

ASSESSING THE FACTORS THAT AFFECT THE PERFORMANCE
AND THE PARTICIPATION OF WOMEN'S IN LONG DISTANCE RUN:
FOCUSING OF SOME SELECTED CLUBS IN ADDIS ABABA

BY

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Acrimony/abbreviation

FSFI:- Federation supportive feminine international

EAA:- Exercise associated amenorrhea

LH:- Luteal Phase

BBT:- Basal body temperature

GnRH:- Gonadotropin releasing hormone

TSH:- Thyroid stimulating hormone

DEXA:- A bone mineral density examination

Abstract

The major purpose of this study was to identify the factors that affecting women's participation and performance in some selected clubs in Addis Ababa; what are the major barriers and come up with possible suggestion to minimize the gap to bring the women's confidential. A research was done descriptive survey method; sample was taken to achieve this objective. By using simple random sampling technique data was collected using questionnaire structural interviews and relevant documents. The data was collected analyzed using percentage. the sample were taken women athletes from the three clubs of Mugger cement ,Mikelakya sport club ,and Ethiopian Niged bank .amongst them 30 athletes ,6 coaches and 10 people who are the so called sports family were participated in this study. questioners, interviews and documents were the main instruments used to collect the data . The finding was indicated that the current position of the women's participation and performance in long distance run is very low compared to their male counter parts besides the study disclosed that lack of attention from the concerned bodies and training the demand for high endurance long distance events, socio-cultural influence, socio economical influence ,impact of biological factors and restricted policies these were the some of the factors . on the basis of the findings of the study recommendations were drawn . Finally promoting females participation in long distance events developing awareness raising mechanisms about females role in clubs management are recommended as possible strategies to promote to women's participation in long distance run in Addis Ababa some selected clubs.

long distance running? What have clubs and women themselves done to increase women's representation in the long run competition? The question is why are so few women in athletics and why do their numbers remain so small? The focus of this research study is thus to diagnose the existing gender gap in athletics, identify the major barriers (challenges) and come up with suggestions to promote women's participation and effective performance in long distance run in Addis Ababa clubs.

Historical background of athletics

Athletics, track and field, is an oldest sport. Its contests were often held in conjunction with religious festivals, as the Olympic Games of Ancient Greece. For 11 centuries, starting in 776 B.C., these affairs for men only were enormously popular and prestigious events. Track and Field encompasses a total of 24 different men's and 20 women's competitions, broken down into track events and field events. Track and field events test an athlete's strength, speed, agility, endurance and coordination. It is the 'Queen of All Sports'. One of the first modern track-and-field meets occurred in 1837 at Eton College in England. In 1868 the New York Athletic Club held what some scholars call the first formalized track meet in the United States. The club went on to host the first U.S. national championship in 1876.

History of Women's Distance Running

The year is 1896. Melpomene, a young Greek woman, asks that she be allowed to participate in the Olympic marathon. Her request is denied. So she runs the course, unofficially, in 4:30. Eighty-eight years after Melpomene's resolute challenge, women's Olympic marathon is run for the first time. Joan Benoit, a spirited runner from New England, finishes the race with a winning time of 2:24:52. The near century that separates these two remarkable athletes is marked with repeated endeavors by women to enter the sphere of long distance racing. The story of their success is no less incredible than accounts of other historic journeys toward equality. Nor has it ended. Denied entry into the Modern Olympic Games, women begin holding the Women's Olympics, games sponsored by the Federation Sportive Feminine International (FSFI), the governing body for women in track and field around the world. In 1922, the first Olympiad for women is held in Paris, where Mademoiselle Breard wins the

1000 meters in a world-record 3 minutes, 12 seconds. By 1928, after petitioning time and again, women are granted an experimental program of five track and field events that are to be included in the 1928 Olympic Games. All five events are completed during the Games, but because of the exhausted condition of some of the women at the end of the 800 meter final, the event is dropped until 1960. Pikes Peak in Colorado poses an irresistible, perhaps symbolic challenge to three women during this period. In 1936, two women enter the 13-mile footrace up the rugged incline. In 1959, Arlene Pieper runs the grueling 26-mile up-and-down course in 9:16. Until the formation of the Road Runner's Club of America in 1957, women find few opportunities to run long distances competitively. But even three years later, the longest distance women are allowed to run in the 1960 Rome Olympics is the 800 meters.

The introduction of athletics in Ethiopia

Organized sport activities were initially introduced in Ethiopia in the 1920s. It was started for the purpose of Physical Education in few secondary schools (Menelik II and Entoto Comprehensive). Track and Field was one of the major sporting activities performed by students. The first in its kind, track and field competition along with other sports such as Gymnastics and acrobat show was staged at “Jan meda” in honor of the visiting prince of Sweden in 1934.

This show is taken as the origin and birth of track and field in Ethiopia. Physical activities were given to the armed force as a backing for other military training, in that it created potentially combatants who will display courage & endurance both morally and physically. This arose the interest to take part in track and field competitions. As the number of participants of both at school compounds and military camps increased, track and field competitions were frequently organized and great athlete from the army started to come out. After teachers were employed and brought from abroad, the first associations in Athletics (Ethiopian Interschool Athletics Association) was founded in 1949 to help organize the sport activities in a modern way. A board runs this association and the chairman was the Swedish sport instructor, Major Oni Nskannen, who served Ethiopia for more than 37 years as a coach for Ethiopian National Athletics team. The association succeeded in gradually spreading the competition to other administrative regional schools, which later was changed as Inter

Administrative Regional competition. This has contributed to lay the foundation for the popularity of track and field in Ethiopia. The armed forces have also organized their own track and field competitions. This competition has stimulated many soldiers. The famous are: Abebe Bikila, a double Olympic marathon champion-Rome in 1960 and Tokyo in 1964, and Mamo Wolde who won marathon plus silver medalist in 10,000m in Mexico Olympics in 1968 .To facilitate and encourage the coordination, organization and development of track and field competition. The Ethiopian Athletics Federation was established in 1949. Earlier, a committee that acted as an Ethiopian Olympic Committee was set up in 1948. Ethiopia for the first time participated in the Olympic games in 1956 in Melbourne, Australia represented by athletics and cycling. The worth achievements gained at international arena, give way to the establishment of the Addis Ababa Athletics Federation, which further strengthen athletics by organizing important meetings .Starting from Melbourne up to the current competitions, Ethiopia, kept on shooting new blood to the long distance to secure her place and reputation in the world area of track and field, by rising up such as Haile Gebresilassie, Derartu Tulu, running barefoot across the marathon finish line in Rome in 1960, Abebe Bikila won Ethiopia's first Olympic gold medal while setting a precedent for running against unyielding challenges in the name of Ethiopia. Representing his nation as an imperial guard for Emperor Haile Selassie and as a competitive athlete, Abebe Bekila's victory was symbolic of Ethiopia's emerging role in the international communities of sport and politics. Since then, Ethiopia has developed a legacy of superior endurance runners winning thirty-one Olympic medals, thirteen won by female athletes, and all of which were in distance running events (Nazret 2008). Ethiopian runners quickly became powerful symbols of national identity as they were highly visible, and redefined a new type of success that was accessible to a vast number of Ethiopians (Chappell and Seifu 2000). Sport provided a way for Ethiopia to gather and wield power in the international community that they had previously been unable to access politically and economically. Through the representative actions of Ethiopian runners locally, nationally and internationally, the sport of running has become a powerful method of expressing and reinforcing the Ethiopian national identity. Since Abebe Bikila stepped across the marathon finish line in 1960, Ethiopia has experienced several transformations including the emergence of an internationally recognized democracy, a shift in the position of women nationally and the creation of a formidable competitive running legacy. A year after the

constitution guaranteeing women rights and opportunities in Ethiopian society was instated in 1991; Derartu Tulu introduced women into Ethiopia's tradition of superior endurance runners. Reflecting the emerging place for women in Ethiopian society, 20 year old Derartu Tulu became the first black African woman to win an Olympic gold medal when she won the 10,000 meters event at the 1992 Summer Games in Barcelona (Longman 2007). With her victory, Tulu not only became a symbol of the potential of Ethiopian women to excel in long-distance running but of the capacity for black women internationally to overcome the barriers facing them in sports and in society. The heroic story of Derartu Tulu overcoming hardships and discrimination in pursuit of her passion for excellence in running inspired a nation and introduced a new role model for young Ethiopian women. Elshadai Negash, an Ethiopian athletics journalist, described Derartu's victory as 'the biggest turning point in Ethiopian female running. Before, women didn't receive any direct support [from the Ethiopian Athletics Federation and greater society] but now there is a greater concentration of women runners' and the need to give equal attention to both male and female athletes.¹ Derartu's coach Sintayaehu Eshetu described in an interview at the Oromia Athletics Conference Championship, how 'before Derartu Tulu became famous, running was popular in Bekoji, but not as popular as it was once she became a famous runner.'² Eight years after Derartu's victory invigorated the nation's running legacy, a wave of young, female Ethiopian runners won four of the six available medals in the 5,000 meter and 10,000 meter long distance running events in the 2004 Olympics (Longman 2007). In an interview conducted in Addis Ababa, Elshadai Negash described the 2004 Olympics as the 'second turning point in Ethiopian female running. It was a unique unveiling of this new generation of young runners with Tirunesh Dibaba winning her world title at the age of 17. Their performance started to really captivate the world... coming from deprived backgrounds, training with men because they were so competitive. Women all over the country began running, competing and wanting to be like Tirunesh'.³ Today, women's involvement in the sport has grown to rival that of men's, as 'seven of the 10 top-earning athletes in Ethiopia are women' (Wax 2005).

