



ISSN: 2456-0057

IJPNPE 2018; 3(1): 2306-2310

© 2018 IJPNPE

www.journalofsports.com

Received: 21-10-2017

Accepted: 26-12-2017

Dr. Mitesh Kumar

Associate Professor, Department
of Physical Education, MNS
Govt. College, Bhiwani,
Haryana, India

What physical education and sport does for society: An analytical review

Dr. Mitesh Kumar

Abstract

Sport is not a new horizon rather it is as old as the human society itself. Infect sports and societies both are changing their shape, form and nature together with the passage of time. The importance of sport in a society depends upon the culture of the society to a large extent. In modern era the importance of sport is much more than ever before because now the sport is no more a mere part time activity rather it is highly professional, commercial and specialized activity and the people are very much concerned and involved in it. But a few years back the picture was a little different at that time a large population had the opinion that sport is an idle activity and people used to scold their children for participation in sport. The proverb "Kheloge Koodoge Hoge Kharab Aur padhoge likhoge Banoge Nawab" was very famous with the middle class families.

But the things have changed in modern world now a huge population wants to see their children playing like Sania Mirza, Sachin Tendulkar and Vishwanathan Anand and this is all because of the involvement of name, fame and money in sport. The Media has placed the sport at apex end and that's why the leading sportsman are more famous than politicians or businessman of any country but still we find two opposite streams of thought on sport prevalent in most of the literature on this subject. On one extreme there are thinkers who regard sport as on idle activity, a mere pastime and on one extreme there are thinkers who regard sport as a key to success in life.

Keywords: Recreation, competitive, organized, structured, running, jumping, throwing, sports, game, play

Introduction

Sports activities have been part and parcel of human life since time immemorial. Play or recreation has been shown to be a fundamental necessity of man. This fact clearly affirms that there is an essential inter connection between the social structure of a society and the activities of games and sports.

The evolution of human life started with movement; coupling of which provides the bases for sports activities. Human beings have been very active and creative by nature and physical activity has been part of their life all along since evolution. The importance of physical activity was first recognized by Plato when he said: "Lack of physical activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." (Plato, 1955) ^[1] In this context the words of Miller & Russell also seem pertinent that play is nature's hand on the back of the child pushing him to educate himself or in other words "to move is to learn and to learn is to move" (Miller & Russell, 1971) ^[2].

Sport has been a mirror of society as society changes so does the sport hence in different societies the purpose of physical activities has been different like for primitive man search for food and shelter was the first requirement and thus the activities like running, jumping, throwing, swimming and hunting were necessitated by his instinct for survival. Besides this the physical activity was the first mode of communication and it was also a means of expression.

In ancient society people used physical activities for dignity and loyalty and in medieval society these activities were generally used for skills of surprise attack and commando ship. But with the passage of time human beings evolved culturally, socially and emotionally and so does the physical activity. In modern society these activities have taken a new shape and become more organized, competitive, specialized, professional and commercialized event. (Singh. A. 2006) ^[3].

Correspondence

Dr. Mitesh Kumar

Associate Professor, Department
of Physical Education, MNS
Govt. College, Bhiwani,
Haryana, India

Prevalent View Regarding Sports

Sport is not a new horizon rather it is as old as the human society itself. In fact sports and societies both are changing their shape, form and nature together with the passage of time. The importance of sport in a society depends upon the culture of the society to a large extent. In modern era the importance of sport is much more than ever before because now the sport is no more a mere part time activity rather it is highly professional, commercial and specialized activity and the people are very much concerned and involved in it. But a few years back the picture was a little different at that time a large population had the opinion that sport is an idle activity and people used to scold their children for participation in sport. The proverb "Kheloge Koodoge Hoge Kharab Aur padhoge likhoge Banoge Nawab" was very famous with the middle class families.

But the things have changed in modern world now a huge population wants to see their children playing like Sania Mirza, Sachin Tendulkar and Vishwanathan Anand and this is all because of the involvement of name, fame and money in sport. The Media has placed the sport at apex end and that's why the leading sportsman are more famous than politicians or businessman of any country but still we find two opposite streams of thought on sport prevalent in most of the literature on this subject. On one extreme there are thinkers who regard sport as an idle activity, a mere pastime and on one extreme there are thinkers who regard sport as a key to success in life. In this regard John huizenga in his study attempted to show

the role of sports in every aspect of social life. George H. Med has postulated that games and sport provide a medium for the development of the self. Many other thinkers visualize sport as vehicle for character formation and as an instrument for preservation of values in the society. Besides, the sport has become one of the most viable factors in cross culture integration. In modern society sport is supposed to be the best medium for international understanding and goodwill among nations. For most of the philosophers sport is important not only for self-actualization at the national level but for social maturation and survival at the global level.

