



EFFECT OF YOGIC PRACTICES ON PHYSICAL FITNESS

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Abstract

The main objective of the proposed paper is to throw light on Psycho Social concept of Sports. Sport, as a universal language, can be a powerful vehicle to promote peace, tolerance and understanding by bringing people together across boundaries, cultures and religions. In conflict or post-conflict situations, sport can help to create a structured, constructive outlet for the people

affected, an outlet that is oriented towards peaceful resolution of aggression and tensions. The psychology which is concerned with mind and body also influences the sportsmen in a large capacity. Both values are important aspects of developing a well rounded character. Both can be learned through playing youth sports. Generally, the social values are enforced and given greater merit in sports, but the field is a great place to learn moral values. They serve as a unifying agent, because they may bring the family closer together. The social processes that occur in sports, such as socialization, concepts regarding competition versus cooperation, social stratification, and the issue of social change.

Keywords: Sports, Psychology, Family, Cultural values, Social values, Education and Media.

Introduction

"Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can. It speaks to people in a language they understand."—Nelson Mandela

In terms of physical and health aspects of child and youth development, there is an overwhelming amount of evidence that focuses on the (mostly positive) effects of sport and exercise on physical health, growth and development.

"Incorporated into the definition of 'sport' are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include: play; recreation; organized, casual or competitive sport; and indigenous sports or games."—

United Nations Inter-agency Taskforce on Sport for Development and Peace.

The importance of sports and games is being increasingly recognized in India from both the educational and social point of view. Sports in schools, colleges and universities have been given importance; in fact, sports have become an essential part of the curricula. Time was when only a few students who were fond of certain games, like hockey, football, cricket or tennis, were granted with special facilities. But now regular programmes are drawn up in all educational institutions to persuade as many students as possible, regardless of special aptitudes, to participate in games and not



merely watch matches occasionally to cheer up their favorite teams.

Depending of course upon the availability of funds, facility and encouragement for games and sports for the country's youth, both boys and girls. This aims not only at the potential sportsmen or competitive sports but also towards the general well being. We all know that sports fosters friendship and amity.

Regular participation in sports provides a healthy channel for diversion of energies. Wherever students and other youth participate in sports regularly ensure constructive sublimation, misdirection of youthful vigor is much less and the tendency to indulge in indiscipline and mischief, disruptive activity of various kinds is curbed. Young people have surplus energy, and if this is fruitfully utilized, the foundations are laid for a healthy society where people are fully aware of the need for discipline, co-operative effort, team spirit, the cult of sportsmanship, of joint devotion to the achievement of a common goal in collaboration with others. They also learn to cultivate the vital quality of learning how to work together, to become not only good winners but also good losers. Both sides playing a game cannot win simultaneously and ups and downs are common.

The initiative sought to reach out to the youth community to impart essential values such as core work skills, communication, problem solving, self-esteem, community spirit, healthy life styles, and also to educate the public on healthy eating habits.

Children and adolescents are important target groups for sport, and sport is something that leads to both social inclusion and exclusion. Gender, social class, ethnicity, age and disability are all examples of the social mechanisms that help to create the different

conditions and consequences of sport at the levels of individual, group and society.

India is a secular country with number of races, religion, caste ethnicity, languages which differ from each other. The aspects have been balanced only with the emergence of sports which binds together all the fields and brings them as on entity, Sports acts a carrier of peace in the country, a helping hand to bring about long lasting relationships with other countries.

The numerous researches are the prime evidences for the above illustrated statements. The researches pave way for more and more deep and intensified studies in order to bring in innovative ideas and concepts which ultimately aims at the welfare of the mankind.

Sports aims at the peak of welfare of the Mankind, it has contributed in almost all of its capacities to ensure that through the application of social sciences both the individual and the society will lead towards have healthy competitions.

Sport is seen to have the most benefits in:

- Through fun and games foster development of social skills of young people such as teamwork, cooperation and tolerance, and support integration of marginalized youth.
- Promote sport as a means of development at the individual and societal level.
- Sports serve as a common language bringing people closer together and show us how to work in a team and learn tolerance for each person.
- Promote a culture of peace, social and gender equality and advocate dialogue and harmony through collective work promoting sport and physical education-based opportunities for cooperation.



- Promote recognition of sport and physical education towards economic and social development
- Promote sport and physical education as a means for health, education, social and cultural development.
- Strengthen cooperation and partnerships between stakeholders, including family, school, communities, youth sports associations and decision makers as well as the public and private sectors.

In India, 33 per cent of the population is younger than 15 years of age. Therefore, sport and cultural activities were planned to promote the role of sports in the development of education and peace and in striving to accomplish.

