



Influence of sports participation on physical, psychological and socio-psychological aspects of sports

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Abstract

It is not important to make an individual just a literate, but he should be made Socially, Physiologically & Psychologically adaptable and resourceful through proper education. Experiences gained through participation in sports like sympathy, co-operation, responsibility, abiding to rules & regulation helps not only in gaining social values but also plays a very important role in behavioral changes of an individual. Participation in sports activities removes the inferiority complex in an individual and makes him move with the main stream of society. Through this type of involvement the social evils like 'untouchability, discrimination of caste, creed, color, race & religion will be overlooked. In the present study an attempt is being made to know the physical, psychological and socio-psychological considerations for sports developments in India through sports participation. For the study, the author selected Physical, Psychological & Socio-Psychological Aspects as one of the variable for which a sample of 500 respondents at different levels of sports were considered. The study was descriptive in nature and the samples were randomly selected, with age group being below 20years to above 40 years. More Physical, Psychological & Socio-psychological changes were observed from the study, which had a huge influence on aspects viz, social values, tolerance, acceptance, behavior, habits & attitudes etc when it was statistically analyzed using percentile technique.

Keywords: social, physical, psychological, socio-psychological

Introduction

"Sports is a reflection of society and in many respects,

Society is a reflection of sports"

"Sports can keep you physically healthy"

Sport is a universally spoken language and can be a highly effective means of providing a sense of structure in emergency situations which otherwise might appear chaotic. There is substantial evidence that engagement in sport can have a tremendous healing power for those suffering from physical and psychological trauma and stress-related anxiety. Through regular scheduled activity, children and adults can begin to regain a sense of security and enjoy periods of respite from the often-overwhelming challenge of reconstruction. The relationship between the mind and the body has been studied from a dualistic perspective from the earliest of times in which the Greek and Hebrew philosophers viewing the mind and body as two very distinct entities. However, since then, most philosophers and researchers have taken a holistic perspective, considering the mind and the body to be interrelated, inseparable entities. The study throws a clear insight on the Physical, Psychological & Socio-Psychological changes through sports participation in India.

Statement of the Problem

The purpose of the study is to analyze the influence of participating in sports and games over the decade in society as a whole and individual in particular. The study further reveals the changes/transformation happened in the Indian society through sports participation and also the contribution of Physical, Psychological & Socio-Psychological aspects in bringing about social transformation in Indian society.

Objectives of the Study

- To observe the Physical, Psychological & Socio-Psychological changes through sports participation

- To eradicate Social inequality' and to develop social habits and attitudes through participation in sports

Limitations of the study

The study is limited to Physical, Psychological, and Socio-Psychological changes, occurred in the field of sports in the past few years through sports participation.

Delimitations of the Study

- The study is delimited to the literature available through primary and secondary data including, documentations, papers, journals, and media i.e., print & visual.
- The study is delimited to the data obtained from the respondents through questionnaire
- The study is also delimited to sportsmen, coaches, Physical directors, administrators and academicians.

Hypothesis of the Study

It is hypothesized that

1. 'Sports' has influenced in bringing Physical, Psychological & Socio-Psychological changes of an individual through sports participation in Indian society.
2. Sports has influenced in bringing about Social, Tolerance, Acceptance, Behavioral, & Attitudinal changes through sports participation in India.

Methodology

In this section, the research design, selection of variables, selection of samples, construction of questionnaire, administration of the questionnaire, collection of data and statistical procedure adopted for the analysis of data have been depicted.

Research Design

The researcher, after careful and critical study of the available literature and discussions with the experts in the area of sports

and physical education, decided to use a descriptive/survey method for the study.

Selection of Samples

Samples were chosen from different communities belonging to various sports disciplines in consultation with the experts in the field. The samples selected for the study were as below;

1. Sportsmen (Men & Women) of International, National, State, University repute etc.
2. Coaches from various sports disciplines of International, National, State, University repute etc.
3. Physical Directors of various colleges.
4. Administrators and managers of various sports organizations & associations.
5. Academicians of various sports and other institutes and
6. Student Community.

Distribution of Samples

It may be observed from the below table that, 925 questionnaires were distributed to the respondents out of which 570 filled in responses were received but only 500 samples were considered for the study.

Table 1: Sample Distribution

S.N	Questionnaire Distributed to	No. of Questionnaire Distributed	No. of Filled in Responses Received	No of Samples Considered for the Study
1	Sportsman	200	110	100
2	Coaches	80	58	50
3	Physical Directors	95	55	50
4	Academicians	110	52	50
5	Administrators	90	60	50
6	Students	350	235	200
	Total	925	570	500

Table 2: Age Wise Distribution of Samples

S.N	Age wise Distribution of Respondents	N	P
1	Below 20years	176	35.20
2	21 to 25years	95	19.00
3	26 to 30 years	46	9.20
4	30 to 35 years	50	10.00
5	35 to 40 years	36	7.20
6	40 and above	97	19.40
	Total	500	100.00

