



Note

SOCIAL ASPECTS

Anju was a good wrestler from her school days; she used to come to school from a remote village. Some of the aged persons of the village were not very happy to know that girls are participating in combative sports like wrestling. Even they used to advise her father not to allow her for sports, but he wanted his daughter to be an international level athlete, so he did not listen to them and wanted her to pursue sports despite of all odds. Therefore, he tried extend every possible facility to her and supported her training continuously along with her studies. Now after ten years of training she has been selected for national Championship and won a medal to make her village proud.

This has made many of the girls of her village to look towards opting for combat sports and village seniors have become more positive towards womens participation. In this lesson, you will read about the concept of socialization through sports, and how national integrity, social reforms and world peace can be promoted through sports participation.



OBJECTIVES

After studying this lesson you will be able to:

- explain the process of social development through sports;
- highlight the social impact of yog;
- explain the system of national integration through yog and sports and
- indicate social impact of yog.

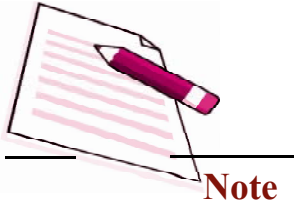


7.1 SOCIAL DEVELOPMENT IN SPORTS

Physical education is a lifelong learning impacting education. It facilitates multifaceted learning process. It promotes social and cultural interactions in participants. Engagement in exercises, sports and physical activities promotes social acceptance. Physical education activities’ participation provides opportunities to learn the ways of healthy living, taking care of one’s own health,