Sports from a Psychological point of view:

The promotion of health and fitness is a positive and proactive measure that is in line with the field of Positive Psychology's vision of increasing well-being in the world through sports

Psychology is an academic and applied discipline that involves the scientific study of mental functions and behaviors. Psychology has the immediate goal of understanding individuals and groups by both establishing general principles and researching specific cases, and by many accounts it ultimately aims to benefit society.

Thus with the pressures, globalization and the competitiveness in the world in all fields the psychology has magnificently transformed and branched into a new discipline in sports which is 'Sports Psychology'. The psychology which is concerned with mind and body also influences the sportsmen in a large capacity. The emergence of this particular subject has been made use of to the maximum extent both

on and off the field. Thereby shaping the individual's wholesome development internally and externally.

Sport psychology is the understanding of how the mind influences an athlete's performance in their chosen sport. Within the principles of sport psychology are various concepts such as how do athletes prefer to learn, what is their personality, how can they attain states of relaxation and concentration (narrow and broad focus), how does an athlete learn to visualize a successful performance, do they understand and overcome their limiting beliefs and how does an athlete develop high levels of self-awareness, self esteem, self concept, attention, cognition aspects and motivational techniques . These principles are directly or indirectly applied to the general public in making them realize the positive benefits of their self through the participation in sports.

They play sports and games for a living and want every edge possible. They are already strong mentally, but want to continue to improve and so seek the services of a psychology in a broader sense.

The complimentary benefits include:

- Importance of Good Sporting Behavior
- Cooperation vs. Competition within a Team
- Defining Success (Winning and Losing)
- Setting Goals in Sport and Life
- What Sacrifices Do We Have to Make in Order to Do Great Things?
- Preparing for Performance
- Dealing with Nervousness
- Learning to Focus
- Dealing with Disappointment
- Resilience: "Bouncing Back Quickly"

Apart from bonding people, sports also offers great social and physical benefit to the society. The zeal to win and do well in sports creates a



set of strong value and attitudes in people which is also reflected in other aspects of their lives. Sports help in the development of a strong social environment which motivates people to constantly perform to the best of their abilities. Another positive aspect of sports is that it helps to build one's self identity. The ability to get along with different people and performing to your best of abilities give you a sense of recognition in the society.

Another important social science aspect focuses on the science of sports sociology, a field that is often viewed as an art. Coakley discusses the concepts of the art and science of sports sociology and indicates that not all who study this field see things similarly. Sports sociology is both an art and a science, and critical questions are asked by researchers from both perspectives. However, before posing questions regarding how sports can be made better, it is important to understand what currently exists?

- Develop social awareness and social consciousness of factors and issues that affect sports.
- Be cognizant of the consequences of various forms of social organization.
- Be able to critically examine their own life experiences in relation to their own sports participation.
- Explore how sports, in whatever form, can be used to provide opportunities for those who lack access, power, and opportunity.
- Examine how social justice and social change can be achieved in sports settings.

As a result of gaining this knowledge and understanding, students will approach the scholarly study of exercise science via an inclusive perspective rather than a narrowly focused and exclusive one.

Specific factors are considered to further clarify scope of sports sociology:

- The relationship between sports and other areas of social life, such as family, education, politics, economy, the media, and religion.
- How sports and physical activity may impart knowledge regarding the body, gender, sexuality, social class, race and ethnicity, and disability.
- The social organization, group behavior, and social interactions that occur in the sports setting.
- The social processes that occur in sports, such as socialization, concepts regarding competition versus cooperation, social stratification, and the issue of social change.

Social values and life lessons develop "character." Character is associated with a host of sport values such as teamwork, loyalty, self sacrifice, perseverance, work ethic, and mental toughness. Two sets of values define character; social values and moral values. Social values include teamwork, loyalty, self sacrifice, and perseverance.

On the other hand, moral values include honesty, fairness, responsibility, compassion, and respect. Individuals with strong moral character can apply a set of moral values with a strong understanding of its worth despite surrounding peer or societal pressures. Also, moral individuals have the ability to act honestly when peers act dishonestly or when no one is around. Strong morals discourage conformity and promote a thought process.

Both social and moral values have their place in society. First, social values are those deemed by society as being vital in reaching a desired end state; winning. Parents often believe a winner in sports will be a winner in



life (Eitzen, 2001). Second, moral values are vital to creating a fair and safe competition. Moral values are not fostered to achieve a specific end point. They are a thoughtful reasoning process; knowing, valuing, and doing, while social values are more about conformity (Rudd, 2005).