S.N = Serial Number, N = No of Respondents, P = Percentage

Age group to which the respondents belong has clearly been shown in the table 2. It is clear from the table that most of the respondents are in the age group of below 20 years representing 35.20%. Nearly 95 respondents(19.00%) belong to 21-25years age group, a few respondents (46) are in the age group of 26-30years representing 9.20%, while 50 respondents are between the age group of 30-35years

Table 3a

S.N	If yes, what are the changes brought about?	NA	PA	FA	T/P
(i)	Physical changes	7(1.40)	174(34.80)	318(63.60)	499(99.80)
(ii)	Psychological changes	16(3.20)	181(3.20)	302(60.40)	499(99.80)
(iii)	Social changes	16(3.20)	215(43.00)	268(53.60)	499(99.80)
(iv)	Attitudinal changes	14(2.80)	202(40.40)	283(56.60)	499(99.80)
(v)	Changes in his visions and ideas towards the democratic life	18(3.60)	205(41.00)	276(55.20)	499(99.80)
(vi)	Any Other Pls. Specify	3.60	41.00	55.20	99.80

S.N = Serial Number, NA = Not Accepted, PA = Partially Accepted, FA = Fully Accepted, T = Total, P = Percentage

Note: The figures in the parenthesis represent percentage.

representing 10.00%, just 36 respondents belong to 35-40 years category with 7.20% and 97 respondents fall under 40 and above age group scoring 19.40% Thus, a majority of the respondents covered for the study belong to the age group below 20years (35.20%), 21-25years (19.00%), and 40 and above (19.40%) representing an overall percentage of 73.6%

Selection of Variables

For the purpose of the study survey method was employed and the variables used for the study have been listed; 1. General Factors 2. Physical, Psychological & Socio-Psychological factors. Each variable comprised of a required number of questions with options for the respondents to answer. Based on which the tabulation and analysis were done using the percentile technique followed by interpretation of the data. The Physical, Psychological & Socio-Psychological section contains 02 Questions (1-2). Q.N 1 and 2 are Y/N type with 2 sub questions 1a and 2a. Q.N. 1a.contains 6 statements and Q.N. 2a. contains 4 statements. The sub questions have varied no of answers. Against each statement 3 point scale has been given. The respondents have marked (√) against the option they agree most to give their reply on a 3 point scale.

Construction of the Questionnaire

To obtain data pertaining to the study, a questionnaire was constructed. The questionnaire consisted of 26 questions pertaining to the study to obtain relevant information. For the construction of questionnaire, standardized procedure was adopted by using following steps:

Initial Framing of the Questionnaire, Trial Run, Tabulation of the Questionnaire, and Re-writing of the Questionnaire.

Data Analysis and Interpretation

The data received from 500 respondents were analyzed with percentile technique and each variable observed were clearly depicted in the respondents table with, suitable graphical representation.

Table 3

S.N	Do you agree that sports bring about changes in an individual?	T	P
1	Yes	499	99.80
2	No	1	0.20
3	No response	0	0.00
4	Total	500	100.00

S.N = Serial Number, T = Total, P = Percentage

It is clearly observed from Table 3. Do you agree that sports bring about behavioral changes in an individual, about 499 (99.80%) respondents answered 'YES' and just 01 (0.20%) respondent replied 'NO'

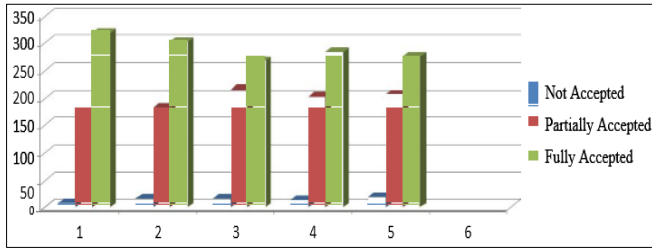


Fig 1

Significant associations have been observed for Tables 3 and 3a. Do you agree that sports bring about behavioral changes in an individual?

For the option ‘Physical Changes’, 318 (63.69%) of the respondents opined ‘Fully Accepted’ followed by 174 (34.80%) who opted ‘Partially Accepted’ and a meager 1.40% of them replied ‘Not Accepted. From the statement

‘Psychological Changes’ it is clearly evident that, 60.40% of the respondents opted ‘Fully Accepted’ while 36.20% opined ‘Partially Accepted’ whereas only 3.20% of the respondents chose ‘Not Accepted’

Table 4

S.N	Do you agree that sports helps in psycho-sociological wellbeing of an individual?	T	P
1	Yes	462	92.40
2	No	38	7.60
3	No response	0	0.00
4	Total	500	100.00

S.N = Serial Number, T = Total, P = Percentage

It is clear from Table 4. Do you agree that sports helps in psycho-sociological wellbeing of an individual? 92.40% of the respondents answered ‘YES’ while 7.60% of the respondents replied ‘NO’

Table 4a

S.N	If yes, is it by protecting an individual from?	NA	PA	FA	T/P
(i)	Anti-social elements	46(9.20)	254(50.80)	162(32.40)	462(92.40)
(ii)	Unfair play	38(7.60)	241(48.20)	183(36.60)	462(92.40)
(iii)	Drug abuse	35(7.00)	225(45.00)	202(40.40)	462(92.40)
(vi)	Any Other Pls. Specify				

S.N = Serial Number, NA = Not Accepted, PA = Partially Accepted, FA = Fully Accepted, T = Total, P = Percentage

Note: The figures in the parenthesis represent percentage.