"The position of women in society is an accurate index of the development of that society. 'Gustay Geigen(2500). It is well known, that women constitute nearly half of the world population, though many societies may boast that the position of women in their respective society is respectable, dignified or high, the bitter truth is that women suffer from one kind of

discrimination or another everywhere and every time. Throughout history and in many societies, women have had similar experiences in developing countries. The problem is how to integrate women into the development process.

S.C Joshi (2004) states that , it is true that the progress of the country can be gauged to a great extent by the advancement in the status of its women folk as they form the vital part of society. To understand the spirit of a civilization and to appreciate its excellence and realize its limitation, one must study the history of the position and status of men and women. The result of such study is the realization that women have a distinctive position in the society, social change is common to every society and a change in its women's status is overdue.

As Eticha Fufa (1997) further expresses, the role of women in development, particularly in developing countries, is either ignored or underestimated. Women are considered as inferior to men in their activities and their effectiveness. Most of their activities are limited with in the home and involve raising children and taking care of the household.

As AK Pandy (2000) says, women have to be empowering themselves. He argues that the empowerment of women would involve a drastic, dynamic and democratic change in the perception of women in our society; to help women to attain economic independence is the first priority for change.

When women attain economic independence, she naturally becomes the mistress of her own body and author of her own decisions. A scientific perception of women's' needs is essential for the process which leads to their empowerment. The role of women in development is most intimately related to the goal of comprehensive socio-economic development and is a strategic question for the development of society. Any development strategy which neglects the need for enhancing the role of women can not lead to comprehensive socio-economic development. There is powerful need to recognize the role of women as a dynamic factor and a valuable asset for the overall process of development.

1.2. Statement of the Problem

The current research is stated as in early society, women gave birth and raised children, cared for the home and helped maintain the family finances. In most traditional societies, women generally were at a disadvantage because their education was limited to learning domestic skills and they had no access to positions of power. Marriage was almost a necessity as a means of support or protection.

A married woman usually took her husband's status and lived with his family, with few resources of her own. In general, my study is aimed at identifying those major obstacles to female participation in long distance run and come up with the strategies that should be implemented to solve those problems. With this background in mind, the study will consider the following basic questions.

- ❖ What is the current status of women's participation in long distance run in some selected clubs in Addis Ababa?
- ❖ What are the major factors affecting women's participation in long distance in some selected clubs?
- ❖ Do the concerned bodies work in collaboration with different clubs to improve women's participation in long distance?
- ❖ What measures should be taken to improve women's participation in long distance run?

1.3. Research Question

The study tried to find out answers for the following basic research questions

1. What are the factors that limit female participation in long distance running?
2. What are the contribution of women participating and performance in long distance for the country economical, political and other aspects?
3. Does the perception of the society provide female to participate and perform in athletics?
4. Do female athletes got motivation from coaches in first division Addis Ababa clubs?
5. Will female long distance runners ever catch up to males?

1.4. Objective of the study

The out come of this study is expected to be significant for women, who have been neglected for many years. The main objectives of the study are to:

- ✓ Examining the current status of women participation in long distance run in some clubs of Addis Ababa
- ✓ Identifying the major barriers that affect women participation in long distance run.
- ✓ Suggesting possible alternatives that improve women participation in the country.
- ✓ Indicate what should be expected from concerned body Ethiopian athletics federation, federal sport commission, clubs of athletics, schools, ministry of education ...etc to improve the role of women participation in long distance running under this study.

1.5. Significance of the Study

The significance of the study is to

- ✓ Since the study on the problem has not so far been given due attention in the athletics system, this study may provide coaches, athletics administration and society with some ideas regarding the major obstacles to women's participation in long distance run and what steps need to be taken to improve matters. .
- ✓ To create awareness in society that women are able to make a valuable contribution in many areas, including long distance running.
- ✓ The result of this study may contribute additional research information and serve as a reference resource, adding to the existing materials and research in the field.

1.6. Delimitation of the Study

The focus of the study is the factors that affects women's participation in long distance running in the case of first division Addis Ababa athletics clubs which emphasize women.

The clubs chosen were:

- A. Ethiopian commercial bank club
- B. Mugerr cement enterprise athletics team
- C. Defense club.

Why I chose these clubs is because of their consistent producing of long distance women athletes for national and international competition.

1.7. Limitation of the Study

For data gathering the time was not enough to properly complete the task. This created time pressure to gather the necessary information and organize the study as it was planned.

The major factors limiting the study may include lack of adequate and systematically organized data and time constraints. The problem of punctuality on the part of athletes to conduct the interview as scheduled is anticipated.

1.8. Definition of the terms

In order to clarify ideas and bring common understanding, I will define some key terms used throughout

Biology The science of life and of living organisms, including their structure, function, growth, origin, evolution, and distribution t the study:

Discrimination- treating a person or group differently than another (oxford dictionary).

Depression- A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death, also called clinical depression.

Empowerment - give a lawful power or authority to some body to participate full decision making and process that shape their lives (Oxford dictionary).

Externalization:-To project or attribute (inner conflicts or feelings) to external circumstances or causes.

Gender- A culturally determined pattern of behavior in terms of duties and obligations assigned to male and female in society (oxford dictionary).

Gender Typing- The process of developing the behaviors, thoughts, and emotions associated with a particular gender.

Gender Role--The accepted behaviors, thoughts, and emotions of a specific gender based upon the views of a particular society or culture.

Social Roles--Accepted behaviors associated with a particular position within a group.

Susceptibility--The capacity to be affected by deep emotions or strong feelings; sensitivity.

1.9. Organization of the Study

For the sake of convenience the study is organized in to five chapters. Chapter one deals with the introduction, the statement of the problem, including basic questions, the significance of the study, delimitation and limitation of the study, definition of terms and the organization of the study. Chapter two consists of a review of the related literature. The third chapter contains research design and methodology. The fourth chapter contains presentation, analysis and interpretation of data and the last chapter presents the summary, conclusion and recommendations arising from the study.

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

2.1. Factors Affecting Long Distance Women Athletes

The probability that women will enter every sport activates including long distance run and remain in it is affected by socio-cultural, socio-economic and demographic factors which in general includes education given by capacity of the country, house hold responsibilities, employers attitudes, religion, culture, socialization processes, martial status, and age of marriage, age, fertility etc. The study of differentials in female athletes participation and performing is important to identify causes that have affected female athletes participation and there by to recommend measures to increase women's opportunities for involvement in gainful sport activates .

2.2. Social Factors

Education: There is a considerable evidence that labor force participation rate is positively related to the level of educational attainment of individuals. The more one is educated the more he/she will be able to participate in gainful employment.

Table 1. Enrollment ratio for primary (1-6) grades and gender gap

Years	Boys in %	Girls in %	Total in %	Gender gap
1992/93	23.2	16.2	19.7	7
1993/94	31.9	17.9	22.8	14
1994/95	35.7	22.1	29	13.6
1995/96	43.2	25.6	34.6	17.6

Source: Ministry of Education, 1997, Education Statistics Annual Abstract 1995/9.

However, as we can see from the table above, in Ethiopia, access to education facilities is still inadequate and girls and boys have not achieved equal access to education. The statistical data above reveal that, the participation of female at primary level of education is lower than the males. In 1995/96 the gross enrollment ratio for females in primary schools

was 25.6%. As the data in table above indicates, the participation rate for girls has increased from 16.2% to 25.6%, where as for boys it has increased from 23.2% to 43.2% for the period 1992/93 to 1995/96. This shows that the gap between male and female participation in school is widening. This somewhat indicates that more boys are coming to school than girls.

Lack of education

As A.AWAO (2006) states, the education of women and girls is an important factor for development. Women's education is key to the survival of children and improved life as well as for economic empowerment - women get more employment opportunities and decision making positions when they have better education.

According to Rose, Gurd Pathan (1975), women resort to part time work, often with poor pay and difficult working conditions.

The lack of equal access to education and other social amenities has also contributed towards the limited number of women involved in coaching.

Also, almost half of the female school age children are out of school. The situation gets worse when one goes up higher on the education ladder. The national attendance rate for secondary school is 19.3% and it is 14.3% and 24% for girls and boys respectively.

Hess C. (1993) says that education positively shapes the outlook of individuals and creates awareness on various aspects of life. It also plays a significant role in do delaying the age at first marriage and creates opportunities for employment and education. In particular for women, this has positive implications for their well being and that of their families. Moreover, it increases workers creativity and productivity. Though education has such tremendous importance in shaping individuals lives, not all are privileged to have the opportunity to be educated to the level.

In Hess C. (1993), a survey showed that a higher proportion of female workers, except in the construction industry, had secondary education. The proportion of female workers with no education is high.

House hold responsibility:- Several studies including those by Zenebwork, Hirut and Seyoum have shown that, much of the load of work, notably in the home is given to women

in Ethiopia. According to these studies, it is the women than the men that play both productive and reproductive roles, and the house hold burden is one of the factors that hinder female athletes participating and performing long distance run in out-side home, in Ethiopia.

Population and housing census Ethiopia (1994) reveals that a large percentage of females (43%) are unable to participate in gainful employment, because of house hold responsibilities. In the case of men, it is only 1% who is unable to participate in gainful employment because of house hold responsibilities (CSO, 1994).

Further more, the majority of women are unable to see or follow up vacancy announcements for they are responsible for the majority of house work activity. Hence they have little time to follow up vacancies, to listen mass media and sometimes they are unable to get permission from their families and husbands to look at vacancies outside their villages (Dereje, 1999-10).

Culture:- Many anthropological and sociological studies reveal the substantial impact that culture, impose on women. In many African countries including Ethiopia, culture restrain women from attaining equal status to men. There are reasonable grounds to expect that culturally, the society relied up on common stereotypes about women.

Perhaps this emanates from false assumptions and from just plain ignorance. For example, there are cultural sayings in Ethiopia that be little roles and abilities of women.

