

Sports Sociology: A Social Phenomena

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Abstract

Sports Sociology is a branch of sociology which deals with sports and its effects on society in a wider prospects. Many researchers working within the sociology of sport draw on sociological theory as a framework for understanding the complex nature of sports. It is a zone of study worried about connection among human sciences and sports and furthermore different socio- social structures examples and associations or gatherings engaged with sports. Sport is an ever- changing quantum that captures a wide range of activities, people, organization, practices and structures. Within such a dynamic environment change is constant and the ability to deliver objectives, from simple to complex is essential.

Keywords: Sociology, Sports, Objectives, Activities.

Introduction

Many researchers working within the sociology of sport draw on sociological theory as a framework for understanding the complex nature of sports. Sociologists of sport use social theory to be critical of common sense perceptions of sports, as a pass time or a fun activity. On the contrary, sport is vital part of many people's life, for some it is a career, for others it is something they invest time and money. Those working within the sociology of sport have predominantly drawn on mainstream sociological theories to explain and explore the nature of sport. Within the sociology of sport there are many competing sociological theories which have been useful for critically analyzing sport. These competing theories have been drawn upon to explore range of issues in sport, for instance, violence within sport, relationship between sport and gender, commercialization within sport, social exclusion, sport and race. Sport is an ever- changing quantum that captures a wide range of activities , people, organization, practices and structures. Within such a dynamic environment change is constant and the ability to deliver objectives, from simple to complex is essential.

We are living in a time when society, culture and science have become increasingly aware of the great importance of physical activity and sport not only as a part of mass culture, but broadly understood, for individual and social health and well-being. Physical activity of people plays increasingly more important role in scientific interest regarding way of life of contemporary society and it is very important factor in the process of officiating of the level of healthy and active life style, quality of life and health in general. Indispensable role of physical activity in the course of human life is permanently scientifically confirmed also in context of prevention of obesity. The development of a sedentary life style is the result of a socialization process towards physical inactivity developed in youth and continued into adulthood. At present we face in our cultural settings apparent tendency: People are more and more individualized, loosing beneficial impacts of community activities, involved in passive way of life lacking proper level of physical activities and active sport. The Czech Republic is on the level of mass sport strongly influenced with the existence of new development of the city structure, including fitness centres, cyclo paths, roller skates stadiums, beach volleyball playing fields, golf courses. The national support of sport is, nowadays, divided into the support of top sports, performance sports and new waves in sports (e.g. sports for everyone-for all), sports for school, which are then on the regional level (and by the various sport organizations) subsidized from other sources and, moreover, not co-ordinately. (1)

Sociology of sport, alternately referred to as sports sociology, is a sub-discipline of sociology which focuses on sports as social phenomena. It is an area of study concerned with the relationship between sociology and sports, and also various socio-cultural structures, patterns, and organizations or groups involved with sport. This area of study discusses the positive impact sports have on individual people and society as a whole



Gautam Singh

Associate Professor,
Dept. of Physical Education,
G.B.Pant College, Kachhla,
Budaun, Uttar Pradesh, India

economically, financially, and socially. Sociology of sport attempts to view the actions and behavior of sports teams and their players through the eyes of a sociologist.

The emergence of the sociology of sport (though not the name itself) dates from the end of the 19th century, when first social psychological experiments dealing with group effects of competition and pace-making took place. Besides cultural anthropology and its interest in games in the human culture, one of the first efforts to think about sports in a more general way was Johan Huizinga's *Homo Ludens* or Thorstein Veblen's *Theory of the Leisure Class*. *Homo Ludens* discusses the importance of the element of play in culture and society. Huizinga suggests that play, specifically sport, is primary to and a necessary condition of the generation of culture. These written works contributed to the rise of the study of sociology of sport. In 1970, sports sociology gained significant attention as an organized, legitimate field of study. The North American Society for the Sociology of Sport was formed in 1978 with the objective of studying the field. Its research outlet, the *Sociology of Sport Journal*, was formed in 1984. (2)

Aim of the Study

Aim of the study is to understand the relation between society and sports. We will also try to know that for better and healthy environment in social life sports is an important catalyst. Particularly in today's scenario keeping in mind social distancing and one's own health sports and sociology will play an important role.

Review of Literature

Martins, J., Torres, B., Cardoso, J., Costa, A.M., & Honório, S. (2015). Influence of sociological aspects on the level of physical activity in physical education students. *J. Hum. Sport Exerc.*, 10(3), pp.815-826. Adopting and maintaining an active lifestyle for adolescent students, seems to be impaired and influenced by several factors, among them stand out environmental, psychological and social factors. Thus, the general objectives of this study were submitted to study and understand the extent to which these environmental, social and personal factors help and influence the level of physical activity (PA) by the adolescents in school age. More specifically, we will study: (1) the possible association between level of physical activity, age and gender; (2) consider and determine whether there is an association between socioeconomic variables and physical activity level of the population sample; (3) assess on the possible association between environmental variables and perceived physical activity of the adolescents. The sample consisted of 286 high school students, male gender (n = 125) and female (n = 161) aged between 15 and 18 years of age. As an instrument of study, a questionnaire was used. The main results of this study demonstrate a possible relationship between gender and level of PA, while boys tend to be more active than girls and also an association between socioeconomic variables and level of physical activity. (3)

