



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Exploring the Influence of Mobile Phone Usage on Physical Sports Participation and Performance: A Sociocultural Perspective

Dr. Ravindra Machale

Director, Sports Department, NSSR's Arts, Commerce College,
Parli Vajjnath.Dist.Beed

Abstract:

Mobile phones have become an integral part of our daily lives. While they have various advantages, excessive use can be harmful, especially for strenuous activity such as sports. This study examines mobile phones' impact on physical sports, as well as the ramifications for high school and college students.

Since the Covid-19 Pandemic, we have been providing students with mobile phones so that they may study and learn online through internet portals. However, the majority of students use their cellphones to access social media, which has an impact on both their professional academic lives and their personal health. It is affecting the health of college students. As they are participating in sports actively, there are lot of health issue arising.

Keywords : Social Media, Physical Education, Health.

Introduction :

The purpose of this research article is to investigate the complex impact of mobile phone usage on both participation in and performance in physical sports from a sociocultural viewpoint. This study explores how mobile phones impact people's involvement in physical sports, taking into account elements such as communication habits, social media interactions, and access to sports-related information and apps. Additionally, it looks into how mobile phone distractions could affect athletes' ability to focus, learn new skills, and get the most out of their training. This research also explores the wider sociocultural effects of cell phone use in physical sports, such as alterations in social norms, interpersonal relationships, and the incorporation of technology in sports groups.

The Indian subcontinent is home to a diverse range of traditional sports and games, including Kabaddi, Kho-Kho, Cricket, Hockey, Badminton, Wrestling, Yoga, Archery, Mallakhamb, Gilli-danda, Kite flying, and more. Social media has had a significant influence on society and culture, changing the way individuals interact, obtain information, and build connections. On the one hand, it has brought people from all over the world together, removing boundaries and facilitating increased cross-cultural contact. On the other side, it has aided the spread of disinformation, exacerbated divisiveness, and decreased privacy. Furthermore, social media has altered how

individuals consume and share news, with many depending on algorithms and echo chambers to shape their beliefs. Social media has also had a huge influence on politics and how political campaigns are conducted. Overall, social media has had both beneficial and bad effects on society and culture, spawning a new type of social and cultural participation. Due to excessive use of social media, students are seen moving away from sports like physical exercise, kabaddi, hockey, cricket. College students are moving away from competitive sports.

Key Points:

- Social media can take up a lot of students' time, leaving less time for exercise and sports. Many are not playing games for a long time.
- Social media can be highly addictive, making students more involved in it than their favorite sport.
- Social media can increase anxiety and depression, which can reduce students' motivation to exercise. It leads to demotivation among the students.
- Social media portrays unrealistic beauty standards, which can lead to negative body image and low self-esteem among students, which discourages them from participating in sports.
- Social media allows students to connect online, reducing the need for face-to-face interaction and participation in group games.

Impact on Students:

Decreased Academic achievement: Research has indicated that excessive mobile phone use might have a detrimental influence on academic achievement. Students who spend more time on their phones are more likely to suffer from sleep deprivation, anxiety, and sadness, all of which can impair their ability to concentrate and study.

Poor Physical Health: A lifestyle of inactivity brought on by excessive mobile phone usage and a lack of physical activity can cause a number of health issues, such as diabetes, heart disease, and obesity. Students' overall health and quality of life may be negatively impacted in the long run by these health hazards. Excessive mobile phone use has been related to a variety of mental health disorders, including anxiety, sadness, and poor self-esteem. The continual comparison to others on social media, cyberbullying, and the fear of missing out (FOMO) can all contribute to these issues.

Research Findings:

Several studies have shown that excessive use of social media is associated with decreased physical activity. One study found that students who used social media for more than two hours a day were less likely to exercise than those who did not. Excessive use of social media can negatively affect the physical and mental health of students. These include increased risk of chronic diseases such as obesity, heart disease and diabetes, as well as mental health problems such as anxiety and depression.

Discussions and Recommendations:

- The following recommendations are made to increase physical activity among students and prevent the negative effects of excessive use of social media.
- Students should set a certain amount of time each day to use social media.
- Parents must encourage their children to use social media responsibly and monitor their online activities.
- Schools and colleges should organize programs and activities to encourage students to join physical activities.

- Awareness programs must be organized to create awareness among students about the negative effects of excessive use of social media.

Reference :

Bray, Melissa A, and Thomas J Kehle. *The Oxford Handbook of School Psychology*. New York, Oxford University Press, 2014.

The Impact of Mobile Phones on Physical Activity and Sports Participation:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6405004/>

Clavio, Galen. *Social Media and Sports*. Champaign, Il, Human Kinetics, 2021.

Messner, Michael A. "Sports and Male Domination: The Female Athlete as Contested Ideological Terrain." *Sociology of Sport Journal*, vol. 5, no. 3, Sept. 1988, pp. 197–211, www.michaelmessner.org/wp-content/uploads/2014/05/ssj88.pdf, <https://doi.org/10.1123/ssj.5.3.197>.

Tindall, Natalie T J, and Amber Hutchins. *Public Relations and Participatory Culture : Fandom, Social Media and Community Engagement*. Abingdon, Oxon ; New York, Ny, Routledge, 2016.

