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WOMEN IN SAUDI ARABIA SPORT, RIGHTS & PUBLIC SPACES

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ABSTRACT

Globalization has had both positive and negative effects on women in KSA. On the positive side, KSA has joined the worldwide elite sporting scene, most eminently through steady pace toward 2030 vision. This world-class level movement has been joined by pressure for KSA to build support of women competitors. KSA has reacted by devoting impressive assets to women games and Saudi ladies have been unmistakably highlighted in ongoing athletic occasions. Simultaneously globalization has unleashed destruction on the soundness of Saudis, including wild diabetes and obesity rates that are the most elevated in the area and among the most elevated on the planet. One methodology to build ladies' action levels Saudi authorities have voiced is that the women contending in the Arab Games and the Olympics are filling in as good examples.

These female competitors have been unmistakably included in the nearby media, to urge ladies and young ladies to take part in customary physical movement. To learn if these new good examples are in fact affecting female occupants of KSA.

After the examination of the findings, the researcher talks about her suggestions for open approach in KSA. At this historic point in the development of elite female athletes in KSA, the research gives a portion of the principal exact evaluation of the impact good examples might be having on women and young ladies in KSA.

Keywords: Saudi Women, Women Rights, Sport, KSA Supporting Women.

INTRODUCTION

Notwithstanding that Kingdom of Saudi Arabia places stresses on significance of ensuring female populace, with the nonappearance of physical instruction for young ladies in schools that just stopped till as of late, predetermined number of wellness focuses and gyms for ladies, a specific self-perception and pervasiveness of ladies staying at home and having rather aloof or static life have made a fairly undesirable way of life among ladies. The researcher will be discussing motivation factors and how it could have a positive impact on readiness to return to the gym among females in the Kingdom of Saudia Arabia.

The researcher seeks to shed the light on women and social change in Saudi Arabia through the instance of female football players in Riyadh. Officially, there has been no women's football in the realm, yet underneath the surface ladies have been playing for over 10 years. The ladies are effectively advancing and taking part in change and ladies' chances to rehearse sport

by building associations, making mindfulness, and arranging standards and guidelines. They are not contrary to the system, however steady of changes for expanded rights for ladies, while considering moderate to be in the general public as their adversaries and the illustrious family as their partners.

Same thing applies on public spaces for cycling and running, gyms, shooting range areas, soccer and basketball courts and many more places for ladies to release and guide their potential energies into the right track.

Additionally, the paper explores selected indicators of women's athletic interest in Saudi Arabia as a means to study the outcomes of the sport system in addressing women's needs. Specifically, it conducts a review of women's self-confidence and wellness, non-communicable routine, mental health, as well as gender-based discrimination. The paper reveals important gaps in sports education, reproductive health care, physical and nutritional education and support.

Study's Problem

Given the weak harmony between the kingdom's will to nurture and develop athletic skills for the Saudi people, especially females, and the strict traditions that society adheres to by not allowing females to play sports; As a male-only activity, the problem with this study lies in trying to shed light on two main questions:

- 1) Is the interest of the Saudi government towards the female exercise of sports activities a serious interest that appears by overcoming the obstacles that prevent the success of this exercise?
- 2) Is it possible to achieve a real breakthrough in the wall of the societal tradition of reluctance to participate by Saudi women in sports activities?

Previous Studies

A study of (Charlotte, 2020) aims to contribute to the scholarship on women and social change in Saudi Arabia through the case of female football players in Riyadh. Officially, there has been no women's football in the kingdom, but beneath the surface women have been playing for more than a decade. The women are actively promoting and engaging in change and women's opportunities to practice sport by building organisations, creating awareness, and negotiating norms and regulations. They are not in opposition to the regime, but supportive of reforms in favor of increased rights for women, while seeing conservative elements in the society as their opponents and the royal family as their allies. They are thus engaging in what O'Brian and Li termed 'rightful resistance', by deploying the language of the rulers to express their perspectives and aims, and are engaged in a three-party game with the rulers and conservatives, where divisions within the state and elite allies matter greatly.

A study of (Hall & Oglesby, 2016) showing that the opportunities for women in sport in the USA have grown exponentially since Title IX became a law, there are areas of significant loss and persistent stalls in women's advancement in sport as the papers in this issue further discuss. Our title, *Stepping Through the Looking Glass*, suggests that we need to go beyond conventional discussions of female athletes and uncover new directions for women in

sport and physical activity in countries around the world. Only then can we discover the future for women's sport.

