imposed by colonial rule, the history of football in Ethiopia is different. It was the victory of Emperor Menelik II (1889-1913) against the Italian invaders at Adwa in 1896 where the rest of the world enjoys modern Olympic game, which brought football into Ethiopia.

The defeat of the Italians convinced the rest of Europe to acknowledge the Ethiopia's independence and send emissaries to seek favors from the Emperor. It was these European diplomats and their dependents who introduced football in to Ethiopia. The first football game was held between these foreigners in Addis Ababa in 1924. Though there were indications that football clubs existed at the Teferi Mekonnen School as early as 1927, the participants remained foreigners such as Armenians and Greeks, who had been granted refugee status by Ethiopia.

In 1935 Ethiopian football club, St. George was established with Yidnekachew Tessema, as one of the founding members, who was regarded as the father of Ethiopian as well as African football (Addis Getahun, 2009). During all this historical movement, women's football participation was unthinkable.

Women's football in Ethiopia was first run separately from men's football; since 1972 women football was started with the sense of improving the participation and developments of women's football in Ethiopia by some voluntary and Non Governmental Organization without the dominated structures male.

In the history of women's football in Ethiopia Midir Babur women's football team was the first team that established by two volunteer brothers Asfaw and Tefera Gebremariam in 1972 and the club played the game in different exhibitions with the male's mass sport clubs to promote the participation of women's in football, until 1974 other women's football team was not established.

Dire Dewar Makda women's football team was the second team which was established in 1974 and the Ethiopian Women's Football Association (EWFA) was introduced in 1976 by 16 women teams in the country (Midirbabur, Makda, Etumelamich, Misrakawit Hewan, Goh, Marta Mebratu, Tigr Medinua, 4 Kilo, Yekuas MedaLijoch, Janmeda Wetatoch, Kality Wetatoch, Amanuel Wetatoch, Nazret, Filwuha, Filwuhawetatoch, GulelaWetatoch, Ykuas MedaLijoch) and organizes different women's football competition at school fields by self-governing without any support from the male focused and culturally segregated football organizations Ethiopia football federation. (Merha, 1970)

Even though women's football in Ethiopia has developed in the context of a society, but When we look the number of women's football clubs in comparison with male from a total of 158 clubs under EFF only 24 of them are women's club this shows us women football involvement and development is still needed improvements (Ethiopian football, 2016). Generally football and in particular women's football in Ethiopia has different challenges on the participation and development to reach the professional level. Hence, this study has attempted to show the challenges, opportunities and coping mechanisms' of female football players in the case of Tiret corporate female football club Amhara Region Ethiopia.

## 1.2 Statement of the Problem

At the beginning of women's football in 1980, there was strong criticism from the society and sport governing body. At the same time, the society was provoked to express dissatisfaction regarding women's participation in football (Asfaw, 2017). The continuous criticisms of the society affected not only women's involvement in football in organized form, but also made a dark spot on their participation on football in general.

Without official recognition and support from the sport governing body, public's interest in their participation, trust and credibility to women's football participation, the development of the game is delayed. Williamson, (1991 cited; by Welford, 2008) stated that Football in Ethiopia has a glorious position and the societies have come to think its importance on the development of the societies in many forms. However, the practice in relation to equality the researchers look the hegemonic forms of masculinity and male domination over women's football participation. The negative perceptions of the society and exclusionary practices of women in football are continuing. This result, at present the development of women's football in Ethiopia is at low level, to show this, from 158 clubs registered under EFF only 24 of them are women's football club. The male premier league football clubs are forced to include women's football clubs that is why we have these 24 clubs. In this Clark & Paechter(2013)state that, orally the level women's participation in football is accepted and even encouraged, but, in practice, there remains limitation that hampers their involvement in various ways.

The repetitive participation of players in different friendly matches and regular football competition helps to produce creative and competent football players in the country Wiley et al (2014). However, the attention given to women's football participation and development in Ethiopia is not at the level of our expectation. For example, EFF paid less money to women's football national team coach and so far they didn't organize a single friendly match to prepare women's national team, due to negligence of EFF women's football national team was disqualified from the 2016 Olympic qualification competition. For this Ethiopia Football Federation apologized the people, which the researcher consider it as a lip service.; whereas in Ethiopian legislation and sport policy clearly stated that everybody should give equal attention in all areas of participation and development to both men and women (MYS, 2006).

According to information gained from the technical department officer of EFF, the organization does not have enough material to support women's football, EFF and Ministry of Youth and Sport has no Women's Committee that works to the development and improvement of women's football in the country. The researcher believed that this challenge should not be ignored. In addition to this, EFF, stakeholders and other scholars did not produce technical reports about the application of equality rights and challenges on women's football participation and developments. In this regard, the FIFA Member Associations and technical departments are in the front line to facilitate the growth of women's football in their countries by establishing grassroots projects, creating women's leagues and educating everyone involved in football in preparing manuals based on FIFA development programs(FIFA, 2016).Without the effective participation of women's in football governance and regular football competitions, the level of women's football and its futurity seems gloomy. In addition to this, (Whisenant, 2008)indicates that women are facing a problem in their football participation as a player and member of football administrator to demonstrate their independence and competency.

There are plenty of studies in the area of football that focused on the development of football game, teams and players and the role of football in the conception of national or regional identities of the players, but they didn't show the challenges regarding ensuring gender equality in football participation (Pfister, 2005). Studies done by (Asmara, 2014)studied the Factor that hinder the effectiveness of football club in of some selected clubs in Ethiopia. And other researchers were mainly focusing on the problem of football clubs to have female football players rather than taking female football players as a subject of the study.

As it could be evaluated from the above research works, it was possible to find out certain limitations. Therefore, these limitations are categorized into two major themes which were methodological and conceptual one. Methodologically, all those research works, were done with positivist orientation. Consequently, they couldn't be explore the real lived experience of women in-depth from the vantage points of individual perspectives. But, the current study gave due consideration to investigate the overall issues in individual perspective i.e. challenges, opportunities and coping strategies of female football players in-depth through adopted qualitative research methodology with phenomenological research design.

Conceptually, except (Pfister, 2005) study, all the endured research works focused on some specific issues like female participation in football, the factors, and did not examine the life of female football players in particular. Despite Pfister was the only researcher who conducted the problem of football clubs to have female football players, however, this study was inclusive in nature since it could be included all the aforementioned concepts under its content. Moreover, this study emphasized that the challenges, opportunities and coping mechanisms of female football players in the case of Tired Corporate Female Football Club.

The study conducted on sport is lacking gender dimension the same is true for football. Associated to local studies there are few studies on sport and women. Among those, (Rosina G., 2014) conducted a research on the social awareness, cultural influence and male chauvinism on female's participation in sport in Mekele city and its surrounding rural areas. This study efforts to examine and assess the level of societal awareness and cultural influences towards females' participation in sport and physical activities, assesses the degree of male chauvinism regarding female participation in sport activities and identify the major barriers that hinder participation and involvement of female in sport and physical activities.

Another study conducted by (Henoke Tesfaye, 2014) concerned on the factors that affect the participation of female students in physical education class in east Belesa Woreda. This research was assessed the factors that affect the participation of female students in physical education class in the Woreda. Similarly (Andualem Yayehyirad, 2012) assess female student participation in athletics class at Bole secondary and preparatory school.

In addition to the above research (Betelihem, 2017) studied on the issue of the empowerment of young girls and women through sport and physical activity participation a Case Study in Ethiopia. The study accepted as qualitative case study research design.

The above researches were conducted locally, they had some limitation. These limitations are categorized into three major themes which were methodological, conceptual and participant selection related limitation. Methodology, except (Betelihem, 2017) study, all the rest were conducted quantitatively. Consequently, such study couldn't be discovered the real phenomenon of women in-depth from the vantage points of individual perspectives. But, the current study gave due thought to investigate the overall issues i.e. challenges, opportunities and coping



strategies of female football players in-depth via adopted qualitative research methodology with phenomenological research design.

Conceptually, all of the above local studies didn't address the lived experience of female football players and they were not all-inclusive rather they were focused on only issue like factors, effects and the challenges of female when participating in the sport arena. Similarly, some of them conducted on school female student and female football players. But, these studies mentioned so far weren't comprehensive in nature since they could be included the challenges, opportunities and coping strategies under their content. Though, the current study was rounded in nature for the reason that it combined these concepts under its scope.

Regarding participant selection limitation, some of the researcher was selected their participants without considering the gender relationship of the participants. Such as the study conducted by (Tesfaye feyisseha, 2012)and (GenanewTimerga &ArefayneMesfen, 2003)were not gender sensitive at all. But, this study was conducted from the standpoint of gender relationship that is why it was taken concerned and illustrative female athletes in the study area.

As per the researcher information, there is no research conducted on the lived experience of female football players in the case of Tired corporate female football club. Having these research gaps, to fill these gaps, this study is aimed to investigate the lived experience of female football player at Tired football club in Bahirdar city administration. Personally speaking, as a sport journalist, I am very curious to know their lived experience because they informally shared me the problems they faced. Therefore, I took this research as a good opportunity to know the problems of women footballers which is actually lingering in my head for some years.

### **1.3. Objectives of the study**

#### **1.3.1 General Objective**

The general objective of the study is to explore the lived experience of female football players in Tired corporate football club, Amhara region.

### **1.3.2 Specific objectives**

The specific objectives of the study are:

- To investigate the challenges facing female football players.
- To identify the potential opportunities that female football players enjoy.
- To investigate the coping mechanisms that female footballer used to overcome their problems.

### **1.4 Central Research Question**

1. What is the overall lived experience of female football players in Tiret football club?

### **1.5 Significance of the Study**

The finding of this study have both theoretical and practical significances. Practically, it would have significant role to different parties. For instance, it will help for Tiret corporate female football club to take corrective measure for the challenge that female footballers faced. Besides, it would provide valuable information for the Amhara football federation to interfere and cop up the challenges that female athletes faced.

It would also help to inform governmental and non-governmental organizations for further intervention to support female footballers. Particularly, the finding of this study was serve as valuable clues for other researchers to conduct a research in the field. Theoretically, the finding of this study was revealed the existing feminist theory.

### **1.6. Scope of the Study**

This study was conducted on female football players who are living in Bahir Dar city. This study represents only the full time football players in Tiret corporate football club at Bahir Dar. In addition to this, this study only focused on challenges, opportunities and coping mechanism of female football player.

## **1.7 Operational Definitions**

**Football players:** In this research football player is playing football in Tired corporate football club.

**Football:** Any of various forms of team game involving kicking, dribbling, passing (and in some case also handling) a ball.

**Lived experience:** In this study, lived experiences had been reflected as the challenges that female encountered as football players, opportunities that female football players enjoy and coping mechanisms used by female football players overcome the problems they faced.

## **1.8 Organization of the Study**

This study contains five chapters. The first chapter encompasses the background of the study, statement of the problem, general and specific objectives of the study, research questions, significance of the study, scope of the study, and operational definitions of key terms.

Chapter two presents a review of related literatures. This chapter critically reviews and evaluates relevant literatures based on the research questions of the study for showing the research gap in the area. Generally, this chapter attempts to situate this study as part of global trends in the practice and challenges on women football participation and development. Besides, this chapter also includes the theoretical framework of the study. It discusses the historical and conceptual of assumption of feminist theories in relation with the women's sport participation and development. The basic assumptions and different ideology of theories regarding with the practices and challenges of women's football participation are discussed based on the research perspective. Chapter three of the study discusses about the methodological perspective of the study. It presents the qualitative research design and Population, Sampling and Participants of the study, Data collection instruments which include depth interview and procedure of data collection, Data analysis technique, trustworthiness, ethical considerations and limitation of the study are also presented in this chapter. Chapter four presents the result and discussion of the study. Chapter five is the summing up chapter, which contain the synthesis of the research findings, the conclusion and recommendation of the study.

## **CHAPTER TWO: LITERATURE REVIEW**

### **2.1 INTRODUCTION**

This chapter mainly focuses on the review of related literature concerning on the lived experience of female football player with reference to Amhara regional state. It starts its review by analyzing on women football and its historical development with different perspective. Secondly, it verifies motivation of women to be involved in male domination sport (football), at third point out problems of female football players. Fourth, existing opportunities for female football players; in the fifth adaptive strategies of female footballers to overcome their problems. Finally, theoretical and conceptual perspectives.

### **2.2 Meaning of Football**

The word football is from the English language and was originally spelt as two words 'football'. The original football game was a ball game played at Shrovetide in medieval England. Other European countries also played Shrovetide ball games by different name which were very similar To Shrovetide football. The game had few rules but specifically prohibited the use of transport. As a result the game had to be played on foot hence the term 'football'. All modern codes of football can be traced back to these Shrovetide ball games. Originally played all over England, the game has survived in some isolated places in England such as Derbyshire (encyclopedia).

### **2.3 Ancient History of Women's Football**

Women have well been playing "football" for as long as the game has existed. Evidence shows that an ancient version of the game (Tsu Chu) was played by women during the Han Dynasty (25–220 CE). Two female figures are depicted in Han Dynasty (25–220 CE) frescoes, playing Tsu Chu. There are, however, a number of opinions about the accuracy of dates, the earliest estimates at 5000BCE.

Reports of an annual match being played in Scotland are reported as early as the 1790s. The first match recorded by the Scottish Football Association took Place in 1892 in Glasgow. In England, the first recorded game of football between women took place in 1895. [www.fifa.com](http://www.fifa.com) the first

written document on the topic of football was discovered in a Chinese warm annual that dates back to 300 BC. This document familiarized men with this ancient version of football, which consisted of kicking a ball into a hole in a piece of cloth, which was tied between two poles. The ball was made of stuffed leather or pig bladders. There is no solid proof that women played soccer too, but there is a clear reference present, which is often used to signify the beginning of women's football history.

In the middle Ages there are fewer references about women playing football compared with their male counterparts, but a few famous examples do exist in women's football history.(FIFA)12th century French women have been reported to play soccer side by side with their husbands.

Moreover, amongst Scottish women there was an annual competition around Mid-Lothian, Scotland. In the early eighteenth century, female football games were played as an annual ritual between married and single women.

In Scotland. Female football became increasingly popular during World War I when games were organized by factory workers in England to raise money for charity (Williams, 2007). In 1921, however, the English Football Association first decided that permission was necessary for clubs to organize female football games and later<sup>11</sup>forbade females from playing soccer stating that it was "quite unsuitable for females and should not be encouraged" (Williams, 2007).

The ban on female football was not lifted until 1971.Today; female football is one of the fastest growing sports and has 26 million participants around the world. Football is often considered a male-dominated sport in terms of both participation and support. This is partly due to the masculine imagine of sports generally and football in particular.

Female participation, however, has existed nearly as long as football itself as noted by Murray (1996), Williams (2002) and (FIFA).Although the English football Association (FA) banned women from playing at all grounds it controlled until 1970, women's football leagues were formed in Italy and Germany in the 1930s, and the first women's national team was created in 1950 by Italy.

Formal international competitions were begun in Europe in the early 1980s. In 1991, FIFA held the first Women's World Cup (nearly 60 years after the first Men's World Cup), followed by the first Olympic competition in 1996. Women's football has always been overshadowed by men's soccer, even though its popularity has grown steadily towards the end of the 20th century. However, women's teams are determined to keep the trend going, and with the way things are currently moving it is not ruled out that someday soccer will come on par with sports like tennis, volleyball, and handball in terms of female popularity (FIFA, 2016).

### **2.3.1 Modern history of Women's football**

The history of women's football has seen major competitions being launched at both the national and international levels. Women's football has faced many struggles throughout its history. Women's association football (Women's soccer) is the most prominent team sport played by women around the globe.

It is played at the professional level in numerous countries throughout the world. Women have been playing association football since the first recorded women's game in 1895 in North London. It has traditionally been associated with charity games and physical exercise, particularly in the United Kingdom (Gregory, 2005).

The growth in women's football has seen major competitions being launched at both national and international level mirroring the male competitions. Women's football faced many struggles throughout its fight for right. It had a "golden age" in the United Kingdom in the early 1920s when crowds reached 50,000 at some matches (Alexander, 2005).

This was stopped on 5 December 1921 when England's Football Association voted to ban the game from grounds used by its member clubs. The FA's ban was rescinded in December 1969 with UEFA voting to officially recognize women's football in 1971 (Gregory, 2005). In the early eighteenth century, female soccer games were played as an annual ritual between married and single women in Scotland.