The present study focuses on physical education and sports helps to promote the social

values among youth. Physical education and sports are considered as an essential part of education and culture. It build up the abilities, will-power, moral values and self-discipline of every human being as an entirely integrated member of society. The contribution of physical activity and the practice of sports must be certify that the throughout life by means of a global, lifelong and democratized education. It contributes to the preservation and enhancement of mental and physical health, gives a nourishing leisure-time activity and also helps to an individual to overcome the drawbacks of present stressful living. At the community level, they build up social qualities, social relations and also fair play, which is vital not only to sport itself but also to life in society. Education system must allocate the required position and applicable to physical education and sport in order to create a balance and strengthen between physical activities and other components of education. Physical education and sport course must be intended to suit the requisites and personal attributes of those follow them, as well as the institutional, cultural, socio-economic and climatic conditions of each country. In the process of education in general, physical education and sport programmes must, by virtue of their content and their timetables, help to create habits and behaviour patterns beneficial to full development of the human personality. Further, voluntary people, given appropriate training and supervision, can make an invaluable contribution to the inclusive expansion of sport and promote the participation of the inhabitants in the training and association of physical and sport activities. In addition, it also focuses on adequate and sufficient facilities and equipment which meet the needs of exhaustive and safe participation in both in-school and out-of-school programmes regarding physical education and sport. Physical instruction as a nonexclusive term is connected with socio-social, instructive and social qualities, psycho-social characteristics, socialization, incorporation, moral codes of conduct, intellectual and physical turn of events, prosperity, solid eating regimen and different advantages to be gotten from commitment in ordinary physical movement. To conclude, education in general, and physical education in particular, should respond to the needs of optimally developing individuals' capabilities and provide opportunities for personal fulfillment and social interactions, fundamental in human co-existence. (4)

Physical Education & Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is included as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students. Physical Education is the only profession where you talk as well as play / perform. The concept of Physical Education in the mind of the general public is big round, play & play and no work. Abraham Lincoln quoted in one of his addresses, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of

our Institution / University. Physical education defined the problem of defining Physical Education is not only that the term is broad based and complex, including so many kinds of phenomena, but also it means different things to different people. Physical education defined by J. P. Thomas sums up that Physical Education is education through physical activities for the development of the total personality of the child and its fulfillment and perfection in body, mind and spirit. Even though these definitions differ significantly with regards to emphasis on different aspects, they still have many common elements. All-round development of individual' – physical, mental, social, moral is the real aim of Physical Education. One of the main objectives of any Physical Education activity is to maintain and improve the health of the youngsters in our school and colleges. And the School has the responsibility to see that all students achieve and maintain optimum health, not only from a moral point of view, but from the standard point that educational experience will be much more meaningful if optimum health exists. A child learns easier and better when he is in a state of good health. (5)

Sports bring competition; teach morality, integrity and ambition; are exciting, amusing and challenging. But most of all, they bring us hope. Sports give us faith to live another day. We see our favorite athletes, and we are amazed by them, and it gives us a sense of hope that no matter what challenges or hurdles we have in our daily lives, we can conquer them all.

Sports, with their impact and influence, have always had a place in society. There can be many instrumental development objectives and lessons realized through sports. Their value is sometimes underestimated, but as anyone knows who has ever been to any sporting event, it can literally reshape the foundation of a community.

There's just something about the sports dynamic that transcends all social, political and ethnic barriers.

The World Health Organization estimates physical inactivity is responsible for close to 2 million deaths each year globally. It further estimates that fewer than one-third of young people in countries around the world are adequately active to benefit their present and future health and well-being.

The most effective way to improve health is for communities to find ways to increase physical activity. Regular physical activity is important for building and maintaining healthy bones, muscles and

joints. Acquiring better fitness levels also helps control feelings of anxiety and depression. It encourages other healthy behaviors, such as avoiding alcohol and drug use. Sports are a powerful tool and have proved to bridge gaps in communities and give people hope. (6)

Conclusion

As of now we all had developed concept of sociology being a subject of society. But the development and enrichment of the society largely depends on human behavior. Physical education and sports has a great impact on individuals behavior which nurtures the society. If an individual wants to lead a happy and healthy life as a member of society he must engage himself in some physical activities or recreational activities.

In today's scenario when the whole country is in lockdown, the only way to get connected with society in this quarantine is through social media. Many of the physical educationist are now interacting with the society through videos of physical fitness and other remedies to improve immunity and get rid of COVID-19. This has become an opening for some physical educationist to be on social media platform as some of them were hesitant of that. So, we can conclude that society with sports or we can say sports sociology is very important in today's stressful life. This helps individuals to pick out some time from their busy schedule to interact with society through sports. This as result helps in lowering their stress and helping them to live healthy life. Participating in any kind of sports or physical activity makes an individual to think positively in adverse situation. This helps in development of society and reduction of criminal or negative activities.

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