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## Role of games and sports in the process of socialization

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### Abstract

The purpose of this study was to determine how the physical activity and play made the man social and get better Socialized as they engage in sporting behavior. As a social phenomenon, sport is a great social experience for all Children, adults, old people, women, rich and poor. Sociology of sport concentrates its cognitive efforts on the conceptualization of the social phenomena. In this paper, we focus on, how the individual to acquire social qualities like honesty, co-operative, enthusiastic, physically and mentally strong etc which play important role to achieve the success in life.

**Keywords:** Role, games, sports, process, socialization

### Introduction

Sociology is the study of society. It is a social science. As we know “Man is a social animal. He cannot live alone. Man has ability to mix up with other people because god gifted him a social creature. When a infant is born with complete social immaturity, at that time infant is completely dependent on their family members. Then the process of socialization starts in the life of infant. Socialization is the process in which child develops and is led from a state of social immobility and grow up towards a state of dependence to independence. When the infant is born it is like a animal. Child is born with a unique genetic characters including Social character. No child is born with an already built in Social Self. Different institutions like family, school, peer group, neighbours, relatives etc help the child to make Socialize. Socialization is a process in which shaping of individual from animal to human being and providing an opportunity to develop individually, self-actualization and self discipline. A good Social behavior made the man superior from others because man knows about his Social Quality. Socialization is a process of acquiring the Social, mental and physical skills, which are necessary for survival in a society.

### Sports and Socialization

Games and sports provides great opportunity to the individual by preparing to the various challenges of life during later stages. This includes the development of good character, discipline, competitiveness and gives opportunities to experience various challenges which is useful for personal achievement in the later stages of life. Sports are seen as primary source for moulding the youth who will be the future of the nation. The role of games and sports is very clear in terms of giving equal opportunities to both the sexes for preparing them to the different compositions of life. Without socialization neither the individual nor society could exist since both are dependent on these unique processes. The Coaches and physical education teachers is concerned with the whole individual, he should have the knowledge of culture and socialization process. Sportsperson should know the importance of sports in their life.

### Games and Sports Provides the Opportunities to Develop the Following Qualities

1. Participation in games and sports develops good character.
2. Sports participation develops a sense of discipline.
3. It develops loyalty, self control and prepares the athletes for life.
4. It provides opportunities for individual advancement.
5. It promotes nationalism.

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### **Sports Sociology an Important Aspect**

Sport plays a huge role in everyday life. Whether it is mentally, physically, socially and spiritually, sport has a big impact on anyone's life. Sport has become more commercialized and globalized over the past years for an example the world cup has lots of sports company sponsors and supporters. Sport is played as an enjoyable part of people leisure time and also people play sports to become fit and healthy. Games and sports gives people a variety of choices to choose from, allowing people to have fun and keep fit. Many researchers have resulted that common health issues and diseases for an example obesity, mental illness, diabetes, cancers can be prevented by experiencing a good amount of physical activities. Sport also develops close relationship very quickly which makes it easier for them to talk about serious issues.

Another way of impact of sport is that people work as professional players and some people work in areas which are related to sports, besides these positive and well known effect of sports on people and society. Sport has many important roles in social change example peace building, social inclusion, promotion of living conditions.

Sociology of sport alternately referred to as sports sociology, is a sub discipline of sociology which focuses on sports as Social phenomena. It is an area of study concerned with various Socio-cultural structures, patterns, and organizations involved with sport. The emergence of the sociology of sport dates from the end of the 19<sup>th</sup> century, when first social psychological experiments dealing with group effects of competition and pace making took place. In 1970 sports Sociology gained significant attention as an organized field of study. Today most sports sociologists identify with at least one of four essential theories that define the relationship between sports and society. One of the aims of sociology of sports is to look at various groups in athletics as societies in and of themselves or as Society as a whole. A sociologist looking at the social phenomenon that occur within a team, for instance, may be interested in the relationship between player of different skill levels, coaches and players. Sociology of sports is also interested in addressing some of the Social problems that occur within athletic society and culture.

The Sociology of sport also referred to as sport sociology is the study of relationship between sport and society. It examines how culture and values influence sport, how sport influences culture and values, and the relationship between sport and major Social spheres of life such as the media, politics, the economy, religion, race, gender and youth.

### **Importance of Studying the Sociology of Sport**

As a sport manager, you need to understand why people participating in sport and what happens to them as a result of their participation in sport. This process of learning and development in and through sport is socialization. Socialization is an active process of learning and social development, which occurs as we interact with one another and become serious with the Social world in which we live. It involves the formation of ideas about who we are and what is important in our lives. We actively participate in our own Socialization as we influence those who influence us. We actively interpret what we see and hear, and we accept, resist or revise the messages that we receive about who we are, about the world and about what we should do as we make our way in the world. Therefore, Socialization is not a one-way process of social influence through which we are moulded and shaped. Instead, it is an interactive process through which

we actively connect through others, synthesize information, and make decisions that shape our own lives and the social world around us.

### **Social Nature of Man and Physical Activity**

Social nature of man draws strength from the instinct of gregariousness, the tendency to live in groups. Some animals are also gregarious but their life is not so organized like that of man. Man's dependence on fellow-beings (family, community and tribe) kept on increasing day by day for the existence of a social life. Man, without Society, is as good as a savage. The initial environment of a child comprises his home, his parents, grandparents, siblings, neighbours and peers from whom he acquires behaviours of all kinds in order to stand on his own legs and acquire the status of a society. In his process, games and sports serve as the chief source of learning various types of behavior, which are essential for serving a happy life. Man's being Social has great bearing on his learning and acquiring universal knowledge about matter, mind and life including his own body and soul, because most of education is largely learning how to interact with environment both physical and social. When we play some games and sports and learn how to behave with others, how to generate and exchange ideas, how to address others, how to observe and experience.

Physical activity like play, sport exercise is a great social experience. Physical activity when well organized, takes the shape of exercise, developing health and strength in people by keeping diseases free, treating the symptoms of stress. Physical activity becomes more enjoyable when there are people around to praise your effort and also to follow in your footsteps. Play in infancy and childhood, serve as indices maturity of the human organisms and also act as social adjustment for them. It has been shown that children who grew up under conditions of limited play facilities were less socially adjusted than those who were exposed to physical activity.

### **Conclusion**

The aim of this paper was to provide a foundation for the different sociological concepts. Sports sociology deserves attention because sports itself has become the important element of contemporary society. The popularity of sports and its convening power further contribute the sports being a powerful voice for communicating message of peace and site for symbolic public acts on the global and local levels. Sport is an effective element in community for the existence in a social life. The skills and values learned through the sport are necessary for handling life situations both physically and mentally and shaping up as a social being. Well crafted sports activities teach respect, honesty, communication, co-operation which enable the individual to learn various life's strategies.

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