Female soccer became increasingly popular during World War I when games were organized by factory workers in England to raise money for charity (Williams, 2007).

In 1921, however, the English Football Association first decided that permission was necessary for clubs to organize female soccer games and later forbade females from playing soccer stating that it was “quite unsuitable for females and should not be encouraged” (Williams, 2007).

At the beginning of the 21st century, women’s football, like men's football, has become professionalized and is growing in both popularity and participation. From the first known professional team in 1984 to the hundreds of thousands of tickets sold for the 1999 Women's World Cup, support of women's professional football (soccer) has increased around the globe.

In 2006, 448 female international games were played in 134 countries. Moreover; several countries have leagues with Full-time professional players. For national teams, the FIFA Women’s World Cup, the Olympic Games and the like are the most prestigious tournaments (FIFA).

### **2.3.2 Women football in Asia**

Just as many other sports in China, the phenomenon of the female blossoming and the Chinese women in modern football began in the early 1980s. The first National Women’s Football Tournament took place in Guangdong. Thereafter, a number of women’s soccer Teams emerged across the country.

By 1988, Chinese women showed their quality in an international women’s football tournament hosted by Guangdong. Simultaneously, on Chinese TV, a documentary recorded the history of women soccer. These developments promoted the popularity of football among girls.

By the late 1980s the number of women’s football teams at provincial level reached 26. While Chinese men have been struggling to go beyond Asia, Chinese women realized the goal with something to spare. Though, they dominated the 1990 and 1994 Asian games (World Health Organization, 2012).

### **2.3.3 Women football in Europe**

In 1971 ban lifted by FA and in 1991 WFA launched national league, 24 clubs. Continuing that in 1993 FA established women committees and took over national team, in 1997 development plan for girls comment.

In 2005 UEFA cup hosted by England. Scandinavians admitted women's football in early to mid1970's to FA's. Norway and Sweden set up women's committees early, which focus on development and promoting club and national teams. Around in mid1990's Norway has more female than male players. The semi-pro players in some teams post mid 1990's. They socially and culturally fill will past WW2nd. In 2003, 12.5 million viewers attended the match and the Germany won the world cup. Women football players received 40,000 dollar from the government.

In Australia, in 1978, the first national team formed. Around in 1979 the 1st official international match held. It is the fastest growing sport in the 2000's. In general, social and cultural myths remain heavy barriers to expansion of the game. And also, media attention is difficult to attain. Due to different reasons local leagues have difficulty in sustainability (FIFA, 2012).

### **2.3.4 Women football in America**

In 1960's battles-legal system in educational institutions and sport bodies. In 1972 title IX equal education amendment act verifies which equal gender access to federal funds was. By this the elite male football programmers grew from 5-10 to 1000 and above.

In 1978 Federal Legislation banning sex discrimination in US Olympic Committee. The participation of USA players was 50,000 in 1986, 3.4 million in 1993 and at 2003 it reached 7.5 million players (Nicolas Look, 2010 ).

### **2.3.5 Football in Africa**

Without doubt football (that is, soccer) is the most popular sport in Africa. Indeed, football is probably the most popular sport in every African country. Football was introduced into Africa



more than 100 years ago by the British, Belgian, French, and Portuguese colonialists. Football is also the most popular sport in most of Europe, so it is not surprising that European colonists introduced football in their colonies.

Football can be a very exciting game, but part of its popularity in Africa is a result of its accessibility. That is, unlike many team sports, it does not take much money or great resources to play football. All you need is a somewhat flat field cleared of rocks, four poles (or just four rocks) to serve as goal-posts and a ball (even a homemade ball made of local materials will do).

Football is accessible because it can be played almost anywhere in Africa, and by almost any healthy young person. Beginning more than 50 years ago football clubs began to be formed in many African cities. These clubs were most often sponsored by large companies or businesses or in some cases by government departments. So, for example, it was not unusual in larger cities for the police force, army, and railroads, to sponsor football clubs that would compete against each other and against clubs sponsored by large businesses.

It was from these clubs that the best players were selected to become members of a national team. Club football expanded with the coming of independence in many African countries in the 1960s.

Some African countries were able to form an entire league of football clubs that competed over a long season to be crowned the league champion in their country. Each year the national champion teams from all over Africa compete for the African Club Champions Cup. In the past twenty years African football teams and players have gained a solid international reputation.

Today, more than 100 footballers from all over Africa play on first division professional soccer teams in Europe, South America and in the United States.

Beginning in 1970 the continent of Africa was given one guaranteed place in the World Cup championships. Based on the great improvement in African football, by 1986 Africa was awarded two places, by 1998 Africa had four guaranteed places, and in May 2002 at the World Cup tournament hosted by South Korea and Japan the continent of Africa will be represented by five teams: Cameroon, Nigeria, Senegal, South Africa, and Tunisia.

Only Europe and South America will have more national teams represented at the World Cup than Africa this is a clear testimony to the international importance of African football.

### **2.3.6 Football in the Horn of Africa**

In international sporting circles the region is known more for athletics, with male and female runners from Ethiopia and Kenya in particular dominating the competitive circuits in middle and long distance running.

Football remains the most popular sport, both for participants and spectators, though now many seem to prefer to watch European leagues rather than local competitions. Overall, the Horn of Africa seems lie in a back water of global football currents. In The men's game, the national teams have not performed notably on the continent or beyond.

Compared with West and North Africa, few players from the Horn make it to the professional leagues in Europe and beyond. Yet, the Horn is important to the history of African football as CAF was founded in Khartoum, Sudan in 1957, and Horn countries constituted half of the founding members: Sudan, Ethiopia, Egypt and South Africa.

Indeed, an Ethiopian, Yidnekechew Tessema, was one of the founders of CAF and was a formidable force in African and international sports until his death in 1987. Others from the region, including Farah Addo from Somalia and Dr. Abdel Halim Mohamed from Sudan, have also been central figures in CAF (Martha ESaavedra, 2011).

Football has deep roots in the countries of the Horn of Africa –Djibouti, Eritrea, Ethiopia, Kenya, Somalia and Sudan. Ethiopia and Sudan were founding members of the Confederation of African Football. While neither the men's nor women's national teams in any of the countries of the Horn are highly ranked internationally, football remains extremely popular throughout the region. And more and more women are playing football whether in organized leagues, school tournaments, informal games, or grassroots programs (Martha ESaavedra, 2011).

### **2.3.7 History of football in Ethiopia**

Football is the most popular sport in Ethiopia. Although not one of the leading foot-balling nations in Africa, Ethiopia has produced some outstanding teams at both club and international level as well as some talented individual players.

The games were being played thereafter between the area schools and the existing clubs mostly composed of foreign nationalities of Armenians, Greeks, Indians and Italians who were playing against themselves. There were no records as who first introduced soccer in Ethiopia and yet credit was given to these foreign nationals before the Italian invasion of Ethiopia.

The geographical exploration of Europeans in search of colony brought many to Ethiopia including of course the French sailors who played against selected players from Addis Ababa and lost 3 to 1 which was then considered to be the first international competition and to the surprise of the fans in this hard time, it brought them the greatest satisfaction of victory against an European.

Children all over the country continued to form their own teams in the neighborhoods with enthusiasm and ardently attached and absorbed in an interest for the game.

There may have been teams formed but the commonly called Arada area and of course due to its urban location considered to be the birth place of an organized soccer team named St. George Club.

It was then that the team started to play with the then organized foreign teams of Greeks and Armenians and was believed to win most of the games as most considered to have the power of St. George on their sides. These were indication. Where soccer was heading and pioneered by the first Ethiopian club in soccer barren country and initiating an Ethiopian past time cycle in history throughout all these times many of the tournaments between teams were held in the then available open fields of Filweha, Jalmeda and TaleyaneSefer.

Young men traveled from one area to the others equipped with the goal posts and strangely enough played barefooted of which they loved and preferred. As a result of the Italian invasion the newly introduced soccer game was temporarily terminated.

The Sport Federation then continued its service and mobilized the Addis Ababa clubs to register under its office to compete the first recorded tournament on the same historic year 1942. At the time the clubs were the Ethiopian Giorgis, Armenian Ararat, Italian Fortitito, Greek Olympiacos and the English Military Mission.

The game was played with round Robin tournament and the result was the English Military Mission, St. George, Fortitito, Ararat and Olympiacos. Success and triumph got rhythm and rhyme, the Ethiopian past time fully developed in the 1950's and even extended its historic attachment to the African Championship, world and inter-continental competitions. The country from border to border joined in the effort of forming clubs in towns, cities and neighborhoods where it reached all provinces of the then divisional states of the country.

## **2.4 Problems of Female Football Players**

From the longtime of reference participation of women in a physical activity were very difficult and unable event for women in a younger age. Even restriction and social affairs with in a combination of an idea of “impossibility” of football for girls and women was challenging everywhere across the world. However, after unmoors study and factual attitudes shined-out which made the ‘unable’ to be able.

Before the participation of women in football various women, gender equality action have been taken place. However challenges that had faced with empowerment of women were not easy. As one UN document emphasized, women's access to positions of leadership and decision making was constrained from the local level to the international level. The value placed on women's sport was often lower resulting in inadequate resources and unequal wages and prizes.

In the media, women's sport was not only marginalized but also often presented in a different style that reflects and reinforces gender stereotypes. Violence against women, exploitation and

harassment in sport were manifestation of the perception of men's dominance, physical strength and power, which were traditionally portrayed in male sport (UNITED NATIONS, 2007 )

Another challenge that became obstacle for women football development was lack of role models in sport. Women and girls have been less involved in sport than man and boys through the centuries. At all levels and in all roles.

Community participation, elite athletics, coaching, managing and leading sports organizations. Women, especially those from marginalized groups, have been under represented. This situation is gradually changing in some areas because of the concerted efforts of individuals and groups. But change is slow. In 2006, around 29% of all representatives on strategic sports boards and committees were women.

According to 4th FIFA Women's Football Symposium some of the main challenges on application of the women football is: out comes from plans; seminars and courses are implemented and supported by the members associations Investments are made to progress the development of WF administration structure is strong, Ensure sustainable activities –build the foundation for the future Provide path ways for talent to progress (create opportunities) to secure additional resources, to maintain long-term partnership Accessibility to infrastructure. Are the main challenges to be faced (FIFA).

In women, gender equality script well expressed that women could be beneficiary if they would like to participate in many physical activities. Although many of clinical trials and epidemiological studies in health research have excluded women, the data available suggest that women derive much health benefit from an active lifestyle.

Participation in sport and physical activity can prevent a myriad of non-communicable diseases which account for over 60 percent of global death, 66 percent of which occur in developing countries. For girls it can have a positive impact on childhood health, as well as reduce the risk of chronic diseases in later life (FIFA, 2012).

For older women sport and physical activity as well football, can contribute to the prevention of cardiovascular diseases which account for one third of deaths among women around the world and half of all deaths among women over 50 in developing countries.

An important role of physical activity in the life of older women lies in prolonging independence. Much of the physical decline that was presumed an inevitable consequence of aging is now thought to be the result of inactivity.

#### **2.4.1 Barriers to women football**

Women's football has been played for many decades but, it was associated with charity games and physical exercise in the past before the break through of organized women's association football came in the 1970s. Before the 1970s, football was seen as men's game. Football is the most prominent team sport for women in a few countries like USA, China, Japan and England; and one of the few women's team sports with professional's leagues.

The growth in women's football has been major competitions being launched at both national and international level. Women's football has faced many struggles though out its fight for right. Although women's football had its first golden age in the UK in the early 1920s when some matches achieved over 50,000 spectators.

This was stopped once December 1921 when England's football association voted to ban the game from grounds used by its member clubs. The ban was not cancelled until July 1971.

In 1970s women's club teams started to appear on college campus, but it wasn't until the 1980s that they started to gain recognition and gained a varsity status. The first national level tournament was held at Colorado College, in 1981. Women's football over looked for century because of different reasons.

At one time it was rising up and going strong for a certain period of time. Besides for the banning and becoming unable of the women's football there were a lot of barriers. Although women's football has its first golden ages in the UK in the early 1920s there are also different barriers.

## 2.4.2 Practical Barriers

According to (Wikipedia, 2012)encyclopedia here are around six practical barriers

- ✓ Lack of Time and Childcare: - Women tend to have less leisure time than men as they take on the greater burden of responsibility for house work, childcare and care of elderly or in firm relatives.
- ✓ Lack of Money: - More women than men say that lack of money limits them from taking part in sport and physical activity. Women earn on average almost 5,000 pound a year less of paid work and even through nearly as many women as men are in paid work now, men are still seen as more desiring of such rewards. Poor familiar may not be able to afford to invest in club membership, or pay for sport clothing and equipment, and mothers from poorer families are unlikely to afford child care to give them the time to take part in sport.
- ✓ Lack of Transport: - this is a particular problem for women with young children, elderly women. These groups are more reliant on public transport, which is too often unreliable, inconvenient and expensive. The cost of transport is a particular hurdle, given the lower incomes of women in comparison with men.
- ✓ Personal Safety: - Personal safety on the streets, on public transport, and in and around sports and community venues is a particular problem for women and girls who may fear not only physical and sexual attack but also unwanted attention and harassment, these fears may make parents of girls reluctant to allow their daughters go out after dark. Some groups are particularly vulnerable.
- ✓ Funding: -At most levels, women's sport attracts less funding than men's. In 2006/07 women made up 41% of all athletes funded through various sports council programmers and while the five sports councils funded 832 men in 2005/06, they funded only 571 women. At the community sport level girls teams tend to attract less sponsorship from local businesses because of old fashioned ideas about sport not being suitable for girls. These in qualities in funding result in poorer facilities, equipment and kit, as well as less sponsorship for female footballers.
- ✓ Access to facilities:-Women and girls cannot play sport if they can't get access to the necessary facilities. Too often, sports halls prioritize ale sport when it comes to pitch time

so that men/boys get facilities at their preferred time, while women/girls have to make do with less convenient times. Given that women have less leisure time than men; this is a double leisure whammy of inequality.

### **2.4.3 Personal Barriers**

- ✓ **Body image :-** This issue affects all aspects of society research shows that, in general, female adolescents report greater body image dissatisfaction than do males. However, body image is a particularly important issue in sport research also shows that women are far more self-conscious than men when taking part in sport and physical activity.

For girls and women the relationship between body image and physical activity is a vicious circle, the more self-conscious they feel about their bodies, the less likely they are to take part in sports and yet, participation in sport has a positive effect on girls' perceptions of their bodies.

This is particularly significant for obese and overweight girls and women who are least likely to want to be physically active and who are frequently excluded from activities based on their own and society's perceptions of their interests and abilities.

This is particularly significant for obese and overweight girls and women who are least likely to want to be physically active and who are frequently excluded from activities based on their own and society's perceptions of their interests and abilities.

Body image issue is also related to sexuality and sexual orientation. Girls who are developing sexual identities as straight, lesbian or bisexual might dislike the attention that certain kinds of clothing or activities bring.

- ✓ **Clothing and Equipment: -** Clothing and equipment for sports can be expensive. This is a particular problem for women, given that, on average, they earn less than men. Images of sports people can promote the idea that, unless you're dressed in fashionable clothing designed for a particular sport, you'll look out of place. Some sports clothing is also quite revealing, which creates problems for women and girls, linked to the issues about body image.
- ✓ **Lack of self-confidence:-** plenty of research shows that girls, on average, have less self-confidence than boys and rate their performance or ability negatively rather than do



boys. Indeed, a boy bursting with self-confidence will be admired and encouraged while a girl similarly full of confidence can be put down as a little madam.

This is linked to issues about body image, girls who don't feel good about their bodies can lack confidence in their physical abilities and may be over negative about their performance.

- ✓ Parental and adult influence: - the influence of parents, coaches and other roamed adults affects girls and boys differently. For example, adolescent females place greater emphasis on self-comparison and comments from adult's than do adolescent males, who rely more on competitive out comes and ease of learning as their basis for personal judgment t of physical competence.

#### **2.4.5 Social and Cultural Barriers**

Attitudes and prejudices about sexuality Women's sport or especially male dominated sport such as football is still regarded by some as fundamentally unfeminine. The resulting erroneous, conclusion is that all sports men must be. There are several consequences some women or girls refrain from certain sports for fear of being perceived as unfeminine and or lesbian.

- ✓ Sexual Harassment and Abuses: - Recent studies indicate that sexual harassment and abuse is just as much a problem in sport as it is elsewhere in society. Many females drop out sport rather than continue being subjected to the undermining effects of constant harassment and abuse others endure the sexual attention of their male coaches or because of fear, desire for athletic reward, low self-esteem or ignorance of who to turn for help.

