



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2016; 2(5): 880-882  
www.allresearchjournal.com  
Received: 19-03-2016  
Accepted: 20-04-2016

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## Role of sports on the social development of school children

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### Abstract

It is no secret that physical activity is beneficial to a child's health. Physical benefits are not the only reason why children need exercise on a consistent basis. Many studies increasingly show that there is a positive correlation between a child's physical activity and his or her mental development; in fact, physical activity has a three-fold benefit to mental development: social, academic, and mental health. Some shifts in aims, themes and contents are evident with signs that the purpose and function are being redefined to accommodate broader life-long educational outcomes including healthy well-being and links with personal and social development that are occurring in some countries. For socialization into physical activity engagement, the school physical education curriculum and its delivery need to be conceptually and contextually re-appraised. When children are involved in organized sports or exposed to an organized physical education class in school, the basic values they learned in the sandbox all those years ago are further emphasized: sharing, working together, and celebrating together are all essential components of team sports and organized play. Working together and seeing such work pay off helps strengthen a child's relationships with his or her peers, and gives him or her something to bond over with other children. Therefore, the social aspect of certain physical activities helps to develop a child's sense of camaraderie, and teaches them positive values. These values are then carried with the child throughout life. Sport has been used as a practical tool to engage young people in their communities through volunteering, resulting in higher levels of leadership, community engagement and altruism among young people. Generally it is considered that the objective of physical education is the development of only physical aspects, but there are other aspects of physical education such as sociological aspects and psychological aspects. The main concern is sociological aspects of physical education. Infarcts physical education develops various social qualities directly and indirectly. We are all aware that man is a social animal. We always want to live society for our proper development there are various forms of social institutions, such as family, schools and colleges etc. Physical activity and sports is also an impotent institution, which helps in the socialization for good adjustment in the society. Physical activity and sports also develops various social qualities such as cooperation, sympathy, helpfulness, respect, brotherhood, patients, tolerance, discipline, fair play and honesty etc.

**Keywords:** sports, social development, school children, Physical activity

### Introduction

The role of sport in inclusion has shown to be strongly linked to building social cohesion and social capital among young people and adults in communities. Sport has been used as a practical tool to engage young people in their communities through volunteering, resulting in higher levels of leadership, community engagement and altruism among young people. Positive peer relationships between young people are encouraged through physical activity and coaching is considered a key aspect of how physical activity can contribute to social inclusion among young people. Social inclusion also relates to offering equal opportunities to sport and education programs regardless of gender, ethnicity or ability. There is increasing attention on program development both in and out of schools for example, to include girls, people with disabilities and refugees.

Sport and physical education is fundamental to the early development of children and youth and the skills learned during play, physical education and sport contribute to the holistic development of young people. Through participation in sport and physical education, young people learn about the importance of key values such as-honesty, teamwork, fair play, respect for themselves and others, and adherence to rules. It also provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. These learning aspects highlight the impact of physical education and sport on a child's social and moral development in addition to physical skills and abilities.

In terms of physical and health aspects of child and youth development, there is an overwhelming amount of evidence that focuses on the (mostly positive) effects of sport and exercise on physical health, growth and development.

The role of sports in society is not only measured by TV ratings or stadium attendance. In 2003, the UN defined sport, for the purpose of development, as “all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games”.

Since “sport” is a synonym for “play”, why not recognize, respect and therefore invest in healthy leisure activities? The implementation of sports programs can be easy and cheap, and, if developed well, can become a low cost, high social benefit venture. In order to achieve this, investment should not only be focused on building new infrastructure. The amount of money and effort dispensed should also be motivated by creating effective programs that give priority to developmental objectives and are designed to be inclusive. These would enable sports to be as a means for educating youth.

Sports for development programs can become a powerful tool for development and learning. They promote participation, inclusion, human values, acceptance of rules, discipline, health promotion, non-violence, tolerance, gender equality, teamwork, among others. All of the aforementioned problems are visible in the poor communities of developing countries. These issues can be dealt with by adopting programs that directly address them as part of their routine.

