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Role of sports in social development

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Abstract

Sport is not only an exciting form of entertainment: it plays a truly valuable role in defining cultures and developing communities. Sport for Development uses sports to achieve crucial outcomes for children and youth, such as learning, health, empowerment and protection.

Keywords: Granular, NGO, gender, health, sports, UNICEF

Introduction

A sport means a game, competition, or activity needing physical effort and skill that is played or done according to rules, for enjoyment and/or as a job: Football, basketball, and hockey are all team sports.

There are so many sports available in the world nowadays, but we can categorize them by the numbers of players, the three main categories are

1. **Individual sport:** An individual sport is a sport in which participants compete as individuals. However, team competitions in individual sports also occur, such as the Davis Cup and the Fed Cup.
2. **Dual sport:** Examples of dual sports include tennis and racquetball. Some sports can dual and team. For instance, wrestling
3. **Team sport:** Team sports are when one group, or team, plays against another group, or team, in a competition. The team member's work together to achieve a common goal. Team Sports. Eg. Football, baseball, basketball.

Sports have the power to heal, build character, resolve differences, unite people and to create cohesiveness unity within a nation. If you add the fact that a little less than half the population of this country falls effectively under the category of "youth", development through physical activity becomes all the more important to ensure a healthy lifestyle. Change through sport creates a deeper granular impact that prepares future generations and helps integrate across people, culture & religious. With this understanding in mind, the Indian Government has initiated a number of policy & program changes to promote sports towards two objectives: -

1. Build Awareness & Participation at the Grass-Root Level
2. Towards Performance Excellence and Podium Finishes.

Using sports for social development and change is an unconventional way of achieving greater happiness, empowerment, and equality in society. Speaking of unusual ways to win, one should reminisce something. How many times have we seen a smaller team or a younger player (I smell Dhoni) change the game just because he took to a different technique than his predecessors? Minds like Dhoni, don't possess a great batting technique but only a different approach and an extraordinary mindset. Hence, unconventional tactics have impacted sports significantly. In the broader context of the economy, sports is one unconventional underdog that can help in overcoming the unyielding issues of poverty, inequality, and employment in a developing economy.

Gender equality can be instilled in young minds by promoting mixed teams with compulsory female involvement. Columbia Institute roots for woman involvement by having a quota for women in their football teams.

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They also have rules like the first goal should be scored by women. This shall involve greater women engagement by building strategies around women to draw first blood. Such initiatives have helped male participants to understand biological limitations, differences, and positives.

Sport has huge potential to empower women and girls” Lakshmi Puri Remarks by UN Assistant Secretary-General and UN Women Deputy Executive Director Lakshmi Puri at “The Value of Hosting Mega Sport Events as a Social, Economic and Environmental Sustainable Development Tool” event on 16 February, 2016.

Date: Tuesday, 16 February 2016

Sports play a major role in preventing gang and criminal exposure, promoting positive competitiveness and raising awareness of gender equity. Such aspects of social extremities and intolerance can be negated by including sports as an integral part of communities that don't have cost-effective access to learn about such social atrocities.

It's good for minds too. Studies have shown that sport has psychological benefits for children and adolescents and teaches them important life skills.

Organized sport has many psychological and social benefits for children – even more than the physical activity during play. Researchers think this is because children benefit from the social side of being in a team, and from the involvement of other children and adults.

Development from sport goes beyond learning new physical skills. Sport helps children develop better ways to cope with the highs and lows of life.

Developmental benefits

Physical activity has been shown to stimulate chemicals in the brain that make you feel better. So playing sport regularly improves children's overall emotional wellbeing.

Emotional benefit

Research shows there's a link between playing sport and self-esteem in children. The support of the team, a kind word from a coach, or achieving their personal best will all help children to feel better about them.

It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school.

Social benefits

An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalized for bad behavior. It teaches them to take directions from the coach, referees and other adults. Sport also teaches them about team work.