#### **2.5 Existing Opportunities for Female Football Players**

The benefits of participation in physical activities are great, and the potential costs of in activity can be severe. Many girls around the world are not currently able to take advantage of the benefits of regular sports and physical activities due to equitable access and opportunities.

## ✓ **Sport and Social Outcomes**

There is a persistent myth a near-hegemonic belief concerning sport and society. It is a myth which purports sport to be a socio-positive, inclusive, and egalitarian meritocracy. The cultural strength of this myth is so strong, parents, players, coaches, scholars and fans tend to overlook the large number of problems associated with the culture of sports and the way we structure and run them.

When the utility of sport and its ability to produce socio-positive outcomes is examined, there is often a negation of the socio-negative aspects though a ‘they do more good than harm’ framework. Yet, there is no ‘first do no harm’ creed in sport.

Rather, the mantra is generally ‘won at all costs’ despite the breadth and intensity of those costs. Paradoxically, social thinking on sports commonly attributes most sporting activities as desirable vessels for the building of self-esteem, the teaching of teamwork, and for delivering improved health to the individual and community, despite this paradigm’s failure to prove this under empirical scrutiny.

(Miracle & Reese , 1994)For example, show that only a few kids seem to have their self-esteem raised in sport, and those who do largely do so at the expense of others. Similarly, rather than sports teaching kids to work together, they more often pit people against one another for social promotion, creating social division instead of cohesion.

Finally, the health benefits attributed to most sports may easily be maintained by a walking or jogging program, which generally incurs less risk of injuries, social marginalization or potentially being subject to a coach’s physical and verbal abuse.

### **2.6. The Mechanisms that Produce Sport’s Social Outcomes**

The social structure of sport refers to the manner in which the game is physically structured and played, the manner in which players are promoted, divided and rewarded. For example, one structure (of almost all sports) is that they are performed in order to determine a sole winning

individual or winning team over other losing individuals or teams. Yet, this is not the only structure upon which one can play sport (Anderson , Oxendine , 1988).

The culture of sport simply refers to the values and norms associated with any given sport. The collective value of all sports can also be generalized into that of a sporting ethos for our society as a whole. You have heard the mantras before; sport is supposed to teach the value of ‘hard work’ and sport certainly esteems ‘giving it one’s all.’ But there are other creeds within our sporting culture. We value a hyper-masculine disposition in sport.

There is after all ‘there is no ‘I’ in team.’ Finally, and of primary concern to this article, the socially exclusive nature of sport is influenced by the coach who came up through this system, and may therefore utilize his or her individual agency to reproduce a system he/she believes worked for them.

But the coach does maintain a great deal of power in socializing individuals into a particular belief system and, to a lesser extent, the coach also maintains the ability to alter certain sport structures. Thus, as gatekeepers, coaches maintain a great deal of sway in determining the social outcomes of sport.

## **2.7 Theoretical and Conceptual Perspectives**

### **✓ Women, gender equality and sport**

Women’s participation in sport has a long history. It is a history marked by division and discrimination but also one filled with major accomplishments by female athletes and important advances for gender equality and the empowerment of women and girls.

Women have taken up top leadership positions in sport, such as Presidents and Secretaries-General of National Olympic Committees. More and more women have also taken up employment opportunities in all areas of sport, including as coaches, managers, officials and sport journalists. These achievements were made in the face of numerous barriers based on gender discrimination.

Women were often perceived as being too weak for sport, particularly endurance sports, such as marathons, weightlifting and cycling, and it was often argued in the past that sport was harmful to women's health, particularly their reproductive health. In 1896, Baron Pierre de Coubertin, founder of the modern Olympics, stated: "No matter how toughened a sportswoman maybe her organism is not cut out to sustain certain shocks." ([www.northnet.Org](http://www.northnet.Org))

## **2.8. Stereotypical attitudes towards women and girls in sport**

A common social constraint is the stereotyping of sport as "masculine" or "feminine", which affects both male and female participation, and can be difficult to overcome. Men can be branded as "effeminate" if they abstain from sporting activities, and women are often channeled into "aesthetic" sports, such as gymnastics and ice-skating, where traits perceived as "female" are exhibited.

Accepted norms of behavior that expect women to be "ladylike" and demure excludes women in some contexts from participation in sporting activities that exhibit traditional male characteristics, especially contact sports (such as rugby) and "painful" sports (such as boxing) (Meier, 2005). Stereotypes can greatly affect the attitudes of men towards women and their role in sport. The attitudes of parents are particularly important for promoting girls' participation in sport.

While some fathers strongly resist their daughter's participation, others are gradually accepting it. Stereotypical attitudes towards women and girls and traditional gender roles are also prevalent in the organizational cultures of sporting bodies the norms, values, power dynamics and practices that underlie the way such bodies and institutions do their work.

This often results in unequal allocation of physical resources for women's sport. Resources are often less or of a lower standard than those provided to their male counterparts and, when resources such as equipment or playing fields are shared, men's teams are often given priority. ([http://www.wimbledon.org/en\\_](http://www.wimbledon.org/en_))

## **2.9 Empowering women and girls through sport**

Sport can be an important tool for social empowerment through the skills and values learned, such as teamwork, negotiation, leadership, communication and respect for others. The social benefits of participation in sport are thought to be especially important for girls, given that many girls, particularly in adolescence, have fewer opportunities than boys for social interaction outside the home and beyond family structures. (UNITED NATIONS, 2007 )Women and girls acquire new interpersonal networks, develop a sense of identity and access new opportunities, allowing them to become more engaged in school and community life.

Participation in sport also enables women and girls to enjoy freedom of expression and movement and increase their self-esteem and self-confidence. The psychological benefits of physical activity, essential for a sense of positive embodiment, can be acquired through the enjoyment of the physical activity, self-chosen levels of competition, and the provision of social support from the family and the community (Oglesby, 2006) . As a result, women deplete their resources of time and energy in the care of others. Self-care involves the creation of personal time and space for women and opportunities for positive interaction of the mind, body and spirit.

Adoption of the physical embodiment approach, with its critical concept of active self-care, would require complex changes in lifestyle for many women. Sport can serve as a vehicle to improve women's and girls' leadership roles and participation in decision making. The acquisition of valuable skills in management, negotiation and decision-making empowers women and girls to become leaders in all areas of community life, as well as in the household.

As more and more women and girls serve in leadership and decision making positions, their influence as role models and mentors encourages more women and girls to participate at all levels of sport. Promoting and documenting the successes of women and girl leaders in the world of sport is an important step in raising awareness and providing encouragement and support to other aspiring leaders. The promotion of education can also be facilitated by sport. Sports teams and organizations, as well as local, national and international competitions, provide an excellent opportunity to provide information and knowledge on the importance of girls' education. In particular, sport can be a useful tool to expand educational opportunities.

## **2.10. The benefits of participation in sport and physical activity for women**

The beneficial effects of regular participation in sport and physical activity have been widely supported by scientific evidence.

Studies have shown that physical activity can significantly lower the risk for cardiovascular disease, stroke, hypertension, osteoporosis, non-insulin-dependent diabetes, depression and some forms of cancer. However, despite the prevalence of campaigns promoting the health benefits of physical activity, participation rates remain low in some groups. Numerous social and environmental factors affect participation.

Gender, age and level of education etc. are some of the variables identified that influence participation in sports and physical activity (Pate et al., Glasgow et al., 1997). Although many of the clinical trials and epidemiological studies in health research have excluded women, the data available suggest that women derive many health benefits from an active lifestyle (Oliver, 2014).

The health benefits of women's participation in physical activity and sport are now well established. Participation in sport and physical activity can prevent a myriad of non-communicable diseases which account for over 60 per cent of global deaths, 66 per cent of which occur in developing countries. (World Health Organization, 2012) Participation in sport and physical activity can also facilitate good mental health for women of all ages; including the management of mental disorders such as Alzheimer's disease.

For girls, it can have a positive impact on childhood health, as well as reduce the risk of chronic diseases in later life. For older women, it can contribute to the prevention of cardiovascular diseases, which account for one third of deaths among women around the world and half of all deaths among women over 50 in developing countries. (World Health Organization, 2012) Physical activity also helps to reduce the effects of osteoporosis, which women have a higher risk of developing than men.

Much of the physical decline that was presumed an inevitable consequence of aging is now thought to be the result of inactivity. While no one can guarantee that exercise will prolong life, it can enhance the quality of life for older women who value their independence.

Apart from enhancing health, wellness and quality of life, participation in physical activity and sport develops skills such as teamwork, goal-setting, the pursuit of excellence in performance and other achievement-oriented behaviors that women and girls with disabilities may not be exposed to in other contexts.(Oglesby, 2006)It can promote psychological well-being through building self-esteem, confidence and social integration, as well as help reduce stress, anxiety, loneliness and depression.

This is particularly important as rates of depression among women are almost double those of men in both developed and developing Countries. Adolescent girls in particular are vulnerable to anxiety and depressive disorders and are significantly more likely than boys to have seriously considered suicide by the age of 15 (Bell, 2005) .

In addition to improvements in health, women and girls stand to gain specific social benefits from participation in sport and physical activity. Sport provides women and girls with an alternative avenue for participation in the social and cultural life of their communities and promotes enjoyment of freedom of expression, interpersonal networks, new opportunities and increased self-esteem.

It also expands opportunities for education and for the development of a range of essential life skills, including communication, leadership, teamwork and negotiation. And also other than their benefits for women and girls themselves, women's increased involvement can promote positive development in sport by providing alternative norms, values, attitudes, knowledge, capabilities and experiences.

The contributions of women, particularly in leadership positions, can bring diversity and alternative approaches and expand the talent base in areas such as management, coaching and sport journalism. The participation of women and girls in sport challenges gender stereotypes and discrimination, and can therefore is a vehicle to promote gender equality and the empowerment of women and girls.

In particular, women in sport leadership can shape attitudes towards women's capabilities as leaders and decision-makers, especially in traditional male domains. Women's involvement in sport can make a significant contribution to public life and community development.

## **2.11 Women's sport and the media**

The gender-based discrimination against women in sport-related employment is also apparent in the unequal representation of women in sport media, and the negative portrayal of women athletes and women's sports remains a persistent problem.

In addition, women's sporting events remain marginalized from the mainstream multi-billion dollar sport-media industry and while many local, national and international competitions include both men's and women's events, the men's events invariably dominate media coverage and local and global attention. ILO (2006) Media representation and portrayal of men's and women's sport are also significantly different.

Media coverage of women's sport continues to be influenced by gender stereotypes, which reinforce traditional images of men and women. Numerous research studies have, for example, shown that in sport media, women are frequently portrayed as "girls", no matter what their age, and described in terms of their physical attributes and emotional responses, often in ways that stress their weakness, passivity and insignificance. (Phillips, 1996) The promotion and popularization of women's sport requires an increase in media coverage as well as a significant improvement in the breadth, depth and quality of women's sport.

Non-discriminatory portrayal of female athletes in sport media and marketing could not only provide positive role models that encourage more women and girls to become athletes, but it could also persuade more women to become consumers of sport media and other products, as well as positively influence gender stereotypes and the equalization of women in all areas of society (Phillips, 1996).

## **2.12 Adaptive Strategies of Female Footballers to Overcome their Problems**

A number of critical elements have been identified for challenging gender discrimination and unequal gender relations, and establishing an enabling environment for gender equality and the empowerment of women, in many different areas, including women and sport.



They include improving women's capabilities, through education and health; increasing their access to and control over opportunities and resources, such as employment and economic assets; enhancing their agency and leadership roles; protecting and promoting their human rights; and ensuring their security, including freedom from violence.

The role of men and boys in challenging and changing unequal power relations is critical. In recent years, a stronger focus has developed on the positive role men and boys can and do play in promoting women's empowerment in many different areas, including in the home, the community and the labor market. The current dominance of men in the world of sport makes their involvement and contributions to achieving gender equality in this critical area (UNITED NATIONS, 2007) .

✓ **Social Support as adaptive strategies of female footballers to overcome their problem**

As Skinner et al, (2003), as cited on (Omar, 2011) footballers tend to seek external support to help them in adapting themselves towards the problem that they are facing.

It was found that the majority of respondents had chosen the method of social support as their mean of adapting to their sense of loss (31.4%). This shows that football players are keen on seeking for external support to release their negative emotions.

Among some of the ways of seeking for social support is sharing our emotions with people that we trust such as family member's mother, fathers, and friends. Friends was found to be the highest source of comfort and support (48%), followed by mother (30%), coach (15%), and the remaining was for father. Researchers found that players are disposed to approach their friends for coziness and support.

This is because maybe friends are the closest to them next to family members at that specific moment. Social support plays an important role in helping athletes to overcome their stress and sense of loss. Social support will also indirectly inspire and motivate their participation in their field of sports and help them in putting their lives back on the right path.

## **CHAPTER THREE: RESEARCH METHODOLOGY AND MATERIALS**

This chapter basically deals with the description of the study area, research design, sampling techniques, and methods of data collection, procedures of data collection, data analysis and ethical issues limitation of the study employed by the researcher.

### **3.1 Description of the Study Area**

Bahirdar city is specifically located in the central part of Amhara National Regional State encircling the periphery of *Lake Tana's* Southern tip. The Metroplolitan area of Bahir Dar stretches some about 25 km radius from the center of Bahir Dar City proper. It includes the surrounding three small urban centers such as Zegie in the North West, Meshenti in the South, and Tis Abay in the East. The approximate geographical coordinates of Bahir Dar Metroplolitan area is between 11°2'-11°39' North latitude and 37°15'-37° 40' East longitude.

Bahir Dar is one of the leading tourist destinations in Ethiopia, with a variety of attractions in the nearby Lake Tana which is the source of Blue Nile River. The city is known for its wide avenues lined with palm trees and a variety of colorful flowers. In 2002 it was awarded the UNESCO Cities for Peace Prize for addressing the challenges of rapid urbanization. Based on 2007 Censuses conducted by central statistics agency of Ethiopia (CSA), this city has a total population of 221,991. The annual population growth rate is also estimated to be 5.5%. (Abate et al, 2018).

Tiret corporate female football club was established by ownership of Tiret Corporate institution in November 2008. The club has 30 female footballers and there are 3 couches 1 group leader and 1 team nurse in the club. The football players were participating in women football competition in Ethiopia Premier league second and first division. (Tiret corporate football club report, 2016)

### **3.2 Research Approach**

On this part, the researcher used qualitative research approach to investigate the lived experience of female football players in Tiret Football Club. The reason why the researcher employed qualitative research approach is because qualitative research is one in which the inquirer often

makes knowledge claims primarily on constructivist perspectives based on the multiple meaning of individual experiences (Creswell, 2003). Therefore, the researcher believes that qualitative approach is the best to conduct this research in the study area.

Qualitative methods are typically so flexible that they allow greater freedom and adaption of the interaction between the researcher and study participants. On the other hand, qualitative research provides valuable data for use in the design of product including data about user needs, behaviors, patterns and use cases.

### **3.3 Research Design**

In order to conduct this study properly, the investigator employed phenomenology study research design. Phenomenological research is a type of design in which the researcher identifies the human experiences concerning a phenomenon, as described by participants in a study. Understanding the lived experiences marks phenomenology as a philosophy as well as a method, and the procedure involves studying a small number of participants to understand patterns and relationships of meaning.

In this process, the researcher works to take the experiences of participants on the participants' own terms. The approach's chosen as a relevant design to explore the challenges and opportunities of female football players (Creswell, 2003).

The researcher applied qualitative research method which is helpful to dig detailed data of each idea the researcher needs for. So, to get the detail life experience of research participants, the research design best fitted for this research is phenomenology.

Phenomenology leads to a way of looking at the phenomenon from an individual's point of view. The reactions, perceptions, and feelings of an individual (or group of individuals) experienced.

### **3.4 Sample and Sampling Technique**

To organize this research, the participants were selected using purposive sampling. According to Catherine (2006) Purposive sampling is important selection of units based on personal judgment rather than randomization. According to Morse (1994) purposive sampling also helps to find those interviewees who have available knowledge and experience that the researcher or

investigator needs, are capable of reflection, are articulate, have time to be interviewed and are willing to take part in the research.