Physical Education and Yog



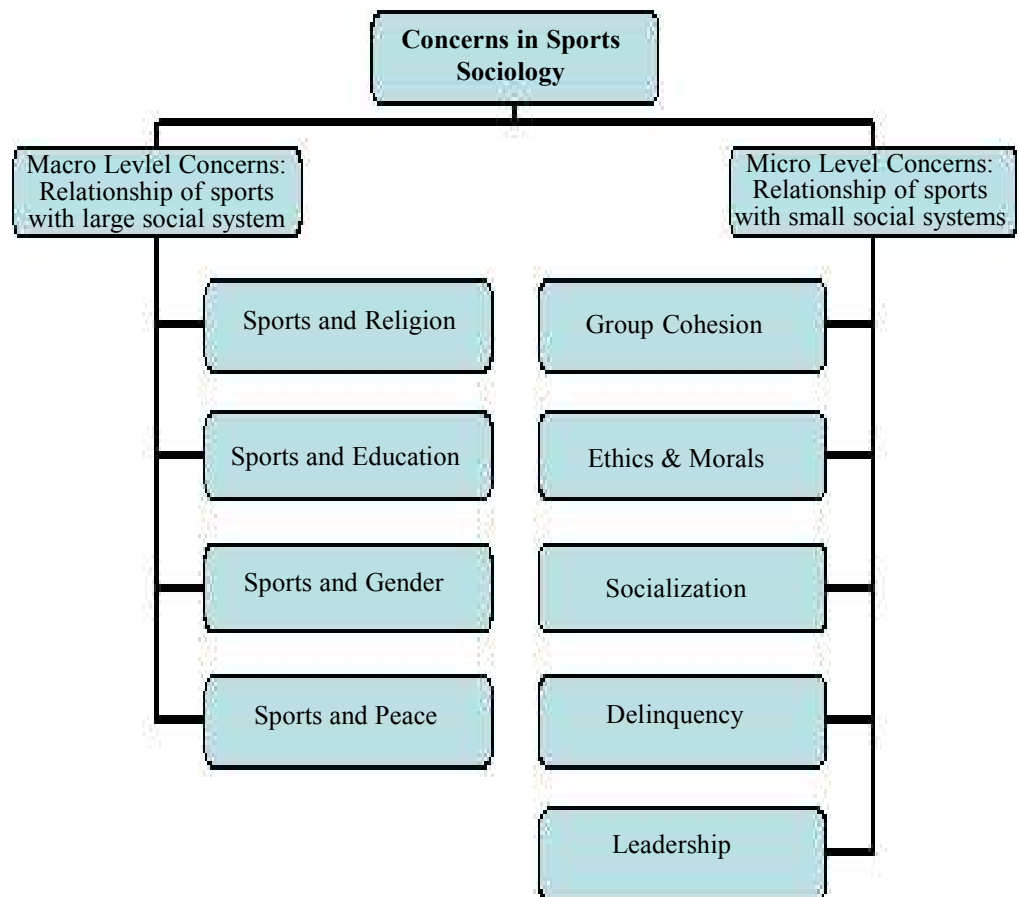


caring and sharing. The learner learns how to express her/his joy and accept defeat, health related fitness, physical culture, goal setting virtues of right and wrong.

Come let us learn the concerns in social aspect of sport in two perspectives:

- **Macro Level Concern:** The study of large-scale social systems and their relations with sports include association of sports with large social system of religion, education, gender and peace.
- **Micro Level Concern:** The study of social relationship and small social systems of group cohesion, ethics and morals, socialization, Delinquency, Leadership with sports.

Both macro and micro level concerns are presented diagrammatically below:



Learn Socialization through Sports

Socialization through sport is equally targeting the child and the group, and is taking place when the individual acquires attitudes, values, concepts or types of behaviour specific to the group or sport community, for the purpose of his adaptation and integration. The process of socialization allows the learner to acquire customs, attitudes, values and behaviour as desired by the society.



The complex process of socialization is an experience not only in the playfield but also while participating in the physical activity and sports in schools, neighbourhood, home and other locations. physical activity and sports from agencies such as school, home and social institutions. We can generally regard sports for playing a significant role in socialization.



ACTIVITY 7.1

Enlist the name of movies which reflect the life of athletes and promotion of sports

Social psychology and related sciences include terms as: learning of social skills, interactive and communication skills, personal preferences, group belongingness, membership affiliation, group dynamics and structure, leadership, control, imitation, role, status, integration, compliance, ritual etc. Yes, these terms are interesting and easy to be experienced in sports and modification in these behaviour experiences are also visible through sports participation. It is interesting to know that, this belief has promoted international sports meets, festivals, Olympics, Asian Games, National Games and other regional, state and organizational level sports events which consist of participants from different identities to perform, compete and interact on a common platform and promote socialization.

Let’s read the rationale of how and why Olympics was started and what does it have for promoting socialization.

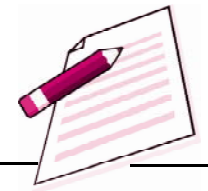
Olympics Movement for Social Development:

It is interesting to read how the need for international peace and understanding lead to the foundation of International Olympic Committee and modern Olympics in 1894 at Paris through the efforts of “Baron Pierre de Coubertin”. The Olympic movement was not merely for competitions for deciding winners and champions but were described in Olympics charter as cosmopolitan event for creating International Peace, Friendship, Goodwill and Social Integration.



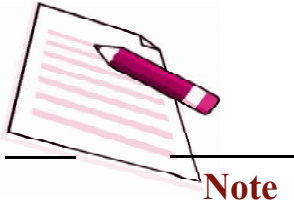
INTEXT QUESTIONS 7.1

- 1) Highlight the three Olympic Values.
.....
- 2) Explain the importance of interaction for social development.
.....



Note





3) Explain the relation between sports and large social system.

.....

5) Explain the relationship between sports and small social system.

.....

7.2 SOCIAL DESCRIPTION OF SPORTS

Come, let us try to see sports from the social eyes, the institutions of sports believes sports as the great ‘melting pot’, a vehicle for providing equal opportunity for participants of all races and nationalities, it reduces gender bias, improves group cohesion among the small group of athletes or the entire team, create leadership. The sports reflect what we believe about our society.

