

# ROLE OF SPORTS IN SOCIAL AND EDUCATIONAL DEVELOPMENT

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## Abstract

*Sport has a great positive effect on the individual as well as on the society. The transformational power of sports is so effective that it bolsters the physical, psychological, emotional and social capacity of an individual. Because of the technological development and arrival of video games and smart phones, the children spend more time either in playing video games or in chatting with the friends or searching one thing or the other through the internet. Such activities may or may not increase the intellectual ability of the children but they are definitely harmful to their physical development. Constant use of mobile phones or video game adversely affects the physical, psychological and social capacity of the children. All such capacities are of primary importance for the academic development of the students. In the present article, the researcher has focused on the developmental aspects of sports for the field of social and educational development.*

**Keywords:** Sports, Positive Effects, Social Development, Educational Development, Developmental Aspects

## INTRODUCTION

“Sport, in general sense, can be defined as any physical activity which, through casual and organized participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.”<sup>1</sup>

Sport has a great positive effect on the individual as well as on the society. “Participating in sport can improve the quality of life of individuals and communities, promote social inclusion, improve health, counter anti-social behaviour, raise individual self-esteem and confidence and widen horizons.”<sup>2</sup>

The transformational power of sports is so effective that it bolsters the physical, psychological, emotional and social capacity of an individual. At the same time, sports play a significant role in the development of education also. In today’s academic world, it seems that for want of academic development and in the haste of achieving higher degrees, the sport has been marginalized. The students spend least time for the out-door games and as a result, their physical development is obstructed. Because of the technological development and arrival of video games and smart phones, the children spend more time either in playing video games or in chatting with the friends or searching one thing or the other through the internet. Such activities may or may not increase the intellectual ability of the children but they are definitely harmful to their physical development. Constant use of mobile phones or video game adversely affects the physical, psychological and social capacity of the children. All such capacities are of primary importance for the academic development of the students. In the present article, the researcher has focused on the developmental aspects of sports for the field of social and educational development. This article discusses some of the ways in which sport is helpful for the social and educational development of the students.

### ❖ **Role of Sports in Social Development:**

Sports contribute greatly towards the development of society. It contributes for the social well-being and for creating a healthy society. Following social benefits are achieved through sports:

#### - **Community Development:**

The government of a nation is always concerned about the community development and cohesion among the people. Sports can positively contribute to all these goals. Sports create a strong community network and a sense of positive association with the society. The sports develop a sense of identity, solidarity and equality among the people. There will be high level of interpersonal trust and reciprocal support if the people participate in sports and physical activities.

#### - **Creating a Healthier Nation:**

A healthier nation is destined to grow faster than the otherwise. A healthier nation is made up of healthy citizens. Sports and physical activities can contribute a lot for the development of the healthier nation. It is

<sup>1</sup> Council of Europe (2001) European Sports Charter, Brussels, Council of Europe

<sup>2</sup> Sportscotland, 2003, P. 7

studied that sports and physical activities can reduce several kinds of health issues such as obesity, cardiovascular disease, diabetes, colon cancer, osteoporosis, haemorrhagic strokes, etc.

It is well established fact that physical activities, lifestyle changes and healthy eating can make a significant contribution to the control and reduction of obesity and obesity related disease. Regular exercise and sports can reduce the chances of cardiovascular disease. Diabetes can also be controlled by the sports and physical activities. Regular physical activities and participation in sports from the early childhood can significantly reduce the chances of osteoporosis.

The research also shows that sports contribute towards the improvement of mental health also. Sports will have positive effects on anxiety, depression, mood, emotions, self-esteem and psychological dysfunction.

- **Preventing Crime:**

Sport is useful for the crime prevention also. By the use of association with the sports, the criminal mentality of the youth can be diverted to the strong positive ideology. Sports encourage the self-discipline. Sports work as an antidote to boredom. As a result, the negative thoughts are reduced and the youth is positively energized. Sports can pacify certain adolescence provoked need such as adventure, excitement and need to be authoritative. If the youth do not participate in sports, these needs are satisfied by getting involved in antisocial activities. so, the participation in sports can be helpful for the crime prevention also.