- | | |
|----------------------------------|--|
| 1. ሴት ልጅ በማጀት -
ወንድ ልጅ በሽሎት - | Home is an appropriate place fro women,
While court of law is an appropriate place for men. |
| 2. የሞት ሞት -
ሴት ዳኛ የሆነች | A day when a woman becomes a judge, is the day of a
death of death. |
| 3. ሴት ብታውቅ -
በወንድ ያልቅ | However knowledgeable a woman may be the final
decision rests with a man. |

There are many such cultural sayings posting to be the little roles and abilities of women in Ethiopia. It must be from such conception that Meseret argued “at any rate culture was and still an important determinant of the place of women in society” (Meseret, 1988-11).

Culture, according to many researchers, can influence society positively or negatively, however, women hardly benefit from cultural practices. Fellow had indicated that in studies

on gender consideration “culture and society demonstrate the universality of female subordination. In most known culture women are considered as inferior to men” (Fellow, 1993, 10). Asrat argue that “Ethiopian women discriminated and oppressed through cultural factors, which have hindered women to participate in every activates” (Asrat, 1993).

Thus according to these studies, culture hinders women consciously or unconsciously from participating in public activities. Therefore, culture can be considered as the most influential factor that interferes with the participation and performing opportunity of women long distance athletes. Women in management experience particular obstacles and stress in having to conform to a male culture. Promotion for women is made difficult due to a masculine bias in valuing attributes – Hendry (1995).

As one anthropologist put it "human being does not invent new paths for males and females to follow from one generation to the next ". Rather, young people are inexorably bound by sexual gender based and the lifestyles of their parents. No matter how hard they try to be different, young females and males eventually experience the tidal pulls of their culture, the factors mentioned as reasons for little or none participation of women in decision making all seems to be the result of a culture of bringing up children. The fact that the society sees girls education as unnecessary and even unethical shows the predetermined roles of women in society. This pushes women to choose certain fields, even on the rare occasions when they get the opportunity to pursue higher education. The perception that the world belongs to men, the fact that the society expects boys to be out brave and energetic while expecting girls to be docile and timid, perhaps explains the eventual difference between male and female character and eventual destiny .

As Evelyn Reed (1976) explains, the socio-cultural expectation of women and the priority they give to their future roles as mother and wife have a strong negative bearing on their formal education opportunities. Socio-cultural customs and beliefs influence the decision to enroll girls in school and the decision to withdraw them from school, their academic performance and their grade level attainment.

Religion: - Religion, is perhaps the most important sources male superiority. All religious beliefs, in common, view that woman was solely responsible for the fall of man from haven,

and all religious thoughts view women as a source of danger. Women are considered as unclean and impure and therefore, she refused entrance into the holy place.

Many examples could be cited regarding religions attitudes to words women but a quotation from the teachings of confusions will be suffice “The five worst infirmities that afflict the female are indocility, discontent, slander, jealousy and silliness ... such is the stupidity of her character, that it is incumbent upon her, in every particular, to distrust herself and to obey her husband”.

In some religions, especially in the Muslim religion, women must cover their faces and must always obey their husband and father in the home. They are kept firmly in the home let alone to participate in public affairs. From these we can infer that all religions beliefs are in favor of male superiority and reduce women to a position of lower status.

Fertility and child care: - Fertility and child care are another problem that women face to participate and performing in long distance run . Higher fertility is negatively related to female athletics activates participation. Taking care of children especially at early age is a tire-same and time consuming task. So it is usually assumed that women who are primarily responsible for child care must either find some one for the children or not work outside. Other related activities, their participation in the long distance run training and performing may be limited as compared to never married women.

Age:- The sport and leisure pursuits that people take part are closely related to their age and local tradition. As people get older the time spent taking part in sport becomes less and the nature of the sport changes. Activities with high-energy requirements and output such as rugby are generally associated with younger players while activities that rely on skill rather than physical fitness such as lawn bowls are associated with older people. As the body ages it becomes less flexible, strength is lost as are speed and stamina. Sprains and other minor injuries become more frequent and recovery time becomes longer. There are activities where age does not affect participation such as swimming, walking and playing golf. There is therefore no reason why sport and related activities should not be participated in at any age. Age only limits the type of activity.

Older women are less likely to participate in the hard training of long distance. However, the effect of age is much more pronounced among females than males, the table below provides the economic activity rate by five years age group and sex. As we can see from the table, the distribution of the economic activity rate by age for both sexes should lower levels at old ages. As the census report showed the overall activity rate for females reach its peak at an early age (20-24 age groups), compared to that of males (35-39 age group). At older age particularly after the age of 34 the number of active participation of female decrease much more than that of males. Perhaps one possible explanation for the sinking of active females with advancing age is their responsibility in house hold. At older age, since, they are already married and had carried house hold burden, women lose their interest and they do not bother about jobs (CSO, 1994, 87). Similarly, according to Seyoum G/Selassie, older females lose their ground because of lack of qualification and prior work experiences in contrast with males (ILO, 1986, 89).

2.3. ENDOCRINE/MENSTRUAL FACTORS

Endocrine Function

The changes in body composition and energy metabolism associated with intense exercise may be responsible for a number of changes in endocrine function, particularly those related to the reproductive cycle. www.runforyourlife.com.au

Menarche

A number of studies have suggested that an exercise program begun early in life may delay the onset of menarche. This has not been confirmed, but women who have not begun menarche by age 16 in the northern hemisphere (and perhaps earlier in other populations) should have an endocrine evaluation. www.runforyourlife.com.au

Exercise-Related Changes in the Menstrual Cycle

Exercise and its energy demands, if not compensated by adequate nutrition, may affect several cerebral neuro-transmitters and, subsequently, the hormones of the hypothalamic-pituitary-ovarian axis. These hormonal changes may be reflected in various ways: luteal phase deficiency, an ovulatory cycles, and exercise-associated amenorrhea (EAA). About 2–5% of the untrained female population has one of these abnormalities; among distance runners and some athletes in other events the incidence ranges from 5–65%. www.runforyourlife.com.au

Luteal Phase Deficiency

In this condition, the menstrual cycle length is unchanged, but the luteal phase is shortened. Progesterone secretion is deficient, probably associated with a defective mid-cycle LH surge. The subject usually does not notice any changes, and therefore does not seek evaluation unless complications occur. These include infertility, endometrial hyperplasia, and a reduced bone mass (with stress fractures). Studies show an absence of the basal body temperature (BBT) rise (due to the lack of the LH surge), low plasma progesterone, and an abnormal endometrial biopsy. This may represent a precursor to the development of anovulation or amenorrhea. Although menstrual cycles may be within normal limits, it is uncertain whether estrogen therapy may be necessary to prevent bone mineral loss. www.runforyourlife.com.au

2.4. Special issues of women athletes

Anovulation

An ovulatory cycles may be short (less than 21 days between menses) or very long (35 to 150 days). Affected women may produce adequate estrogen, but do not have an LH pulse, and have low progesterone levels. The unopposed estrogen causes proliferative endometrial growth and may lead to irregular, heavy bleeding. This can cause iron deficiency and anemia. Management may include monthly progestin therapy during days 14–25 or oral contraceptives for sexually active women. Clomiphene may be used to induce ovulation if pregnancy is desired. However, in these cases there may not be adequate estrogen to protect bone mineral competence, and estrogen replacement or an oral contraceptive should be

considered. Athletes and physicians should always be aware that clomiphene is included in the list of prohibited substances. www.runforyourlife.com.au

Exercise-Associated Amenorrhea (EAA)

This is the commonest type of menstrual change noted in athletes, and occurs in one of two forms:

Primary amenorrhea: - Primary amenorrhea is the absence of menses by age 16. This is probably due to multiple factors, including intense training from an early age, plus dietary **inadequacy** leading to an energy drain. Risks include a low bone density, scoliosis, and stress fractures. Amenorrhea beyond age 16 should be fully evaluated.

Secondary amenorrhea: - This is defined as the absence of 3 to 12 consecutive menses. The lack of a uniform definition makes the incidence difficult to determine. About 2% to 5% of “normal” women are amenorrhea at some time. The incidence in athletes ranges from 5% to 65%, depending upon the sport and event. This condition is most common among distance runners. The causes of amenorrhea are not well-defined, but are probably multi-factorial. Intensive training demands in the face of inadequate caloric and nutritional replacement leads to an “energy drain” that affects cerebral neuro-transmitters and the hypothalamic-pituitary-ovarian hormone system. EAA is a type of hypothalamic amenorrhea. The gonadotropin-releasing hormone (GnRH) pulse generator is suppressed. Many hormones that affect the GnRH pulse generator are altered by exercise. These include the endorphins, prostaglandins, catechol estrogens, serotonin, catecholamine’s, dopamine, cortisol, etc. These hormones in turn affect the release of LH and FSH, and thus estrogen and progesterone. A combination of the above factors, which results in an energy drain, is likely responsible for this reversible suppression of the GnRH pulse generator. The long-term consequences include infertility, a reduced bone density, stress fractures, and increased injuries. www.runforyourlife.com.au

Medical Assessment

Changes in the menstrual cycle associated with exercise are probably caused by a variety of complex, interrelated factors that are still under study. Menstrual EAA should be considered part of the Female Athlete Triad of disordered eating, amenorrhea, and a low estrogen state

leading to decreased bone mineral content and eventually osteoporosis. Evaluation requires a physical examination and careful medical history, including the timing of menarche and changes in the menstrual cycle in relation to the initiation and intensity of training. Weight fluctuations and nutrition habits should also be correlated with menstrual changes. Concerns about body image, ideal weight, and methods of weight control must be noted. Many distance runners have adopted the “be thin to win” myth and develop a distorted perception of their body image. They acquire disordered eating patterns, including bulimia and anorexia. These behaviors may be difficult to elicit initially, so the examiner must be persistent. Athletes at risk of disordered eating should be evaluated and appropriate referrals made. Testing A step-wise protocol should begin with a pregnancy test, thyroid stimulating hormone (TSH) and a prolactin level. Androgens (testosterone, DHEA-S and androstenedione) can be measured if verification or hirsutism are noted. If the pregnancy test is negative, a progesterone challenge test may be started. Progesterone can be administered orally in doses of 5–10 mg daily for 7–10 days, or in a single intramuscular dose of 100–200 mg of progesterone in oil. Progesterone converts an estrogen-stimulated proliferative endometrium into a secretory one, which is shed when the progestin is stopped. Bleeding suggests anovulation rather than hypothalamic amenorrhea. The pregnancy test should precede the progesterone challenge because this hormone is teratogenicity.