Group Cohesion through Sports

A Group which is a collection of two or more people for a common goal cannot be better understood other than sports where players join, work and stay together as a team for individual skills, co-active skills or interactive skills with defined objectives. The sum of all the factors causing members of a group to stay in the group or be attracted to the group are Group Cohesion and sports provide enough reasons to keep people connected throughout with motivation and zeal. Therefore, sports are also known as ‘Social Glue’ that binds people together.

Leadership is defined as a behavioural process that brings the potential in the individual or group to set goals, leadership in sports can be individual or team sport. In an individual sport the person leads himself setting his own goal. In the team sport the leader has to accommodate the variety of individual style. In physical education all are nurtured to be leader.

Sports Leadership Qualities

- Set high standards
- Assume responsibility
- Demonstrate management skills
- Encourage fair play
- Team player
- Honesty
- Intelligence
- Communicator and listener
- Good motivator



Spectators

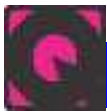
If we don't play any sports, can we still consume sports and get the benefits of sports or influence sports? Yes, many times we don't play, but still view the sports at the stadiums or on televisions as spectators, the consumers of sports. We can observe that the sports across the world are gaining popularity, ties with corporates and business institutions are increasing; stadium seatings are high priced; television channels have introduced pay-per-view for particular sports. All of these have lead to identify spectators as of four types: Supporters, Fans, Followers, Flaneurs, (Giulianotti, 2002).



Note

Factors underpinning the success of sports as a vehicle for social change

- 1) Friendship groups are involved and they want to establish the relationship due to the importance given to participants.
- 2) It provides the reassurance that participants who are participating are just like us.
- 3) It helps to acknowledge the older people that some activity is better than being inactive in life.
- 4) Intrinsic value which are enjoyment, recreation and change of form are more appealing in any physical activity.



INTEXT QUESTIONS 7.2

Match the statement given under column 'A' with the words given under column 'B' in a maningful way.

Column A

- 1) Collection of two or more people for a common goal
- 2) Qualities of management skill, team player, motivator
- 3) Sports is a vehicle for
- 4) Consumers who go to view sports at the arena
- 5) Members of a team staying in the group or being attracted to the group is reflection of

Column B

- a) Leadership
- b) Group Cohesion
- c) Spectators
- d) Social Change
- e. Group

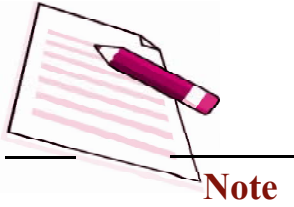
7.3 DEVELOP NATIONAL INTEGRATION THROUGH SPORTS

Come, let us learn about national integration through sports. From sports, we learn sportsmen spirit and that acts as a lubricant in our social life. More than

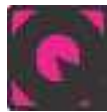
Physical Education and Yog



Dimension of Physical Education and Yog



winning, sports help us learn to deal with defects, it makes us to become a leader. Development of national integration, sports competition, intramural, community sports programmes in schools play an important role. The spirit of brotherhood and friendship is fostered through games and sports, ideas, actions, reactions, behaviours and human movements acquire a unity of colour and flavour at the sports field. Physical education and sports develop the basic components of integration such as co-operation, attitude, sympathy, friendliness, fellow feeling, willingness, respect to others, co-ordination, motivation, tolerance, trustworthiness, integrity, oneness, and identification.