The main purpose is to get rich data and different perspectives. One of the shared uses of purposive sampling is in studies based on very small numbers of areas or sites. First, the study area was selected purposively because the researcher is familiar with the study area as the researcher works in the place for extensive spell. And also Tired corporate football Club was selected purposively because this club has the only representative of Amhara region in Ethiopia Premier league.

To select the participants, purposive sampling technique was again used by setting certain inclusion criteria. The inclusion criteria were having at least two year stay at the football club and being a football player.

Among from female football players, those having less than 2 years stay at the club and married female football players were excluded and football players who have played 6 years in the club were included to be part of the interview. Because the researcher assumed that those players who have many years of experience would have better information about the club than new players. In this study since their problems might differ from the other female footballers. The total sample size for this study were 10 female football players who met the above inclusion criteria. Their sample size was determined based on data saturation point.

### **3.5 Data Source**

The researcher used primary sources of data because it gives firsthand information. The primary data was collected from 10 interviewees who were female football players.

### **3.6 Data Gathering Instrument**

The main data gathering instrument of this study was in-depth interview, and it is discussed as follows;

### **3.6.1 In-depth Interview**

This instrument was used to gather deep information about the study. In-depth interviewing is a qualitative research technique that involves conducting intensive individual interviews with a small number of respondents to explore their perspectives on a particular idea, program, or situation. In-depth interview is useful when you want detailed information about a person's thoughts and behaviors, or when you want to explore new issues in depth (Boyce, 2006).

The researcher used in depth interviews as the major source of data collection for this study. The rationale of qualitative research technique allows for a person to person discussion. Such discussion provides the opportunity to have a deeper understanding of one's beliefs, feelings and behaviors on important issues. It also gives much opportunity for the researcher to probe deep into the interviewees, has the opportunity to ask direct questions using the personal contact with the respondent depending on the interview situation (kojo, 2001).

The need to rely on in-depth interviews as major form of data collection arises from the exceptional interactive nature of the instrument that gives much opportunity for the researcher to probe deep into the interviewees' personal experiences. Furthermore, it is a useful approach that helps best to capture women's challenges while comparing their differences with men.

Among the advantages that can be derived from interviews are its flexibility and its ability to observe non-verbal behavior that express their viewpoints on the subject of interest. The interviewer has the opportunity to ask direct and indirect questions using the personal contact with the respondent depending on the interview situation (kojo, 2001).

Therefore, in this study the researcher interviewed 10 female football players having experience of more than six years in football playing. The researcher managed the individual interviews. Tape recorder was used to record the interviews. The major contents that included in this data collection instrument are the players lived experience, challenges and opportunities faced by female football players during their work, and the views and attitudes of male football players on female football players and the society as a whole. The interviews were conducted in Amharic language and then translated in to English.

### **3.7 Data Analysis**

The researcher feats thematic qualitative data analysis technique. According to(Silverman, 2001), when data is analyzed by themes it's called thematic analyses; This types of analyses highly inductive that is the theme emerge from the data and are not enforced upon it by the researcher. In these types of analysis the data collection and analyses take place stimulatingly and it can help to explain an emerging theme.

Therefore, the researcher to used this thematic analysis in order to get the above benefits and to make readable for the reader easily for the reason that the flow of thematic analysis is well give details and easily understandable. The data in this study conducted by using sound recorder the recorded data are transcribed in text form and it then translated into English.

The data are coded in false names to guarantee ethical issues and to make confidential. Therefore the data transcribed, translated and codified. Then the researcher puts in theme those codified and transcribed data's. Themes capture something important about the data in relation to the research and represent some level of patterned response or meaning within the data set.

The analysis was made by teeming each translated and code data by discussing in relation with different research finding on the study issues.

### **3.8 Trustworthiness of the Study**

Trustworthiness is seen as the strength of qualitative research. It is used to suggest determining whether the findings are accurate from the standpoint of the researcher, the participants, or the readers of an account (Wall, 2003). To insure trustworthiness, the researcher employed member checking technique and also used easy and simple language to convey the findings of the study.

### **3.9 Ethical Consideration**

This study was done by regarding ethical issues. Informed consent was gotten from the participants. The purpose of the study properly informed to the participants and they were asked to give their free consent to participate in the study and they were told that they have the right to with draw from being interviewed at any time. In addition the researcher also explained to the participants the information they provided would be used for research purpose only and their

name would be kept anonymous and all their names in the research finding was represent through codes and other techniques. Furthermore the researcher was explained to participants that the data used for this research would kept for reasonable time only and would be rejected and assured as it would not fall in to the hands of others.

### **3.10 Limitation of the Study**

Through in taking this study there was shortage of reference materials that deal on the lived experience of female football player in case of Tired corporate football club .In fact, efforts made to overwhelm this insufficiency by making use of some relevant materials and documents. To one side from this, Constraints of time and money was contributed to the inadequacy of the research. Though; the researcher have been tried all her best to preserve the fineness of this research by putting greatest effort.

## **CHAPTER FOUR: RESULT AND DISCUSSION**

### **4.1 Result**

This chapter presents the results and discussion of the study. The result is organized by dividing into three sub-sections based on the objectives of the study. The first section presents deals about the challenge of female football players. The second section focuses on the opportunity that they enjoy and the last section deals about the coping mechanisms that female football player's used to coup up their challenges.

#### **4.1.1 Challenges of Female Football players**

To be outstand and successful football player, female football players are liability very hard training at regular bases. However, they are facing a number of challenges. These challenges are grouped as socio-cultural challenge, personal challenge, economical challenge, institutional challenge, health related challenge, and psychological challenges.

##### **4.1.1.1 Socio- Cultural Challenges**

Socio-cultural acceptance is an essential issue for public viewing fields including football. Though, opposing this thought, socio-cultural prejudices are the protruding challenges of female football payers. The socio-cultural challenges include lack of acceptance among the society at large; lack of adequate time, lack of adequate training; dressing style miss conceptions; lack of professional role models; inadequate media coverage, and harassment. The data gathered on these issues are presented here underneath.

##### ***Lack of Societal Acceptance***

As the data gathered using the in-depth interview from the participants exposed that being a female football player is unacceptable field among the nearby society in general and their families in particular because it is considered as to be for male sports-man rather than females. As a result of this claim, daughters mainly faced strong parental resistance when they show interest to get into football. For example, participant 5 of this study tackled a similar challenge from her parents. What she stated in the in-depth interview is translated and presented as follows:



*Football is my passion, but it is challenging for me right from the start till present-day. Essentially, I started football when I was grade 4. At the time, there was a man who trains football for a group of girls and boys on a sport field. Then, I became motivated in them, and joined the group intentionally. I actually became involved in our training, and it leads me to go forward. Apart from the trainer, my physical education teacher also fortified me to go forward in football field. Though I was simply practicing it at school, I got a chance to join Tiret corporate football club in 2005E.C. But, still my parents are not contented with my involvement in sport activities.*

Similarly another participant (4) asserted that;

*Female are not encourage to play football. Their families as well as the community as a whole condemn female football players. Culturally, the communities believe those females are expected to play the role of doing things at home. However, as she pointed out, her personal strength made her realize her dream albeit she faced number of challenges associated with gender.*

As we can understand from the above assertions, lack of acceptance among the society is a big challenge for female footballers. Those female football players were being challenged by the society including their own parentages due to lack of awareness. Though, as long as females are the pillars of each family, and even the society, they need to be appreciated by the people so that they can become national and international football players, and donate their best towards the development of football in the country.

### ***Lack of Adequate Time***

Lack of adequate time was the other socio-cultural problem that obstructs females not to fully engage in sport arena. As the interviewees of this study confirmed, getting time to practice football was the big challenge they encounter due to their busyness in various household responsibilities. In connection to this, participant 5 forwarded the following idea;

*Time is surely challenging me to go ahead in my football activity. Because I am the only daughter to my family who helps my mother in responsibility at home, I lack suitable time for training. In other terms, doing household works is obviously the obligation of my mother and me. After my mother went to another place, I cover all the tasks including fetching water, washing clothes, cleaning the house, and cooking food. As a solution, I tried to be planned in my daily routines. So that I generally planned to do three main things per day: to train on a field, to go to*

*school, and to perform household tasks. Therefore, I wake up in the morning, and do short training. Then, I came back home, and perform the tasks that were waiting for me; then go to school. Even, I continue the household tasks after school, and go to field for training with no rest. Astonishingly, I sometimes rushed into the field without eating a food due to lack of time to eat. While doing so, my family did not consider my exhaustion. Though, I got tired in doing those complicated routines, I feel better when I train in a sport field because I love football very much. When I remember it later, I really esteem myself on the way how I tried to manage my time powerlessly. Lastly, it is my attempt which keeps me to go ahead in football.*

From this we can understand that girls who want to engage themselves in football do not have adequate time for training as they are busy in various household tasks. This interview version is similar with what participant 5 voiced concerning lack of adequate time for training. It is presented here below:

*I had a robust feeling and keenness to sport even though I don't know what will come in the future. I tried to train on a field though I do not have enough time even for my education because I am expected to help my parents. When I go to field, and some household tasks became undone, the whole family shouted on me. Especially, my father often mentioned my sport as a cause to something went wrong in the home. Even, one he tried to beat me with no good reasons, but I replied him to leave me alone, and stop deterring my good fortune.*

From the above case stories, we can understand that female football players have met various difficult challenges in relation to their parent's fallacy of the nature of sport. Most of the football players' parents have incorrectly related sports with only males, and reached on a wrong conclusion to females cannot participate equally in sport fields. In addition, the above participant's reports also show us how those female football players are sorrow from time constraint as most of domestic tasks are covered by women. Though football is extremely beneficial to female footballers' self-esteem, health, and financial strength, some girls are not fortified to participate in the sport due to the household tasks at home.

### ***Dressing Style Misconception***

Change in dressing style is one of the most significant issues in sport. Hence, female football players entail to wear cloths which are necessary to the field. Though, based the society's own

dressing style, females are expected to wear their cultural dress which is totally different from the sport's dressing culture. While female footballers should dress trousers in sport fields, their parents and the society discourage it, and enforce to wear traditional cloths like long dress. The reason behind it is wearing a cultural dress for females is a sign of modesty in various local cultures of Ethiopia. Particularly, in rural areas where the native culture is saved wearing long dress is still obligatory to girls. Pending back to the sport's clothing style, dressing trousers and sport's shoes is almost a must as far as it gives right to stretch and be flexible for various sports. The following situation gained from interviewee 2 shows how the societal delusion affects female football players not to freely wear the appropriate sport's dress.

*Among various socio-cultural challenges, what I want to say here is the problem related to wearing style. When I wore trousers/short and out on the street many people stare at me like that of a person who walks with no clothing. Most of female football player wearing style and hair style are just like males. Since the society does not accept our wearing style, they always insult us not to wear trousers and shorts.*

In line with the above participant's statement, another interviewee (participant 6) also added that the community address them as "mannish". Thus, fearing the community's feedback to their wearing style some football players could not freely move even for shopping. The respondent said that the dressing style which is conducive for football is not acceptable by their community at all.

Participants' response to the question regarding the challenges in relation to dressing style of women players generally indicated that they are under pressure and the people misunderstand why the players prefer to wear trousers and shorts, and consider the player as deviant. This misconception among the society seriously affects the efficiency of each female football players in particular and the football business in general.

### ***Lack of Role Models***

Though female football is highly promoted even in Africa, getting good models at the district level is so difficult in Ethiopia. As far as social values and customs vary in each situation, lack of culturally relevant role model is a significant hindrance in the sport domain in general and football players in particular. In other words, the sport domain in general and football in

particular are factually subjugated by men, and ends with rare female football player's role models. This issue is clearly demonstrated by an interviewee as follows.

*Astonishingly, there was no female football player in my village, which the situation later leads me into some societal problems. What I mean is, due to lack of female contemporaries, I required looking male football players. The main reason was that females in our village are not allowed to play outside as males because of different stereotypes. Though, many people instigated to whisper at me as an abnormal individual because I was the only female football players in the community to go to sport fields with males. Lastly, however it made me uncomfortable, I learnt from the condition as how much initial new-fangled thing in a less informed society is not easy (Participant 4).*

Based on the above response, we can figure out that lack of female role models in football has an excessive influence to the success and acceptance of female football players. Lack of model female footballers complicated the journey to the new comers in the area. Consequently, considering this gap, we need to appreciate ice-breaker female football players so that they can be role models for the coming generation. As far as sport has no biological relationship to gender, female players would be fortified as males. Else, a custody given only to men to the sport sounds as clomping with a single hand.

### ***Lack of Media Coverage***

Media has a great influence to change one's society boldness either negatively or positively, every second, media informed numerous issues to the people of the world. Among the most reported events in different mass media, sport takes the first rank. However, though focusing on sports is interesting, most mass media especially in Ethiopia, televisions, radios, and magazines, newspapers often ignored female football players in their air time.

Concerning lack of media coverage the following dialog, which is voiced by one of the participants, exemplified the idea as:

*When I observed several Ethiopian media both private and government TV and radio programs, they frequently focused on men's sports rather than females. They may simply call a female football players name if she involved in Olympic national team. Otherwise, female football players were not their agenda. The*

*reason behind this few media coverage is I think due to the females few sport participation. We females are more than that of males in number, but very few in sport fields. Thus, this may enforce the media to focus on male football players. However, what I recommend to be done is the media should pay due attention to female football players and give a room for them as much as possible (Participant 9).*

The problem concerning lack of adequate media coverage is also maintained by reflection of participant 5 as it is stated hereunder:

*Female football cannot yet equal media coverage as males. Every event in male's football is exposed to media starting from player's birthday up to their injuries but in female's football not only the club the female footballers' name are unknown. But the national female team (Lucy) is known by the society. Hence, the media should give attention for those female footballers who are not member of the national team.*

The above responses demonstrated that female sports are not measured in the local mass media. Though, as far as females have great powers, there should be women specific sport programs. In other terms, opening television or radio programs, and keeping main headlines in magazines on women sports in general and football in particular can help to female football players to minimize the challenges faced by females.

### ***Harassment***

Harassment is the other challenge that female football players faced in their daily sport practice as most respondents reported. The harassment begins from the coaches and male team leaders, coaching staffs and the society at large. They attempt verbal and physical (touching) harassment. Thus, the female football players are struggling with these problems to become prominent footballers though the people annoy them, and hamper their achievement. In connection to this Participant 7 explained the harassment she experienced as:

*... one day, when I came back from training, a team leader followed me saying something worthless. Later I cannot understand what he said, I simply kept silent. After a while, he asked me 'why don't you respond to what I am saying?' Then, I kept silent, and leave him alone and go to the dormitory. On some other day, I found him unexpectedly in the club dressing room which made me upset. He came to me violently, and shouted why not I talked to him on the earlier day. Though, I tried to build confidence and talk to him*

*peacefully. In the interim he leaves me alone when my friends came to us. This kind of harassment in football club is always horrifying to me.*

Apart from Participant 7, the other participant who is Participant 8 also said the issue which is stated as follows:

*To be a girl and not fronting harassment was become impossible. It occurs everywhere but if you ask me what happened in relation to in my football life there were unwanted touch by the vice coaches. Female football players faced sexual harassments from their coaches, club managers and even from their club doctors. She said that one of her friend is in doubt because of sexual harassment done by her vice coach not only in the camp but also in stadiums some football fans insult them focusing on their gender .the respondent said that one of her friend quit playing because of the chaos from spectators calling her name and insulting her as if she somewhere out of the camp before the play.*

The above interview explanations gained from those two interviewees show us how female football players suffer from harassment, and how it overcrowded their football journeys. In other terms, due to their physical posture and wearing style, female footballers were struggling with harassment. However, those male coaches and football players need to consider females harassment, and help female football players on the way how to do a certain physical exercise.

#### **4.1.1.2 Economic Challenges**

Taking foods which have rich nutrition and having sport kits are necessity for sports persons. However, female football players who participated in this study reported that they were suffered from financial problems including shortage of sport kits and nutrition.

##### ***Shortage of Sport Kits***

In order to participate in football sport, shoes and other related sport clothes are essential because they have great values to the success of the football players. Yet, many stated that they were unable to buy basic sport shoes and clothes as they didn't have money.