If the progesterone test is positive, search for causes of unopposed estrogen, including androgen excess syndromes. If there is no response, causes of inadequate estrogen must be sought, including pituitary or ovarian failure. Measure LH and FSH, which are elevated in primary ovarian failure and low in hypothalamic-pituitary disorders such as anorexia nervosa and EAA. www.runforyourlife.com.au

Risks of Altered Menstrual Function

Abnormal menstruation or amenorrhea are often regarded by athletes as favorable, because they believe that performance is affected by the menstrual cycle and that amenorrhea is indicative of “leanness” and fitness. Recent studies have shown, however, that serious consequences result from prolonged amenorrhea, or even a short luteal phase. This hypo estrogenic state results in an uncoupling of bone formation and restoration, with increased

restoration resulting in an approximate 4% loss of trabecular bone for each year of amenorrhea. This results in a higher incidence of stress fractures, and also eventual osteoporosis. Mineralization is only partially restored with estrogen therapy and cannot be restored with calcium administration alone. Therefore, intervention should take place within 3 to 6 months of the onset of amenorrhea.

Further, the low estrogen state also affects the vascular endothelium and may be a factor in the development of premature atherosclerosis. Also, athletes must be cautioned that EAA should not be considered a form of contraception, as ovulation may occur before menses resume. www.runforyourlife.com.au

Management

EAA should be regarded as a form of “energy drain,” symptomatic of several possible stresses upon the athlete. Adequate nutrition must be emphasized, with stress placed upon a balanced, high-carbohydrate diet. There should be a calcium intake of 1500–2000 mg daily, to provide a substrate for bone mineralization. Physical and psychological stresses should be minimized. It will be difficult if not impossible for the athlete to accept a reduced training load unless there is clear evidence of overtraining. A bone mineral density examination (DEXA scan) may be needed to demonstrate to the athlete the presence of osteopenia and the need for nutritional changes. www.runforyourlife.com.au

Dysmenorrhea

Pre-menstrual symptoms of bloating, weight gain, depression, and abdominal Cramping affect the athlete’s sense of well being and ability to perform. Exercise is helpful in reducing some of these effects, but it does not totally alleviate the Problems. Simple analgesics may be sufficient in mild cases, but non-steroidal Anti-inflammatory drugs are more effective as prostaglandin inhibitors, especially if begun just prior to the anticipated onset of symptoms. More complete control can be obtained by suppressing ovulation with hormones, such as oral contraceptives. These can be used to regulate the timing of the menstrual cycle to avoid major competitions as well as to control symptoms. Use of these agents has been shown to produce minimal if any weight gain and no changes in Performance-related factors. www.runforyourlife.com.au.

2.5. Biological Differences

The biological differences between men and women have long suggested that men are stronger, faster and hence more dominant in sports. Elite men appear to maintain an advantage over elite women in most sports. From rowing to cycling, sprinting to long distance running, men hold faster world records. Much hype has surrounded the 'gender gap', particularly given the rapid improvements in world record times in women's running events from the 100m sprint through to the marathon during the last half century. Women have, of course, only been competing in world class running events more recently and women's world records have only been kept since the 1950s. Highlighting the gender differences in sport may have previously fuelled sexist thinking that women are the 'weaker sex'. While there are several biological differences between men and women, you can't ignore the social constraints, misconceptions and lack of opportunity that have plagued women throughout history. The degree to which biological factors impinge on the severe susceptibility of depression in women over men is rather trivial; however it still provides a possible explanation for the occurrence. Hormones and heredity factors are taken into account and provide some evidence of truth when comparing depression susceptibility between women and men. Hormonal regulation largely affects the rate of depression in women. Estrogen depletion, also known as menopausal symptoms, illustrates increased depressive rates and vasomotor instability (hot flashes). When including vasomotor instability rates as a cause of depression, rates of depression increased from 39% to 55% (Moen Phyllis, 1992). The increase in depression rates can also be attributed to, women feeling less womanly. These thoughts can occur at menopausal stages because women become infertile and feel they have aged and are elderly. In addition it is true that men tend to value attractiveness and youth in their mates much more than do women. "Men prefer youthfulness because it is likely to be associated with higher fertility, reproductive potential, and health" (Tihitina Teshome, 2001). Following the rules of evolution after a woman becomes infertile she is less desired by men because the purpose in having intercourse is to produce offspring. Both the many facts about hormones as well as the mind-set concerning menopause cause uncertainty as to what exactly produces the depression. The indistinctness remains unsolved because it is virtually impossible to perform an experiment of having women separate their feelings of depression

from menopausal states. However, "depression may be a precursor rather than a consequence of emotional responses associated with menopause" (Mwaniki Mebo, 1997).

To compare hormonal differences between men and women would be unfair. It is certain that women experience many more hormonal changes than do men (due to childbirth, premenstrual syndrome, menstruation, contraceptive drugs, postpartum period, and menopause). However, parallel to women, men do have symptoms similar to menopause, but are rather referred to as a "mid-life" crisis or depression. It is almost impossible to explain why women are more susceptible than men to depression when referring to biological differences. "Such a specific difference cannot be explained easily as a result of biology, particularly among women because rates of depression did not vary by parity" (Jone Johanso Lewis, 1991). Hereditarily speaking genetic transmission may cause women to be more susceptible to depression. In support of genetic transmission as an explanation for the sex differences there is reasonable evidence from twin and family studies that genetic factors are operating in the genesis of depression and affective disorders (Jone Johanso Lewis, 1991). Two likely rationales will be given to support the hereditary theory and provide evidence that causes women to be more susceptible to depression. One possible genetic explanation is x-linkage; that is, the position of the relevant locus on the x chromosome. If the gene for depression is located in the x chromosome and the trait is dominant, females, who have two x chromosomes, will be more often affected than males, who have only one x chromosome (Jone Johanso Lewis, 1991). However, we must remember that this is just a hypothesis—a tentative explanation, not a concrete fact.

A second possible genetic explanation involves the phenotype (the observable physical or biochemical characteristics of an organism, as determined by both genetic makeup and environmental influences) of women. This explanation hypothesizes that genetics and environmental influences together may result in the depression of women. An example of this hypothesis would be: If a woman's parent was depressed, she is more than likely to become depressed herself due to environment and genetic predisposition. Having a family member present who is depressed, becomes a chronic environmental strain, which refers to ongoing "background" stressors that tax one's coping abilities and resources. The sources of chronic strain are myriad; examples include unstable or unsafe housing (Balba, I.K.K, 1969).

Phenotypes affects men as well; however its affects are stronger in women. This occurs because women have a higher tendency of awareness of their surroundings and are typically closely interconnected with their family members.

It is evident that phenotypic traits influence the rate of depression. However, as stated previously, the phenotype theory is just a possible explanation for the susceptibility of depression in women. There can not be definite conclusions, based on theoretical hypotheses.

2.6. Gender

Fewer females take part in sport than males. At the ancient Olympic Games, women were not allowed to watch the activities lethal one participate in them. By the end of the nineteenth century, Englishwomen, from the middle classes, were taking part in sport. In the early twentieth century, the national governing bodies of some sports were formed and there were organized competitions for women, usually separate from men. Women competed in the Olympic Games for the first time in 1904 but only in archery. Even in the 1996, Atlanta games there were 163 men's events and only 97 women's events. The First World War was the turning point for women's sport, where the myth that women were weak, had little energy and were unable to cope with men's work was broken. If they could cope with the work of the munitions factory then they could cope with men's sport. Heavy industry called women to work again during the Second World War but after the war more women continued to work. They had more money to spend and more freedom to participate in sport and leisure activities.

2.7. Gender Differences in Adolescent Depressive Symptoms

"Gender differences in depressive symptoms appear to emerge in early adolescence and then remains throughout the adult life span". Consistent findings indicate that adolescent girls develop depressive symptoms at an earlier age than do adolescent boys. Emerging gender differences can be caused by individual vulnerability, life stress, and pubertal transitional challenge. Although girls and boys go through puberty at the relatively same age, it has been suggested that girls are more vulnerable to depression than boys even before adolescence. This hypothesis will be further examined through the careful analysis of research and experimentation.

The experiment had many hypotheses that were evaluated. The following hypotheses guided the analysis (Bamberger, Joan: 1993): Girls will demonstrate higher average levels of depressive symptoms than adolescent boys will during adolescence. The higher average level of depressive symptoms among girls, compared with boys, will become evident during early adolescence. Boys and girls with advanced pubertal status during early adolescence will manifest higher levels of depressive symptoms. Boys and girls with higher levels of depressive symptoms in early adolescence will show higher levels of depressive symptoms in mid- and late adolescence. Early depressive symptoms, the pubertal transition, and stressful life events will have interactive as well as additive main effects on risk for depressive symptoms. The interactive and additive effects of early depressive symptoms, the pubertal transition, and stressful life events will explain a significant portion of the association between gender and depressive symptoms.

