



ROLE OF SPORTS ON SOCIALIZATION PROCESS

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Abstract

Socialization is “the process by which a human being beginning at infancy acquires the habits, beliefs, and accumulated knowledge of society through education and training. Man is a social animal. He cannot live a life alone. He has a tendency to associate with other people because he is a social creature by nature. Human being is never static, from conception to death. Role of sport in area of socialization is very important. Through games and group physical activities socialization take place home, the school, the play ground, the streets and any other place where games are played. Health, Mental Strength, Confidence, Self image, Constructive Use of Time, Decision Making, Team Spirit etc. are integral parts of the socialization processes which operate in various sports situations. Sport is not a luxury in society. On the contrary, sport activities are positively associated with good behavior and increased not only for the physical fitness and growth of a child, but it is essential for growth of all qualities of social and mental health.

Keywords: Sports, children’s life and Socialization.

Introduction

Man is a social animal. He cannot live a life alone. He has a tendency to associate with other people because he is a social creature by nature. The process of socialization starts in here from help of the different institution and it is design of life through which the child develops and is lead from a static of social immunity and depends towards a state of maturity and independence. Human being is never static, from conception to death. At birth children are like animal, each is born with a unique genetic heritage and temperament. No child is born with an already built-in social self.

Socialization is “the process by which a human being beginning at infancy acquires the habits, beliefs, and accumulated knowledge of society through education and training (Zahn- Waxler and Polanichak, 2004) . Socialization results in the creation of self image. Through socialization children develop their self-image by means of a feedback from others. They interpret with others link of them through the results of the feedback and they see themselves mirror in others expectations. As they are developing their own self image, they are also developing their concept of the ideal-self, which is how they behave in order to become well liked and accepted individuals in the society.

Role of sport in area of socialization is very important, because Sports participation helps to create a social identity (Rees et al.,2015). Quality sport programs can help to develop and maintain healthy relationships with all. So, introducing children to sports is very important . Sports are essential not only for the physical fitness and growth of a child, but it is essential for growth of all qualities also. It is always an ongoing process because it never completes.

Socialization through Sports in Children’s Life

Sport is a viable means towards socialization. It provides rich opportunities in most of the social processes involved in the transmission of cultural behavior. Through games and group physical activities socialization take place home, the school, the play ground, the streets and any other place where games are played. The following aspects of the social system are integral parts of the socialization processes which operate in various sports situations.

Health

Regularly indulging in sports helps in keeping the immune system strong and hence, prevents any kind of disease from occurring. It also increases the appetite of the person. Thus, sports promotes good health. Definition of health describe in Encyclopedia of health-“Health is that state in which the individual is able to mobilize all his resources- intellectual, emotional, and physical, for optimum daily living.” So health is the quality of life that enables an individual to live most and serve best.

Each individual has certain basic social needs which include feeling of belongingness, recognition, self-respect and love, and fulfillment of these needs results in promoting social health. A socially healthy person possesses the desirable quality of integrate, unselfishness, forgiveness, sense of fairness, co- operation etc.

Mental Strength

Sports makes people mentally strong. Success and failure are both parts of sports as well as life. A sportsman knows that there will be times when he will win matches; there will also be times when he will lose them. A sportsperson knows how to



handle defeat and thus, treats success and failure equally. This is an important life lesson too, which sports can teach a person. Besides this, another importance of sports for children or for adults is that it teaches them how to handle competition.

Confidence

Sports inculcates self-confidence in a person (Mukherjee,2013). When a child or a person excels in a particular sports, he becomes very self confident. Sports inculcates discipline, dedication and responsibility in a person, which he is able to apply in other areas of life as well. This makes him achieve success in every sphere of life, thus, making him even more confident.

Decision Making

Decision making is an essential leadership skill. If you can learn how to make timely, well-considered decisions, then you can lead your team to well-deserved success. If, however, you make poor decisions, your time as a leader will be brutally short. In sports, a person has to make quick decisions depending upon the situation that he is in. Thus, a person who is involved in sports is able to make wise and quick decisions in other areas of life as well.

Team Spirit

When children or adults plays team sports, be it cricket or hockey, they learn to work in groups. They learn that if the team wins, they win and if the team loses, they lose. This way they learn how to work in groups. Thus, the importance of sports for kids is that they understand what is team spirit and thus, when they grow and actually start working, it will help them immensely in building relationships with their co-workers, and also to work in harmony with others.

Self Image

Self Image is defined by the degree worth and competence that we attribute to ourselves. Participation in games sports can affect the self image of the participants and thereby enhance self esteem, self control, and a sense of security. Self esteem

Through sport, we may enhance our self esteem by having a positive image of our bodies and the physical skills and abilities that we develop. We feel positive self worth through the recognition that we receive from family and friends and the social relationships that develop as a result of our involvement in sport and physical activity. Yet, we may be vulnerable to low self esteem in sport and physical activity if we perceive our body to be inadequate, unfit or inappropriate for our selected activity. We may feel that our self-worth is judged on our losses and wins versus our abilities and intentions. The intensive participation in sport may lead to social isolation and lack of family support. All of these negative emotions need to be refocused in order to build positive self-esteem. Coaches, physical education teachers and active living leaders can positively influence self-esteem and provide girls and women with ongoing incentive to participate and personally succeed in physical activity endeavors.

Constructive Use of Time

When children are involved in sports, their physical energies are used up in a constructive way. Sports prevent wrong activities or fall in bad company or also display anti-social behavior in free time. Member of an athletic club or gymnasium is often safeguard against recruitment into antisocial gangs.

Conclusion

Sports are an important part of every society, every country, every part of our planet. Sports play grounds are the laboratories of the society where socially useful action can be molded refined and human approach to life can be practiced. Sports learn how to cooperate with one another. They learn to play the game, practicing fair play and showing generosity towards their opponents. In other words, they cultivate the quality of sportsmanship, which consists in playing a game according to its rules and accepting defeat with good temper. They are likely to follow the ideal of sportsman spirit in life also, showing honesty and uprightness in their dealings with others and never using unfair means to attain personal ends. So, Society is poorer without sport activities, yet their true value is perhaps not fully recognised, appreciated or understood.

Sports and similar competition organized throughout country will go a long way in harmonizing their thought and efforts. In fact, never compromising with the status quo of the traditional thinking, attitudes and habits, undoubtedly, sports and games play a vital role in strengthening national as well as international integration. Sport is not a luxury in society. On the contrary, sport is an important investment in the present and the future. To sum up the contribution of participation in sports for socialization , it can be safely said that no other experience in life provides enough opportunities to enhance the processes of socialization as sports activities.



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