Particularly, the female footballers who are from poor families' didn't have any sport cloth for field training. On the other hand, some parents were not willing to fulfill the necessary sport materials though they were financially capable to cover their daughter's equipment. In line with

this challenge, Participant 10 who was from deprived family stated the problem in the following way:

*When I was with my families, I had no any sport kit including shoes, sport trousers, socks gembale and shirts because due to the deprivation of my family to fulfill the necessary materials that I needed for the sport. During field training, my friends were practicing wearing the basic sport clothes and shoes while I was doing my training with a normal cloth like jeans and wear shoes like plastic taketa in an extremely bad weather condition. This situation made me envious and subordinate, and wished to pass away after all. Though, it was difficult to handle the problem, I encouraged myself saying 'never give up!'*

From the above expression, we can understand that lack of money to fulfill sport equipment was one of the challenges that female football players faced.

Similarly, Participant 7 also mentioned a similar challenge as follows:

*I faced challenges related to lack of sport cloths. When think of sport materials, every time I remember my injury that I occurred in training place which gain at bahirdar. The day was a football competition called Ethiopian women premier league 2<sup>nd</sup> division. I was midfielder at that contestant. Before the competition, I always do the training on grasslands with a plastic shoes. Though, in the competition I stated, a sport shoe is needed which I cannot fulfill. Then, I initiated the achievement despairingly with no show, and actually finished the first half 45 minutes. Even though I passed the first round with plastic shoes, I got difficulty to finish the 2<sup>nd</sup> half because the first 45 minutes had injured, wound and bleed my foot. I had no words to express how I felt bad because my team defeat by the other opponents I earlier suffered for it (Participant7).*

In a similar way, Participant 3 also said that the problem is not only lack of adequate money to buy sport materials but also unavailability of the necessary sport materials on the market.

*The problem related to sport equipment is not only due to shortage of money but also their unavailability in a nearby market. Particularly, in most urban areas like Bahirdar there are no appropriate or suitable sport clothes and shoes. Rather the government financial structure also major problem to buy sport kits. As a result of this, I and my friends were forced to buy materials from far areas like Addis Ababa with the help of some other people.*

From the above result, we can understand that female footballers remained facing the problem of getting the necessary sport materials due to their parents' poorness and unavailability of the necessary football materials in a nearby market. Even, when they bought some materials from local markets, they got injured due to low quality of those sport equipment like shoes. In that case it puts to injure on some football players and resulted bad situation along with it resulted bad feeling such as feelings of hopelessness and it resulted unhappiness in some football players.

### ***Nutrition Problem***

It is clear that involving in physical sports like football require good nutrition. Particularly, during the final performance footballers are theoretical to be well nourished to cope up in the competition. It is simply as the better you eat, the better you fit because it is the food they take keeps them strong and successful in their sport field. However, many of the contributors of this study did not fulfill this requirement due to various reasons. Among them, having less awareness about the right diet and lack of nutritional food at home were the major challenges they faced. As an example, Participant 6 explained this issue as mentioned below:

*Once I was living with my families, I tackled lack of nutritional foods. Because there were no nutritional foods that prepared for me as a footballer, I just at what I found with my family. So, I was not to control my balance accordingly, and led me to a serious headache, some problem with my health as a whole.*

The problem with lack of nutritional foods is also supported by Participant 9 as:

*I frequently go to school without taking a food after doing trainings. Yet, football players need to get sufficient nutrition after doing trainings because it is necessary to become physically strong and competent in the required football contest. In my family no one cares about the kind of food that should I get. At most, because my father is not happy with me as a football player, he wants to help me nothing .Even when my mother tried to give me special food some times, my father became angry at her. Occasionally, I got substandard, when I never got anything to eat after coming back from training.*

In addition to the above participant, another participant of this study has further fortified this idea by saying:



*... I agonize from lack of nutritional food before and after I joined this football club. One day, when I was with my family, I lack adequate food totally since I shared a food with my family. We mostly ate Enjera which was not enough even for one football players. After I joined this football club the problem also continued due to the specific problem of the club because the food which was prepared in the club for us was not that much delicious. The food we eat after training, is not full of nutrition that can strength them. She said that to be effective the food or the meal football players eat should be scientifically treated the food cannot replace our calories loosed by training she said (Participant7).*

As it is stated above, the interviewees exposed that lack of enough food was among the challenges that female football players were faced. Unable to get appropriate amount of food on time made the footballers to get tired and could not expect good result. Generally, lack of adequate amount of food and lack of awareness about balanced diet were the fundamental reasons that trap the success of female football players.

#### **4.1.1.3. Institutional Related Problem**

As per the result of this study, lack of training arena, unable to get scientific training and conflict with coaches are the major institutional related problem that female football players have faced in the Tired corporate female football Club. This problems are discoursed one by one as follows;

##### ***Absence of appropriate Training Field***

Ideal football training place has a great contribution to the achievement of football players. However, in developing countries like Ethiopia, finding such kind of place is tough because the government did not give more attention to it. Not only the government, but also the society itself did not raise this question as a serious issue. Many adolescents work their trainings at risky places to achieve their sport aims. Though, as far as football are representations of our country Ethiopia in African nation championship, African cup of nation ,ceafa the government should take it into consideration and prepare appropriate football fields especially for female football players . The results of this study disclose this situation as how those football players were struggling by the absent of nearby appropriate training place. As many of the participants of this study clarified, there are no appropriate training arenas which located nearby their residence area and owing to this condition they were forced to travel far away. All in all, female footballers

have suffered from lack of appropriate sport arenas before and after joining the tired corporate female football Club. The participant stated below explained how far the situation was severe:

Participant 10 said:

*Finding suitable training place is a great challenge for most football players. I recall my own experience what I faced when I was at wonje. The football field there was not that much comfortable to do my training carefully. As a result, I suddenly fall down on the ground when I was doing body warming exercise. So, I was injured seriously, and left for about a months from any activity related to sport field for remedial the injury.*

Likewise, another participant told her experience as follows;

*When I was at gisa what we call small kebele around chara, I do training by my assumption I have no idea how far I go and I should not go. The land was not measured to football competition I simply cover the whole round. But in this football club I have measured land because of that I do not loss my energy (Participant 6).*

Participant 3 also expressed her feeling as stated here below:

*In this town there is a lack of appropriate training place even this football club we can't say has appropriate training place. Only we have a place covered by dusts are grass land of course, it's comfortable. But it's preferable if it has measured are alike standard stadiums, but we haven't and during rainy season it becomes muddy as we have no replace training place.*

From the above response we can understand that how far the absence of appropriate training are upset female football players. Due to lack of appropriate training place, the football players were injured, lose much of their energy and put their life at risk.

### ***Unable to get Scientific Training***

Lack of scientific training was mentioned as one of the challenges that many football players faced. Mainly, female footballers who are from rural and urban areas were losing to get adequate training on football before and after joining the above-mentioned football club. The following situation gained from one of the participants of this study shows this challenge.

*Let alone the class of the training I got before joining this football club which was unable to be considered as training, I am not cover the whole training that I should do even after coming to this club due to lack of scientific training. Amazingly, my endurance is becoming poor from time to time compared to the time before joining this football club because the coach who assigned to train us does not follow the scientific training approach. Therefore, we do football trainings whichever more than or less than our specific energy which cause me to lose my energy with expressive physical exercise (Participant 1).*

Based on the above description, we can hold that female footballers could not getting training which is supported with scientific procedures. This problem is credited with the presence of unqualified coach and this situation would in turn affects their performance in the football playing field.

### ***Conflict with Coaches***

The other huge problem that mentioned by the participant was getting into conflicts with their coaches. It was a serious challenge in those female footballers. The interviewee below replies the following when asked to say something on conflict related challenges.

Participant 9 said:

*When I joined this football club, I did not saw conflicts which are that much serious. But, there are some contradictory issues among the football players and coaches. For example, I got in to a disagreement with my coach when she requests me to play with other position which I actually don't want. When the conflict with her got inferior, I decided to leave the club before some coaching stuff and managerial officials came and discussed us.*

Moreover, participant 3 supported the above issue by providing the information below:

*At the opening, there were four football players including me who were midfielders in the club. One day, when I go to the training field I found those girls doing as striker training. At that time, I also want to change into striker position as too my friends. I just went to the coach request her to label me a striker, and to train accordingly. Yet, though she gave me permission for the time being, her later changed her mind, and forced me to keep the previous position In here, what made me upset is her dishonesty to favor to other girls. The reason behind the favor was*

*because those girls were from her town. I always feel sad when I remember this chaos (Participant 3).*

As per the reflections the above interviewees, female footballers have sometimes become conflict with their coaches. Their disagreement with their coaches coupled with other challenges would affect the overall performance of female footballers in Tired corporate female football Club.

#### **4.1.1.4 Psychological Challenges**

For example the participant's interview account indicates, female footballers were facing some psychological challenges including stress, loneliness, committing suicide, and hopelessness. All these psychological problems are discussed hereunder.

##### ***Stress***

Stress is another psychological challenge which is negatively affecting their moral. In this regard, one of the participants shared her experience by saying:

*In my football life, I befitted stressed due several causes. Typically, I got stressed when famous football players were available in computations because such football players came to grounds with some special drink to that I have-not even saw it before. In accumulation, they usually wear brand shoes and clothes. My reasons to be stressed are not only the materials to be drank and worn, but also their performance they show on the football arena comparing to me. (Participant 3).*

##### ***Loneliness***

Leaving from parent due to join this football clubs outcomes loneliness on beginner female football players. It was the problem that challenges Participant 3 as she stated in the following way:

*Existing far from families and staying in Tired corporate football club has a feeling of unhappiness, especially in the holidays. Our coach did not allow us to go home even for a holyday. For example, on the last x mass holiday, I cannot get consent from my coach to go home for the holyday due to a competition detained. On that*

*holyday, I spent an unhappiness day, for I deceased from my family, and celebrated the x mass holiday alone. It has been very hard to myself.*

### ***Committing Suicide***

As one of participants mentioned below, committing suicide was one of a psychological challenge that she experienced in her football expedition.

*I forfeited numerous things for football sport. For example, I drop out from school due to football and got in to dreadful with my parent. I always confidence to change my life as well as my family's own life style with football. In 2003E.C, there was a football competition at Adiss Ababa that I well trained a lot before just to win the competition, and show my parent who am I .On the time I was in a good situation and good performance to win the game and to get the gold medal in the competition. Though, 3 weak to hold the competition, I felt sick though I should go to the football squad. Though, as a consequence of my illness, I cannot victory the female football competition. I misplaced my mind; I was very much angry, and I cried day and night. Because I cannot controller myself, I strained to commit suicide through rat poison. (Participant 1).*

The above expressions inform us that female football players had faced psychological problems which range from stress up to attempt of suicide. This psychological problems are resulted due to other challenges they face in their football profession.

### ***Hopelessness***

Hopelessness is the other psychological challenges that declared the interviewee of this study. It can happen due to numerous reasons counting lack of success in the football sport. In connecting with this problem, participant 5 shared her experience as follows:

*Furthermost of the time, I work football training day and night just to win in a competition. Though, I frequently came with empty hands and losing a medal. I became depressed, and felt immoral. As an instance, when there was a national team selection in Addis Ababa while a friend of mine is selected to Ethiopian national team squad I am not part of it. I was very much angry at that time, and I really sensed hopeless (Participant 5).*

In general, from the above stories, one can assume that psychological problem is one of the challenges that female football players faced. The psychological problem can be displayed in form of endeavoring of stress suicide, loneliness and hopelessness.

#### **4.1.1.5 Personal Problems**

By way of the responses of the participants in this study showed, female football players were fronting a number of personal problems such as menstrual complication, complicated love, drop out of school, and lack of information about sport. The way how these challenges caused and miffed those female footballers is related here under from their direct saying:

##### ***Menstrual related problems***

The exceptional problem that caused in presence only female is menstrual problem. As the interview conducted in this study showed, female football players were fronting a challenge in relation to menstrual complication. Specially, when their menstruation period intersections with a competition time, the problem became harder to accomplish. One of the participants of the study exemplified her experience in the following way:

*As a female football player, I am the one who suffers from menstrual complication every month. There was a competition that started on Sunday Ethiopian 2<sup>nd</sup> division female premier league 2010, E.C. Though, I was ill due to menstruation early Saturday evening. When the pain became so harder on me, my friend and the coach took me to the hospital. On Sunday morning, I wake up early, and decided to run since I was feeling better. Then, when we were preparing for takeoff, my menstruation spills a lot, and it shocked me. Since I had no any awareness about sanitary pad at the time, I wear my shirts in and clad another shirt from my friend. Fortuitously, my effort became fruitless; I won that competition. I never forget the situation in my life (Participant 1).*

In a similar way, participant 5 articulated her menstruation experience as follows:

*During menstruation, it's tough for one female football player; it's not contented in any condition, whether it was exercise training or competition. In 2006 there were all Ethiopian female Games at Dire Dawa city. Then on Saturday night my menstruation comes the competition been on the Sunday I put on sanitary pad, but*

*my thigh roughen because of the sanitary pad it's burned me a lot I finished the game by hostile in that horrifying situation.*

In addition to the above participant, participant 6 also stated what happened in her life in relation to menstruation.

*During menstruation I have no any discomfort except a change in my mood. When I was traveling to Dire Dawa for all Ethiopian female Game competition, I got a tricky in relation with menstruation. My menstruation came immediate to the opening of the competition, when I was included in the best 11 formation in line with my friends, evenhanded to start the competition. Snappishly, I saw my short covered with blood which upset me. I did not actually do not know what conceived to do since I was interred in the sport arena. I got tensions. Lastly, I did not win the Game due to the menstruation (Participant 6).*

As the above result proved that female football players were facing a challenge in relation to menstruation due to lack of sanitary pads and lack of information on how to use it.

### ***Complication in Love Affair***

Additional problem that places a challenge to female footballer's performance was complicated love. In relation with this idea two of the interviewee respond the following:

*I had a fiancé whom I stayed together for 4 years. Though, he was not glad with what I was doing in sport activity because he did not accept me as football player. He told me every time to be a business females as too him disregarding my sport. Especially, when I travel for competition in another town far from here continuously he starts harassing me. I also told him several times how greatly I truly essential football sport, and I don't want any other work in my lifetime however he doesn't want to listen to me. Lastly, we separated and started living alone. (Participant 9).*

In addition to the above participant, participant 10 also supported this idea by saying:

*I fall in love with someone who lived around our camp; I do not accurately know whether he really loved me or not. To be active and effective in football field, I must work hard day and night also give sufficient of your time for sport. But, I can't do that when I cannot see him. As a result, I got into additional conflict with my coaches, for I cannot be competent to cover the whole exercise. Even, the coach*

*someday she upset me for I was doing something under my friends. At that time, I was trying to cope all and to retain going powerfully in football sport to got good result. Though, each time think about my love, even when I was in the training, as long as it is badly affecting my performance (Participant10).*

As the above replications, female footballers are unable to lead flat love relationship because of less sympathetic about their football activity amongst their love partners or husbands. This problem, would affect their performance in football.

### ***School Dropout***

Based on the result of this study, female footballers were receiving a problem in ongoing their education due to environment of the football sport they engaged in. One of interviewee clarified this condition by declaring:

*I was very much be sorry because I was leaving school. My parent recommended me to go ahead with my education rather than football sport. But, since I like football very much, I do not want to accept my families. When I got my parents to visit them, they continuously told me as I made a mistake with trust football (participant 1).*

Similarly, participant 9 piercing out the same perception as presented here below.

*When I went to for football competition, I missed class and exams. Then, my teachers were not agreeable to give me make up class and sup tests to compensate because they don't receive my reason. Then unsuccessful from school while I was a grade 8th student. Due to this result, I stop my education at all. My parents, including my father and mother powerfully fight back my decision. I like much my football field than my education. In difference, I am now thinking to join distance schools to continue with my education.*

As we can see from the above contributor's accounts, the football players are possible to drop out from school while they employ more time in their football sport. When they skip form their schooling, they would get in to clash with their parents. Therefore, the footballer's have faced problem of integration their sport and education.



### ***Delay of Successes***

Delay of success was declared as one of the challenges in football field. It was hard to stay without seeing certain good result on a field. Many people around football, counting their parents and their relatives impose them to stop their unproductive football trip. In this respect, one of the contributors of this study expressed her feeling as follows;

*I resisted several years on a football field just to get even a payment. Nonetheless, a lot of people predictable as we footballers are becoming rich very rapidly. In difference to the huge people, my parent advised me to break my football since they did not expect too much change in my life. They continuously disheartened my football sport, and impose me to join into any other profession. They measured me as I am killing my best time as a youth girl. When I listened those words from my relatives, I truly disheartened to be a football player, however I don't want to give up (Participant6).*

From the above replication, we can note that the fruit of football is not coming overnight rather it need extra time and the female footballers must tolerantly awaiting they accomplish significant success in football field. This environment of football is careful by the female football player as one major challenge that disheartened them to stay extra time in football field.