Concept of Sport

Sport is a highly ambiguous term having different meanings for different people. Its ambiguity is attested by the range of topics treated in sport literature. The broad, yet loose encompass of sport reflected in literature suggests that sport should be dealt with on different planes of discourse, for a better understanding of its nature. Sport is a word taken from middle- English language 'sporten' which means 'to divert.' Etymologically, sport means, turning aside, distraction or going away from ordinary schedule of life. (Singh. B. 2004) [6] although etymology does help to grasp the historical concept of the term, but it does not provide a true definition of sports especially in the present context. In the present perspective, sport may be defined as a structured, goal oriented, competitive, contest based, lucid physical activity.

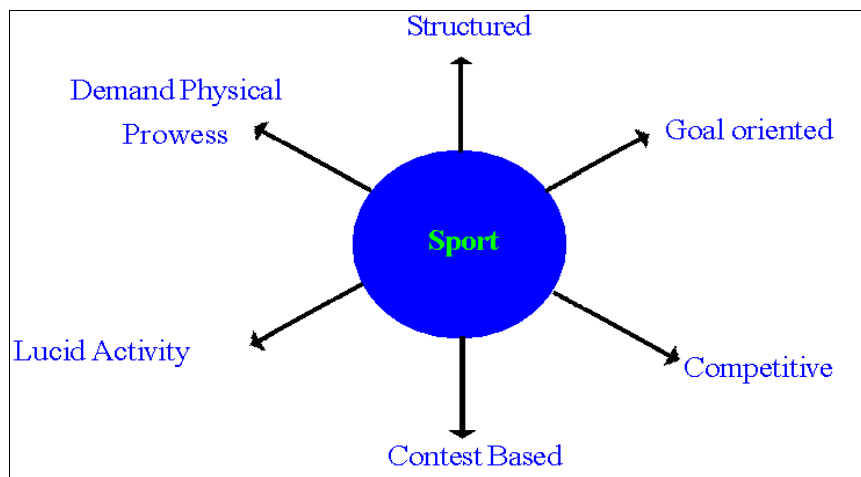


Fig 1: Characteristics of Sport

Sport involves physical and mental activity. This is one of the way in which physical development is exercised. Sport is a human activity that involves specific administrative organization and a historical background of rules which define the objectives and limit of the pattern of human behavior. It involves competition and challenge and a definite outcome primarily determined by physical skills. (Singer 1976) [8] Coakley suggests that sport can be defined as follows:

"Sport is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of intrinsic and extrinsic factors. (Coakley. J. 1977) [9].

Depending upon the conditions in which it is carried out some activities can be put in the category of sport but not under others. For instance, swimming is a form of play if it is engaged in primarily for exercise and pleasure but it becomes

a sport when it is regulated by specified rules and carried out to defeat an opponent. Walking, sailing, cycling and so on are similar activities which are sports in some conditions and not in some others.

Hence the main attribute which distinguishes sport from game, in general is, physical prowess that is sport demand the employment of highly developed motor abilities and physical skills executed in patterned manner which implies considerable training, and practice on the part of the player. Hence it is rightly said that "A Game is an occurrence; a sport is a pattern." Primitive sports were limited and regulated by Taboos and traditions and Modern sports are regulated by prescribed rules set norms and rules regulate the competition. However the difference between the primitive and modern rules is that modern sports are rationalized rather than prescribed by tradition. (Guttman, 1978) [10].

Therefore, sport is regarded as organized and institutionalized competitive activity that involves vigorous physical exertion

or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the external rewards earned through participation.

Why Sports?

Sport has a social obligation for preparing the youth for work and socially useful activities. Sport activities have accepted as an integral part of education. It contributes to the development of the individual through planned movements in physical activities. Children are naturally active and sport provides an enjoyable way to them to enhance their overall development. Regular participation in physical activities is an essential adjunct to normal growth and development. By participation in sport children become fitter and healthier and their natural instinct of play encouraged them.

Moreover, participation in sports improves the self-confidence and social competence of the participants and which in turn make them unable to cope with stress and anxiety. It has been observed that sport activities intended not only to achieve physical fitness but also optimum organic health, emotional stability and social adaptability to take proper decisions and develop skills that enable a child to participate in other various activities. (Waknarkar. D.G. 2002)^[11]. Thus it is rightly said that the physical fitness is one's richest possession; it can't be purchased but can be earned through a daily routine of physical exercise. Fit citizens are the best assets of a nation.

Sport and society has been developing together and reflecting and complementing each other from ancient times. In fact, sport is and has been a mirror of society. Sport is important not only for individual but for a group, a nation and the World, It has been observed that the progress of a country to a great extent depends upon its status in the field of sport, that's why the number of countries participating in Olympics is larger than the countries participating in United Nations Organization.

