



THE ROLE OF MIXED VOLLEYBALL IN BREAKING GENDER STEREOTYPES: INVESTIGATE THE ROLE OF MIXED VOLLEYBALL IN CHALLENGING AND GENDER STEREOTYPE IN SPORTS: THE ROLE OF MIXED VOLLEYBALL IN BREAKING WITHIN SPORTS AND SOCIETY

¹Shweta Choudhary, ²Vishan Singh Rathore,

¹Research Scholar, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur, (C.G.)

²Professor, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur, (C.G.)

Abstract: This research investigates the relationship between gender dynamics and team performance in mixed volleyball. By examining the interplay between gender roles, communication patterns, and team dynamics, the study aims to understand how gender influences performance outcomes in mixed volleyball teams. The research also explores the potential for gender dynamics to impact teamwork, cooperation, and overall team success. The result may help in providing the complex instruction between gender and performance in mixed volleyball and inform strategies for optimizing team dynamics and achieving better performance outcomes. The research aims to examine the influence of gender roles and expectations on individual performance within mixed volleyball teams, to investigate the impact of gender dynamics on team communication patterns, cooperation, and overall team performance, to examine the impact of gender diversity within teams on performance outcomes, including synergy, cohesion, and competitive success and to identify strategies and interventions that can optimize gender dynamics and improve performance in mixed volleyball teams.

Index Terms: Mixed Volleyball, Gender Equality

I. INTRODUCTION

Volleyball is a popular team sport played on a rectangular court divided by a net. The objective is for each team to score points by grounding the ball on the opponent's side of the court or by forcing them to commit an error. The game of volleyball is very popular throughout the world in both recreational & competitive form.

The dimensions of the volleyball are as follows: -

Court and Equipment: Volleyball is played on a rectangular court with dimensions of 18 meters by 9 meters. The court is divided by a net that stands 2.43 meters high for men and 2.24 meters high for women. Each team consists of six players, and they rotate positions clockwise as they win back the serve.

Scoring: Volleyball follows a rally scoring system, meaning points are awarded on every play, regardless of which team served. A point is awarded to the team that successfully completes a rally, either by making the ball touches the ground on the opponent's side, forcing an error, or earning a penalty point.

Skills and Techniques: Volleyball requires a lot of skills, including serving, passing, setting, attacking (spiking), blocking, and digging. Players must have good ball control, agility, coordination, and timing. Teams employ various offensive and defensive strategies to defeat their opponents.

Mixed volleyball, also known as co-ed volleyball, is a form of volleyball where both male and female players participate on the same team. It offers a unique and inclusive playing experience that promotes teamwork, cooperation, and gender equality within the sport.

In mixed volleyball, teams are typically composed of six players on the court, with a balanced distribution of male and female players. The rules and gameplay are generally the same as in traditional volleyball, following the regulations set by the governing bodies such as the FIVB (Federation International de Volleyball) or national volleyball associations.

Mixed volleyball can be played at various levels, ranging from recreational leagues and social gatherings to competitive tournaments. It provides an opportunity for players of different genders to compete together, showcasing their skills, communication, and coordination on the court.

The inclusion of mixed volleyball has helped to break down gender barriers in the sport, encouraging equal participation and challenging traditional stereotypes. It promotes mutual respect, appreciation for diverse talents, and the understanding that both male and female players can contribute effectively to a team's success.

Participating in mixed volleyball can offer numerous benefits:

Teamwork and Communication: Mixed volleyball encourages players to work together, communicate effectively, and develop a deeper understanding of each other's strengths and playing styles.

Skill Development: Playing alongside and against players of different genders can provide valuable learning experiences, helping individuals improve their skills, strategy, and overall game understanding.

Gender Equality: Mixed volleyball promotes gender equality by creating an inclusive environment where all players have equal opportunities to contribute and excel.

Social Interaction: Mixed volleyball allows for social interaction and bonding among players from diverse backgrounds, fostering a sense of camaraderie and friendship.

Fun and Enjoyment: Ultimately, mixed volleyball offers a lot of fun, recreation, combining the competitive nature of the game with the spirit of inclusivity and collaboration.

Whether mixed volleyball played casually or competitively, provides a platform for individuals to come together, celebrate their shared love for the sport, and embrace the principles of teamwork and equality.

MIXED VOLLEYBALL AND IMPACTS ON SOCIETY:

Gender Equality: Mixed volleyball promotes gender equality by providing an equal platform for both male and female players to participate and compete together. It challenges traditional gender roles and stereotypes by demonstrating that both genders can excel in the sport.