### ***Lack of Information about the science of football Sport***

Having plenty information about science of football sport has countless value for the achievement of football. Though, female football players had lack of ample information about the science of football sport. In relation to this impression, interviewee 2 shared her own experience as follow:

*Previously I joined Tired football club, I had no knowledge about sport. Even did not know how much would I do to a given exact physical exercise. In addition, I did not know about the essential resources that I have to accomplish for football; somewhat I merely work hard to reach on my objective without having any information about football. In order to achieve my aim, look into my team mate and copy them deprived of following any scientific strategy to do a certain activity. I think, lack of information has bad effects on the footballers' achievement if the whole thing is being completed without knowing how to do it.*

Based on the above scenario, we can understand that female football players have not acquired scientific training and they do their day to day training in an ordinary way. This situation would have an influence on the success of female football players.

#### **4.1.1.6. Health Related Challenge**

It is clear that doing very hard physical exercise like running jumping would bring certain kind of health related injury up on the football players. This problem is presented as follows;

##### ***Physical Injury***

In sport life, physical injury can happen at any minute and on anybody during exercising on a field. Based on the information gained from the participants, getting into injury was one of the severe challenges that female footballer's were fronting. In relative to this issue, one of the interviewee shared her experience by saying:

*Physical injury is the hardest challenges in the female footballer's life because we injured at training place or during competition. For instance, in 2010 E.C, there were all Ethiopian female football 2<sup>nd</sup> division game held in Addis Ababa .which I participated in that game. After I run little meters additional, my leg starts hampering with a high pain. When I advised our club doctor and the coach, they were sure on my health to participate in the competition. I was being ripened, but unluckily my pain started after the beginning of the competition. Then, I tried my best and completed the game however I did not get the best result. (Participant 7).*

As the experience of the above interviewee shows, female football players have faced physical injuries. Though, they did not get correct attentions from the club doctors since there are times that female footballers get injury though the doctor promise them as if they would not face any physical injury.

#### **4.1.2. Opportunities of Female Football players**

As it is already mentioned above female football players were facing many challenging problems that obstruct them to fully engaged, and become fruitful in football. Nevertheless, they have also relished some opportunities that help them to keep fraught in football field. So, this section

presents the opportunities of those female football players under four sub themes which include social, economic, psychological and institutional opportunities.

#### **4.1.2.1 Social Opportunities**

As we all distinguish football is superiority for Ethiopians. Even in the Africa Ethiopia is one of the founders of African cup of nation competition , Once an Ethiopian football player win score the goal in the known club he/she would directly get social respect. So, this social respect is careful by the participants of this study as a social opportunity that they get from football field.

##### ***Social Prestige***

Taking a fruitful life in one's journey results a social prestige. Particularly, social prestige is given to females when they became footballers, for they got involved sport arena which is completely careful as males' destiny. Consequently, there are a few fruitful female footballers who get social respect. Some of the contestants who involved in this study supported this idea. For example, participant 10 said:

*My parent and my societies around there honored on me, and give much of admiration to me. When I go to my parent to visit them, our neighboring societies great me, and displayed their true proud of me. As they tried to definite, I am a person who the entire people wanted in a country level apart from my parent as long as I am an footballer. In addition, I heard some person's proverb defense force and footballers are the pillars of one's country, and who present the country through Africa and worldwide.*

Similarly, participant 5 also clarified the following information.

*Last period, I stood player of the year and win the gold shoes award in the Ethiopian female football competition football match which was held in Adiss Ababa. While my mother heard this news with Ethiopia television and Amhara television sport news she became very much glad in me. Then, she said 'however I was working as a teacher for 28 years, nobody declared my name at great, but today thanks to my daughter; she confidently declared my name in regional and national media'. When I heard these words from her, I truly satisfied and happy in myself.*

From the above two situations, we can comprehend that though those female football players are in several challenging condition, they were receiving social honored particularly when they win in the competition .

#### **4.1.2.2 Institutional Opportunities**

To be a member of a football club has countless institutional opportunities for female football players. For example, access to better training place, access to pocket money, and access to health care service are the most important institutional opportunities that female footballers get.

##### ***Access to Better Training Place and Training***

According to the participants of this study, access to better training was one of the institutional opportunities that the female football players were getting. This is supported with the data gained from Participant 8 which is presented as follows.

*I go to see various stimulating places in Ethiopia during football competition, and said I had not visit such an attractive place if I were not a football player. Particularly, I never disremember the occasion that I had in Tirunesh Dibaba academy which astonished me in its irresistible place, nice air situation, and exciting structure.*

In a similar way, Participant 4 stated her emotion in the following way.

*Being a member of a football club is actually significant for the reason that I found well exercises after I joined this football club. Really, what I found is not only well training but also best coaching staff and training arenas in difference to the condition what I was earlier this time. I rely, did not training partial this earlier I joined the Tiret corporate female football Club.*

The above two stories notify us that the Tiret corporate female football Club offers better training and training arenas for female footballer's . Though, this does not mean that the football club would afford these facilities in the wanted way but likening to the difficulties that female football players confronted earlier they joined this Tiret corporate football club, they service they get from this football club is by far superior.

### ***Getting Pocket Money***

As it is revealed in the interviewees' dialogue, most female football players got pocket money later they joined the above-mentioned football club. Regarding this matter, one of the contributors proved their experience in the following way.

*At what time I was in the earlier sport project, I had no any fee except for a reward that I got from the competitions when our team won the Game. Though, when I joined Tiret corporate female football Club, I start a monthly salary which can cover my day-to-day consumption and accomplish other necessities (Participant 8).*

In a similar way, the other participant of the study responded as:

*Later I joined Tiret corporate female football Club; I got a regular monthly salary which branded me among the highly paid football player of the club. Away from each other from the monthly salary, the Tiret corporate female football club also raises its player's salary when we accomplish better. It means, the salary we paid is liable on our performance. We have a chance to increase in monthly salary when we win a competition. In that situation I was amongst the highly paid player that makes me to purchase my sport kit as required. Really, the Tiret corporate female football club delivers the required kit for us, but the resources that it delivers became unusable for numerous reasons. That is why I want to buy some kits with my own cash.*

Based on the above stories notify us we can hold that those female football players joined the Tiret corporate female football club have come to be a monthly salary. Though, the monthly salary that they get from this football club is scanty, it would support them to moderately accomplish their sport linked costs.

### ***Getting a Provision of Sport Equipment***

As is stated in earlier sections, most of the participants in this study clarified that they tackled several challenges in relation to lack of access of sport equipment. The difficulties were grave particularly; earlier those football players joined the Tiret corporate female football club. Yet, once they joined this football club, their difficulties related to access of sport equipment's was somewhat answered. Concerning to this, one of the interviewee said:

*In Tired corporate female football club, I found sport kits including sport shoes and cloth which are essential to training exercise and competition. Though, earlier I joined Tired corporate female football club, when I was in the earlier football project, I could not get several sport equipment's (Participant 4).*

From the above two situations, participant's, the Tired corporate female football club offers sport materials for its female football players.

### ***Getting Health Care Service***

As the data which is gained from the participants of this study discovered, access to health care service is one of the major facilities which is found in the above-mentioned football club. In other words, all football players take the right to use health care services without any payment. Most of the time, football players frequently get injured in any minute these types of health care services are advisable. In fitting together to this, participant 9 defined her idea as follows;

*Later I joined Tired corporate female football club I'm not concerned about clinic payments for the reason that all payments that we consumed in any kind of disease including injures cover by Tired corporate female football club. The only prerequisite that we must accomplish was we must have a receipt from the clinic by viewing that we got the cash we paid.*

Based on the above replication of the above story, we can note that the Tired corporate female football club is not one afford sport materials for its female football players but it also offers them health care facility.

### **4.1.2.3 Personal Opportunities**

Separately from socio-cultural and institutional related benefits, personal opportunity was also create in this study as one type of opportunity that females get as a football player in the club. The personal opportunity is characterized into three themes and presented as follows.

### ***Visiting Interesting Places***

As the interviewee of the study definite, they have gotten opportunities to visit several interesting places when they go out for football competition. Go to see those historical, cultural, and

religious places was thrilling to them. This view is showed with the reply given by Participant 7 as follow:

*In my earlier practice, I had probabilities to visit a lot of places in Ethiopia including Adama, Addis Ababa, and jigjiga. I truly enjoyed those events ever because they made me very enjoyable in their historical, cultural, traditional, and religious events. I am the only and the one individual who got this chance from our family member for the reason that since my father work in governmental offices, for 20 years he do not have such opportunities.*

The above reflection displayed us that among several opportunities, access of visiting many historical places and big towns is one of the opportunities that females get as a football player. This opportunity has been accessible for them as long as there is a national football tournaments.

### ***Cultural Exchanges***

On first of go to see cultural places, cultural exchange was also an opportunity that the football players got when they travel in different areas for different tournaments. Cultural exchanges give them the opportunity to definite their culture as well as to look at others cultures. This opinion of is clearly demonstrated by the expression of the following interviewee.

*In fact, there are many football players in Tiret corporate female football club who come from different places with different cultures which gives us the opportunity to share cultures. However, the huge opportunity to exchange cultures in national level is just to go to other regions for tournaments. As to my own experience, moving into different regions of the country is very curious. I had to go to different regions of our country, and I saw different cultures including wearing eating and living styles (Participant 7).*

From the above explanation, one can understand that female football players who worked for Tiret corporate female football Club have an access to interchange cultures apart from visiting different cultural places. But, local footballers could not get opportunity of practice sharing and cultural exchange with international footballers since the club and the national football federation did not host international footballers.

### ***Making Lifelong Friends***

The result of the study also discovered that football as field contributes opportunity for female football players to have social relations with dissimilar people. Up on this course, the female footballers could get lifelong friends. In line with this, one of the participants shared her experience as follows;

*The greatest significant thing which I found from Tired corporate female football club is just creating lifelong friends. I have been here for the last four years with my close friends. My friends were actually as close as my relatives for the reason that they were with me when I got some difficulty and good in relation to football, health, finance (Participant 8).*

As we can understand from the above account those football players who were in Tired corporate female football Club established strong social association. When one female football player get in distress, all of the other players would in place to care and support the football player.

### **4.1.3. Coping Mechanisms**

As it is definite in the previous section of this study, female football players who worked to Tired corporate female football Club were fraught with different challenging circumstances including socio-cultural, economic, institutional, and health problems. Thus, to cope up these challenges, female football players used several coping mechanisms. These coping mechanism that were used by the female football players are thematically discussed as follows:

#### **4.1.3.1 Coping Mechanism for Socio Cultural Challenges**

As it declared in the earlier section that discourses about female football players' challenges, they were experiencing dissimilar challenges coming from their parents as well as the community at huge. Meanwhile many people supposed sport turns only with masculinity, female footballers were struggling back to cope up with this problem. Unambiguously, lack of adequate time for training, family refusal, lack of sport resources, lack of role model, and harassment are the socio-cultural challenges that the aforementioned female football players tackled. This sub section; consequently, emphases to present an exhaustive account of coping strategies used by



those football players to improve the specified main challenges. The following approaches used by a female football players to cope up with the above revealed problems.

### ***Showing Good Result (Achievement)***

Achievement is generally a solution for most problems as long as it is practical in its nature. Similarly, it can be a solution for those interrelated socio-cultural challenges of female footballers. As it is mentioned by Participant 7 below she used the same mechanism to cope up with problems she faced earlier.

*When I was starting football, my parent toughly conflicting me for the reason that they incorrectly observe as females cannot be footballers. This was the main tricky that I tackled. The way out that I used was to display my achievement basically in some football competitions. At that time, I win various competitions since the time. I played football first for my small town, and then for my small town and won the gold medals which prepared for the competition which makes my parent ignored. They completely supposed in me since I came back with won the gold medals.*

Regarding into the beyond participant's expression intensely, we can see that good accomplishment can be used as a good means of coping mechanism to preserve their socio-cultural related difficulties or problems.

### ***Addressing Famous Footballers' Story***

As it is obviously known, there are many famous female football players in Ethiopia. Therefore, speak to the story of those famous football players to the people who were far from football can be a good mechanism to influence them. Likewise, the following Participant of this study used the method as a coping mechanism for the challenge she faced.

*I used to discourse about Loza Abera and other famous football players to influence my parents on significance sport. This method is particularly desirable when people ask a request how football can go with females relatively than males. Lastly, they have come loose up and stop irritating me (Participant 3).*

As the above contributor explained, football players used as assortment approaches to walk off with the problems they faced in relation to socio-cultural challenges. The other instrument specified here in this sub section is accomplishing good outcomes on the competition.

#### **4.1.3.2 Coping Mechanism for Economical Challenges**

##### ***Borrowing***

In football sport, there are some equipment's which need money to accomplish them. In relative to lack of sport equipment such as sport clothes and shoes some of the female football players tackled economic problems. Accordingly, to cope up this challenge, they used borrowing of money from somebody as a means. This is well articulated by the narration of the following participant;

*When I just start sport, my parents was economically powerless to accomplish the essential sport supplies. As a resolution, I asked my physical education teacher to borrow me certain amount of money which can buy the sport materials wanted. That was the instrument that I used to cop up from my economic challenge (Participant 1).*

In the same way, one of the interviewees clarifies the following mechanism:

*For the reason that I had no sport shoes earlier I joined this football club, I worked plastic shoes for several times. But, when I know it was stiff for my foot, I asked my cousin for certain amount of money; at that time he sends me the necessary sport materials from Addis Ababa to Dangila (Participant 3).*

From the above two participant's accounts, we can know that female football players existed trying to coup up from their present economic problems by borrowing money somebody else.

#### **4.1.3.3 Coping Mechanism for Institutional Challenges**

Rendering to the participants of this study, there are some challenges fronting them after joining the above-mentioned football club. Yet, those female football players did not want to living with those institutional challenges; somewhat they used numerous mechanisms to coping mechanisms through patience and tolerable, seeking advice from friends.

### ***Patience and Tolerable***

As selected of the participant's stated previous, there were some challenges associated to their institution like getting of fight with their coaches. When such problems happen in their working area, those female football players used several coping mechanisms; and being patience and tolerable were the main ones. Associated to this, Participant 2 revealed that;

*Afterward I just got into clash with my coaches and colleagues, I keep patient and strained to be tolerant. My colleague also frequently surprised with my tolerance. I used this way for a lot of times in my life.*

The above explanation of the interviewee visibly shows us that being patient and tolerable are the main mechanisms that female football players used to overwhelm their conflict with their coaches.

### ***Seeking Advice from Friends***

Rendering to certain interviewees' replies, looking for advice from friends was used by those female football players as a means of getting cleared from bad circumstances. Concerning this issue, one of the participants cited her experience as follows;

*I have nice colleagues whom I found in football. My colleagues support me with guidance when I got into conflict with my coaches and some other colleagues. After I decided to leave of absence the football club totally due to conflicts with coaches, my colleagues give advice me keep cool and stay with them rather than departure the football club for bad (Participant 3).*

From the above story, we can know that search for advice from friends was the greatest important instrument which is used by these female footballers to control their institutional related problems. Separately from this, seeking advice from expertise and parents can be also used as cop up mechanisms for such challenge.

#### 4.1.3.4 Coping Mechanism for Health Related Challenges

##### *Getting free health service*

As it is specified in the opportunities subdivision of this study, those female football players have the entrance to free health care services which is given by the football club. Consequently, there opportunity is a coping mechanism by itself to health related challenges. As most of the interviewee revealed, physical injury was one of the great health related problem in their football life which they simply went to a proximate hospital and preserved for free. In this respect, one of the participants revealed her experience as follow;

*In my football life physical injury is a predictable occurrence since it can happen at any second. In order to remedy the injury, I visit a medical doctor. Though, if it is a simple injury, I just takings a massage therapy rapidly. I go to see a hospital not only to physical injuries, but also to further sicknesses. For example, I was infected with drinking terminated drinks when I go to a race. At the time, I went to hospital with my colleagues and get treated. This is also factual for all of my friends (Participant 1).*

From the above description, we can hold that female footballers were using the allowed health care facility which is given by their football club. Consequently, the female football player's used the present opportunity linked to access of permitted health facility as a way out to coup up their health related challenge.

