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Society development through sports communities

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Abstract

In every society there are various communities which play an important role in the development of culture, behaviour and standard of society. This article is based on the importance of sports, physical and recreational activities. How sports and other recreational activities create multidimensional personality in society. Sports activities develop the moral and character values in youth. Also spread light on various communities that promote sports, physical and recreational activities in society. Through this work investigator tried to find out the efforts made by various communities for example, family, local communities, sports clubs, teams and national level communities are more important and significant for the youth, as we have seen the young generation, who are unable to find out their way of life and get involved in crime and other bad habits. This research indicate that such communities are helping a lot to the youth in terms of providing more and more opportunities in sports participation, sports infrastructure, and other helps like, ground, equipments, and exposure in life.

Keywords: Sports communities, society

Introduction

In today's environment it is essential to promote participation in sport and recreational activities to support a healthy lifestyle for all through physical activity. Participation in sports is a regular part of growth and development specially for the youth. There are so many communities that play significant role in socialization process and sports community is also excellent vehicle for it. Sports activities are considered as strong socializing agent and proponents of sports claim that these activities humanize and socialize children, create and develop traits like leadership, tolerance, boldness, self-confidence, self-control, self-discipline, self-expression and cooperation etc. Providing a positive outlet where people can spend their free time can also help relieve boredom; one of the biggest factors in youth crime. Finally, sporting events can be a great facilitator for community engagement and interaction, helping build stronger bonds within your neighborhoods.

Benefit of sports in social communities ^[1]

There are two community level benefits that can be developed through sports, these are social harmony or integration and Moral value growth or change. As far as Harmony or integration is concerned, following are the qualities that can contribute in development in harmony as

- Devotion
- Dedication
- Good citizenship
- Team work
- Sacrifice
- Loyalty

These are the important character values developed through sports. These character values develop many positive qualities in a person for example, it enhances the integrity, team work and loyalty among the society members.

On the other hand, we have some moral values that can be adopted through participation in sports and physical activities which are organized by many social communities. following are the moral values that can be learnt through sports –

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- Tolerance
- Sense of responsibility
- Fair play
- Honesty
- Fairness
- Justice

These are the important moral values that develop during the participation in sports activities at various level. When a child of any age moves out to participate in any sports activity with the other known or unknown people, he/she learn the mentioned values and being a member of society create sense of community. Sports activities provide opportunities for collaboration, unification and such interaction which is beneficial for social and personal development of youth. Apart this as far as healthy and educated society is concerned, Participation in sports activities improves and promotes general health, social co-ordination, sense of trust, good relationship, quality of life, social inclusion and diminishes the antisocial behavior.

Here are some of our picks for why youth sports should be embraced in our community ^[2]

Boosting Health

Youth sports can have many different positive effects. Regular physical activity in this age group is vital for long-term well being. According to the WHO, children and youth between the ages of 5 and 17 should have a minimum of an hour of “moderate to vigorous intensity physical activity daily,” with more benefits being found with longer durations. The centre of disease and control prevention lists strong bones and muscles, healthy weight, cardio respiratory fitness, heart disease, cancer, type 2 diabetes, high blood pressure, osteoporosis, and obesity as some of the benefits of physical activity.

Youth Crime Reduction

Many factors play a role in youth crime rates and youth sports can help with some of the key elements. Boredom and a lack of supervision – combined with other risk factors – can provide opportunities for delinquent behavior. Many extracurricular sports are scheduled at school, which can help preoccupy children’s time, while providing a positive, healthy outlet for kids and their energy levels. Being part of sports teams can mean more friends that help in reducing antisocial behavior and further boosting community and school participation. Mentorship and guidance from role models within the community can also help guide students to a positive life style.

Enhance team spirit

Sports can be a great platform for learning many life skills and lessons. The team spirit is one of them sports, kids have to learn the importance of teamwork, benefiting their social skills. Learning how to take a win or loss can teach valuable lessons on sportsmanship and integrity. High-pressure situations on the field can also teach youth how to succeed in real-life situations. Finally, being involved in youth sports either as a child or as a parent can help build community awareness and appreciation. A sports community can help influence other citizens of all ages to be more active in their lives, creating a positive flowing effect.