In modern society people all over the world are recognizing the importance of sport because now this is a well established fact that participation in Sport activities is the best mean by which the objective of overall personality development can be achieved.

Besides this, the new generation is opting to participate in sport because they feel that sport can give them everything that they wish in their lives that is the name, fame, enjoy, self satisfaction, respect and competition. Moreover, much of the attraction of sports comes from the wide variety of experiences and feelings that result from participation in sport: Joy, anguish, success, failure, exhaustion, pain, relief and above all feeling of belongingness. Sport can bring money, glory, status and goodwill, that's why a lot of sport stars are better known than the leading politicians of a country. Besides this sports provide a platform where the youth can satisfy their natural instincts of competition and urge to prove themselves better than others.

What Physical education and sport does for people?

Wilkerson and Dodder have conducted research to determine what sport does for people. They found that sport has seven functions in society

- **Emotional Release:** Sport is a way to express emotions and relieve tensions; it acts as a safety valve and catharsis to relieve aggressive tendencies.
- **Affirmation of Identity:** Sport offers opportunities to be recognized and to express one's individual qualities.

- **Social control:** Sport provides a means of control over people in a society where deviance is prevalent.
- **Socialization:** Sport serves as a means of socializing those individuals who identify with it.
- **Change Agent:** Sport results in social change, new behavior patterns and a factor that changes the course of history. It allows for interactions of all kinds of people and for upward mobility based on ability.
- **Collective conscience:** Sport creates a communal spirit that brings people together in a cohesive manner in search of common goal.
- **Success:** Sport provides a feeling of success both for the participant and the spectator when a player or a team with whom one identifies achieves. To win in sport is also to win in life.

Need of physical education and sports in modern society

Physical Education has a special significance, unique role and has made unlimited contribution in the modern age as it caters to the biological, sociological, and psychological necessities of the man. Swami Vivekananda has stressed that "What India need today is not the Bhagwat Geeta but the football ground." Physical Education is of great value for the man not only for his present but also for his future. Emphasizing the need and importance of physical education, Rousseau said. "It is the sound constitution of the body that makes the operation of mind easy and certain. The secondary education commission was aware of the need and importance of Physical Education when it stated. "The physical welfare of youth of the country should be one of the main concerns of the State and any departure from the normal standards of physical wellbeing at this period of life may have serious consequences."

- **Optimum development:** Physical education considers the child as a united whole of mental, social, moral, and physical qualities and provides for the optimum development of all these through the physical activities.
- **Physical growth and development:** Physical activity is necessary as it is conducive to the development of the organic system and functioning of the human body. It enhances his ability to resist fatigue, improves his performance and make him more active and healthier.
- **Intellectual development:** Physical activities must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking.
- **Emotional development:** Physical education provides opportunities to control emotions. The give and take of games and sports offer scope for both emotional release and the controlling of the emotions.
- **Social adjustment:** Physical activities provide opportunity of interaction between participants and others in varied situations enabling them to learn social qualities like sportsmanship, co-operation. Honesty, friendship, fellowship, courtesy, self-discipline, and respect for authority which promote social adjustment of an individual.
- **Personal Adjustment:** Physical education gives a full and worth-while experience to the individual which help him to realize fullest self-expression and highest satisfaction from the results of his action, and thereby facilitates his personal adjustment in life.
- **Character development:** Group effort, loyalty to the team and strong ties are much in evidence in play and

physical activities. They provide a valuable contribution to the development of good moral character.