## **4.2. Discussion**

The discussion part in here presents the major results of the study by associating with the existing empirical studies which are done on the same topic. It is presented unit by unit as follows;

### **4.2.1. Challenges of Female Football Players**

Women's sport involvement is minor equaled to male's participation in several sports. This gender gap is caused due to several hindrances including socio-cultural, economic, institutional, psychological, personal, and health related challenges. Here under is a brief discussion of those major challenges confronted by female football players.

#### **4.2.1.1. Socio-Cultural Challenges**

As the outcome of this study displays, female football players were fronting a number of problems due to different socio-cultural challenges including lack of family acceptance, lack of time for training, societal misconception, lack of role model, and harassment. There are some studies which have corresponded to this research finding. For example, a study conducted by WHO (2010), states that socio-cultural barriers refer to precise social and cultural practices, beliefs and traditions within a community or society, and the way how these impact on perception. For women football players, one of the major barriers related with sport is the societal understandings which trust as physical activity is UN feminine rather than masculine. Gender disparity is also obvious crossways the developed levels of the sporting industry international.

This study also declare that lack of time was one of the challenge for female football player's which disclose that women were incline to have fewer time to participate in sport activities. These challenges possibly will look them afterward they are tremendously full of activity in home-making and care-giving services. In addition to this, (Rosina, 2014)also discloses how socio-cultural challenges pannier females to participate in sports. This study also demonstrated that lack of time among females to participate in sports is challenging particularly in unindustrialized countries. Consequently, socioeconomic issues and obtainability of relaxation

time are directly related to females' sport activity and competitions. Likewise, (Rosina, 2014), lack of time and division of labor responsibilities for production, reproduction, etc. are major barriers for women and girls to get involved in sport programs especially in developing countries.

Another problem which rises as a socio cultural challenge was a misconception of the society regarding wearing sport clothes. People are bombarded with gender stereotypes from birth until death. Once a new baby's sex is revealed, they are dressed in either blue or pink, given gifts of trucks and soldiers or dolls and animals, and referred to as strong and alert or soft and delicate (Malszecki, 2005) Actions and ideas such as these are only the first of many gender stereotypes that a new child will encounter throughout their lifetime. Males are expected to demonstrate certain characteristics and behaviors that are "masculine", while females are held accountable for being "feminine". Traditionally, females have been expected to wear dresses, cook and clean, raise children, maintain a beautiful and delicate body, and remain passive, moral, and pure (Griffin, 1998) Deemed to be the "weaker sex"- physically, mentally, and emotionally, women have been stereotyped as being feminine. Femininity, according to (Sherrow, 1996) is the issue of what is feminine in appearance and behavior (i.e. being attractive, carefully groomed, and submissive, nurturing women). Reveals that due to religious and cultural reasons women, in the world, forced to wear dresses rather than trousers. They are not allowed to wear sport clothes, like shirts. This has a greater negative impact on the females' sport participation. Though, for the reason that these sport clothes or shirts enable girls to run, jump, and take pleasure in, females need to be free to wear what is needed for a certain sport including football.

Lack of sport role model was another problem which was mentioned in this study. In relation to lack of female role model in sport The lack of female SRMs is frequently discussed in international manuals, reports, and strategies which aim at a development of female sport and/or women's and girls' empowerment through sport. Since societal values and norms differ in each setting, the 'lack of culturally relevant role models' is identified as an especially significant obstacle to female physical activity (UNITED NATIONS, 2007 ). Particularly in gender-stereotyped domains such as sport, the selection of male SRMs by females may be related to the unavailability, scarcity, and invisibility of female SRMs (Gibson D. E, & Cordova D. I., 1999) A lack of female SRMs was noted as a key issue in the Brighton Declaration in 1994 and

prominently re-emphasized in the 2002 Montreal Toolkit. The 'International Working Group on Sport for Development and Peace' did also address the gap in its recommendations to governments (Meier, 2005) notes that lack of female sport role model is frequently discussed in international manuals, reports, and strategies aiming to develop female sports through women empowerment. Furthermore, since societal values and norms differ in each setting, the lack of culturally relevant role model is identified an especial obstruction to local females. As Women's Sport and Fitness Foundation women are under-represented in the sport division though the right of fairness and affirmative action empower females to be involved in all sectors including sport.

Gender harassment in sport was one of the widespread issues and the most challenge that the sport stadium disregarded. The results of the here study indicate the prevalence of gender harassment in female football players day to day action. Sport-based research on this topic is lacking, but recent studies indicate that sexual harassment and abuse is a problem in sport, just as it is in the wider community. Research shows that the vast majority of perpetrators of sexual harassment and abuse are men, and that women and girls are more frequent victims than men and boys. Many women and girls drop out of sport rather than continue being subjected to the undermining effects of constant harassment and abuse. Others endure the sexual attention of their male coaches or peers because of fear, low self-esteem or ignorance of who to turn to for help. Typically, abused players keep quiet because they fear that they will be accused either of consenting or of inventing their claims. Risk of sexual harassment or abuse arises from a combination of factors such as weak organizational controls within sport clubs, dominating and controlling behavior by coaches, and vulnerability, low self-esteem and high ambition among football players. A study conducted by Women's Sport and Fitness Foundation shows that the enormous majority of perpetrators of sexual harassment and abuse of power are still faced in the profession. As a result of this, women and girls are more common victims due to lack of awareness creation. Due to gender harassment and abuse of power, female football player's frequently go down of sports. Other female football players endure the sexual attention of their male coaches or male coaching staff or peers for the reason that of fear, want for reward, low self-respect, and ignorance. Classically, badly treated female football players keep become quiet because they fear to be expelled from football by their coaches and other administrative bodies. This was what the current research participants also mentioned daringly. Sexual harassment or

abuse of power in sport clubs arises from a mixture of a variety of factors such as fragile organizational controls, domination of coaches, low self-esteem and high ambition among female football players.

#### **4.2.1.2. Economic Challenges**

Economic challenges to accomplish the required sport materials including clothing and other related apparatus were problems of female football players. Economic problem is a meticulous challenge to female football players for the reason that they have many things to be fulfilled. Particularly, female football players who belong to deprived family got into economic problem to accomplish required sport materials. Based on the findings of this study, female football players were facing a problem due to different economic challenges to accomplish the abovementioned sport materials and lack of nutritional foods.

There are some practical studies which focus on how economic problems were challenging females to participate in sport. Girls from economically disadvantaged backgrounds can find the costs associated with equipment, transportation and competition unrealistic for their families. Additionally, playing sport can mean time away from paid jobs and work that generates income for a family, such as farming. Girls are often pulled out of school early to work and provide income for the family. Parents will be resistant to letting their daughter stop an activity that brings the family money and start an activity that, as many cultures regard, is a waste of time or won't get her anywhere.

For example, a study conducted by (WSFA, 2008) states women and girls cannot play sports if they cannot get right to use to the needed sport facilities on the necessary time. The study further elaborates that sport halls often give priorities to male sport so that men get amenities at their favored times, while women are not convenient times. Lack of access to sporting amenities can predominantly limit for women and girls with disabilities. Admission can be incomplete by physical barriers such as unreachable entrances, reception areas, changing rooms and sports services, lack of reachable transport etc.

Materials might bound one's performance in sport fields if it the material inappropriate to a certain sport. In a similarly fashion, athletes who do not use appropriate safety equipment may



limit their performance through physical injury. However, there are various athletics clubs that were successful in fulfilling the necessary facilities and equipment, training, to improve their athletes' performance. (Rosina, 2014) States that in addition to social, cultural and economic challenges, lack or inaccessibility of sport facilities is also a major drawback which hinders females' participation in sports. The reason behind poor sport infrastructure might be due to the low economic development of the country, because as (Rosina, 2014) mentioned the sport infrastructure in Ethiopia were too poor. However, some encouraging efforts are being performed by the government to develop the sport sector in general and athletics in particular. To do so, some sport academics are constructed in the last three years and some others are also under construction.

Another problem which was mentioned by the present study participants was the problem of poor food intake. Economically poor family can't have access to nutritional food and lack of knowledge about the essentiality of nutritional food was among the reason. As the study carried out by (Giles, 2010) basic dietary principles are similar for both sexes, but women have increased requirements for certain nutrients, especially if they participate actively in sport or exercise. The most common nutrition issues in active women are poor energy intake and poor food selection. This can lead to poor intake of proteins, carbohydrates and essential fatty acids and low levels of certain micronutrients, especially the bone-building nutrients calcium, iron, the B vitamins and zinc.

(Shriver et al, 2013), exposed that failing to meet overall nutritional needs or to provide specific nutritional support to a session of exercise is likely to affect acute performance and decrease the effectiveness of training or recovery. Optimal sports diet in relationship to peak performance and good health is balance. Athletes must fuel their bodies with the appropriate nutritional foods to meet their energy requirements in competition, training and recovery. If these nutritional needs are not met, there is an increased risk of poor performance and health issues.

#### **4.2.1.3 Institutional Challenges**

In relation to institutional challenge female football players were in front of a variety of difficulties. Among the challenges lack of access to training places, lack of access to scientific

training and conflict with coaches are mentioned by the participants. All the respondents agreed that access to playing ground is another challenge that affected women participation in football especially in Ethiopia. The playing grounds available are few and most of them belonged to schools. Therefore, the teams could only access the grounds only after schools where they had to share with men. All the women agreed that men always had the priority though sometimes they shared the playing grounds. There are a few studies go in line with the finding of the present study. (Peter, 2012) 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. It was difficult to secure a safe space for the girls to play since the open grounds were always occupied by gangs of young people. For instance the study conducted by (Rosina, 2014), stated that may be due to the economic development of the country, the sport infrastructure in Ethiopia is too poor. The available sport infrastructures are also located in some urban areas. But now encouraging efforts are performing by the government to develop and expand the sport infrastructures.

In addition, the coach, and female football player's relationship is arguably the most important relationship in the sports world. Coaches' behavior does matter and can be either facilitative or debilitating to the wellbeing and performance of their players. With this in mind, we should note that the coach and female football payer's relationships for many of the best female football players are relatively different from those of male football players in terms of the gender match. In any sport that involves a number of football players for example normal team sports or teams for running track and field events, such relationships will likely influence group dynamics.

#### **4.2.1.4 Psychological Challenges**

As it was verified in the present study psychological challenges was one of a problem that the female football players were facing as per the researcher there is a shortage of empirical study which relevant to the finding of this study. But there are few studies which conducted in relation to psychology and sporting female its popular belief that men and women have different strengths. However, stereotypes about men being strong and women being sensitive are constantly being debunked. When it comes to sport, research has shown that women could have a psychological advantage over men — particularly in high pressure situations.

Researchers from the University of St.Gallen, Switzerland analyzed 8,200 games from Grand Slam tennis matches. Specifically, they looked at the performance of the server in every first set played at the 2010 French, US, and Australian Opens and at Wimbledon.

They found that men's performance deteriorated more than the women's when the game was at particularly tense moments, such as in sets that went to 4-4. After reaching the tie, the results showed the number of men's serves that were broken rose by more than 7%.

For instance a study of (WSFA, 2008)illustrated that girls, on average, have less self-confidence than boys and rate their performance or ability more negatively than boys do. This is linked to issues about body image girls who don't sense good about their bodies can lack confidence in their physical abilities and may be over-negative about their performance. Self-confidence is also linked to the contest. Even though most sportswomen take enjoyment in the competitive element of sport, many girls and women are turned off sport because it is competitive. This is one of the reasons why artistic activities, such as aerobics exercise, gymnastics are more and more popular among girls and young women, and why some traditional team sports are less popular.

#### **4.2.1.5 Personal Challenges**

Menstrual difficulty and its related factors are among personal problems. Talking and questioning about menstruation was shaming issue for most of girls in many societies. Unavailability of the sanitary pad and lack of awareness of how to use it was another problem for female football players.

Since a woman's body is biologically adapted to her main biological role of giving birth, her body goes through several body processes such as menstruation which may interfere though rarely with sports and physical activity. A research that proved and demonstrated that strenuous exercises did not negatively affect the menstrual cycle, nor did menstruation significantly affect physical performance. (www.iprjb.org, 2017) Some health studies though have shown that most women experience some abdominal pains during their menses (Geber, 1974) .Such women may find it difficult to participate in sports especially football which involves vigorous activity during this period after which they go on with their activities normally. Women may go back to sports but a few find it difficult usually because of the responsibility that comes with child. From this

discussion, it is clear that menstruation and child birth is quite a challenge to women football players. Though the size affects both men and women, big women are more aware of themselves and often shy away from the field. While this may be true, players of a vigorous game may not struggle with excess weight as the exercise is enough to cause significant weight loss. This argument therefore poses a challenge to starters who may feel too heavy to play football and out of place in a football field. (Geber, 1974)Notes that there are some physical differences in terms of strength between men and women. Gerber argues that a male is 20% stronger than the average female and that males also have 25% faster reaction time and they also have a cardiovascular capacity advantage of 25% to 50% over their female counterparts.

#### **4.2.1.6 Health Related Challenge**

As the current study proves injury was among the most common problem in their life in fitting training, insufficient amenities and lack of good training place are considering by participants as the cause of injure.

About two-thirds of all injuries were to the leg, especially the ankle, knee and thigh. The next most common location was to the head, followed by the trunk and arm. The location of injuries is fairly similar for both men and women. Most injuries were diagnosed as contusions, sprains or ligament ruptures and strains or muscle fiber ruptures. The causes of injury must be considered as they give us clues as to how injuries can be prevented. The majority (about 80%) of injuries in women's football come from tackling, with only every fifth injury occurring without contact with another player. On average, 38% of injuries to women due to tackling were a foul at these elite competitions, while almost half of all match injuries to men are due to foul play. However, this represents a 10% increase in women's injuries caused by foul play over the last four years. Looking at trends over time in the different groups, injuries caused by foul play have continuously increased throughout all FIFA women's competitions, with the only exception being the FIFA U-17 Women's World Cup 2010. Thus, it seems that there is now little difference in the mechanisms of injury of male and female players. This information on injuries at international elite women's competitions does not differ substantially from those collected over 15 years in American college football players of both genders where very similar results were

found with regard to location and contact as compared to non-contact injuries and the main diagnoses (Junge A, 2007) .

The study conducted by (Warrington G Dolan E et al., 2009) was in line with the findings of this study. This study explains, injuries are not mainly a result of contact between players, but more often in response to jumps, hard landings, unexpected pivots. Exercise scientists have been unable to provide a single reason as to why females have more injuries, however, a variety of theories have been given, including differences in training or coaching of male and female players, variations in tendon carelessness, and anatomical differences for example women having wider hips than men and the effects of hormonal changes during the menstrual cycle.

The average incidence of injuries reported in the present study is substantially higher than the incidence of match injuries in elite female players occurring during the season reported by (O`stenberg & Ross, Jacobson & Tegner & Giza et al.) However, it is similar to the rates reported by Engstrom et al and Faude et al. Furthermore, it is also comparable with the incidence of match injuries reported for elite male players from different countries. In comparison with the injury rates in top-level men's football tournaments, the incidence of injury reported here is substantially lower than the average incidence reported in 12 major international tournaments (including two for women), in the 2002 FIFA World Cup and the 2000 Asia Cup. Although the injury rates observed in all the seven tournaments analyzed in the present study were not significantly different from each other, there was a trend towards an increasing rate from the world cups to the Olympic Games to the U-19 world championships. This could be interpreted as the younger or the less experienced players being more likely to be injured during a major international competition. A similar trend has been observed in men's tournaments. Thus, in the rest of the discussion, the incidence of injuries in female and male football players will be compared with respect to the particular type of tournament.

Most injuries that occur in sport are sports-specific rather than sex-specific. Injuries to female football players occur mainly in practice and are thought to be due to improper training, inadequate facilities and poor coaching. In basketball and soccer it is reported that females have a 3-5 times increased risk of anterior cruciate ligament knee injuries compared to males. This is thought to be due to anatomical differences (knee hyperextension and a smaller nick for the

anterior circulate to fit in to as well as the failure in developing basic coordination skills at early ages. However a further study found very little difference in the pattern of injury between men and women competing in comparable sports. Female football players can help diminish their chance of injury by increasing their muscle strength and coordination through right resistance strong point and nimbleness training.

#### **4.2.2 Opportunities of Female football players**

Sporting activities, particularly skilled sports approved only for men and only men benefited from extensive time, however know a day there is a tiny progress on the participation and benefiting of female in sporting events. As the current study catch female football players have a number of opportunities whereas participating in football sport. Between the opportunities prestige, self-independence, finding life time friends, visiting cities, cultural exchanges and satisfaction is mentioned by participants of this study.