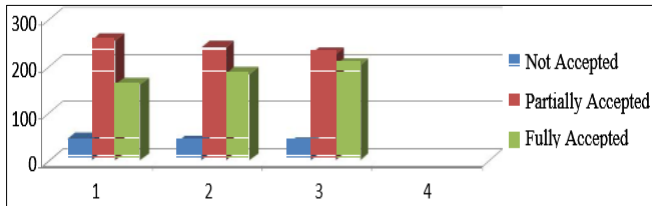


Fig 2

It is clearly shown in the table significant associations have been observed for Table 4. Do you agree that sports helps in psycho-sociological wellbeing of an individual? and Table 4a, if yes, is it by protecting an individual from?

For the statement, ‘Anti-Social Elements’, 50.80% of the respondents have opined ‘Partially Accepted’ followed by 32.40% who replied ‘Fully Accepted’ while only 9.20% of the respondents marked ‘Not Accepted’. The Table clearly depicts that, for the statement ‘Unfair Play’, 48.20% of the respondents marked ‘Partially Accepted’ while 36.60% of them answered ‘Fully Accepted’ whereas 7.60% replied ‘Not Accepted’

Significant differences have been observed for the statement ‘Drug Abuse’ Nearly 45.00% of the respondents opined ‘Partially Accepted’ followed by 40.40% who answered ‘Fully Accepted’ and few respondents replied Not Accepted’

Findings and discussion

1. It is observed from the present study that 99.80% of the respondents accepted the question do you agree that sports bring about changes in an individual? In Table No. 3. This statement correlates with the statement of the writer, who points out that, like religion people turn to sports when they need something to believe in if they are feeling down and hopeless. He also says, a perfect parallel can be drawn from religion to the world of sports. Sports can lift the spirits of a fan or athlete. Which is why there are so many people who participate in some

kind of sport activity Hence, it is clearly evident from the above statement that, the second hypothesis is accepted.

2. It is evident from the present study that 99.80% of the respondents accepted the question Do you agree that sports helps in psycho-sociological wellbeing of an individual? in Table No. 4. The question concurs with the opinion of Loy John Wed, The author accounting the range of questions that arises is very broad in such a social field as physical culture and sport believes that Sports sociology will in such a way with the help of socio-psychological knowledge be able to contribute substantially to the discovery of social laws governing the behavior of individuals, teams and sports groups of various branches. Hence, it is clearly evident from the above statement that, the first hypothesis is accepted.

Summary

Sport has emerged in the last half of the twentieth century to become one of the most pervasive social institutions in contemporary Indian society. The study was conducted to analyze the Physical, Psychological and Socio-Psychological changes occurred through participation in sports and games over the decade in the society as a whole and individual in particular. To sum up, it is evident from the study that, though sport has been instrumental in the transition of the Indian society to a larger extent, a need to be focused into, modified and achieved in order to reach new heights and yield better results.

Conclusions

Within the limitations of the present study and on the basis of the results and findings the following conclusions have been drawn:

The study brings out that a maximum number of respondents agreed that ‘Sports bring about behavioral changes in an individual’ It is quite evident that the sportsmen are bound to be very strong not only physically but also socially,

attitudinally and psychologically. For instance; Marian Jones, the champion athlete returned her Olympic medals which she won accepting the truth that she had doped which a common man would have disagreed in doing so. This incident clearly shows the character and attitude which the sportsman is bound to possess.

The present study states that all the respondents agreed that 'Sports participation keeps an individual healthy and fit'. It is very much true that people have realized the importance of health and fitness as many diseases and disorders have been the talk of the generation. The major concern of the present generation is not job nor money but it is 'Health & Fitness'. The anxiety and stress are two common problems which the people of present generation are prone due to workload and sports is the only medium to overcome such problems. Exercises stimulate various internal organs and develop antibodies in the body. It also acts as therapy and helps in removing ailments of the body.

Recommendations

In the light of the conclusion and findings of the study following recommendations have been made:

1. Physical Education should be made mandatory in the curriculum which will help generate both interest and participation in sports through which healthy future citizens are produced.
2. The ethics, values & philosophy of sports should be taught from the elementary level including the bibliography of great achievers in sports
3. Sporting activities must be made an essential tool for social integration. Social values, tolerance, acceptance, behavior, habits & attitudes etc can be achieved mainly through sports where equal opportunity is given to all without discrimination of caste, creed, color, race & religion etc which will contribute for growth of sports in the country

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