INTEXT QUESTIONS 7.3

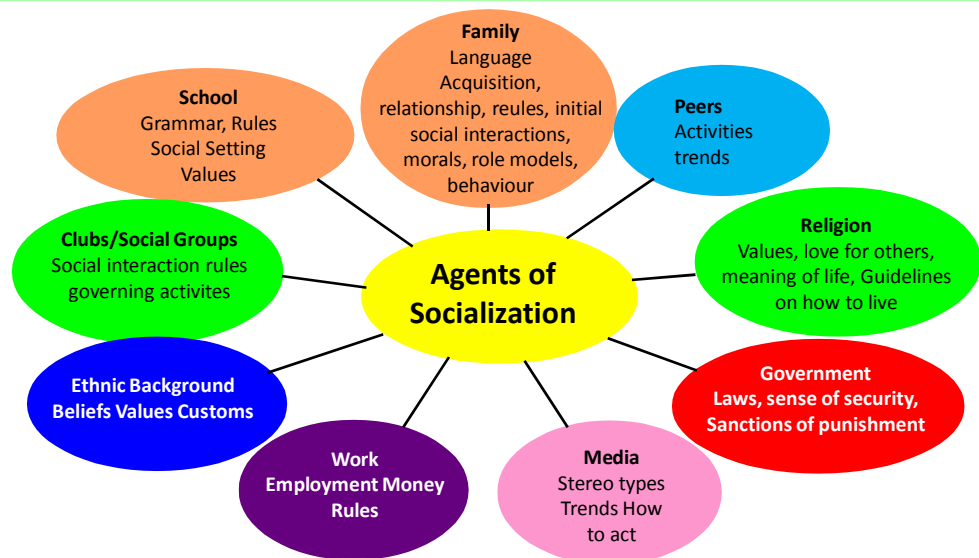
Mark the following statements as true or false. (T & F).

- 1) Sports can be a vehicle for national integrity ()
- 2) Winning is the sole motto of sports ()
- 3) The spirit of brotherhood and friendship is fostered through games and sports ()
- 4) Participation in sports has a social value ()
- 5) Respect and tolerance can be learned from sports ()



ACTIVITY 7.2

From the below given chart for ‘Agents of Socialization’, identify which all socialization agents are influential in sports too. Tick mark your choices.



7.4 DESCRIBE SOCIAL IMPACT OF YOG

As we all know that yog has a positive impact on every aspect of one's life which be mental, physical, emotional and spiritual. It helps human being to find out the depths of energy and creativity for living, and to more meaningful life. Yog practice makes us calm and collected and it helps to come up effectively in strains and stresses of life.

Yog helps in promoting holistic wellness and social wellbeing. It not only prevents and cures the innumerable diseases we face in this modern living, such as alcoholism, smoking and drug addiction which have developed in recent society culture. Yog helps in transforming oneself and also the society, nation and ultimately the whole human race. Yog is now playing a major role in integration of all the religions of the world.



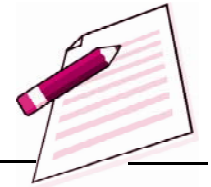
WHAT YOU HAVE LEARNT

- The elements of Social Development in sports and the social aspects of sports.
- Social interaction through sport teaches us to: associate with our friends, solve and prevent conflicts, communicate and socialize better with our colleagues
- The benefits of sports for development of social skills that are helpful throughout our lives.
- How Olympic movement is benefiting in development of social aspects among the countries, by providing equal opportunity for participants of all races and nationalities.
- Development of National Integration through sports.



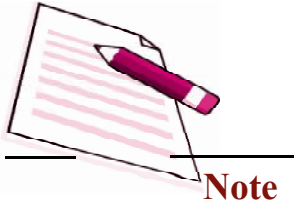
TERMINAL QUESTIONS

- 1) Highlight the different concerns of sports sociology.
- 2) Explain the elements of Olympics.
- 3) Why do we play and participate in sports?
- 4) Can sports promote peace and harmony?
- 5) Does sports teach group cohesion and leadership? Explain
- 6) Describe social benefits of Yog.



Note





ANSWERS TO INTEXT QUESTIONS

7.1

- 1) Respect, Excellence, Friendship
- 2) Socialization
- 3) Macro Level Concern
- 4) Micro Level Concern

7.2

- 1) e
- 2) a
- 3) d
- 4) c
- 5) b

7.3

- 1) T
- 2) F
- 3) T
- 4) T
- 5) T