Mental Benefits

Sports help you manage stress. Exercise causes your body to release endorphins, the chemicals in your brain that relieve pain and stress. It also reduces the levels of stress hormones, cortisol and adrenaline. Studies have shown that 20 to 30 minutes of exercise each day can make people feel calmer. [Http://www.webmd.com](http://www.webmd.com) (25 Oct 2021)

1. Improves one's temper.
2. Improved concentration,
3. Reduces pressure and despair,
4. Improves sleep behavior. ...,
5. Maintaining active enables, you preserve a healthy frame weight,
6. Sport can assist improve one's self-assurance,

7. Sports can beautify management abilities.

Social impact of sports

A systematic review is the current evidence base on the social impacts of sport and culture. Focused principally on four main types of social impact (i) improved health, (ii) reduced crime, (iii) increased social capital and (iv) improved education outcomes

It's long been understood that sport promotes children's health and physical development, but now we have solid evidence to suggest that sport can have a powerful impact on their overall education and life skills development,” said UNICEF Deputy Executive Director Charlotte Petri Gornitzka. “We must use this evidence to inspire investment in sports for children, especially the most vulnerable.”

<http://www.unicef.org> (28 March 2019)

There are many NGO initiate for encouragement people in sports some of them are given below

NGOs in sports nurturing India's future champions

Undoubtedly, the government has helped the international-level athletes with facilities including training and travel. But some NGOs in sports development who focus on seeing India shine at international events have also contributed through additional funding, training, and fine-tuning.

Bridges of sports

This Bengaluru-based nonprofit identifies socially and economically backward communities with an inherent inclination, attributes or interest in athletics. The Indo-African community of Siddi in north Karnataka is one such social group. Bridges of Sports is building one of India's first hyper-local talent identification and development systems to spot future champions early.

Bridges of Sports hopes to see one of its wards competing at the Paris Olympics in 2024.

Oscar foundation

It's headquartered in Mumbai, but it has reached out to children in Mumbai, Delhi, Karnataka, Andhra Pradesh and Jharkhand. While Oscar runs different initiatives for the underprivileged, it is known for its 'Football and Life Skills Programme'. Centred on their 'No School – No Football' policy, this programme reaches out to only those children who are committed to completing formal education.

Khel khel me Foundation

The Khel Khel Mein Foundation (KKMF) aims to transform the grassroots sports culture in India by engaging schools and communities directly. So far, it has worked with over 10,000 children across 80 schools to promote sports at the primary and secondary levels.

Going by its motto, 'play, perform and prosper,' KKMF believes every child should get the opportunity to play multiple sports, perform in competitive leagues and learn crucial life skills through sports and self-awareness.

Victory sports foundation

What started as a boxing academy in 2004 to train young enthusiasts has developed into a foundation that wants to promote sports amongst children from all backgrounds. It focuses on football and boxing as a means to fitness, identifying talent and improving the attitude towards sports. This relatively young organization has reached out to over 2,500 children through its 'Sports 4 All' programmer.

It even trains sportspersons with skills to take up lucrative

jobs in the field of their specialization. Some of its athletes have gone on to work as football and boxing coaches across the country.

Sanskriti Samvardhan Mandal

Sanskriti Samvardhan Mandal (SSM) is one of the oldest nonprofits in the country involved in integrated rural development for more than 60 years. While its activities have always been among the deprived rural communities, especially women and girls, its project 'Sagroli Sunrise' launched in 2005 is designed to harness the rural youth's sporting talent in Maharashtra's Sagroli and Nanded districts. SSM identifies talented young sporting talent in these rural districts and provides them nutrition, training and education.

Lakshya Sports

It was started in 2009, with a mission to nurture budding talent in sports; Lakshya aims to bridge the gap between the aspirations and realizations of sports talent in the country. A professionally managed not-for-profit organization, 5 players were represented India in the 2012 London Olympics, Seven at Rio Olympics 2016 and two at Gold Coast 2018 XXI Commonwealth Games, (lakshyasports.com).

Research and methodology

The secondary sources are given more importance in this paper, the secondary sources of information uses newspaper, article, books of philosophers.

Conclusion

Sport plays an important social role with regard to inclusion, since sport for all involves the participation of all citizens, regardless of their physical, cognitive, psychological and socio-economic characteristics, by developing and strengthening social cohesion. National organizations, and their actions towards persons with disabilities, are expected to provide their citizens with the necessary access to active and regular recreational and sporting participation in order to respect the principles of equity and equal opportunities.

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