The choice of method was a 6-year longitudinal study of 451 families that lived in central Iowa. Interviewers visited each family at their homes for approximately 2 hours on each of two occasions. During the first visit, each of the family members was asked to independently complete a set of questionnaires focusing upon individual characteristics, emotions and life events experienced by family members. These independently reported emotions and events were used to come up with the conclusion (Bamberger, Joan: 1993).

The results found that early depressive symptoms carry forward to mid- and late adolescence and that the interaction between gender-linked vulnerabilities (diathesis) and the new biological and social challenges of early adolescence (stress) creates greater risk for depression for adolescent girls than boys (Bamberger, Joan: 1993). Studies have also found higher levels of depressive symptoms in girls than in boys as young as 12 years of age and have consistently found gender differences from then on out (Eden Teshome, 1995). However, although this conclusion was found from the experiment, this has never been reported in earlier studies of adolescent depression.

Yet again, it is difficult to determine why women are more susceptible to depression. The experiment provides conclusions and theories that have never been proven prior. It is clear that girls are more susceptible to depression even in adolescence, but there is no concrete

evidence to prove why. However, depressives (girls and boys) were found to come from families in which there was marked striving for prestige with the patient as the instrument of this need; the family showed marked concern for social achievement and the childhood background was characterized by envy and competitiveness (Follow A.Ruth, 1993).

2.8. Stress Relief for Women

Women experience more stress than ever. They are more active than ever before and have far more to do in the process of a day than ever before. With all of the things to do, there is even more stress to deal with. Women need stress relief more than ever. When it comes to stress, it can be hard to deal with and if it isn't taken care of, women can experience major health problems in the long run. Not to mention that if you already have health problems, stress can make things even worse.

Given the very different chemical and hormonal make-ups of the two genders, women's health has emerged as a very specific branch of medical research. Thanks to all of this research, better and better answers have emerged for the problems that woman of all ages face. The growing knowledge and popularity of women's health issues have spawned an entire product line of supplements and things that are specifically designed for women.

Doctors have found out that the natural estrogen that a woman's body produces can be effectively replaced, thus reducing the difficult symptoms of menopause. Research has shown that stimulating a woman's natural progesterone levels is particularly beneficial in numerous ways, most notably regarding troublesome conceptions. Even osteoporosis, which threatens all older women, has become a lot clearer in recent years.

Even cosmetic complaints, like the effects of aging and weight problems can be addressed in various ways. The most gentle and independently proactive solution is to help your body to help itself through the use of effective health supplements. Of course, you also have to eat right and exercise if you are interested in your overall health. When it comes to women's health, there are certain afflictions that are specific to women. Some of the most common problems women face are: hormonal imbalances, cervical cancers, uterine complications etc.

Because of the changes in women's attitudes toward health, beauty, fitness and feminine strength, women are also challenging long-held ideas about aging and sexuality. Women don't just look younger and sexier longer these days; they are living longer as well. Enhanced awareness of nutrition and proper diet keeps our bodies healthier on a cellular level. Aerobic exercise keeps our hearts and vascular systems in peak condition. Weight bearing exercise increases our bone density, making us stronger, more resistant to injury and even some illnesses. All this exercise can help you with stress relief, more positive attitudes and a better ability to grapple with anxiety and depression.

Retrieved from "<http://www.articlesbase.com/stress-management-articles/factors-affecting-stress-relief-for-women-30940.html>"

2.9. Discrimination

Across the world, discrimination on the basis of gender results in the mistreatment and marginalization of women. Gendered norms limit many women's mobility, their ability to seek profitable employment, their household decision making power, and/or increases their vulnerability to violence. Each of these factors has a potent effect on a woman's ability to access health care, compromising not only her own health but that of her children. In addition gender inequalities directly affect child health; discriminatory social institutions such as 'son bias' can result in the deliberate infanticide of girl children, or more subtle forms neglect such as preferential feeding for boys. In Ethiopia, a country of over 1 million square kilometers with a great number of ethnic groups, gender inequalities are pervasive. Overt forms of gender discrimination include harmful traditional practices (like female genital mutilation/female genital cutting) and early marriage.

But other long-held power asymmetries affect the balance of power between men and women, boys and girls in more subtle ways too. For example, over 75% of female respondents, who took part in a survey of seven Ethiopian regions, reported regulation of their movements, such as needing permission before leaving the house. These gendered norms and practices are slowing Ethiopia's progress towards MDGs 4 and 5. But this challenge is increasingly recognized. There are a number of promising projects and Interventions being run by Save the Children, The Population Council, UNICEF and local

Ethiopian networks like EGLDAM and ANPCANN. Each is being strongly supported by the Ethiopian Ministry of Women, Children and Youth, who have prioritized programmes aiming to Tackle child marriage and harmful traditional practices. In addition the policy and legislative context is good; Ethiopia has ratified or accessed most Human rights related international treaties and the Constitution considers them part of the Legal system of the country. Legal provisions against harmful traditional practices have been Strengthened and made more explicit in the last ten years. In early 2001, the federal Government enacted a new Family Code based on the principle of gender equality. According To the Code, the minimum age for marriage in Ethiopia is now 18 years of age and the equal Authority of both parents is now recognized. However, the Code's effect has been Limited as the Constitution gives full sovereignty to most regions. As a result, seven out of nine Regions have their own family law – six of which continue to apply the previous.

2.10. Political Factor

Law:- In certain countries social and attitudinal aspect of discrimination towards women had been legally institutionalized, for instance, a legislation that required male authorization for women below a certain age or married to participate in organized labor, to engage in business, to obtain credit (UN, 1986-66).

In Ethiopia the legal status and customs practices to women seem contradictory. Andromeda stated this in the following way: “In discussing the traditional Ethiopian women, one can say that generally her legal status is one of equality but customarily men are considered as bread winners of the family where as the wives remain dependent upon their husbands (Semegn, 1986-30). She as a wife subordinates to her husband. This is written in the Ethiopian civil code of 1960 and 1962 Art. 635. According to this article, the husband is the head of the family and entitled to

- Extract obedience from his wife
- Protect and guide his wife's conduct
- Restrict his wife's choice of occupation
- Administer the common property and guide family management.

In short, it signifies that the wife must subordinate to her husband, irrespective of him to her. Of course theoretically, the Ethiopian law guarantees the equality of women, however, once a woman is married the law treats her differently as we have seen from the above article.

So generally speaking, one can say that, Ethiopian civil law subordinates women in a matter of personal relations, and hence this is a pure discrimination against women on the basis of their sex, which is theoretically unfair and unacceptable. Therefore, from this one can infer that, since equality is legally practiced based on sex difference, there is no exception in the participation and performing of long distance run.

2.11. Economic Factor

Even if it is hard to state and show the economy account for high rate of unemployment in a country, using statistical evidence, it is obvious that the weaker the economy of a country the greater the problem of unemployment will be in that country, and if the economy is improved, there will be better employment opportunity. As the result the participation of women in the labor force increase. So the economy of a country can be considered as, one of the possible determinants of women labor force participation, accordingly.

Need for Income: - The need for income is another factor which can not be quantified, but which is easily understood and straight forward. The main reason why women want to enter the labor force is economic, to earn a living, to increase family earnings and as investment for the future. The desire to improve the standard of living also a part. Women may also wish to exercise their rights for employment and promotion; guarantee their social status and obtain the recognition of their rights as independent person. The need of money is more crucial (OECD, 1979-39).

The more strongly one needs the income the more likely one has to be employed and hard work, if he/she is in need of employment. However, the needs for income varies from one woman to another depending on many factors such as on her amount of income she get from other sources, on her husband's salary etc. Logically, the lower the income of her from other sources the more the need of the income and the stronger the desires for employment.

CHAPTER THREE

3. RESEARCH DESIGN AND METHODOLOGY

The following research design and methodology were used for the successful completion of the study.

3.1. Research Methodology

The research method used to carry out the study was descriptive survey .It was more appropriate to reveal the existing problem of women's participation in long distance. Both primary and secondary data where collected used questionnaire, structured interview and documents.

3.2. Source of Data

The source of data was collected information from primary and secondary data source. Primary data were those long distance run who were running in the selected club that the researcher was mate physically. Secondary data source were from literature which were books reports, magazine, Internet, written documents.

3.3. Sampling and Sampling Techniques

The research was used simple random sampling techniques .It was chosen to include the necessary number of respondents. It was less expensive, less time consumed and it gave equal opportunity to all members.

3.4. Instruments for Data Collection

The instrument employed to gather the data was from the primary data source like questionnaire it was close ended and it used to secure factual information ,few open ended questions used to enable respondents to express their opinion about the problem , the another instrument was interview ,and the secondary source of the data gathering tools were written documents.

3.5. Procedures for Data Collection

After the target populations were identified the questionnaire was administered to respondents during their training program and competition period to all 30 women athletes, 6 coaches and 10 people from different professions. They were made to fill out the questionnaire with out time limit. They were also made not to discuss on the item as the response of one athlete may be influenced by the other. Before the respondents start to fill out the questionnaire, oral instructions were given on the general purpose of the study by the researcher. In addition to the oral instruction, the necessary clarifications were provided by the researcher for questions raised on some of the items from individual respondents. Since the questionnaires were administered by the researcher himself, all the questionnaires were returned and there were no questionnaires discarded. As a result, the analysis was made using all respondents. Interviews were conducted with coaches by the researcher in their respective training office. Athletes interview were also conducted by the researcher at the end of training program.

3.6. Methods of Data Analysis

One of the main characteristics of qualitative research was its focus on the intensive study of specific instances of phenomena to produce thick description. Thick description of the phenomena under cases brought the event of life for readers and helped them to understand its meaning (gall et al 1996).

The data analyzed in terms of table and percentage for the sake of clarity and simplicity. Based on the data analysis, interpretation was made and reached at certain findings .finally summary of finding conclusion will be made based on data gathering and analyzing in qualitative method (descriptive survey method).