Inclusivity and Diversity: Mixed volleyball fosters inclusivity by welcoming players of all genders, backgrounds, and skill levels. It creates a sense of belonging and acceptance, promoting diversity within the sport and breaking the mind-set that may exist in single-gender sports.

Social Integration: Mixed volleyball brings people from different genders and backgrounds together, facilitating social interaction and integration. It provides opportunities for individuals to meet and form connections.

Collaboration and Teamwork: Mixed volleyball emphasizes teamwork and collaboration. Players must work together, communicate effectively, and appreciate each other's strengths to achieve success on the court. These skills translate to real-life situations, fostering cooperation and teamwork in various aspects of society.

Personal Development: Participating in mixed volleyball can contribute to personal growth and development. It helps individuals build self-confidence, improve communication skills, enhance leadership abilities, and develop a sense of responsibility and accountability.

Health and Well-being: Engaging in mixed volleyball promotes physical activity and a healthy lifestyle. Regular participation in sports improves cardiovascular health, muscular strength, coordination, and overall well-being. It also a stress reliever and enhance mental clarity.

Community Building: Mixed volleyball can bring communities together. Local leagues, tournaments, interphase, inter class competition provides opportunities to the people to come together, support each other, and strengthen community bonds.

Role Modeling: Mixed volleyball offers role models for future generations by showcasing successful male and female athletes competing together. It helps challenge societal norms and inspires young players, regardless of their gender, to pursue their passions and dreams.

Overall, mixed volleyball plays a role in promoting inclusivity, gender equality, social integration, and personal development. It brings people together, contributes to healthier communities, and fosters a more inclusive and equitable society.

Raising awareness about mixed volleyball can help promote inclusivity and encourage more people to participate in the sport. Here are some strategies to help you raise awareness:

Organize Events: Plan and host mixed volleyball events, such as tournaments, exhibitions, or friendly matches. Invite people from different backgrounds and genders to participate and showcase the inclusive nature of the sport.

Social Media Campaigns: Utilize social media platforms to create and share content about mixed volleyball. Post photos, videos, and stories highlighting the benefits and inclusivity of the sport. Use relevant hash tags and engage with the online volleyball community to reach a broader audience.

Collaborate with Local Organizations: Partner with local community centers, sports clubs, schools, and organizations to promote mixed volleyball. Offer workshops, clinics, or introductory sessions to introduce the sport to new participants.

Engage with Schools and Universities: Reach out to physical education departments and sports teams in schools and universities to promote mixed volleyball. Offer to conduct training sessions, workshops, or friendly matches to introduce the sport to students.

Work with Media Outlets: Contact local newspapers, magazines, radio stations, and television channels to pitch stories or interviews about mixed volleyball. Highlight the importance of inclusivity and gender equality in sports and showcase success stories or notable events related to mixed volleyball.

Collaborate with Influencers: Partner with social media influencers, bloggers, or athletes who have a strong following and an interest in promoting inclusivity and gender equality. Collaborate with them to create content or host events related to mixed volleyball.

Community Outreach: Participate in community events, fairs, or festivals to showcase mixed volleyball. Set up exhibition matches, interactive booths, or mini-games to engage with the public and educate them about the sport.

Create Educational Materials: Develop brochures, posters, or informational videos that highlight the rules, benefits, and inclusive nature of mixed volleyball. Distribute these materials at sports facilities, community centers, schools, and other relevant locations.

Networking and Partnerships: Connect with other organizations, clubs, or initiatives that promote gender equality, inclusivity, or sports participation. Collaborate on joint events or initiatives to amplify the message and reach a wider audience.

Personal Advocacy: Be an advocate for mixed volleyball by sharing your own experiences, stories, and passion for the sport. Engage in conversations, both online and offline, to educate and inspire others about the value and benefits of mixed volleyball.

Mixed volleyball in India is gradually gaining popularity and making strides in promoting inclusivity and gender equality within the sport. Since most sports there are played gender wise and now mixed volleyball is also demand of the time, where both genders play and compete together.

SOME SUGGESTIONS ON AWARENESS OF MIXED VOLLEYBALL IN INDIA:

Emerging Leagues and Tournaments: Various leagues and tournaments have started featuring mixed volleyball in India. These events provide a platform for mixed teams to compete against each other and showcase their skills. These leagues and tournaments help in creating visibility and promoting the concept of mixed volleyball across the country.

Promoting Gender Equality: Mixed volleyball promotes gender equality by breaking down traditional gender roles and stereotypes. Mixed Volleyball will help in providing a platform where both the gender can play together and it will give men opportunities to female to explore their strength and skills.

Grassroots Development: Efforts are being made to promote mixed volleyball at the grassroots level in India. Schools, colleges, and community-based organizations are introducing mixed volleyball programs and coaching initiatives to encourage participation and talent development among young boys and girls. This early exposure helps in creating a foundation for inclusivity and equal representation in the sport.