Both values are important aspects of developing a well rounded character. Both can be learned through playing youth sports. Generally, the social values are enforced and given greater merit in sports, but the field is a great place to learn moral values. As a parent it is important to find a sport, team, coach, and other parents that believe in implementing each set of values. Sports are more than just about developing a winner. They are an avenue for a child to develop and implement compassion, competition, and be themselves.

Cultural values of sports:

Values are based on a number of traditions that emanate from religion, race, ethnicity, and geographic location. The foundation of our values is the ideas and concepts about what is good, bad, right, and wrong and what is desired. Because our culture is diverse, incorporating numerous racial and ethnic groups, it is difficult to reach agreement on some factors. For example, in some cultures being thin is not valued, whereas in other cultures being thin is very important.

Some cultures emphasize sports to a greater degree than others. The concepts of beauty and excellence also differ from culture to culture; therefore, finding a consensus on the issue is difficult. Whereas some of the core values may be contrary to those identified by specific cultural groups in our society, they nonetheless should be noted. Core values include achievement and success, activity and work, moral orientation, humanitarianism,

efficiency and practicality, progress, material comfort, equality, freedom, external conformity, science and rationality, nationalism and patriotism, democracy, individual personality, and, group superiority themes.

Social Institutions and Sports

The social institutions of our society to which sports are closely linked are the family, education, the media, politics, religion, and the economy. Because sports are social phenomena, it is important to study them as they relate to other forms of social life.

Family

Organized youth sports play an important role in the life of the family in North America. They serve as a unifying agent, because they may bring the family closer together; parents and siblings support the athlete, taking him or her to practices and attending games. The family may unite as spectators, watching televised or live events and discussing the processes and outcomes. Today, the daily routine and/or weekend schedules of many families are geared around the children's involvement in sports. The social institution of the family, depending on the degree of support and encouragement offered, has the potential to be a socializing agent for children's participation in sports as athletes or spectators.

Education

Sports are inextricably intertwined with the institution of education in our society. At all levels of education, but particularly high school and college, high-level sports or varsity sports competition are present. The value of sports within education raises numerous questions, because they have become so important that a school's worth is judged by the success or failure of its athletic teams. Students have even been known to choose a college or



university based not on the academic program in which they will enroll but on the success of the athletic programs. There is no question that sports afford positive values and opportunities for all students; however, we must carefully examine the extent to which the value of sports is placed above the value of education. Educational institutions need to address why varsity sports has become a marketable product instead of an educational program.

The Media

There has been phenomenal growth in all forms of the media in its relationship to sports. Television has virtually grown before our eyes as we have witnessed the addition of cable and satellite channels, sports programming, and the coverage of sports in general. Many millions of dollars have been paid for television rights for championship games, specific tournaments, special events, and especially the Olympic Games.

The future direction and success of college, professional, and Olympic sports have been paved by the broadcast media. However, the manner in which all forms of the media inform, interpret, create drama, and establish particular ideas about sports and society must be realized. For example, the media provide considerable knowledge about sports, and the ways in which the media choose to characterize or emphasize certain aspects of sports contribute to the mind-set of individuals in society. The media define the important sports as well as the importance of sports; interpret concepts such as the athletic body, femininity, and masculinity; and create sports heroes and antiheroes. There is no doubt that sports provide much enjoyment for the participants and spectators; however, the value of sports, how that value affects our culture and what role power plays in the

representation of sports by the media cannot be overlooked.

In 2002, at the Olympic round-table Forum of the Salt Lake City Olympic Games, Secretary-General-Kofi Annan stated his belief that:

Sport can play a role in improving the lives of not only individuals, I might add, but whole communities. I am convinced that the time is right to build on that understanding, to encourage Governments, development agencies and communities to think how sport can be included more systematically in the plans to help children, particularly those living in the midst of poverty, disease and conflict.

Conclusion

Sport, as a universal language, can be a powerful vehicle to promote peace, tolerance and understanding by bringing people together across boundaries, cultures and religions. In conflict or post-conflict situations, sport can help to create a structured, constructive outlet for the people

affected, an outlet that is oriented towards peaceful resolution of aggression and tensions. Governments and international agencies are increasingly recognizing sport as an important, powerful and underexploited tool for development in post-conflict reconstruction. Sport is a cost-effective means of achieving development and peace goals. Sports activities can building bridges between them and the local communities they serve. "Sport, with its joys and triumphs, its pains and defeats, its emotions and challenges, is an unrivalled medium for the promotion of education, health, development and peace. Sport helps us demonstrate, in our pursuit of the betterment of humanity, that there is more that unites than divides us". Sports serve as a common



language bringing people closer together and show us how to work in a team and learn tolerance for each person.

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