CHAPTER FOUR

PRESENTATION, ANALYSIS AND INTERPRETATION OF THE DATA

4. Introduction and Analysis of Data

In this chapter data collected from three clubs and from family of sports will be analyzed and interpreted. 30 randomly selected women athletes from these three clubs and 6 coaches who are responsible for employing and recruiting athletes in these clubs are also studied in order to cross-check the information against those studied women long distance athletes . In addition to this 10 individuals who have relationship with athletics directly or indirectly from public are included as a supportive mechanism to information obtained from these studied women athletes and coaches. To help to clearly point out some of the problems concerning women long distance athletes.

The three clubs from where 30 women athletes and 10 athletes were randomly selected from each of the three clubs of mugger cement ,Ethiopian nigned bank and mikilkeya sport club . This chapter, therefore, consists of there parts. The first deals with the 30 women athletes, the second part deals with the 6 coaches of the club and the third part deals with 10 individuals from the public.

4.1. Interpretations and Analysis of Data Obtained from the Studies Groups

Interpretation and Analysis of Data Obtained from Women long distance athletes. As it was already mentioned, those 30 women athletes were randomly selected from these three different clubs and hence the data collected from those women long distance athletes will be analyzed as follows.

Table 1- Age distribution of the respondents

Clubs	Age						Total
	15-19	20-24	25-29	30-34	35-39	40	
Muger	2	6	2	-	-	-	10
mekilakya	-	4	3	3	-	-	10
Bank	1	6	3	-	-	-	10
Total	3	16	8	3	-	-	30
percentage	10	53.3	26.3	10	-	-	100

From this table we can see that only 3 of the studied women athletes belongs to age group of 15-19. Most of the athletes (53.3%) are in age group of 20-24, which is the highest productive age group. Age group 25-29 constitutes 26.3% of the total, which is next to the highest productive age group. From this we can say that women whose age group is between 20-24 are the highest participant in the long distance run. The percentages of women who are in age-groups 30-34, are 10%. So as it is indicated in the table, we can say that in the studied clubs, at older age the number of female athletes decreases. This confirms that, there is negative relationship between age and long distance running in these clubs.

In order to see relationship between marital status and women's participation in long distance run, the women are distributed on their age and marital status.

Table 2 - Marital status by age distribution of the respondents

Marital Status	Age						Total
	15-19	20-24	25-29	30-34	35-39	40 ⁺	
Single	3	12	1	-	-	-	16
Percentage (%)	100	75	12.5	-	-	-	53.3
Married	-	4	7	3	-	-	14
Percentage (%)	-	28.6	50	21.4	-	-	46.7
Total	3	16	8	3	-	-	30
Percentage (%)	10	53.3	26.7	10	-	-	100

As we observe from the table, female long distance athlete participation is high (87.5%) among the single women, in general, and when we relate age and marital status, we can see from the table, in age group between 15-19 there is no respondent who is married. In the age group 20-24, 75% of them are single and only 28.6% of them are married. In age group 25-29, 12.5% of them are single and 50% of them are married. Respondents with in age-groups of 30-34 who are single are 40% in the studied club. In the last two age-groups (35-39 and 40+) there is no women athlete who is single.

From this we can say that, single (unmarried) women are more likely participate in the long distance run than these who are married and the percentage distribution of married women athletes increase as age increase. In other worlds, the probability of women to engage in marriage will increase as age increase, but negatively related to her keeping strong enough in the studied clubs.

As it is already explained in the review literature part of the paper, education is one of the major factors which affect women's participation in long distance run. So the next table shows the educational attainment of the respondents.

Table 3- Educational level of respondents

Educational Level	Clubs			Total	%
	Muger	Mikilkya	Bank		
1-6	8	7	5	20	66.7
7-8	2	2	2	6	20
9-12	-	1	3	4	13.3
12 complete	-	-	-	-	-
Diploma	-	-	-	-	-
Degree	-	-	-	-	-
Total	10	10	10	30	100

As we can see from the table, most of the respondents (66.7%), in the studied clubs, are 1-6 and 20% of the studied athletes are 7-8. The percentages of respondents who fall between grades 9-12 are 13.3%. There are no women athletes, from those 30 randomly selected

women athletes, who have completed 12, diploma and degree. This show us, as educational level of women increase, in general, their participation and performing increase in the studies club, however, as it is indicated in the table, women’s opportunity for higher education is less.

Table 4- in what athletics event of most women in the studied clubs

Clubs	Position of women					Total
	Short distance	Middle distance	Long distance	Field Event	Race walking	
Mugger	-	3	7	-	-	10
Mekelakeya	1	3	6	-	-	10
Bank	3	2	5	-	-	10
Total	4	8	18	-	-	30
%	13.3	26.7	60	-	-	100

As we observe from table above, more than 60% of the female athletes, in those clubs, are seen in long distance event and more than 26.7% of them are in middle distance event and the other 13.3% are short distance event. When, athletes explain why this is so, especially about those who engaged in short and middle distance event, most of them argue that, those women who are engaged in such activities are not talented and not interested for other events and again when respondent athletes try to explain why most of those women athletes did not qualified for other events , some of them indicated that societal attitudes of coaches in general and females’ self-concept in particular, are the main factors for such problem. With regard to concentration of women in the events of the desire, almost all of those athletes indicated that, this is so because of the nature of work and training system. In other words implicitly, those athletes argue that such activity (the event where they involved) in women’s profession, in which women are supposed to engage, yet they blame the traditional and cultural believes of the society in the club, However, according to some of the respondents, this aggravates the problem of segregation of the kind of event by sex and they claim it should be tackled.

Table 5- the immediate coach of the respondent and its influence, and the opinion of the respondent towards menstruation cycle and its related problems

What is your immediate coach?	Club			Total	%
	Mugger	Mekelakeya	Bank		
Male	10	10	6	26	
Female	-	-	4	4	
Total	10	10	10	30	
Do you think that the sex of your immediate coach has any influence to your work?					
Yes	7	10	10	27	
No	3	-	-	3	
Total	10	10	10	30	
Do you face any problem in your training and performance because of your menstrual cycle?					
Yes	10	10	10	30	100
No	-	-	-	-	-
Total	10	10	10	30	30

As indicated in the above table % of the respondents coached by male trainers, only % of the respondents coached by female coaches with regard Ethiopian nigned bank club is relatively better than mugger and mikelakiyya ,they do not provide the female coaches in their club .

As we can see from the table% of the respondent indicated that the sex of immediate coach has influence to their work, only % of the respondent replied that there is no problems that related with sex of the immediate coach .the majority respondents explain that, we are women we may face different kind of problems that can be told for only women that will make it easy to discuss frankly.!

As it is illustrated in the above table 100% of the respondent who have faced problems training because of their menstruation cycle, when women explain how this is so, as women we are familiar with having menstruation cycle once a month it may be followed by different kind of symptoms even though it depends on individual, head hack, abdominal disorder, less appetite, pain different part of joints and so on are the cause of difficulty.

Table 6- Opinion of respondents towards the working environment of their club

Working environment	Clubs			Total	%
	Muger	Mekelakeya	Bank		
Favorable	4	3	5	12	40
%	40	30	50	40	40
Unfavorable	6	7	5	18	60
%	60	70	50	60	60
Total	10	10	10	30	100
%	33.3	33.3	33.3	100	100

The above table reveals, the largest proportion of respondents (60%) consider the working environment unfavorable, while 40% of the respondents considered the working favorable.

When comparison is made among these three clubs, Ethiopia nigned bank has relatively more conducive working environment than mugger and Mikelkiya.

Table 7 - women opinion on the general situation of women athletes' participation in Addis Ababa.

Opinion of Women	Organization			Total	%
	Muger	Mekelakeya	Bank		
Have a problem	9	8	7	24	80
No problem	1	1	2	4	13.3
Other	-	1	1	2	6.7
Total	10	10	10	30	100

As we can see from the table, 80% of the respondents indicated that, the general women participation and performing situation in Addis Ababa has a problem and only 13.3% of the respondents replied that there is no problem in participation and performing situation. The remaining 6.7% of the respondents explained that women’s participation opportunity is restricted, as the result of disparities of athletically opportunity between male and female and they argue the participation of female in athletics is very minimal. Thus these respondents balance blame the socio-cultural aspects of the society that discourage female’s participation. These respondents who indicated that of the general women participation and performing situation has a problem elaborated their idea, and said that even the vacancies that announced for women athletes are lately after the appointment of male athletes.

Family Background Information

In this part of writer tired to see the impact of family background upon the women athletes of respondents. So the next table shows parents’ attitude to wards their daughter’s being an athlete.

Table 8 - Respondent’s opinion about their parents’ attitude toward their employment

Opinion of Women	Clubs			Total	%
	Muger	Mekelakeya	Bank		
Positive	7	8	7	22	26.7
Negative	3	2	3	8	73.3
Total	10	10	10	30	100

As it is indicated in the table, almost 73.3% of the respondents, who are single, replied that their parents have positive attitudes towards athletics. And almost 26.7.3% of the respondents replied that their parents have no interest in athletics. This group of respondents said that, their parents are interested if they help their parents at home and outside of home. On the other hand, almost all of the respondent who replied that their parents have positive attitudes towards their employment said that, their parents are happy of them being an athlete, because

they (respondents) are becoming independents of their parent ,and as well known that athletics become a good opportunity of being popular and means of income. Even some of the respondents said that, they support their parents when their parent’s income becomes insufficient to support the family. From this we can see that most parents are interested in their daughter’s being an athlete.