- **Positive Effects on Academic Achievements:**

To participate in physical activities and sports results in better academic performance. It is widely recognized fact that the participation in sports will be helpful to improve academic performance of the students.

Regular participation in sports increases energy of the students because of the fitness derived from the sports. When the students are away from the class, they get a positive diversion towards sports and anti-social activities are prevented. Participation in sports reduces the disruptive behaviour and as a result, the concentration of the students also increases. Regular participation in sports creates positive impacts on reaction time, sharpness and mathematical ability of the students.

- **Positive Economic Impact:**

Sport is useful for economic development also. When a person participates in sports or any physical activity, his/her chances of getting job becomes higher because of his/her mental ability. As a result, their economic condition gets improved. Participation in sports also helps in increasing consumer expenditure related to sports accessories and equipment. Those involved in this business will have better chances to increase their revenue. Organizing sports competition and championships also contribute a lot in increasing economic turnover for all those who are economically associated with such business.

❖ **Role of Sports in Educational Development:**

Sports play following positive role in the educational development of the students:

- **Positive Classroom Behaviour:**

Physical Activities will have positive effects on the classroom behaviour of the students. The observation shows that the physical activities during the school time reflect increased brain function, increased self-esteem and better classroom behaviour. The physical activities result in self-motivation for the students. The consistency in the studies also increases due to the sports and physical activities. Besides that, the students that participate in physical activities are physically fit and as a result they can work for longer hours for studies. Physical activities remove negative behaviour of the students and create positive attitudes towards the study.

- **Positive Cognitive Effects:**

The study shows that there is positive correlation between the participation in sports and cognitive behaviour of the students. It is revealed that the students who participate in sports have better understanding and faster grasping abilities than those who do not get involved in sports. It is seen that the students who participate in the sports activities are more enthusiastic in learning the things than those who do not participate in physical activities. It is seen that the IQ of such students is higher as compared to the other students. It is also noticed that the attention and concentration of such students is higher than the others.

- **Reduction in Anti-social Behavior:**

It is observed that the rate of anti-social behaviour is very low in the people who participate in the sports. Use of drugs, smoking cigarette, or taking alcohol, etc. is very less in the teenagers that participate in the sports. The adolescents who are strongly associated with the sports are found to have less intoxication. When the anti-social behaviour is reduced, it is likely to increase satisfaction from the society and as a result their academic performance improves.

- **Positive Effects on Soft Skills:**

It is seen that learning soft skills is very much easy through participation in sports activities. Soft skills such as interpersonal communication, leadership, self-confidence, courage, positive attitude, motivation, etc. can be easily learnt by a person through participation in sports. Sport has the capacity to develop all such skills without reading books for the same.

- **Positive Effects on Mental Health:**

Sports create positive effects on the mental health of the students. It creates self-esteem and self confidence in the students. The sports remove anxiety, stress and depression. It creates positive mood of the students for learning the things. Sports activities are helpful in developing mental stability of the students. It is very much simple to understand that the student with mental stability always scores higher than the others.

- **Positive Effects on School Attendance:**

There is low rate of absenteeism in the students who participate in the sports. When the students are actively associated with the sports, they are likely to attend the school regularly. The students participating in sports activities feel school connectedness and school satisfaction. As a result, the absenteeism decreases and school attendance increases. The drop-out rate is also very less for the students who participate in the sports.

- **Positive Effects on Social Outcomes:**

It is also observed that the participation in sports creates positive effects on the social behaviour of the students. The students become more aligned with the society. It is also seen that the physical activities develop the moral behaviour in the person. It is concluded that the sports and physical activities might be an effective vehicle for developing ethical and moral behaviour in the youth and at the same time it can reduce the anti-social activities in the society.

## CONCLUSION

Explained here are some of the positive effects that can be generated by the encouragement of sports participation and physical activities. The above given discussion is just the example of some of the benefits of sports and physical activities. In reality, there are lot of benefits that a society receives from sports and physical activities. Really, sports can contribute a lot for the social development of a nation. The study shows that the students who regularly participate in the sports and physical activities can learn the things faster than those who do not. The students who spend time in sports have better ability of managing the time and their efficiency is also more as compared to the other students. As a result, such students can grasp and learn faster than the students who do not participate in sports. In short, sports play a positive role in the educational development of the students.

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