

Chapter 1: Introduction

Over the years women exercising in psychology has been an interest to many but also a controversy in society. Such as women's rights within sports that have been changing over the decades making exercise and sports for women suspectable, easier and acceptable for women to want to be physically active. Experiencing barriers towards exercising such as internal and external barriers can have an effect on women with want to exercise (*Vasudevan & Ford, 2021*) this study found that within their observation the most common barriers experienced by women taking part in their maintain strength training scheme that gender-based stigmas were common such as for example discouragement, negative comments (particularly in women's groups), boredom, lack of interest, gym accessibility, lack of supervision, Balance of work and family life also. Here are common barriers that may be experienced by all women in many forms of exercise/physical activity, but it is why they exist and why barriers may be more commonly experienced towards women. This study stated it was more correlated from the older women group with the number of barriers but also the act of barriers present. Women who were younger and noticed a positive body change continued the ST programme. They believe to prevent this, women to be encouraged to learn about physical activity and to make sports/ exercise more gender-neutral.

There are many forms of barriers internal and external and types such as environmental, physical emotional and mental. These barriers can all come into defence to prevent an individual and wanting to exercise. Likewise, benefits also exist within exercise and wanting to take part in sports and there can be many types of benefits internally and externally when participating in sports. (*Turnock, 2021*) Turnock's work, mentions that there was a high number of common barriers that could be solved simply in many gym venues and can enhance the comfort of exercise in gyms for women also taking into the result that gym

equipment is aimed towards men more than women, their work identified recommendations on how these barriers towards women exercising can be diminished but also show a benefit to gyms and women themselves if women's needs are taken into more consideration within exercise and sports, therefore this result could be completely different comparing with women and age such as adolescent women and older women, for example, older women experience less motivation and higher risk towards barriers within exercising/ sports (*Aily et al., 2017*) state that motivational barriers were the main cause of prevention of exercise within women over the age of 60 such as, 'lack of time', 'lack of energy'. They found that 12% of results of barriers experienced were psychosocial influenced such as 'too old', and 'fear of falling'. This can be similar to younger adolescents with laziness from motivational barriers relating back to 'lack of energy', and 'lack of time' which can be experienced in both milestones in life, younger adolescent females can experience the same type of barriers just in different amounts such as (*McDonough & Crocker, 2005*) This study focuses on the motivation of sport participation for young girls, tested self-worth, friendships and sports commitments using the scale (SFQS) sport friendship quality scale. They also introduced other models to calculate if there is a relationship between self-worth mediated the relationship between physical self/friendship quality and sport commitment and secondly friendship quality and physical self-perceptions directly predicted self-worth and sport commitment. This study found that Friendship quality had a weak relationship with self-worth and sports commitment. Many suggest that girls are motivated\ benefit to engage in sports due to socialising whereas (*McDonough & Crocker, 2005*) states otherwise with their findings on friendships and sports commitment, girls are often less motivated than boys with sports and have a strong self of identity with a sports team is associated with beneficial motivation to continue in that sport. (*Murray et al., 2022*). They found the importance of group sports linked to group context in relation to individual physical self-concept and

motivation. Positivity from community-level sports and team environmental sports experiences is extremely important towards improving girls' physical-self-concept towards motivation on continuous sports participation. Following focusing on self-concept and self-image there is a pattern that has influenced how women participate in sports.

On the other hand (Burton et al., 2021) their research required common enablers identified and (benefits) tested on five semi-structured groups of female Emirati university students. Discussed were the benefits outcome of physical activity such as weight management, improved health, stress levels reduced also improved mood, enables also to add were identified to participation in sports, social support from family and friends, accessible and low-cost women-only facilities, also structured supervised sessions. They believe that it is a socio-cultural influence towards physical activity towards female participants. this is a social-cultural result of one of the main influences of women and their relationship with physical activity. Mentioning self-esteem effects around physical activity with women shows (*Ruiz-Turrero et al., 2022*) that *self-esteem can be low even with continuous exercise as a result of their study testing on 120 female participants ranging from the age 16-54, that the higher the physical activity/ exercise fixation the significantly lower the self-esteem, body image, body satisfaction. They also relate further to how this can be a risk to further issues such as developing an eating disorder. This requires that sport/ exercise can be required to become unhealthy if individuals have an unhealthy relationship with prolonged physical activity. Interestingly another similar study (Elavsky, 2010) on middle-aged women focusing on a longitudinal examination of the exercise and self-esteem levels, this study was carried out over a 2-year course, and 143 women participated in the study. They found links to exercise and self-esteem, continuing that middle-aged women found that they could increase self-esteem, self-efficacy, and self-perceptions with relatively increased exercise. In further detail,*

the reduction of body mass from increased psychical activity resulted in improved subdomain self-perception relative to the physical conditions but reductions in the BMI related to increased body attractiveness. They tested this using the scales Aerobics Centre Longitudinal Study Physical Activity Survey (ACLS) questionnaire used to help with BMI and physical activity. For self-esteem, they used the Physical Self-Perception Profile (PSPP) and (RSES) Rosenberg Self-Esteem scale, (PSW) physical self-worth subscale. Another study relating to this (*Dembeck, 2011*) found no significant link between self-esteem and physical activity but found a low level of significant negative correlation formed with self-esteem and BMI and self-esteem was positively correlated with the overall result of perception to exercise also evidence of a low negative correlation between self-esteem and barriers. This previous research pushes the focus on how barriers link with self-esteem, with women and exercising. From looking