



# Sports as a Tool for Developing Social Values in Athletes

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## Abstract

The purpose of this study was to investigate the impact of Sports and Games in developing Physical, Mental, Social, Emotional qualities in Young athletes. Many research articles, books and studies published give evidence that Sports Competitions or programmes have great potential to strengthen social value network among young athletes. The role of large Scale Sports events like Olympic, Asian, Commonwealth, University Games is a great example of social regeneration. The athlete learns Social Values such as Respect, Honesty, Responsibility, Fairness, Inclusion and Equality by facing various situations in sports competitions and use them in the society for livelihood. The objective of this study was to analyze the role of sports as a tool in developing social values in athletes. The data was collected through secondary sources for the study through relevant literature and references available on the electronic or online database.

It was concluded that sports is a relevant tool to learn social values and qualities by the athlete and it helps to serve well in society.

**Key Words:** - Social Values, Sports, Athletes.

## Introduction

21<sup>st</sup> century has been a witness to the changes in the concepts and philosophy of sports and physical education. It has created much interest in the world of sports to enhance development of various techniques such as Artificial Intelligence and tests in the field of sports. The present day sports scientists, sports psychologist, coaches, physical educators have become concerned about sociological and psychological aspects of the player along with the fundamental skills and physiological aspects. It is because they feel that sociological and psychological characteristics of athletes contribute more towards their success at the optimum performance. Sports plays a vital role in enhancing social values in different playing situations like interaction, cooperation, respect, fairness, honesty, contribution, responsibility. The main purpose of the study was to explore how sports can act as a tool for developing Social Values and for holistic development in the athletes.

### Meaning of Social Value

Social value is a standard, which individuals and groups employ to define personal goals and essentially shape the nature and form of social order in a collective. (5).

Social Values are considered an essential value in human life because they have the role and function of values as ideal way of thinking or behaving, focus on valuable cultural objects, realizing social roles, social control and restraint and provide solidarity. (6).

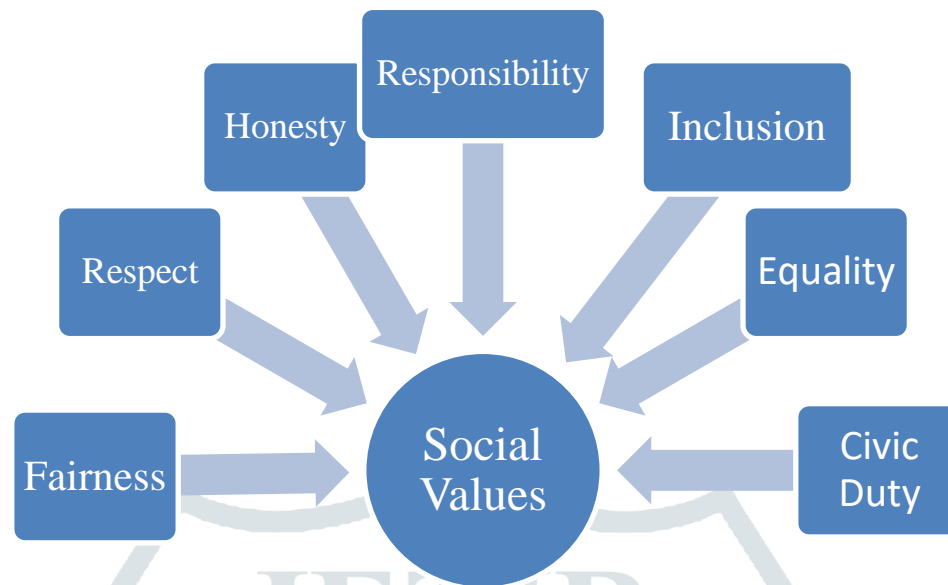
### Meaning of Sports

The United Nations define Sports as all forms of Physical Activity that contributes to physical fitness, mental well-being and Social interaction including play, recreation, organized casual or competitive sport and indigenous games. (8)

### Social Value in sports

Sports can teach values such as fairness, teambuilding, equality, discipline, inclusion perseverance and respect. It has the power to provide a universal frame work for learning values, thus contributing to the development of soft skill needs for being a responsible citizen. (7)

## Sports and Social Values



### Fairness

The meaning of fairness is a quality of person being reasonable, right and neutral. In the field of sports, athletes learn fair play with a good spirit and positive attitude towards teammates, opponent players and it includes respect of decision of officials and not arguing. Sports teaches fair play value such as putting 100% effort, shaking hands with their opponent players, whether they win or lose the game. Learning fairness quality from sports helps the athlete to improve social quality.

### Respect

Worldwide the Sports Activities has been divided in two types; individual events and team events. Sports teaches the core value to respects the teammates, opponents players, Coaches, officials and fans in each and every situation. Disrespect of teammates or others can have a negative impact on athlete's personality. An athlete is able to learn this value through sports and is able to adjust themselves in the society as a responsible citizen.

### Honesty

Sports can teach values such as honesty, thus contributing to the development of skills needed for holistic development of the personality. Honesty is a key value for the player's personality to live in the society as a role model for others. The athlete can learn Honesty as a value from the rules and regulation of sports, to not use unfair means for the winning (Drugs and Dope), manipulation of officials and take due advantage of sports infrastructure or equipment. It can help athlete to be example for others in the society and family.

## Responsibility

In sports each and every player has to understand and have the knowledge of the laws, regulations of the specific sports and to know how to apply them during different situations. In the individual sports, athletes themselves are responsible for all the processes of training and competitions and cannot pass on the blame to others. On the other hand, in team event activities, an athlete may be given the responsibility to be the captain of team, so they should have a sound understanding of rules and should work with their teammates. Athlete learns good leadership quality and management skills through sports and this helps them to become an asset in the society.

## Inclusion

The concept of inclusion means accepting all the people irrespective of race, gender, cast, culture. Sports is the right platform to learn inclusion in team without discrimination and intolerance toward caste, culture, and race. The learning of inclusion values in the sports can be used in society in day to day matters in an athlete's life.

## Equality

Value of equality means the state of being equal, especially in rights, status and opportunities. In team sports, every athlete gets the opportunity to avail the resource regardless of their circumstances. In individual sports, athlete shows individual performance and retains the status to participate, whereas in team sports, the situation varies.

## Civic Duty

Civic duty is responsibility of each and every citizen to contribute to society in different manners. Organization of sports events like Olympic, Asian Games, Commonwealth games requires people of society to act in different forms in the committees as volunteers, official and administrators to experiences the contribution towards the host country. The biggest example of Civic Duty has been seen during the 2021 Olympic Games in Japan. The Japanese spectator cleared all the trash in the stadium once the event got over.

## Discussion and Conclusion

Within the limits and limitations of the study it was concluded that Sports is a tool for Developing Social Values in Athletes. On the broader aspect, social values of Respect, Honesty, Responsibility, Fairness, Inclusion, Equality, and Civic duty are important to ensure harmonious and social interactions in the society and to understand each other smoothly. Participation in sports help athletes of all ages to learn to control their emotions and develop better ways to understand social values. Playing in a team helps athletes to develop social skills needed for living a good life in the society. Sports Participation is an important aspect in the development of Social Values.

To conclude, Sports participation helps athletes, of any gender, in developing Social Values, Psycho-social Qualities, Respect, Honesty, Responsibility, Fairness, Inclusion and Equality by facing various situations in their respective sports competitions, whether it is individual sport or a team sport. There is also a strong evidence

surrounding the impact of social values learnt from sports on athletes, which helps them in becoming a global star, and an example for others.

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