- **Physical fitness:** Physical education through exercise and knowledge about one's body and its requirements contribute immensely to physical fitness. Regular exercise improves our physical efficiency, sense of well-being and appearance.
- **Mental development:** The learning of skills, game, rules, techniques and strategies, and judgement making equip an individual to interpret new situations effectively. Physical education programs also make an individual aware regarding the importance of sanitation, health and hygiene, prevention of disease, balance diet and health habits hereby improving his mental development.
- **Neuro-muscular development:** Through physical activities an individual learn to co-ordinate the muscular and nervous systems. Neuromuscular coordination develops well only if various types of skills and exercises are done repeatedly for a long period of time. For doing a thing accurately or learning a skill a good neuromuscular control is indispensable. It provides quick and efficient movement, and graceful carriage.
- **Healthy instinctive expression:** Play is an instinctive drive and offers many opportunities for the wholesome expression of original tendencies. The dynamic quality of play can be utilized for the satisfaction of the basic urges of the child.
- **Cultural Development:** Sports and physical activities play an important role in the cultures of all peoples. During such activity, individuals from different cultures mingle with each other and come to know about other's customs, traditions and ways of life, thereby promoting cultural development.
- **Leadership qualities:** Self-confidence, intelligence, loyalty, honesty, dedication and resourcefulness are some of the qualities of a good leader. Opportunities of cultivating these character traits are available in game situations and play ground is a good laboratory for developing these characteristics.
- **Health and safety habits:** Physical education instructs the individuals in habits of health and safety, and the sports and games are played under conditions conducive to learning safely and health practices.
- **Democratic values:** Organization and administration of physical education is based on democratic principles of give and take, and respect for authority. By providing chance to participate in planning and operation of programmes, physical education inculcates democratic ideals and values in the students.
- Develops healthy attitudes and promotes sportsmanship: - Physical education teaches the art of winning and losing gracefully, the spirit of being fair to others, and observance of the rules, and maintenance of friendly attitude will lead to the development of positive attitude and promotion of sportsmanship.
- **Constructive use of leisure time:** Physical education contributes to the constructive use of leisure time. Through skills and physical activities an individual learns to utilize his surplus energies properly and allow him to make best of his free hours.
- **Expression and creativity:** Physical education allows for expression and creativity by utilizing the body as a means of expressing one's feelings and creating new and innovative patterns of movement and ideas.
- **Citizenship qualities:** Physical education help in

developing the traits of good citizenship like obedience of law, fair play, sportsmanship, clean living, respect for others and patriotism which are essential to democratic living.

- **Economic value:** Now a day's physical education is fast emerging as lucrative profession. It offers numerous business opportunities, and opportunities for self-employment as well as employment in various agencies at various levels. Concept of sponsorship fast entering in sports arena has provided a new and meaningful dimension to it.
- **Mental relaxation:** Physical activities such as yoga, aerobics, fitness programmes, recreational activities, sports and games help in relieving and reducing mental tensions caused by modern life style by diverting the attention and also by proving an outlet to frustrations.
- **National integration:** In India where there is so much of diversity with regard to religion, caste, creed, language etc. physical education and sport plays a very important role in bringing about unity and in promoting national integration.
- **International understanding:** Physical education provides a platform to act across the barriers of national boundaries. International events afford and opportunity of personal interaction between the sports persons of different countries and bring them together and closer to share their experiences promoting peace, Goodwill, friendship and universal brotherhood.

Conclusion

Modern life, as characterized by sedentariness, automation and computerization has created a new class of human beings who just sit for hours each day. The 21st century is an age of space and technological gigantism, charged by speed, noise and other tension producing factors. The stress created by the demands of our social and economic systems, and our devotion to intellectualism is tremendous. Urban life style has caused many tensions and it will grow worst for mankind.

Modernization has thrust upon us inevitable side effects as well. Environmental pollution, cultural degradation, social disintegration, religious turmoil etc. have led to ecological and social imbalances, and various psychological and physiological strains and disorders are few to mention in the list ever growing. Today's man is facing, as never before, the crisis of existence and adjustment. To survive and overcome this present crisis, the need of the hour is grooming up a courageous, bold, physically, mentally, emotionally socially and intellectually strong individual. Physical education and sports is the agency which is fulfilling this social obligation very effectively by providing comprehensive and diverse physical education programs.

The importance of physical education and Sports in helping out the man from various self-created problems arising out of modernization of the society cannot be undermined.

Hence it is evident that sport in this age of increasing participation, holds many meanings for it's participates as well as having a significant impact on our society. In fact sport has an undeniable role in society and as society changes so does the sports.

References

1. Plato. The republic (Translated with an introduction by H.D.P. Lee) London, Penguin Books; c1955.
2. Miller DM, Russell RF. Sport: A comparative view, Lea & Fibiger, Philadelphia; c1971. p. 167.

3. Singh Ajmer, *et al.* Essentials of physical education, Kalyani publishers, Delhi; c2006. p. 13-14.
4. Huizinga J, Homo Ludens. A study of the play element in culture, Boston, Beacon press; c1938.
5. Mead GH. Self and society, Chicago. University of Chicago press; c1934.
6. Singh Bhupender. Sports Sociology: An Indian perspective. Friends' publication; India; c2004. p. 19-20.
7. Mina S, Prema D. Play activities for child development. National Book trust India; c2006. p. 2-3.
8. Singer Robert N. Physical education foundations, New York, Holt Rinehart and Winston; c1976.
9. Coakley JJ. Sports in Society: Issues and controversies. 6th Ed. McGraw Hills Int. New York; c1997.
10. Guttmann Allen. From Ritual to record, Columbia University press, New York; c1978.
11. Waknarkar DG. Onward march of physical education in India chapter 2 in 'trends and practices in physical education in India.' Friends' publication India; c2002.