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Socialization through physical education and sports

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Abstract
No child is born with an already built in social self. Individually and the whole area of human behaviour 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 individual 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 take place. Similarly the students of physical education should be given the understanding of processes of socialization through sports. It will help them of know the importance of sports in one's life. They will be encourage and may come forward for participants in sports and games to realize desired results of socialization.

Keywords: Physical education, sports, social self, human behaviour, biology and culture meet

Introduction
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 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 behaviour in accordance with society's norms which are the rules, laws and customs which govern behaviour and from which society's values emerge. It is the adjustment one makes to one's cultural environment.

Socialization through Sports
Sports is the viable mean towards socialization because it provides rich opportunities in most of social processes involved in the transmission of cultural behaviour. Through games and group physical activities socialisation takes place in the home, the school the play grounds, the streets and any other place where games are played.
The following aspects of the social system are integral parts of the socialisation processes which operate in various sports situations:
- Role Playing
- Status
- Social Stratification
- Self-Image
- Globalization and sports processes
- Competition and Cooperation

1. Role Playing
Role playing is an important aspect of the socialisation process. Roles are played in the child's peer play group. The assigned roles are likely to relate somewhat to the ingrients of social system. Ways of behaving according to the assigned duty are roles. This is hard fact that no experience can offer more opportunities for role playing than sports. It is through roleplaying in sport activities that the child can develop body-image, thereby enhancing self-image, which is the basis of a healthy personality.

2. Status
In addition to assigning roles in the social group, society has also assigned statues. One positive factor of sports in social structure and process is in the area of social status.

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Since the modern society is a sport oriented one, for youth as well as adults, status is related to participation in sport. Status of one's group is related not only to role playing, but also to leadership. Probably, there is no area to-day where one's status in the group is predicted on one's ability alone as much as in the area of sport. Status, once attained, leads to different role playing and usually to a higher level of leadership. Success or failure in meeting the expectations of the peer group influences status with the group. In a physical education class, the teacher can build in success by modifying the environment so that all students can experience some success as well as failure.

3. Social Stratification
Social stratification is another aspect of the process of socialisation. It too, can affect personality and self-image as individuals are born, grown and developed in a particular social class. Sports and games provided and environment in which there is a less social stratification (classification). However, sports can serve a catalyst for social mobility through which one moves upwards. New roles in sport led chiefly on ability and partly on leadership, can create new status. Status may lead to preferential treatment and therefore promote social stratification. The sportsperson is granted a degree of social mobility that ordinarily is not available to the non-sportsperson. This is not a new phenomenon, it was a mark of both Greek and Roman Empires.

4. Self-Image
Participation in games and sports can affect the self-image of the participants and thereby enhance self-esteem, self-control and a sense of security. Fundamentally this is the child's body-image. Movement image as expressed in sports and games is basic to body image.

Children as well as adults, develop self-image partly in terms of how other people think and view them. Children see themselves mirrored in other people's eye's and this feedback either tends to flatter, if they approve or to depress, if they disapprove. The attitude and appreciation one has towards one's own body affects behaviour and ultimately personality. This body image complex is particularly important during adolescence for both boys and girls. Because sports are meaning to children and youth and hence it provides a mean whereby something positive can be done concerning body image, the good teacher has a commitment to be concerned. The quality of leadership is the key to build a better image.

5. Globalization and sports processes
The globalization of sports is part of a much larger and much more controversial globalization process. Examined historically and analytically, this larger globalization process can be understood as the development of a worldwide network of interdependencies. The 20th century witnessed the advent of a global economy, a transnational cosmopolitan culture, and a variety of international social movements. As a result of modern technology, people, money, images, and ideas are able to traverse the globe with tremendous speed. The development of modern sports was influenced by the interwoven economic, political, social, and cultural patterns of globalization. These patterns both enable and constrain people's actions, which mean that there are winners and losers in the diffusion of modern sports from Europe and North America to the rest of the world.

6. Competition and Cooperation
Competition and Cooperation are two social processes that are highly related to sport and games. They are not only powerful forces in the socialization process, but also as motivators to learning in both intellectual pursuits and motor performance. In sport and games, cooperation and competition should not be looked upon as antithetical. Sports and games require competition but they also demand cooperation to participate in competitive sport, one must include cooperation as a natural consequence.

Physical activities carried on in the framework of competitive and cooperative behaviour are superior to situations that offer no incentive for learning. Therefore competition is valuable for fostering incentive. As long as it is carried out in the parameters of cooperation and rivalry is minimized and conflict eliminated, it becomes a valuable educational tool. To maximize the effectiveness of the student's cooperative behaviour, emphasis must be placed on the achievements of excellence in performance.

To sum up the contribution of participation in sports for socialisation, it can be safely said that no other experience in the life provides enough opportunities to enhance the processes of socialization as sports activities.

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