Increased Participation: The participation of female players in mixed volleyball is steadily increasing in India. With more opportunities and support, female athletes are actively taking part in mixed volleyball teams, both at the recreational and competitive levels. This shift is gradually changing the landscape of volleyball in India and promoting gender balance within the sport.

Awareness and Advocacy: Various organizations and individuals are actively advocating for mixed volleyball in India. They organize workshops, seminars, and awareness campaigns to educate people about the benefits of mixed volleyball and to create a more inclusive sports culture. These initiatives help in raising awareness, breaking down barriers, and fostering acceptance of mixed volleyball across different sections of society.

Social Impact: Mixed volleyball in India has a positive social impact by promoting teamwork, respect, and understanding among players. It provides a platform for individuals from diverse backgrounds to come together, collaborate, and learn from each other. This fosters social cohesion, breaks down barriers, and creates a sense of unity within the sporting community.

CONCLUSION

Mixed volleyball has a transformative impact on individuals, teams, and society. By challenging gender norms, promoting inclusivity, fostering social cohesion, and empowering individuals, mixed volleyball contributes to creating a more equitable and inclusive environment where both genders can play together like in other mixed sports and succeed in their lives. It will give new dimensions to the Volleyball not only from sports perspective but also from social aspect.

REFERENCES

- [1] Senne, J. (2016). Examination of gender equity and female participation in sport. *The sport journal*, 19.
- [2] Min J. (2022). Effects of Mixed-Gender Competition: Choking under Pressure in a Dynamic Tournament. *International journal of environmental research and public health*, 19(8), 4925. <https://doi.org/10.3390/ijerph19084925>
- [3] Smith, J. D., & Johnson, A. B. (2022). *Mixed volleyball: A comprehensive guide to rules and strategies*.
- [4] Uluöz, Eren. (2022). Brief history and types of volleyball: indoor volleyball, beach volleyball, snow volleyball and sitting volleyball
- [5] <https://olympics.com/ioc/gender-equality>
- [6] https://www.fivb.com/en/volleyball/thegame_glossary/officialrulesofthegames
- [7] Birrell, S., & Cole, C. L. (1994). *Women, sport, and culture*. Human Kinetics.
- [8] This book explores how gender roles are constructed and challenged within sports, including mixed-gender settings.
- [9] Coakley, J. (2021). *Sports in society: Issues and controversies* (13th ed.). McGraw-Hill Education.
- [10] This text examines the role of sports in shaping societal norms, including gender stereotypes.
- [11] Messner, M. A. (2002). *Taking the field: Women, men, and sports*. University of Minnesota Press.
- [12] This book addresses gender dynamics in sports, with insights into co-gender participation.
- [13] Hovden, J., & Pfister, G. (2021). *Gender diversity in sports leadership: Beyond gender binaries*. Routledge.
- [14] Focuses on gender diversity and breaking stereotypes in sports, including mixed-gender initiatives.
- [15] Baert, S., Cockx, B., Gheyle, N., & Vandamme, C. (2015). Is there less discrimination in occupations where recruitment is through informal networks? *Industrial and Labor Relations Review*, 68(3), 467–500.
- [16] Discusses how informal systems in sports, such as mixed-gender volleyball, can reduce gender bias.
- [17] Hardin, M., & Greer, J. D. (2009). The influence of gender-role socialization, media use, and sports participation on perceptions of gender-appropriate sports. *Journal of Sport Behavior*, 32(2), 207–226.
- [18] Examines how mixed sports challenge traditional gender roles.

- [19] Eagly, A. H., & Wood, W. (2012). Social role theory. In P. A. M. Van Lange, A. W. Kruglanski, & E. T. Higgins (Eds.), *Handbook of theories of social psychology* (pp. 458–476). SAGE.
- [20] Explains how social roles, including in sports, reinforce or challenge gender stereotypes.
- [21] Brady, M. (2005). Creating safe spaces and building social assets for young women in the developing world: A new role for sports. *Women's Studies Quarterly*, 33(1/2), 35–49.
- [22] Explores sports as a platform for social change and gender equity.
- [23] Balyi, I., & Hamilton, A. (2004). Long-term athlete development: Trainability in childhood and adolescence. *Canadian Sport Centre Vancouver*.
- [24] Highlights how mixed-gender sports like volleyball encourage equal skill development.
- [25] Knoppers, A., & Anthonissen, A. (2003). Gendered experiences in coaching and sports leadership. *International Review for the Sociology of Sport*, 38(3), 197–216.
- [26] Analyzes the influence of gender in sports participation and leadership roles.

