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Sociological principles of physical education

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Abstract

Sociology according to the Dictionary is the science that treats man as a social being by studying the origin organization and development of human society and human culture especially with reference to social and political institutions, including ethics, political economy, etc. Sociology deals with groups of people, their activities and their contributions to the development of a better social order. The study of the working of the human mind as an individual-and in a group forms the core of this science. Man is essentially a social animal. From primitive times man has lived and moved as the member a social group. Modern social organization is highly complex.

Keywords: Badminton, Smash skill, motor ability, boys, girls

Introduction

Sociology according to the Dictionary is the science that treats man as a social being by studying the origin organization and development of human society and human culture especially with reference to social and political institutions, including ethics, political economy, etc. Sociology deals with groups of people, their activities and their contributions to the development of a better social order. The study of the working of the human mind as an individual-and in a group forms the core of this science. Man is essentially a social animal. From primitive times man has lived and moved as the member a social group. Modern social organization is highly complex.

Socialization through Education

The foundation of social behavior is seen very early in the child. By crying, smiling, chattering, playing, etc, the child attracts the attention of others so as to share their company. This is the basis of society. Education develops a sense of social responsibility; the child is socialized first by the home and later by the school. In the cultivation of social habits and attitudes the school has the primary responsibility. The school should act as an agency to develop the social and moral qualities of pupils so that in course of time they may work for the welfare of a large society. The social atmosphere of the school vastly depends on the relationship of the teacher and the pupils and the relationship among the pupils them- selves. Pupils are extremely sensitive to the teacher's personality and method of teaching. The social needs of children also should be attended to in schools. Children need close attention, affection, admiration for their accomplishments and recognition as a part of a group. A social structure that denies these needs causes a feeling of frustration in children. Sound social interaction at the early stage builds up correct attitudes which may even dispel racial and religious prejudices.

Socialization through Physical Education

Physical Education as a part of the school programme can play a significant role in the socialization of individuals. Physical Education, through its activities establishes the social sense. Physical Education is based on the accepted social and democratic, principles. A sound physical education programme offering wholesome activities produces well-socialized persons possessing the desirable qualities of integrity, unselfishness forgiveness, sense of fairness. Co-operation, control of the emotions, etc. No doubt, all these social qualities are essential to a civilized society. The play ground is a laboratory for developing these social characteristics.

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So a teacher of 'physical education should sublimate the energy, emotion and enthusiasm of pupils towards the socially desirable qualities and prevent the pupils from being diverted to, an unwholesome community life. Every experience has a social significance. Games and wholesome forms of recreation and amusement provide opportunities of close association among individuals. Boys and girls are educated through physical education activities, not only as Individuals, but as members of a social group. Sports form a socially integrating factor, with common interests and enthusiasms. Competition and co-operation needed for the development of a well adjusted personality are present in sports and games.' Through physical education activities one learns much about working together with others towards common goal.

Recreation programmes contribute much to sociability. In a playfield or in a recreation programme all are equal whether they are rich or poor. Regardless of education or the social status, the victor is given prominence and due recognition. Everyone enjoys equal opportunity exhibiting his skill and worth. Physical Education offers practical education to the masses of people for living a happy, healthy and rational life in their own interests and the interests of society.

The role of educational institutions and the state is very clear in terms of giving equal opportunities to both the sexes for participation in games / sports. However, keeping in view the anatomical and physiological differences in their physiques between male and female some adjustments have been given with regard to weight of implements (Javelin, Discus, Shot put, Hammer) in athletics and so on. As far as family and religion are concerned they have different roles depending upon their attitude / aptitude (conservative, orthodox or Progressive).

Participation in games and sports develops the following qualities with irrespective of the sex/gender

1. Games and sports participation develops good character.
2. Sports participation develops a sense of discipline.
3. Sports participation develops loyalty.
4. Sports participation develops / generates social control/self control.
5. Sports participation prepares the athletes for life.
6. Sports participation provides opportunities for individual advancement.
7. Sports participation generates physical fitness.
8. Sports participation 'generates mental alertness.
9. Sports participation is supportive of education achievement.
10. Sports participation promotes Nationalism.

Sports and socialization

No child is born with an already built-in social self. Individuality and the whole area of human behavior come about through a long process of socialization where biology and culture meet. Without socialization neither the individual nor society could exist since both are dependent on these unique processes. It means, socialization depends on the social and cultural heritage of individuals society. Since, the physical education teacher is concerned with the whole individual, he should have the knowledge of culture. and social order and how the processes of socialization takes place. Similarly the students of physical education should be given the understanding of processes of socialization through sports. It will help them to know the importance of sports in one's life. They will encourages and may come forward for participation in sports and games to realize its desired results

of socialization.

Socialization may be defined as a process of acquiring the social, mental, and physical skills necessary for survival in a culture and for perpetuating the heritage of that culture.

Socialization enables a man to become an individual and at the same time a valuable member of a society. In a way it tends to shape people to be alike as they take on the ways of their society and become a functional member of it. Once socialized, they exhibit standards of behavior in accordance with society's norms which are the rules, laws, and customs which govern behavior and from which society's values emerge. It is the adjustment one makes to one's cultural environment.

The individual and the group

A group is made up of individuals. Every individual is influenced by the social patterns at different levels and moulded by social interaction. An individual is influenced by his family, friends, neighbors, playmates, institutions or itself groups etc. He acts according to the environment and the group to which he belongs says " A group consists of two or more persons who share norms about certain things with one another and whose social, roles are c1000ly interlocking" _ A group includes persons Who share some norms and values about something. A group game to be conducted smoothly requires a code of conduct on the part of the players and a set of common rules. Groups may be formal or informal. An individual may be tile member of a number of groups. He may be a member of a college, organization, a social service league, cultural organization, club and the Y. M. C. A. etc.

Each group has got its own norms and as a member of the different organizations or groups one has to perform specific roles according the expectation of the respective groups. An organized- group can only arise from the interaction of individuals with common motives. When common motives operate for a long period, then a group structure with specific norms will emerge. In the organization of sports associations and clubs regular rules are formed to govern the association and memberships are accepted on certain conditions. A definite motive underlies an organization.

Mobs or Crowds

A mob is different from a group. It is also composed of individuals. He individual in the mob loses his personality and acts like automation. In a crowd there will be peculiar behavior, heightened emotionalism (intense anger fear or joy) irrationality, a diminished sence of responsibility, and anonymity. An aggressive mob feels that it can do anything to achieve the goal. Each individual feels that it is the mob as a whole that is responsible for the violent act and 80 no oae feels responsible for the violence and each feels secure that he will not be detected and punished because there are so many coding the same act.

A woman actively involved in sports is likely to have her femininity. Traditional sex role definitions either do not legitimate athletic pursuits for females or they narrowly define the range of appropriate physical activities. Women are clearly at a disadvantage in terms of opportunities and resources available for physical expression of the self in the form of sport. It is generally considered inappropriate for women to engage in sports where there is bodily contact, throwing of heavy objects, aggressive face to face competition, and long distance. Running. Or jumping. Another factor of female roles in organized sport is the possibility of male anxieties over female athletic potentials.

There are dangers of injury female engaging in contact sports with males.

Sports for girls should be encouraged but the fighting element should be eliminated and proper safeguards should be made against injury. A difference needs to be made between boys and girls athletics. Let the former be for fighting and latter be for fun.

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Definition of Socialization

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