Apart these there are more benefits of sports participation which are helpful in creating social development and

community relationship.

1. Brings people together, providing opportunities for social interaction.
2. Empowers, inspires and motivates individuals.
3. Keeps kids away from the TV or computer screen!
4. Kids who participate learn better and are more likely to enjoy school.
5. Improves mental health.
6. Eases pressure on the health system.
7. Contributes to social capital.
8. Healthy workers are more productive and take less sick days.
9. Creates positive alternatives to youth offending, antisocial behaviour and crime.
10. Sport and recreation clubs are the hub of community life, especially in the regions.

Sports and various communities ^[3]

1. Family Community: A family community in a sports context can be looked at in terms of the roles they have played in our personal sporting experiences. My own personal examples include:

- Backyard cricket with my brother, sister and next-door neighbor every summer.
- Riding my bike with my family and friends on summer evenings.
- Outings on Sunday’s to watch or participate in many types of sport event like Hockey match with my son and friends.
- Watching all types of sports with dad and other family members where we share a common passion for the sports.
- Parents taking me and I take my children to play Basketball and fitness training sessions. Either in morning or evening at ground.

2. Team Community: The team community is formed through the bond shared between team members of a particular sport. Each team has a characteristic that makes it memorable and special. Every- body who involve in sports activities definitely have some teams and groups where he/she participate in various events in terms of community events. Example they always made sure new members were included. We never argue on any topic and blame anyone during a match, only focused on the positives even when the going got tough. As my personal experience of team games, I was the member of football, hockey, cricket and volleyball school team in my school days. So you can imagine I was dealing at least more than 50 different people as a player. I have learnt a lot through these team community about society values the importance of team work.

3. Sporting Club Community: A sporting club community stems from the team community but differs because the team community only includes the players or athletes while the sporting club community extends to include coaches, fitness coordinators, administrators and even the fan base. A prime example can be seen through the Shahdara hero’s hockey club whose community stretches their level from lower tournament to upper level tournaments. Their fan base can extend nationally, so they must incorporate all when communicating club information which is why they have an intensive membership system. This sporting club community ties in with other communities. DASC (Dinesh

Aswal sports and cultural society) they are doing wonderful work to promote sports and cultural events in the area. For example, not only the players but people who may not participate in games but take part in other activities like any function, marriage parties and any event where all the people stand on a same platform.

4. Local Community: The local community is directly affected by various sporting club organisations. Sporting communities are directly involved with their local communities through sports development programs. The local community also is the main source of support for sporting clubs within their local area. Many groups of national and state level players they often visit many schools, colleges and other communities to run development programs and to encourage children to get active. Local businesses in the area help out with fund raising events and provide sponsorship for the club so in the end both sporting clubs and the local communities work together for the benefit of both involved.

5. National Community: The National Community is a combination of all the community levels mentioned and brings all these smaller levels of communities together as one. It is the sense of pride that Indians have for their national sporting teams and athletes. The Olympic Games is where this pride becomes most apparent. In the end, it is this passion for our national sporting heroes that brings people together to form a national community of sports.

Conclusion

On the basis of the above discussion and related literature reviewed for this study, it is concluded that the communities that are promoting sports and other physical activities are actually creating a healthy society in country. Only making the big buildings, high standard schools, markets, restaurants and party places is not the society as soon as we don't have physically, mentally and culturally active communities in our society. To show creative and disciplined way of life to our young generation, it is the responsibility of every society to appreciate such communities which conduct more and more physical and sports activities and provide enough opportunities of exposure. Spread education about the sports and its role in once life, how youth can utilize such events for the development of themselves as well as society. Communities like family, local communities like Shahdara Hero's, DASC etc. are continuously working for the betterment of society and youth.

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