



## ROLE OF SPORTS IN MODERN SOCIETY: ACHIEVING TRUE SPORT

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**ABSTRACT** A healthy nation is always a wealthy nation. Therefore, it is necessary to put emphasis on sports. One can think of a healthy mind only in a healthy body. Sport is the medium through which an individual and nation can get name and fame. Sport plays an important role in our lives and our society. There is various health benefits for those who are involve in active sports and maintain active daily lifestyles. Beyond the physical benefits, sport brings emotional, psychological, and social benefits, as the athlete learns and experiences self-discipline, the joys of achievement, and the lessons of losing. Sport can even achieve social change through the common language of play by bringing people together even in places and times of conflict. In present scenario every sportsman wants to win at any cost. The tendency of winning at any cost affects the feelings of true sport. True sport is the sport which is fair legal, ethical, judgmental and unbiased. The temptation of winning, fame, and notoriety stretches its grasp from the world of professional sports to school play ground. The indicators of a society that aims to win at all costs are plentiful; early specialization, overtraining, overzealous parents, intolerant coaches and athletes who use performance-enhancing drugs or otherwise break the rules. As a nation, we must renew the true spirit of athletic competition—that is, sport that upholds the principles of fair play, sportsmanship, integrity, and ethics.

**KEYWORDS :** SPORT, TRUE SPORT, FAIR PLAY, BENEFIT, VALUES

### INTRODUCTION

People have been playing sporting games since ancient period. Sporting events appear in earliest mythology, and athletes were major celebrities in Ancient Greece. Over the centuries, crowds have gathered to watch sporting competitions, with sometimes violent, nationalistic outcomes. More recent times have witnessed the growth of formal, more organized sport, governed by sets of rules and expectations for fair play. Athletes might be highly paid professionals, Olympians, college or school players. Sport is the sources of recreation. They provide relief and a sense relaxation in a life of monotony of routine marked by miseries, hardships and hurdles. They instill or infuse a sportive spirit to take up the heavy burden of life in a lighter vein and not to think of life either as a tragedy or a comedy but as the ordinary business of living. It is very essential to maintain health and physical fitness. It encourages the growth of team spirit. Sports and games bring about various methods of diversions. Sport plays an important role in our lives and our society—whether it is formal or informal. Those who play or have played sport know it can transform lives in many ways. Beyond the physical benefits, sport brings emotional, psychological, and social benefits, as the athlete learns and experiences self-discipline, the joys of achievement, the lessons of losing, and the leadership of coaches and teachers. There is an old saying that sport builds and reveals the character. Sport can even achieve social change through the common language of play by bringing people together even in places and times of conflict. Participating in sport provides physical, emotional, psychological, and social benefits and that it is a uniting force in bringing people together. Sport participation can help build character, encourage emotional growth, learn social behavior, norms and values of society. It helps to teach the value of honesty, respect, teamwork, dedication, and commitment. Sport play vital role in teaching morality by promoting positive values such as honesty, fair play, and respect for others. Sport is not only about playing by the rules, but also about following the spirit of the rules, which requires fair play, clean play, and respect. We know that sport can build character and promote the virtues of honesty, respect, selfless teamwork, dedication, and commitment to a greater cause. Sport lessons (good and bad) transcend the playing field, spilling over into the classroom, the business world, and the community, and they contribute to shaping the character and culture to the citizens of any country. Sports bring competition teach morality, integrity and ambition. 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. There's just something about the sports dynamic that transcends all social, political and ethnic barriers. Its substance crosses educational levels, religious preferences and all language groups. Its magnificent ability to unite people makes sport a powerful

communication tool. Many assistance programs use sports to reach people to tell them about important development issues such as awareness, drug-and-alcohol education, prevention, charitable functions, advertisement etc.

Then there are the health benefits for those who play sports and maintain active daily lifestyles. 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. Sport is about the honorable pursuit of victory. It is not just about playing by the rules; it is also about playing within the spirit of the rules. It requires sportsmanship, fair play, playing clean, and respect. Fair play, both in academics and sport, is a concept that is challenged by the notion of performance enhancement. True sport or fair play not only entails respect for the rules of the game, but also relates to respect for one's opponents, equal opportunities to perform well, mutual cooperation, fairness, and sportsmanship. Fair play is violated when athletes engage in poor sporting behavior such as heckling and using offensive language or by losing self-control through tantrums, bragging and bullying, using performance enhancing drugs, or engaging in overly aggressive play. Fair play also is transgressed through selfish play. The use of such performance enhancers is overwhelmingly associated with ethics in sport, and athletes who use them are seen as personally unethical. The fact is that doping is cheating. We might play sport for different reasons—because it is fun, because the glory of pitting our skills against those of a well-matched opponent is exhilarating, because we value our relationships with teammates or coaches, or because we feel the personal accomplishment of pushing our physical and emotional limits. Whatever the reason, true sport—that is, sport played hard, fair, and clean—fosters personal growth and social goods. Beyond the intrinsic rewards of sport are the extrinsic rewards—winning, fame, and notoriety. Certainly, everyone who plays sport at any level wants to win—that is the nature of competition. The lure of winning, fame, and notoriety stretches its grasp from the world of professional sports down to the school playground. The indicators of a society that aims to win at any and all costs are plentiful: early specialization, overtraining, teams and programs that deny opportunities to less developed and less talented children before they have a chance to grow into their bodies, overzealous parents, intolerant coaches, obnoxious fans, athletes who use performance-enhancing drugs or otherwise break the rules, and elite professional athletes who have lost their moral way. As a nation, we should embrace the role that sport currently plays and can play in our society and confront the issues it now faces in order to ensure its enduring integrity and value. We and especially our children, stand to lose too much by an unhealthy and increasingly destructive emphasis on winning at all costs. An inappropriate focus on winning creates a welcoming environment for

cheating, doping, and poor sportsmanship—all threats to the spirit of true sport. These threats undermine the integrity of the game and integrity of the nation.

## CONCLUSION

We have to remember that in sport, like so many other areas of life, outcomes are not always more important than experiences. The experience of preparing for and playing sport provides the essential intrinsic rewards that successful athletes talk about. Winning is the **“cherry on top,” the “icing on the cake.”** If we cannot save sport from an obsession with extrinsic rewards, then where will our children turn to learn the lessons that true sport offers? How then can we best support sport in this country and ensure that the next generations benefit from the great lessons that can be derived from good sport? As a nation, we say that we prioritize the intrinsic values sport offers—fun, fair play, integrity, teamwork, self-esteem, self-discipline, patience, sense of community, and more—yet we are systematically rewarding the elements we have prioritized as least important—winning and competitiveness. Sport organizations, whether in schools, in clubs, or in the community, need to encourage active and engaged discussions about what true sport means. We need to identify and develop strategies for communicating the values of true sport to athletes, officials, coaches, parents, and fans, and comprehensive education must be widely accessible to coaches on fostering ethical coaching, as well as on such topics as empowering athletes with character, moral development, and citizenship; performance enhancing substance prevention; and others.

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