A study of (Pike, White, Matthews Southon & Piggot, 2017) the International Working Group for Women and Sport published the results of a study exploring the worldwide advancement made inside the women and-game development over the past 20 years. The report distinguished that couple of moves have been made to select, hold and upgrade female games pioneers. This part tends to a suggestion from this report to build ladies' initiative in sport, by investigating the results of a Women's Sport Leadership Academy. The study distinguishes that the improvement of women sport pioneers has customarily been educated by liberal women's liberation, and there stay various hindrances for ladies from nations in the Global North to those in the Global South. Proposals incorporate ladies' explicit activities, the requirement for proceeded with cognizance raising in regard to authoritative culture and upgrade intercultural understanding.

A study of (Piggot & Pike, 2019) intend to investigate how casual hierarchical practices inside two built up English national overseeing bodies sway upon gender orientation value and gender balance inside their administration. This is imperative to bring issues to light of the intensity of casual hierarchical practices to support one gender orientation over another. It presents discoveries created through a multi-strategy subjective methodology of semi-organized meetings and member perception. Official reports from the two associations were additionally attracted upon to include explicit detail or fill data holes during the assortment, examination and review of information. All through the article, it draws upon Bourdieu's hypothesis of training to concentrate on the manners by which social assets, procedures and establishments hold sport pioneers inside gendered chains of importance of strength. It found that casual authoritative practices add to the support of gendered structures of predominance which benefit (prevailing) men and manliness and standardize and naturalize the places of men as pioneers. A few instances of opposition against biased casual practices were likewise apparent. Drawing upon Bourdieu's conjecturing, the study feature that elective practices must be esteemed more profoundly by the association than current hazardous practices with the goal for them to become legitimized, constant and reasonable. It recommends that single direction of accomplishing this is by connecting gender orientation fair administration to authoritative qualities and execution to give inspiration to associations to make authentic, reasonable change.

A study of (Al-Bakr, Bruce, Davidson, Schlaffer & Kropiunigg, 2017) looks at points of view of Saudi university students seeing changing gender roles as influenced by women's rights, instruction, business, and movement in the open circle. Results from a questionnaire distributed among 4,455 male and female understudies shows students are sure and hopeful about improving gender equity, be that as it may, obstruction from those keeping conventional perspectives despite everything exist. Female respondents are more idealistic than male respondents, considering changes to be gender orientation roles as worthwhile to their own and expert lives. Speaking to a gathering of partners, a larger part of male students respect changing gender roles emphatically. People revealed individual mental fortitude to address these difficulties, which is a benefit pushing ahead. While endorsement will never arrive at accord, changes might be

inevitable. By looking over the Saudi college populace, this study tries to illuminate methodology and strategy. Gender equity is just conceivable through the expanded cultural acknowledgment of women's opportunity in their regular daily lives.

CONCLUSION

Women's sport in Saudi Arabia faces several challenges of access, comprehensiveness, and quality of care due to the prevalent gender norms. Women in Saudi Arabia face several challenges, as evident from the prevalence and nature of the sports and rights challenges that affect them.

In addition, the quality of women's sport facilities is largely influenced by culturally shaped gender norms and socioeconomic restrictions. Sport education and promotion is limited in scope, timeliness, and information. Delayed and missed information influence women's rights and sports outcomes in many areas.

RECOMMENDATIONS

The sport & fitness course approach gives a perfect structure to react to the changing sport needs of women at different life stages. A cross-sector approach is expected to offer convenient sport education and advancement in schools and women-only facilities, focusing on the states of concern.

Looking into the sport system is needed to address the impact of gender norms standards on administration arrangement and nature of care. A few arrangement proposals ought to be considered to improve women's sport life in Saudi Arabia:

Ensure Sport Care, Education and Training is Given to Women Without a Male Guardian's Consent, Explicitly in the Areas of:

- Admitting to a gym or any sport activity, discharging, or giving any intrusive fitness services for women 18 years or older.
- Administering home-based sport activities or fitness care in public spaces or in women-only facilities.
- Prioritize the competence of the fitness care provider or instructor rather than the availability of a same-sex provider when considering fitness for females.
- Ensure women fitness care providers are offered equal opportunities in sport education, training, and access to leadership positions; the adoption of culturally sensitive measures.

The sport and fitness system is understandably a reflection of community values and gender norms. However, it is also a significant sector in which to challenge and change harmful practices and beliefs. This effort should document women's experiences and engage women in the research to plan the national sport strategy, as well as in the development of the sport and fitness workforce.

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