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Daksh Sharma

Assistant Professor of Phy. Edu
SGGS Khalsa, Mahilpur, Punjab,
India

Sports as a model for peace and happiness

Daksh Sharma

Abstract

Not for the first time in my life, I was struck by the thought that sport is the most unifying and inspiring development and peace tool in the world. No other social activity brings people together in such great numbers, and with so much passion and enjoyment. Regardless of age, gender or ethnicity, sport is enjoyed by all; its reach is unrivalled. More importantly, though, sport promotes universal values that transcend language and culture. Moments like these show that sport has huge potential to effect social change. Sport and physical activity improve individual health and wellbeing, both physically and mentally, and teach important values and social skills. But sport doesn't just empower on an individual basis; it also unites and inspires people collectively, which builds communities. In sports, playfield serves as a small class-room, a laboratory with many educational processes going on which provide knowledge, liberate the mind, improve the skill, promote free thinking, and encourage, creative talent and development of positive attitudes. Sports provide a platform to act across the barriers of national boundaries. International events afford an opportunity of personal interaction between the sportsperson of different countries and bring them together and closer to share experience thus promoting peace and happiness.

Keywords: ethnicity, health, wellbeing, physically, mentally

Introduction

Sports have long been idealized as a way to heal wounds, mend fences, and rise above differences among cultures and nations. "Sports are institutionalized competitive activities that involve rigorous physical exertion or the use of relatively complex physical skills by participants motivated by personal enjoyment and external reward". "I remain convinced that sport is one of the most forceful elements of peace, and I am confident in its future action". Pierre D Coubertin "We carry on because we believe that it is a great tradition. But we are not naive: the Olympic truce will not bring or maintain peace. It is a symbolic appeal to humanity to avoid conflict". Sports and physical education policy is for social inclusion, not only to develop peace but the unambiguous peace with objectives like adjustment with time, which is the basic right of each individual to take part of self-approach activity in freedom. Like a famous quote "empty mind is the workshop of a devil". The UN in 2005 has declared the year of sports and physical education, which works to zenith the peace, similarly the FIFA (the federation international de football association) has agreed upon the treaty with NGO street football world for using the football and sports as a bell of peace and societal expansion.

Richard Giullianotti and Gary Armstrong have opined that sports acts as a base for peace development and struggles to minimize the battle fields. It aims to develop and endure the optimistic relationship among the public and military for helping the disturbed societies. Sports provide activities partnership by all in the whole world, and this universal acceptance excels governmental domestic and philosophical edges which are repetition adored by the audience and contestants identically. The flag of Olympic games flown in 1920 Antwerp for the first time contains five circles and has six color means that athlete from the five continents can participate openly. The aim of the Olympic is only the nourishment of peace and gathered participation.

The objectives of the study are

1. Sports have cross culture nature for peace development.
2. Peace through sports is a major component of social intervention.

Correspondence

Daksh Sharma

Assistant Professor of Phy. Edu
SGGS Khalsa, Mahilpur, Punjab,
India

3. Sports bring happiness among the people of the world.

In “Sports for Peace”, athletes from all over the world come together to promote the values of sport, such as fair play, tolerance, the Olympic ideal of freedom, international and intercultural understanding. As a politically independent initiative, “Sports for Peace” offers a neutral basis to foster the spirit of fair play, the sense of community and the elimination of prejudice. Everywhere in the world sport plays an important role in society, for it is capable of conveying basic rules and essential values of peaceful coexistence – such as tolerance, team spirit, loyalty and fair play. In addition, sport is especially suitable to form character skills, which are important for a fulfilling and happy life, because sport as a medium also gives the value of discipline, endurance, courage and self-motivation. By conveying the ethics of sport, it also lays the foundations for a more peaceful, humane world. The contribution sport can make towards peace-building efforts has generally been considered at the grassroots and nation state levels.

At the grassroots or community level, sport can be seen to provide a useful way of creating an environment in which people can come together to: work towards the same goal, show respect for others and share space and equipment. Sports and games through varied experience promote in the younger generation those knowledge’s, to develop those skills and foster those attitudes which help in the process of peace and happiness. Participating in sports enables the youngsters to develop habit of independent thinking and also brings happiness. The different situations that they have to face during practice and competition provide them opportunities to think, analyze and act rationally and not to develop prejudice against any caste, creed or culture to maintain or develop peace and happiness.

Sports competitions are open to one and all, and all participate with the spirit of sportsmanship. They forget the political rivalry of their nations. Even the white color of Olympic flag symbolizes peace. The sports thus spread the message of peace, which is necessary for the people. Happiness was recognized by our forefathers as a fundamental and worthy objective for every individual. In fact life would be incomplete and drab without sports. Among the needs for real living there should be “beauty, knowledge and ideals, books, pictures and music, song dance and games, travel, adventure, friends, championships and the exchange of the minds”. Sports hold its place of importance in today’s world because it has afforded and continues to afford opportunities for the attainment of these basic human needs which provide happiness.

Conclusion

“Playing sports also helps you stay focused in life. It helps you devise concrete plans, concentrate deeply, have a sound sleep-work cycle and clears your head of all the unwanted stuff you have been moaning about all your life”.

An average adult’s life revolves around the 8 hours we spend at office and the rest what? Constantly worrying about how well we are doing in life, the household chores, the office deadlines, the boss who haunts us even in our dreams. Why Sports for Happiness? Can sports make someone happy? How happy can you feel by sweating an hour out at the court? Is it all worth? Sports helps you distress. What happens when you

break a routine and try something new? You start feeling different. Doing the same old routine of sitting in front of the monitor and coding all day might fry your brains. But what happens when you lift a Badminton racket, walk into the court and spend some time playing? Your body starts generating more Dopamine. And why is Dopamine so important? Because it is the “Hormone of Happiness”. Sports as an activity has always freed people from various anxieties, depression, and sadness and revived happiness in many lives. Deepika Padukone, one of the leading Bollywood actresses in India was once quoted saying “Two years ago I struggled with depression. I was sinking. I almost gave up. But it was the athlete in me that gave me the strength to fight and never ever give up! “. So what are you waiting for today? Go pick your favorite sport and start playing today. Feel happy like never before and spread happiness wherever you go.

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