I encourage countries to look at sports through a different angle. Sports are an effective instrument that can help improve the quality and development of our children, families and countries in general. Each country will need to tailor its programs in order to focus on its particular problems and obtain the results it seeks. The results will be observed in the long term. They will not necessarily consist of an individual standing on podium receiving a medal, but an entire generation of good citizens, prepared with the necessary competencies to face their country’s present and future challenges.

### **What is Sociology?**

Sociology is the scientific study of social behavior, including its origins, development, organization, and institutions it is a social science that uses various methods of empirical investigation and critical analysis to develop a body of knowledge about social order, social disorder and social change. Many sociologists aim to conduct research that may be applied directly to social policy and welfare, while others focus primarily on refining the theoretical understanding of social processes. Subject matter ranges from the micro level of individual agency and interaction to the macro level of systems and the social structure.

The traditional focuses of sociology include social stratification, social class, social mobility, religion, secularization, law, sexuality and deviance. As all spheres of human activity are affected by the interplay between social structure and individual agency, sociology has gradually expanded its focus to further subjects, such as health, medical, military and penal Institutions, the Internet, education, and the role of social activity in the development of scientific knowledge.

### **Concept of Sports Sociology and its Importance**

Sports sociology is a sub discipline of physical education. This discipline has grown up considerably over the past 40 years. In fact, sports sociology is concerned with the social behavior of the person who is engaged in various sports and games. It is related to both individual and group behavior. Sports sociology is the study of the role of sports in society. A sports sociologist are concerned with how sports influence and is influenced by institution that is educational institution, politics, realism, economy and the mass media.

### **Importance of Sports Sociology**

Sports sociology it can also be said that sports is an importance part of society. Sociology can help in eradicating the various complex social problems which are arising in the field of sports. Such importance are- Helps in changing the outlook of people, Helps in developing ethical values, Helps in making good discipline, Helps in developing secularism, Helps in the attainment of leadership qualities, Helps in socialization, Help full in gaining knowledge about sports person, Helps full in adjustment, Helps full in solving the various social problems, Helps in dealing with others sports person,

### **Role of Institution in Participation in Games and Sports with Regard to Either Sex**

Participation in games and sports provides a service to the individual by preparing him or her to the challenges of competition during their life in the society. This includes the development of mental and physical fitness, good character, discipline, competitiveness and courage and opportunities to experience challenges leading to personal achievement and social recognition. Sports are seen as primary vehicles for enculturating the youth who will “be the future custodians of the society.”

### **Participation in Games and Sports develops the following Qualities**

Games and sports participation develops good character, Sports participation develops a sense of discipline, Sports participation develops loyalty, Sports participation develops social control, Sports participation provides opportunities for individual advancement, Sports participation generate mental alertness, Sports participation is supportive of education achievement, and Sports participation promotes nationalism.

### **Socialization through Sports**

Various social institutions play their affective roles in the process of socialization, such as sports, home, school and community etc. sports play a vital role in the process of socialization. In fact, it plays two types of roles in the process of socialization. First of all, it plays its role as a social institution through participation in various teams of sports our complete personality is molded by acquiring different social qualities such as honesty, cooperation, sympathy, respectfulness, helpfulness, brotherhoodness. The following aspects of social system are integral parts of the socialization process which operate in various sports situations- Role playing, status, social stratification, self image. Competition and cooperation.

Role of playing is an important aspect of the socialization process. Rules are played in the child’s peer play group. The assigned roles are likely to relate somewhat to the intranets of social systems. Ways of behaving according to assign

duty are roles. This is hard fact that no experience can offer more opportunities for role playing than sports.

### **Socialization in School**

Schools have different background, customs, tradition and conventions. Some school has deep faith in religion. These schools maintain, transmit and improve a particular social order. Students learn various social qualities. Different school provides different type of social environment but these institutions definitely develop socially acceptable behaviors of student's through educational process. The interaction takes place among teachers as well as students. Student's behaviors are molded in the right direction through the complete social environment of the school. In schools, students should be appointed as captains of different teams. They should be given various responsibilities, such as members of various committees, official duties and grand preparation duties, etc. To sum up the contribution of participation in sports for socialization, it can be safely said that no other experience in life provides enough opportunities to enhance the processes of socialization as sports activities

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