

**RELATIONSHIP BETWEEN DEVELOPMENT OF FEMINIST TRAITS NURTURED
THROUGH PARTICIPATION IN SPORTS, WITH SPECIAL REFERENCES IN
LITERATURE ACROSS THE GLOBE- (ONE IS NOT BORN A WOMAN, ONE BECOMES
ONE (BEAURVOIR 56)**

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ABSTRACT

Feminism is a movement for women struggling for gender equality in every sector all over the globe, such as education, politics, sports and many others. Feminists aspire for women's freedom in making various decisions for themselves such as articulating both characteristics of masculine and feminine self-assuredly.

Sport has been one of the most important socio-cultural learning experiences for girls and woman for last few years. Societies have started giving same benefits to our daughters. It is important for all of us to know that and yet more is required. The benefits of sports are that School going girls who play sports are less likely to be involved in an unintended intimacy ; more likely to get better grades in school and more likely to graduate than girls who do not play sports.

Girls and women who play sports have higher levels of confidence and self-esteem and lower levels of depression.

Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports.

KEYWORDS: *Women Struggling for Gender Equality, Confidence and Self-Esteem*

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