Table 9 – Opinion of respondents about their parent’s income effects upon their performance

Opinion of Women	Clubs			Total	%
	Muger	Mekelakeya	Bank		
Has effect	7	6	8	21	70
No effect	3	4	2	9	30
Total	10	10	10	30	100

As it is indicated in the table, about 70% of the respondents, who are single, replied that, their parents income has its effect up on their being an athlete , and remaining 30% of the respondents indicated that their parent’s income have no effect up on their being an athlete . Most of the respondents who replied that their parent’s income has effect on their participation and performing in long distance run said that. Therefore, from this we can see that, parent’s income has its contribution for the participation and performance of women athletes.

Table 10 - Husband’s attitude towards their wives being an athlete

Opinion of Women	Clubs			Total	%
	Muger	Mekelki	Bank		
Positive	5	6	7	18	60
Negative	5	4	3	12	40
Total	10	10	10	30	100

As we observe from the above table, (60%) of the respondents replied that, their husbands have positive attitudes towards their women athletes (wives’). And the remaining 40% of the

respondents indicated that their husbands have no interest on their (wives) being an athlete. Most of the respondents who replied that their husbands have positive attitudes towards their profession said that, their income is used for family’s livelihood, hence their husbands do not dislike their being an athletes. On the other hand, most of respondents who replied that their husbands have no interest profession said that, their husbands like if they remain at home as wives to care for children.

Table 11- Children and who cares for them when you are in training and competition

Do you have children	Clubs			Total	%
	Mugger	Mekelakeya	Bank		
Yes	2	2	3	7	16.7
No	8	8	7	23	83.3
Total	10	10	10	30	100

As it has been indicated in the table above of the 83.3% respondents do not have children yet ,in the other hand 16.7 of have children and they were asked who will tack care of the child when they are in hard training session and competition .according to most of them said that one of the part of the family will take the responsibility, it may be sister, mother or baby sister, again from this we can say that giving birth and the time which is given for take care of the child is one of the factor for long distance athletes to be lagged from participating and performing effectively.

4.2. Data analysis and interpretation obtained from coaches

This part deals with coaches who are responsible for giving training athletes in those three clubs. In this regard the attitudes of coaches towards female athletes, their preference of sex for different types of events, and its impact on women’s profession opportunity are discussed. The aim of this part is to cross check the validity and reliability of information obtained form those randomly selected 30 female athletes, and to point out the major problem women are facing with regard to long distances running participation in order to suggest some valuable

recommendations, so that women's long distance participation in a gainful profession may be improved.

Table 12 - Sex and educational level of respondents

Clubs	Sex		Education level		
	Male	Female	Diploma	Degree	M.sc
Muger	2	-	-	1	1
Mekelakeya	1	1	1	1	-
Bank	1	1	1	1	-
Total	4	2	2	3	1
%	67	33	33	50	17

As it has been indicated in the table above, of these 6 respondents, who are responsible of coaches in the studies clubs, 4 are male and only 2 female coaches. With regard to their educational level, 50% have their first degree in physical education, while 33% have got diploma in physical education and 17% of the respondent is master's degree in sport science. As we observe from the data, almost 67% of the respondents are male and only 33% of them are female. This is because the majority of coaching positions, in these clubs, are occupied by male. That is why the writer could not take proportional samples of each sex. This shows that, the number of female coaches in these three clubs is very minimal in comparison to the number of male coaches in the studied clubs.

With regard to the number of coaches by sex, in these three clubs, the number of male coaches is greater than the number of female. Those coaches were asked why this is so, and they tried to give their own reasons. According to most of these coaches, this is so because women have less academic achievements and motivation than men. Again when they explain, why this is so most of them have raised the issue of socio-cultural impact on female's becoming a coach. They pointed out that, because of societal attitudes, the education of men is preferred over the education of women. According to these respondents, female's role in society is believe to be a house wife and mother and most Ethiopia women have internalized a low self-image which in turn is the result of the socialization process.

On the other hand it has been indicated in the review literature part that most women in Ethiopia are employed in jobs that are inferior interims of skill levels and traditionally known as “women’s occupation”.

Table 13- task of women participation compare to men

No	Item	Respondents		Percentage
		Female	Male	
1	Decision making process	2	4	10
	percentage	33.3	66.7	100
2	Participating in yearly, monthly and weekly plan of training	2	4	10
	Percentage	33.3	66.7	100
3	Team leader	1	5	10
	percentage	16.7	83.3	100
4	Motivating the team	2	4	10
	percentage	33.3	66.7	100
Total		10	10	100

Based on the above tasks, in which area women’s participation are given high emphasis as compare to men?

The above table gives detail information on task of women participation compare to men. The respondents express as follows;

Regarding to the women participation as compared to men in decision making process: Respondents answered that 33.3% of women were participating in decision making process where as 66.6% respondents said that majority of male were participating in decision making process. From this it is better to say that in decision making process the participation of women’s were very low.

Amongst the total of only 33.3% of respondents said that women were participating in yearly, monthly and weekly plan of training, where as 67.7% of the respondents replied that males

were participating in yearly, monthly and weekly plan of training. We can conclude that the role of women's were less than men's in Participating in yearly, monthly and weekly plan of training activities.

In the case of team leader, 83.3% of the respondents agreed that males were participating in team leader activities where as the rest of the respondents replied that only 13.7% of females were participating in team leader activities. Small percentage of women's was participating in this activity.

In case of the last item, 92 % of the respondents believed that women are participating in motivating the team where as the rest of 8% of the respondents didn't believe that women are motivating the team.

Factors that affect women participation

Table 14- Factors that affects women participation in long distance run

No	In your opinions which are the major factors that affects a women participation in long distance run	No of respondents that said yes		No of respondents that said no		Total	
		No.	Percentage	No.	Percentage	No.	Percentage
1	Lack of education and training	4	67	2	33	6	100
2	Religion	3	50	3	50	6	100
3	Socio cultural	5	73	1	17	6	100
4	Lack of commitment of concerned	6	100	-	-	6	100
5	Socio economic	6	100	-	-	6	100
6	Perception of women about them selves	4	67	2	33.3	6	100
7	burden of responsibility	6	100	-	-	6	100

As it is stated in the above table we can understand that there are major factors that affect women's are not participating in long distance run. Studies indicate that there are different factors that limit women participation in the decision making area, see the respondents' responses.

As it is indicated in table above,67% of the respondents athletes said that lack of education is a major factor that affect women's participation where as 33% of the respondents didn't agree with this idea. We can say that lack of education affect women's participation in long distance run.

In the case of Religion, 50% the respondents believed that religion affect women participation in long distance run where as 50% of the respondents didn't agree.

In case of third item, 73% of the respondents responded that due to socio cultural attitude influence women's were affected where as the rest of 17% of the respondents replied that socio cultural attitude does not affect women participation in long distance run.

In case of Lack of commitment of concerned, 33% of the responses said that it is negatively affected the participation of women's in long distance running, while the rest of 67% of the respondents replied that it hasn't any impact for long distance running.

In case of fifth item, 83.3% of the responses said that socio economic factors affect women participation in long distance running where as 16.7% of the respondents didn't agree.

Incase of sixth item, 67% of athletes replied that the attitudes of women are affected by themselves where as the rest of the respondents 33% of replied that women are not affected by themselves.

In the case of the last item, 50% of the respondents replied that women have over burden of responsibility so they were affected to participate in the long distance run where as 50% of the respondents responded that women were not affected by burden of responsibility.

Based on the above analysis the major factors that affect women's participation and performance in long distance run is:

- ❖ Lack of access to getting education and bright attitude towards long distance run.
- ❖ As I interviewed the coach that, in fact education has high impact on their day today activates related with the training of long distance run .
- ❖ Next to education women are highly affected by socio cultural attitude influence for participation;

- ❖ As respondents replied that the majority of respondent more focus on education and training the demand for higher qualification to scored higher performance in long distance run effectively.
- ❖ Besides the religion and socio cultural influence affects women participation in long distance;
- ❖ The respondents further indicated that lack of commitment of concerned body, socio economic influence, attitude of women themselves, attitude of male, not trust to delegate women's and over burden of responsibilities to be factors for low participation and performing of women in long distance run.
- ❖ It is clear that education plays a significant role for long term training could reconcile the education gap;
- ❖ Still females have loss opportunity to enroll in long distance run due to the over burden responsibility of family and social;
- ❖ The coach of clubs as interviewed that, females are less successful in their events. This is the main constraints for females to bring them in higher performance position.

Basically all events or tasks have their own merit; systematic use of different skills in long distance run to score high performance. The cultural aspect did not allow participating in any sport activities as well as in any social interaction .this restricts women not to have the power in succeed; men athletes exercise in any sport events in over all social groups cultural the position of women is to stay at home.

4.3. Data Analysis and Interpretation Obtained from the sports family

This part deals with public opinion on women long distance run participation. 10 individuals were taken form different population group to get different views up on the issue, and it was used as a supportive mechanism to information obtained from those studied coaches and women athletes. The researcher tried to collect data from different population group to have better understanding concerning of women's participation and performing in long distance run. So the next table shows, sex and occupational characteristics of the respondents.

Table 15- Sex and occupation of the respondents

Occupation	Sex		Total
	Male	Female	
Officials from EAF	1	1	2
Teachers HPE	1	1	2
Official from clubs	1	1	2
Athletes representatives	1	1	2
Sport journalists	1	1	2
Total	5	5	10
%	50	50	100

As we observe from the table, the data was collected from different population groups. Officials from Ethiopian athletics federation, teachers of physical education, athletes representatives, sport journalists are included in the sample. 20% of the responses were contributed by each group. Again when we consider the sexes of each group 50% of the responses were contributed by each sex in each group. This is done purposively to make the sample proportional, both in sex and occupation. The aim of this is that, to have ideas from different point of view of different population groups, so that the researcher have better understanding of the problem of women's long distance athletes participation in order to give suggestions and recommendation.