The researcher did not find literatures which go in line with the opportunities for female football players The only research which discussed about opportunities was the study of (Vincent Mabillard, et al (, 2011)as their study confirmed, while participating in sporting activities people can build up interethnic experiences and increase belief in others as people tend to trust others more after some victorious contact. It can be an assist completely delivered or an enjoyable game; if you are open and show respect to others participating in the same sport activity, they be likely to agree to you without even bearing in mind your skin color, race, religion, or any other dissimilar uniqueness you might have. Even if prejudices do exist in the establishment, studies show that the image changes and becomes mostly positive when players with diverse cultural backgrounds assist or compete against each other. A sport event might make stronger the way of thinking of togetherness and upright a fence against the feelings of separation.

#### **4.2.3 Coping Mechanisms**

To pact with the earlier revealed challenges the female football players were fraught with taking amount of coping mechanisms to stay existence part of in football competition and to endure with it. The coping mechanism they used was several which is contingent on the situation.

Talking famous football player's story, being patience and tolerable, borrowing money, seeking advice from friends and visiting the hospital is used as a coping mechanism by the interviewee's.

Even though the researcher did not discovery empirical studies which deal on the coping mechanisms as wanted nevertheless, there are two studies which go in line with the current study such as a study carried out by (Ellen A Skinner et al, , 2007), as demonstrations that female football players incline to seek out external support to help them in familiarizing themselves towards the problem that they are fronting it was originate that the mainstream of respondents had chosen the method of social sustenance as their mean of familiarizing to their sense of loss. As this study demonstrations female football players were disposed to method their friends for well-being and sustenance. This is for the reason that maybe colleagues are the contiguous to them next to intimate members at that exact moment. Social provision plays a significant role in helping football players to overcome their anxiety and sense of harm. Social support will also incidentally stimulate and motivate their contribution in their football field and aid them in putting their lives back on the correct track. The outcome of this study ropes the current study as most of the participants of this study mentioned they used villain's guidance as a means of coping mechanism when they got in to distress. Accordingly, (WSFA, 2008), study about the coping mechanism for psychological challenges used by players as this study finding, the most regularly used technique was social support from colleagues and family, followed by active intellectual hard work, emotional announcement, and religious conviction.

## **CHAPTER FIVE: CONCLUSION AND RECOMMENDATION**

### **5.1 Conclusion**

Based on the findings of this study, it was concluded that even if there are many difficulties for women to participate in the field of sport, there are several women who endure and shine in the sport all over the world. Meanwhile football is deliberated as a masculine sport, the appointment of female in football field is intolerable in many societies and the finding of this study has stated this fact since the families of female football players have destructive insight about sport's clothes and they were also irritating their daughters to do household activities in its place of inspiring them to stay in the football fields. Female football players have also come across problems such as shortage of sport equipment, lack of access to training and training place, conflict with coaches, harassment, stress, isolation, lack of role model and physical injury. Also, they have also tackled personal problems which are related with menstrational sanitation administration and integration the football action with other responsibilities like attending school.

The study also identified that female football players have enjoyed some opportunities that make them to stay and save on football sport. The opportunities comprise access of pocket money, access of health service, getting social prestige, social interaction, and access to visit various places and getting exposure for cultural exchange. Though, all these opportunities were come to them after they joined the Tired corporate female football Club.

It remained too concluded that female football players were responsibility some approaches to get free of the challenge that they were confronting. For example, search for advice from friends, being patience and tolerable, using free health service, talking about famous female footballer's story, display good result or accomplishment are among the approaches that the female football players used to overwhelmed their maimed challenges. In general, it was concluded that female football players have come across numerous hurdles which come from different corners i.e. from the society, institution or from personal problems. The good thing is that they do not give up for the challenges and never interested to stop their football job rather they tried their best to coup up the problems. However, it does not mean that female footballers' life are always encircled with



full of problems but as a football professional they get certain lucrative advantages which can have a potential to positively twist their life path.

## 5.2 Recommendations

Based on the above-mentioned drawn conclusion, the following recommendations are made:

- The Tired corporate female football club must work with dissimilar schools and physical education teachers in the small town as to increase female participation in football.
- Bahir Dar city administration should be equipped suitable females football ground which comfortable for female football players.
- Tired corporate football club would implement its own approaches to help female football players to continue their education without touching their football activities.
- The Tired corporate female football club should formulate certain awareness creation program for the societies about the significance of sport and about boosting girls to participate in football sport.
- The Amhara Regional state football federation must deliver sport materials support for those deprived football players and it is also established appropriate training and competition stadium in all town, woredas and kebeles.
- Cumulative the participation of female in sport field should be one of area of focus for Amhara Regional state sport commission, sport sector.
- The Amhara Regional state education bureau should work regarding physical education teachers to be qualified to inspire girls to contribute in sport.
- The football clubs should give owing stress about the exceptional needs of female football players including delivery of menstruation pads.
- The Tired corporate football clubs must make their training program to be further scientific so as to make the footballers to notch success in short period of time.
- The Amhara Regional state mass Medias should emphasis female sport event program and also it should give appropriate air time as their male encounter sport programs.

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## Appendix

### **BAHIR DAR UNIVERSITY**

### **FACULTY OF SOCIAL SCIENCE**

### **DEPARTMENT OF GENDER AND DEVELOPMENT STUDIES**

My name is Danait Sisay I am studying Gender and Development studies in Bahir Dar University. Now I am conducting a research for the partial fulfillment of Master's Degree. The title of my research is "**The Lived Experience of Female Football Player: The Case of Tiret Corporate Football Club, Amhara Region Ethiopia**". The main purpose of the research is to explore the challenges, opportunities, and coping mechanisms of Tiret corporate female football club. Thus, I would like to invite you to take part in this research. You are selected as a potential participant because of your duration of stay as the football players.

Written documents and audio records of your interview will be kept privately in a locked place that will not be available for anyone except me. To hide the identity of the participants, pseudonyms and codes will be used for the purpose of this research. Since your participation is based on your free will, you are free to withdraw from the participation at any time. If you informed me not to be part of the research, I will not use any of the data collected from you.

The interview should be scheduled at a time and place of your convenience. If it is your volition, let me recommend you about the place of interview. In my opinion, it is good that the interview is conducted in the club camp

If I introduce this much about me and the process of the research, and if you are voluntary to participate in this research, please give me your verbal and signed confirmation to precede the interview.

1. Can you tell me a little bit about you?

**Probing points:**

- Age
- Education background
- Playing experience, etc.

2. What is socio- cultural challenges do you encounter as female football player? Elaborate it in detail

**Probing points:**

- ✓ Lack of Societal Acceptance
- ✓ Lack of Adequate Time
- ✓ Dressing Style Misconception
- ✓ Lack of Role Models
- ✓ Lack of Media Coverage
- ✓ Harassment

3. What is Economic Challenges do you encounter as female football player? Elaborate it in detail

**Probing points:**

- ✓ Shortage of Sport Kits
- ✓ Nutrition Problem

4. What is institutional challenges do you encounter as female football player? Elaborate it in detail

**Probing points:**

- ✓ Absence of appropriate Training Field
- ✓ Unable to get Scientific Training
- ✓ Conflict with Coaches

5. What is Psychological Challenges do you encounter as female football player? Elaborate it in detail

**Probing points:**

- ✓ Committing Suicide
- ✓ Stress
- ✓ Loneliness
- ✓ Hopelessness

6. What is Personal Problems challenges do you encounter as female football player? Elaborate it in detail

**Probing points:**

- ✓ Menstrual related problems
- ✓ Complication in Love Affair
- ✓ School Dropout
- ✓ Delay of Successes
- ✓ Lack of Information about the science of football Sport

7. What is health related challenges do you encounter as female football player? Elaborate it in detail

Probing points:

- ✓ Physical Injury

What opportunities you get when you work as a female football players? Elaborate it in detail

Social Opportunities

**Probing points:**

- ✓ Social Prestige



## Institutional Opportunities

### **Proving point**

- ✓ Access to Better Training Place and Training
- ✓ Getting Pocket Money
- ✓ Getting a Provision of Sport Equipment
- ✓ Getting Health Care Service

## Personal Opportunities

### **Proving point**

- ✓ Visiting Interesting Places
- ✓ Cultural Exchanges
- ✓ Making Lifelong Friends

8. What managing strategies do you devise to cope up the challenges? Elaborate it in detail

### **Probing points:**

- In relation to institutional challenges
- In relation to social challenges
- In relation to economical challenges
- In relation to health related challenges

Thank You!!

If it is necessary to conduct further interviews after the analysis of the data, I may come back again and may join you.

ስሜ ዳናይት ሲሳይ ይባላል የባህርዳር ዩኒቨርሲቲ የስርአተ ዖታ ትምህርት ክፍል ተመራቂ ተማሪ ነኝ "The Lived Experience of Female Football Player: The Case of Tiret Corporate Football Club, Amhara Region Ethiopia". በሚል ርእሰ ጥናት በማድረግ ላይ እገኛለሁ ለዚህም እንዲረዳኝ ለቃለ መጠይቁን ለምታደርጉልኝ ትብብር ከወዲሁ አመሰግናለሁ።ይህ ቃለ መጠይቅ የሚደረገው ለትምህርት ጥናት ማሟያ ዕሁፍ ብቻ ስለሆነ ከእናንተ ፍቃድ ውጭ የማይመቻችሁ ጥያቄ ካለ ማቋረጥ እና መሄድ ይቻላል።

**የተጫዋቾችን ልምድ ለማወቅ**

በክለብ ተጨዋችነት ያሳለፉት አመት----- እድሜ -----

የጋብቻ ሁኔታ፡- ያገባች----- ያላገባች----- የተፋታች-----

ወድ ተጫዋቾች፤ የዚህ ቃለ መጠይቅ ዓላማ በጥረት ኮርፖሬት የሴቶች የእግር ኳስ ክለብ ውስጥ ያሉትን ችግሮች ምቹ ሁኔታዎች እና ለችግሮቻቸው የተቀመጡ መፍትሄዎችን ምን እንደሆኑ ለሚሰራው ጥናት መረጃ ለማሰባሰብ ነው። በዚህ ቃለ መጠይቅ የሚገኘው መረጃም ከታሰበለት የጥናት ዓላማ ውጭ ለሌላ ተግባር የማይወል መሆኑን እያረጋገጥኩ ቀጥሎ የቀረቡትን ጥያቄዎች በትክክል እንዲመልሱልኝ ትብብርዎን እጠይቃለሁ።

**ቃለመጠይቅ ማድረጊያ ቅጽ**

**ግብ አንድ:** የእግር ኳስ ተጫዋች ሆነሽ የሚደርስብሽን ማህበረሰባዊ ጫና እንዴት ተቋቋምሽ ?

መነሻ ጥያቄዎች

1. በህብረተሰቡ ውስጥ ሴት የእግር ኳስ ተጫዋች ሆነሽ ተቀባይነት ማጣት ምን ስሜት ፈጠረብሽ?
2. በአለባበስሽ ምክንያት የሚፈጠረውን ጫና እንዴት ተቋቋምሽው?
3. ሚዲያው ለሴት እግር ኳስተጫዋቾች የሚሰጠው ትኩረት አናሳ ነው እንዴት ታይቶለሽ ?
4. ሴት እግር ኳስ ተጫዋች በመሆንሽ ምክንያት ጾታዊ ጥቃቱን እንዴት ተቋምሽ?

**ግብ ሁለት:** ምን አይነት ኢኮኖሚያዊ ችግሮችን ሴት እግር ኳስ ተጫዋች በመሆንሽ አጋጠመሽ ?

መነሻ ጥያቄዎች

1. የመጫዎቻ ልብስ እና ጫማ ችግር ?
2. የተመጣጠነ የምግብ አለማግኘት ?

**ግብ ሶስት :** ምን አይነት ተቋማዊ ችግር ደርሶብኛል ?

መነሻ ጥያቄዎች

1. እግር ኳስ የሚፈልገውን ሳይንሳዊ ስልጠና አለማግኘት ?
2. ከአሰልጣኞቹ ጋር አለመስማማት ?
3. ምቹ የሆነ የመለማመጃ ቦታ አቅርቦት ችግር?

**ግብ አራት :** ሴት እግር ኳስ ተጫዋች በመሆን ስለሚገኝ ያጋጠመሽ የስነልቦና ጫና ምንድን ነው በዝርዝር አብራራልኝ ?

መነሻ ጥያቄዎች

1. የጨዋታው ውጤት ለክለቡ በጣም አስፈላጊ በሆነ ጨዋታ ላይ ስትሳተፉ ትጨነቁያለሽ?
2. ውጤት በክለቡ ውስጥ ሲጠፋ ተስፋ መቁረጥ ይታይብኛል ?
3. ብዙ ጊዜ ውጤታማ አለመሆን ራስን ወደ ማጥፋት አምርቶሽ ያውቃል ?
4. የብቸኝነት ስሜት ይሰማሃል?

**ግብ አምስት :** የእግር ኳስ ተጫዋች በመሆን የሚያጥሙሽ ግላዊ ችግሮች ምንድን ናቸው ?

መነሻ ጥያቄዎች

1. የወር አበባሽ በሚመጣበት ጊዜ ምን ይሰማሃል በተለይ ወሳኝ ጨዋታ ሲሆን ?
2. ሴት የእግር ኳስ ተጫዋች በተቃራኒ ምን ፍቅር ሲይዛት አቋሟ ይቀንሳል?
3. ብዙ ጊዜ ክለብ ውስጥ ሚታቀፉ ሴቶች ትምህርታቸውን ያቋርጣሉ?
4. ዘመናዊ የእግር ኳስ እውቀት አለኝ ብለሽ ታስቢያለሽ ?

**ግብ ስድስት :** ከጤና ጋር በተያያዘ የሚያጋጥሙ ችግሮችን አብራራልኝ?

መነሻ ጥያቄዎች

1. አካላዊ ጉዳት

**ግብ ሰባት 1 :** በጥረት ኮርፖሬት ውስጥ መበታተኛነት ያገኝሽ ምቹ ሁኔታ ምንድን ነው?

መነሻ ጥያቄዎች

1. ማህበረሰባዊ ጠቀሜታዎች ?
2. በህብረተሰቡ ዘንድ ምን አይነት ከበሬታን አተረፍሽ?

**ግብ ሰባት2 በግልሽ ያገኘሽው ምቹ ሁኔታ?**

1. የተለያዩ ታሪካዊ እና ባህላዊ ቦታዎችን መጎብኝት?
2. ባህል ልውውጥ?
3. የህይወት ዘመን ጓደኝነት መመስረት?

**ግብ ስምንት : ተቋሙ ውስጥ የሚገኝ ምቹ አጋጣሚ?**

**መነሻ ጥያቄዎች**

1. ምቹ የስልጠና ቦታዎች?
2. የኪስ ገንዘብ?
3. የስፖርት ትጥቅ አቅርቦት መሟላት?
4. የጤናነክ ጉዳዮች ትኩረት ማግኘት?

**ግብ ዘጠኝ ያጋጠሙሽ ችግሮች በምን መልኩ ተወጣሻቸው?**

**መነሻ ጥያቄዎች**

1. ለተቋማዊ ችግሮች መፍትሄ?
2. ለኢኮኖሚያዊ ችግሮች ?
3. ማህበረሰባዊ ችግሮች?
4. ለጤና ነክ ችግሮች ሲገጥሙ ምን መፍትሄ ወስድሽ ?

**አመሰግናለሁ**

## ANNEX

### Demographic Characteristic of participants

<b>Interviewees</b>	<b>Age</b>	<b>Salary</b>	<b>Years of stay at Club</b>
1	24	6000	5 years
2	20	1500	3 years
3	22	6000	6years
4	23	3000	4 years
5	20	9000	6years
6	21	1500	2 years
7	22	6000	4 years
8	23	6000	5 years
9	20	3000	3 years
10	20	1500	2years

## Declaration

I declare that “the lived experience of female football players: the case of tiret corporate football club, Amhara region Ethiopia, (thesis title) is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

Student’s name: Danait Sisay

Signature: \_\_\_\_\_

Date: 14/10/2011 E.C.

The thesis work titled “**the lived experience of female football players: the case of Tiret corporate football club, Amhara region Ethiopia**”, by Danait Sisay is submitted for defense with my approval as his thesis advisor.

Advisor’s name: Yohannes Mersha

Signature: \_\_\_\_\_

Date: 14/10/2011 E.C.