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Professional ethics and sports participation: A positive correlation

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Abstract

Good ethics is a fundamental requirement of any profession. Ethics refers to human conduct as to make judgments between what is right and wrong. Sports promote socialization, the development of new friendships and their strengthening, reinforcing healthy lifestyles and stimulating community participation and social cohesion. Athletes value the group and recognize the importance of joint action to achieve common purposes. Athletes control their emotions when the situation is tense or adversarial, and are capable of recognizing their own mistakes. Athletes accept others as individuals, understanding their qualities and difficulties. Athletes respect and follow the rules of the game and the decisions linked to it.

Sports Promote and develop personal and social skills to improve intra- and interpersonal behavior and attitudes, in relationships between peers, responsibility, friendship, mutual aid, well-being and self-confidence. Sports provide opportunity to its participants for policing their internal personality traits which facilitates to adherence of social norm commonly termed as ethics. This research paper is an attempt to bring about light upon the positive influence of sports participation in the development of professional ethics among youth.

Keywords: Professional ethics, sportsman spirit, character & group cohesion

Introduction

Ethics is the discipline within philosophy concerned with right and wrong human actions. Ethics is a requirement for human life. It is our means of deciding a course of action. Without it, our actions would be random and aimless. There would be no way to work towards a goal because there would be no way to pick between a limitless numbers of goals. Even with an ethical standard, we may be unable to pursue our goals with the possibility of success. To the degree which a rational ethical standard is taken, we are able to correctly organize our goals and actions to accomplish our most important values. Any flaw in our ethics will reduce our ability to be successful in our endeavors. A proper foundation of ethics requires a standard of value to which all goals and actions can be compared to. This standard is our own lives, and the happiness which makes them livable. This is our ultimate standard of value, the goal in which an ethical man must always aim. It is arrived at by an examination of man's nature, and recognizing his peculiar needs. A system of ethics must further consist of not only emergency situations, but the day to day choices we make constantly. It must include our relations to others, and recognize their importance not only to our physical survival, but to our well-being and happiness. It must recognize that our lives are an end in themselves, and that sacrifice is not only not necessary, but destructive. Ethics refers to human conduct as to make judgements between what is right and what is wrong. It could be that there are several factors that may encourage one to adopt unethical behaviour, but the right person is he who, despite facing ethical dilemmas, assesses the situations and makes differentiation between what is morally good and bad in order to follow the rules and code of professional conduct.

Sports and society: Competitive sports have a tremendous impact on our culture, influencing the values of millions of participants and spectators. It has been said that "Sport is too much a game to be a business and too much a business to be a game" (Hums, Barr, & Gullion, 1999) [5]. The sport industry is growing at an incredible rate of speed.

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Ethics

Ethics is basically a system of moral principles. The origin of the term ethics is derived from a Greek word 'ethos' which means custom, habit, character or disposition. Ethics decide how people make decisions and lead their lives. The philosophy of ethics is concerned with individuals and social good (David Carr, 2000) [2]. In its simplest definition, a system of moral principles is called ethics. They affect how people lead their lives, for life is an unbroken stream of decision-making and ethics are concerned with what is the right moral choice, for individuals and for society. This is also known as a moral philosophy

Profession

Professional ethics are a defined set of rules that a member of a profession must abide by to maintain their good standing with the licensing authority that permits them to operate within their profession. Saunders (1928) [6] opines, "A profession is a specialized occupation that involves specific orientation and training. It is defined as an occupation based upon specialized intellectual study and training, the purpose of which is to supply skilled service and to advise others for a definite fee or salary". Wang & Armstrong (2004) [7] say that a profession is generally defined as, "An occupation requiring advanced education and special training." To become a true professional, people must invest a lot of time and energy into learning and practicing their professional knowledge and skills.

Professional Ethics

Professional ethics is a term that encompasses the organizational and personal standards of behavior a professional individual is expected to possess. Professional ethics denotes a set of principles which are applicable to a profession. It refers to the principles of ethics, directly or indirectly applicable to the work and conduct of individuals' working as professionals. Every profession has its own professional ethics to regulate its terms, conditions, norms and quality of service to be rendered. Component of professional ethics is integrity, sense of responsibility, Discipline, Sense of Teamwork, Communication, Cooperation, Respect, Socialization and communication, Organizational skills, Leadership quality etc.

Sports

Sports includes all forms of competitive physical activity, which through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Sports are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include: play; recreation; organized, casual or competitive sport; and indigenous sports or games."

Many people participated in sports in different form. For example: players, coaches, officials, organizers, sports psychologist, sports physiotherapist etc.

Relationship between professional ethics and sports participation

Sports can enhance professional ethical values:

Respect: Every professional relationship from the top to the bottom of the chain of command is based on respect. Respect your subordinates as you do your superiors. In sports also can

promote the development of a positive self-image and respect for others. Relating with warmth and respect for their classmates, both in the role of teammates as well as that of opponents.

Sense of Responsibility: When a person feels personally responsible for her job performance, she shows up on time, puts in her best effort and completes projects to the best of her/his ability. In sports we see coach, who must take responsibility of team and team captain also take responsibility for guiding their team mates.

Socialization and communication: Sports can also strengthen the socialization. It can promote socialization, the development of new friendships and their strengthening, reinforcing healthy lifestyles and stimulating community participation and social cohesion.

Organizational skills: Employers consider effective time management and organizational skills as good work habits.

Cooperation: Involves developing good working relationships, following the chain of command, good at conflict management, and being a good problem solver. Cooperative work can be highly beneficial in a business entity, individuals with a good work ethic know this well. They understand the usefulness of cooperation, e.g., teamwork — they often put an extensive amount of effort into working well with others.

Leadership quality: Sports participation also improves leadership quality of person, which is also important in professional area. In every profession and sports we must need a team leader, who guide and give direction to others for achieve the goal or target.

The coaches who must take on most responsibility for the transmission and strengthening of ethical values: - Because of the leadership position, which they take in the educational process, stimulated by sporting activity. Same as coach represent and express certain values to athletes like Understanding, Discipline, Tolerance Responsibility, Justice, Straightforwardness, Support, Respect, Equity, Commitment and Self-control. Athletes control their emotions when the situation is tense or adversarial, and are capable of recognizing their own mistakes. Athletes accept others as individuals, understanding their qualities and difficulties. Athletes respect and follow the rules of the game and the decisions linked to it.

Conclusion

At last the conclusion is participation in sports is a learning experience for everyone and helpful for enhancing the ethical values which is the key to success in any profession. Sports participation allows an individual to learn the lessons of life without losing anything. It is well said about sports that everyone is a winner in sports; some win it and rest learn from it.

Although correlation is a statistical term but it could be aptly used here because all the ingredients of professional ethics are very well practiced in sports setting which ultimately helps an individual to excel in the professional field of his choice. The long and fruitful inning in any profession is not possible without practicing the ethics in personal and professional conduct that is effortlessly.

Indian government has rightly identified the value of sports

participation for nation building and ethical upliftment of the society and launched a mega sports scheme for all section of the indian society from school going kids to the old age people – ‘ Khelo India’. The new mantra for todays youth is “Kheloge Kudoge To Banoge Lajwab.

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