As it has been indicated in the precious part, education is one of the major factors that hinder female's actively participation in different sport activates including long distance run. So the next table shows the opinion of the family of sports concerning females opportunity to education in relation to male's education.

Table 16- Opinion of respondents to female’s opportunity to education in relation to male’s education

Opinion	Number	%
Have equal opportunity	2	20
Have no equal opportunity	8	80
Total	10	100

As we observe from the table, 80% of the respondents replied that, females have no equal opportunity to education with males. And the remaining 20%, of the respondents replied that the females have equal opportunity to education with males. When those respondents who said females have not equal opportunity to education with males, elaborate their argument, they said girls in this country have low education opportunity than boys due to the attitude of families that encourage boys to education, while neglect girls’ education. According to most of the respondent, most families even at present do not see their male and female children equally when it come to the concept of education. As they explained, this is due to the societal attitude that held back girls from participating in any type of education. Therefore, from this, one can see that females are much influenced by the culture and societal attitudes and face discrimination starting from their childhood which grows with them and influences them through out their life. On the other hand, it was described in the review literature part, most of the time women are forced and expected to work for longer hours a day than men. To see the reality of this source, the researcher tried to see public opinion up on this issue. So the next table shows the opinion of respondents on this issue.

Table 17 - Opinion of respondents’ on waking hours of male and females

Opinion	Number	%
Females work for longer hours	6	60
Males work for longer hours	2	20
Both sexes work for equal hours	2	20
Total	10	100

As indicated in the table, 6 (60%) of the respondents replied that, women work for longer hours a day than men. 2 (20%) of the respondents replied that, men work for longer hours a day than a women, and the remaining 2 (20%) of the respondents replied that, both men and women work almost for equal hours a day. As we observe from the table, the largest proportion of the respondents (60%) said that, women work for longer hours a day than men and when they elaborate why they said so, most of these respondents argued that, women are the first to wake up early in the morning and the last to go the bed, because they have to properly cover their daily activities which ranges from domestic activity to formal activity out side home. Other wise, they could not participate in the formal activities during the day which is also another obligation for them to led life. This indicated that, what ever a woman is engaged in a formal activity, she is also expected to perform domestic activities at home, unlike her counter part, male. This indicates that women are forced to engage in dual activities, which is turn affected their effective participating and performing in the long distance training.

A gain it was described that, due to gender division of labor women are supposed to engaged in activities that are considered to be ‘female’s work’ by society. So this part deals with the opinion of respondents concerning this issue. Thus the next table shows opinion of respondents with regard to gender division of labor.

Table 18- Opinion of respondents to the question “do you think that practically, women have equal rights with men?”

Opinion	Number	%
Yes	8	80
No	2	20
Total	100	100

As we observe from the table, 80% of the respondents replied that women have no equal rights with men, and the remaining 20% of the respondents replied that, women have equal rights with men. When respondents who replied that women have no equal rights, explain why they said so, many of them mentioned that, women were oppressed and discriminated against consciously or unconsciously on political, social, economic and other social

interaction. As a result, according to these respondents, women are forced to fully dependent on their families and husbands for their means of subsistence. Some of the respondents also indicated that, even if women and men have equal rights in from of law, theatrically; practically it was not yet translated into action. In other word, what law says and what actually does is not fit able. Woman as a wife expected to subordinate to her husbands; everything in the family is administered by husband as these respondents tried to indicate. From this what we see it that, women are discriminated against in all spheres of public life and subordinated to their husbands, even if theoretically they have equal rights with men.

Respondents were also asked whether women have equal employment opportunity to men. Almost, all of the respondents (100%) indicated that, women have less employment opportunity than men. When these respondents elaborate their idea, most o them indicated that women have obligations of traditional roles of being mothers and housewives, so their working life as a gainful employment interrupted by child birth and rearing and domestic activities. In addition to this, some of the respondents indicated that, females have less opportunity to education, which in turn affect their employment opportunity. According to these respondents, due to societal attitudes females do not encourage to education since they are expected to be mothers and house-wives. Generally, as we observe from all the above data, women are discouraged not only in education and employment, but also in all formal activities and public life, as a whole.

4.4. Answer from respondents to the interview

The respondents reply that for the question how do they express the status of women in long distance run in their club most of the respondents stated that at the previous time the motivation and activity of women towards being an athlete was difficult because of different reasons of socio-culture but now it is the result of what female athletes doing in different international races the status of the women athletes become better than of the previous.

The respondents were interviewed to give their opinion **what measure are you taking to increase the participation of women in athletics specially a long distance** run most of the coach replied that different kinds of measure has been taken to motivate women athletes to be the part of long distance event according to their training age talent and so on. Teaching

them and mentioning the name of Ethiopian Women Strong Athletes in every training and competition is one of the way that encourage women athletes to be effective and long stay with the event. And some athletes who are in the event of long distance suggest that they are creating team working idea to motivate other women athletes.

What measure factors was great obstacle to promote women participation in long distance run which was interviewed for the respondents. The majority respondents were forwarding some reasons that is great obstacle for the participation of women in long distance run are socio-cultural influence, lack of attention, the feeling inferiority from women themselves, lack of education, and lack of communication and the negative perception of the society towards women.

The respondents were interviewed that also to forward their opinion towards **what measure should be taken by all concerned body** to promote equality of men and women participation and performance in the club. As the researcher has summarized the suggestion which comes from the different respondents as follows: Creating an awareness towards long distance and women athletes, utilizing as a model world class women athletes, giving priority for women, teaching women as they can do whatever it is and giving consecutive courses towards the effect of being an athlete and so on.

CHAPTER FIVE

5. Summary, Conclusion and Recommendation

This chapter presents the summary of the study, conclusion and recommendation.

5.1. Summary

In this study, an assessment was made to achieve the intended objective and addressed all the issue. These includes , to examine the current status of women 's participation in long distance run , the major factors that affects women participation and to suggest the major strategies that should be implemented by concerned body is to alleviate and to implement women participation and performing in long distance run . Based on the analysis and interpretation of the data, the following major finding is obtained.

- It is revealed that the participation and well performing of women athletes in long distance is relatively recent phenomena in the country.
- The finding shows that socio-cultural condition of the country highly affected the effective participation and performing of female athletes in long distance run.
- The finding as well shows that socio economic influence affects women participation and performance in the long distance run.
- It also shows that the attitude of women themselves is the other problem of restricted not to assume high performer in long distance run.
- On the other hand, the finding shows that the negative attitude of the major of male on the ability of women's to participate and performance in long distance run has highly affected by.
- The finding shows that the over burden of responsibility on women at home and at work place has its own impact on creating barrier on the effective participation and performance in long distance run.
- The finding also shows that religion also does not encourage women to participa
- The finding shows that there is negative attitude of males looking down women's capacity to assume in the coach decision making, planning processes.

- The finding shows that there is awareness creation mechanism about women but, awareness raising activities was not adequately to reach largest population.
- Lack of commitment of concerned bodies contributes for aggravating the gap between men and women in the participation and performance.

5.2 Conclusion

The main objective of the study to examine the status of women, to identify the major barrier, to assess if there is creative environment and to indicate what should be expected from the concerned body that determined women participation in long distance run. The study from a number of respondents identified several factors, which constraints women participation. Depending on the major factors finding of the study the following conclusion is drawn.

- Low level of participation women in high performance in long distance run
- Lack of educational opportunity and training
- Socio economic influence.
- Women's attitude towards their capacity assuming that they are unfit to assume first rank in long distance run.
- Males attitude of not accept women coach
- The unfair work load being over burden at home and work place (training place)
- Impact of biological factors.
- Impacts of religion maintain women at low profile.
- Women are not provided in upgrading schemes cared to men.
- Lack of proper awareness rising regarding gender issues.
- Low commitment of concerned bodies to gender empowerment and equal involvement.
- Lack of encouragement made for women to use the available policies, strategies and opportunities.

Aforementioned are major factors that have been obtained from the study. Following recommendations are suggested to remove those constraints.

5.3. Recommendation

On the basis of the finding and conclusion arrived the following solution are forwarded to improve women participation in long distance run in different clubs.

1. Priority and affirmative measures should be given to women at all sport events.
2. Different strategies of building economic capacity of women should be encouraged. A variety of schemes such as credit opportunity and economic skills should be facilitated further.
3. Reproductive health and proper parenting educations should be given at family level.
4. A mechanism of role modeling in which women gain experienced of long distance run in all clubs.
5. Intensive training should be given on gender equality and equity for both gender
6. Awareness rising forums should be intensified using different media and community social structure (Woreda level, Idir, family, church, clubs, newspaper, television, radios, films and dramas).

Yes

No

10. If yes how? _____

11. Do _____

12. Is the working environment suitable for you? Yes No

13. Do you think that generally there is a problem in participating and performing of female athletes than male in long distance run in Addis Ababa?

14. If yes, please explain it why

15. If there is any other issue you would like to raise

Questionnaire that will be filled by coaches

The researcher kindly asks your cooperation in filling the questionnaire on the space provided below. The questionnaire is aimed to collect information on the participation and performance of women athletes in this club.

1. Name of the club _____
2. Main duty of the club _____
3. The position of individual who fill this questionnaire in the club

4. Sex _____
5. Educational Level _____
6. The number of female athletes in different type of events.
 - Short distance _____
 - Middle distance _____
 - Long distance _____
 - Field events _____
7. If there is concentration of women athletes in particular area above, please explain your personal reason _____

Appendix B

INTERVIEW

1. How do you express the status of women e long distance athletes in your club?
2. What are you acting to motivate the participation of women long distance athletes in your club?
3. In your opinion, what major factors are making greater obstacles to promote women athletes participation in long distance run?
4. Lastly in our opinion, what practical measure should be taken by all the concerned body to promote equality of men and women in the clubs?

Thanks you for your precious time!

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