

# An Overview of some Sociological aspects of Sports Education

Parveen Malik

*Asstt. Prof. in Physical Education, Jat College, Kaithal (Haryana) (India)*

## 1. Introduction

The societal needs, necessity and trends influence the education of its people. The education of the individual may be described as taking place through three learning domains cognitive, effective and co native or Psychomotor-The cognitive domain includes the developments of intellectual abilities, including the acquisition of knowledge, formulation of ideas and concepts problem solving, analysis and evaluation of information. The affective domain focuses on the development if interests, attitudes and values. The Psychomotor or co -native domain includes the development of physical fitness and acquisition of neuromuscular and motor skill. The domains are inter-related. Educator should consider all three domains when planning activities to meet individual's needs.

## 2. Role of Education

The objectives of education and the manner of their attainment are influences by various forces with in society, societal requirements, trends and forces also affect the role of physical education and sport with in society as well as within physical powers. Two other trends with in our society that are of interest to physical education are the wellness movement and fitness movement. The wellness movement stresses that the individual is responsible for taking action leading to attainment of optimal state of health. The fitness movement reflects the current enthusiasm of citizens of all ages for exercise and physical activity. The role of education in general and physical education in particular is constantly undergoing change. At one time education was left to the educators, but this is no longer the case, as characterized by parents committees, students' curriculum groups' widespread teacher evaluation procedures and constant reappraisal of education polices.

Education contributes to the development advancement and perpetuation of the nation's culture. Educational institutions play a primary role in the development of the human resources of society. Directly or indirectly these educational institutions are the chief agents of society's progress, whether it is progress concerned with knowledge, arts technology, and social conscience on other areas essential to a nation's growth. Education must meet the challenges presented in society. Physical education, as a phase of the total education process, helps in achieving these purposes. It is one link in a chain of many influences to the proper functioning of the society. It is continually striving for excellence so that it can become an increasingly dynamic force in education. Sport is an important part of this nation's culture as well as of other cultures throughout the world. It newspaper headlines, holds television viewers attention,

produces millions of money a year in revenue for entrepreneurs, and has an impact on international affairs. Examples of how sport influences Indian life style are many. Millions of Indians are 'glued' to their chairs when featured cricket and foot ball contests are scheduled to be televised.

Advertisers target to buy air time during sporting events to sell their wares through commercial break. Likewise professional sports terms attract millions of spectators. They spend astronomical sums to obtain the best talent to sustain spectator support and interest and to ensure a profitable year for the management. (See the case of IPL.). Within 10 years the nos. of sport activities. Because of the social political, legal and educational influence of sport on cultures it is important to examine the phenomenon.

Sport prevails society to such an extent that it has been described by many experts as a microcosm of society or we may put it as sport mirrors the values, structure and dynamics of our society. As such, sport reflects the characteristics of society. Among the characteristics that sports and our society have in common is a spirit of competitiveness, a large concern about materialistic things, and the presence of a bureaucracy that dominates individuals and an in equitable distribution of power. The pervasiveness of sport and its institutional nature has led to the study of sport from a sociological perspective.

Sociology in concerned with the study of people, or groups or persons and of human activities in term of social behavior, group institutions and social order with in society. It is a science interested in such institutions of society as religion, family, education, and leisure. Sociologist are also concerned with the influence of social institution on the individual, the social behavior and human relations that occur, within a group or an institution and how they influence the behavior of an individual and the inter relationships between the various institution with in a society such as sport and education or religion and Govt.

As a medium that permeates nearly every important aspect of life, sports has led some physical educator and sociologists to believe that it should receive intensive study particularly as it affects the behavior of human being and institution as they from the total social and cultural context of society. Sport sociology focuses on examining the relationship between sport & society. Coakley (1990) lists the major goals of sports sociology as understanding the followings:

- The relationship between sport and other aspects of society, such as family, education, politics, the economy, the media and religion.

- The social organization, group behavior, and social interaction patterns that occurs within sport settings.
- The cultural, structural, and situational factors that affect sport and sport experiences.
- The social processes such as socialization, competition, cooperation, conflict, social stratification and social change.

An area of study, the sociology of sports has grown considerably over the past 25 years. One important event that encouraged the development of sport sociology as a field of studies was the initiative of a multinational panel of the international council of sport and physical education. Sport sociologists use sociological research strategies to study the behavior of individuals and groups within sport milieu. They are concerned with understanding the influence of social relationships past social experiences, and the social setting of sport activities on the behavior of individuals and groups within sport.

