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## IMPORTANCE OF SOCIOLOGY IN SPORTS

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### Abstract:

This study is aimed to know how physical education and sports and sociology are interrelated and Importance of sociology in the field of sports. Sociology is such subject that involves human's daily activities, behavior, relations, emotions etc. Man is historically a social animal if he want perfection in his life he must be social. With the help of sports and games man feels the real aspects of sociology and theirs importance also. Sports is kind of activity man feels motivation towards reaching goals, satisfaction on work, preparation for planed works, honesty in corrector, responsible behavior, respect each other etc. None of these also one who regular touch with sports and games he never gave importance to win and lose. He just does his work smartly and honestly and always proud about his efforts in society. So sports and sociology are having very similar factors. One who know the importance and knowledge about sports and sociology he will definitely become a complete person in society.

**Keywords:** sports, sociology, physical education, perfection, society, games, behavior, cooperation, competition,

## **Introduction:**

Sociology and physical education and sports are had much similar characteristic similar interrelation between both. With the help of studying sociology sports and physical Education reach their goals easily and effectively. Cooperation, values and ethics, healthy competition, fair play are the sign of good Civilization. We will learn the values of these points with the help of sociology. And one who practically faces these concepts in sports he will become as a perfect person in society. Any of physical activities or Sports that exists in society viewing its influence group of society. Therefore, physical education and sports cannot its influence on individuals.

It is the subject of sociology that helps us in understanding socialization. On the one hand socialization can also be explained as process of acquiring social values and living together on the other hand physical education and sports also deals with learning of social values and collective performance. There four sociology having a great importance in the field of physical education and sports. Main and important benefit from sports is that keeps a person are sportsmen social. Being social is very important in human life. It will definitely bring a person towards perfection. In same case having or acquiring social values in life one sportsman can definitely get success in his event. It helps him as motivator in individual events and A Life lesson in group games also. Sum of following things will witnesses how sociology is important in the field of physical education and sports

### **1. Cooperation and competition:**

We can see competition and cooperation in sports in every stage. But society is full of these two things and also cooperation and competition are two important characteristics of socialization that exists in society. Sociology gives importance to both aspects and in sports both exists together. Sociology teaches us that how cooperation is important as competition in society. Sports also require good and healthy relationship between competition and cooperation.

Sociology aware about their importance in society and field of sports and every aspect of life. A healthy competition and cooperation will bring us towards perfection. In same manner in Sports healthy competition with opposition and good cooperation with teammates will bring towards main motto of sports and physical education.

## **2. Social control and self discipline:**

In the field of sports many times spectators go out of the control and this may lead to heavy mass casualties. Many times in European football league such uncontrolled situation has existed. The discipline of sociology develops the collective sense of discipline and social control. Crucial matches or tournaments require this collect to sense of discipline and social control. Therefore for a successful finishing of crucial tournaments factors under sociology like social control and self discipline in highly required.

## **3. Sports ethics:**

Having basic knowledge of sociology helps to develop social values in individuals or groups which directly or indirectly and enhances sports ethics in a sportsman. Main object of sociology is to know about being social is how much importance in life. A sports man is a social being he applies the learned social values. In sports he always shows good sportsman spirit. Fair play, respect is highly required and sociology plays great role on it.

## **4. Role playing:**

This is the main aspect in process of socialization. Every social being is entirely comes under this aspect. In sports role-play is the key point in group games. One who knows the role in the team and in same time in the competition he played the role perfectly team will definitely move towards success. Realization and understanding the responsibilities by an individual makes the society healthy and more progressive. In this view in the field of physical education and sports role playing learned through socialization is very important.

## **5. Sports as a social phenomena:**

In this point sociology views on sports as a social phenomena. Sports influences on individual. Our society is importantly analyzed through various aspects of social life. Sociology mainly deals with into individuals and groups which also directly engaged in field of sports. Sociology will help to a person or sports person, coach, sports administrator in understanding every aspect of these social phenomena. And it also helps in better understanding of sports in the society.

## **6. Sports will attain educated:**

It is not possible for any sports man to develop good cooperation and sportsmanship without understanding social values. Hence Sociology plays important role in making sports more educated and valuable for the society. Knowing about sociology makes sports and games more educated and valuable for the sports persons or society. Sociology will make the field of sports and physical education as more educated to sports persons are a sports lover.

## **7. Group dynamics:**

Modern sociology effects on team members more will be the group dynamics to work in a same team or group of putting all effort collectively to gain good performance as a team or group required group dynamics. Sociology has given much importance on this aspect of socialization and this also shows the importance of sociology in the field of physical education and sports. From the history man is a group animal and to get perfection in sports and physical Education socialization is much needed thing.

## **8. Individual as a social being:**

Sociology helps individual to become valuable member of society. It enables a man to be good social being and understand the importance of social values and ethics in the field of physical education and sports. Sociology helps to sports persons to understand what kind of behavior is acceptable to society and what kind of is not acceptable this helps him to become a good and complete sportsperson.

## **09. makes better standard of sports:**

Through social factors like good character, discipline, self control, loyalty, nationalism, respect each other, etc standards of sports increases. The process of socialization assists in developing good sports ethics in Sociology. In society unfair attitude, and doping cases, negative remarks, unusual behavior reduces throw socialization. And this is no doubt increasing the standard of sports not only that field in all sectors. Social values really mean a lot in everyone's life.

## **10. Competent Sports:**

This aspect is most needed thing in now days. Nowadays we see competitive sports event but not quality sports events or sports personalities. Social values, ethics, status developed through socialization helps in providing us quality Sports for the development of physical education and sports. Sociology definitely assists in providing quality sports to society in every field. Maintaining quality is the key development. In this manner through sociology sports and physical Education will get quality.

## **11. Mutual dependence of Sociology and sports:**

Physical education and sports are more strengthen the social values learnt by others. Sports give more practical experience to the process of socialization. In sports one gets enough opportunities to implement and understand social values Learns under sociology. Physical education and sports no doubt enhance the process of socialization.

## **12. Performance will increase:**

Healthy social relation with team members and others and good Cooperative behaviour will build confidence and motivation in players. Group dynamics is considered as an important factor for good performance of any team. Team cannot neglect the importance of social values for good performance and achievements. Sociological aspects plays important role in gaining high performance by any team are group.

## Conclusion:

As we know anciently man is group or social animal because of his physical, natural and emotional demands. So man feels secure as social. Sports and physical education are such activities get man towards perfection physical and mentally. As we discussed above points we know the importance of sociology in field of sports. One who had theoretical knowledge about social aspects he will succeed in sports field. Sports and games teach us real life lessons with practical experience. And makes physically and mentally strong. Competition, cooperation, Fair play, honesty, accepting results whatever is and following common rules are the key factors for everyone in any field. Sports everyday deals with this factors and makes good practices on this. So sociology is and sports are undividable costumes.

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