Some questions sport sociologists might address are:

- Does participation in sport build character? Does it prepare individuals for life?
- Does a sport help minority, including women, become more fully integrated into society? How does participation in sport affect the social and economic status of minorities?
- How do the mass media affect sports
- What are the effects of youth sport programs on the lives of participants? The participant's families?
- How are politics and sport related? Religion and sport? The economic status of the community or the country and sport?
- How does inter-collegiate sport influence the academic achievement of its participants?
- How do coaches or physical educators influence the lives of their athletes?
- What will be the nature of the sport experience in the next century?

To solve these and other questions, sport sociologists may examine historical circumstances social conditions, economic factors, political climate, and relationships among the people involved.

The effects of sport on its participants is also a vital area of study before discussing several areas of concern to sport sociologists. It may be helpful to define sport its nature and scope. In order to study sport in a systematic manner, it is necessary to define sport. As such definition is necessary to provide a focus and a shared perspective by which to understand the relationship of sport to society.

Coakley (1990) suggests that sport can be defined as follows: Sport is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of intrinsic and extrinsic factors.

This definition refers to what is popularly known as organized sport activities on the basis of this explanation

three often asked questions can be addressed.

- What kind of activities can be classified as sport?
- Under what circumstances can participation in activities be considered sport? And'
- What characterized the involvement of participants in sport? These three criteria must be met for an activity to be defined as sport.

The activity must involve physical skill, prowess or exertion, it must be institutionalized and competitive in nature, and its participants must be motivated by combination of intrinsic and extrinsic rewards.

This explanation serves as a focal point for sport sociologists to scientifically examine the role in people's lives and in our society.

### 3. What sport does for people?

Wilkerson & Dodder (1979) have conducted research to determine what sport does for people they found that sport has the following seven function in society.

1. Emotional release: - Sport is a way to express emotions and relieve tensions, it acts as a safety valve and a catharsis to relieve aggressive tendencies.
2. Affirmation of identity: - Sport offers opportunities to be recognized and to express one's individual qualities.
3. Social control: - sport provides a means of control over people in a society where deviance is prevalent.
4. Socialization: - sport serves as means of socializing the individuals to provide identity them at a larger platform in society...
5. Change agent: - sports results in social change, new behavior patterns and is a factor that changes the course of history. For example, it allows for interaction of all kinds of people and for upward mobility based on ability.
6. Collective Conscience: Sport creates a communal spirit that brings people together in a cohesive manner in search of common goals.
7. Success: Sport provides a feeling of success both for the participant and the spectator when a player or a team with whom one identifies achieves. To win in sport is also to win in life.

It is evident that sport, especially in this age of increased participation, holds many meanings for its participants as well as having a significant impact on our society. Sport is not just concerned with two teams meeting each other on the playing field. Sport

Activities are an important part of the nation's culture and sport Sociologists face a challenge in interpreting the role of sport in our way of life. Sport activities in India have been found by Sociologists to be related to religion, economics, education and Govt. Throughout the nation's sport has been influenced by religious beliefs and economic conditions.

Sport and economic conditions of the Nation are closely aligned. When nation was developing little opportunity was found to participate in sport. Sport activities have now become an important part of the way of life, and millions on sport equipment and infrastructure are being spent as the fresh example of holding common wealth games in Delhi in coming Oct.2010.

In the area of education, sports has become a part of Colleges and Universities in the country. It seems clear that the image of the institutions is clearly influenced by sport performance. However, whether participation in sport enhances academic achievement is a very complex and debatable question. It is very difficult to isolate the influence of sport participation from other factors known to influence

Academic achievement such as family background, economics status, support and participation in sport inculcate another social values include development of sportsmanship, cooperation, leadership and loyalty sport can provide opportunities for personal growth, pave the way for the development of friendships, develop decision-making and thinking skills, teach self discipline and commitment, enhance one's esteem and personal status and promote the acceptance of others regardless of race or ethnic origin (taken the case of Vijender, the No. 1 Boxer of the World).

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It is interesting to note that the Greeks provided civilization with two disciplines. The first described how sport could be most helpful in the training of a strong and graceful performance and body. The second provided civilization with the basics of philosophical thinking. As historian Isocrates said. "Certain of our ancestors, long before our time, invited and bequeathed to us two disciplines: Physical training for the body, of which gymnastic is a part, and for the mind, Philosophy. These twin arts are parallel and complementary, by which their masters prepare. The mind to become more intelligent and the body to become more serviceable not are separating sharply the two kinds of education, but using similar methods of instruction, exercise and discipline.

## 4. Conclusion

Everyone involved in the field of physical education and sport should develop a philosophy of that discipline. Philosophies represent a guide to decision making, since it will clarify the worth of this field of endeavor in the human experiences. Such philosophy might include how sports should be conducted to make the greatest contribution to human kind. It should help to determine the parameters of educational sport as well as sport outside formal domains of school, colleges and other educational institution. A philosophy will also help point the achieving excellence of performance on the field and contribute to the achievement of educational goals.