

Sociology, Sports Sociology and Human Resource Development

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I. Introduction:

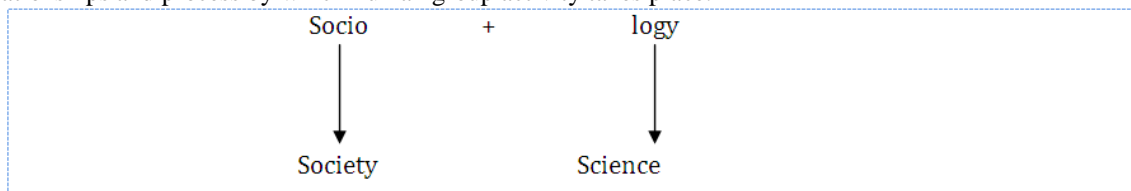
Sociology is the study of society. It is a social science – a term with which it is sometimes synonymous – which uses various methods of empirical investigation and critical analysis to develop and refine a body of knowledge about human social activity, often with the goal of applying such knowledge to the pursuit of social welfare. Subject matter ranges from the micro level of agency and interaction to the macro level of systems and social structures. Sociology is both topically and methodologically a very broad discipline. Its traditional focuses have included social stratification, social class, social mobility, religion, secularization, law and deviance. As all spheres of human activity are sculpted by social structure and individual agency, sociology has gradually expanded its focus to further subjects, such as health, military and penal institutions, the interest, and even the role of social activity in the development of scientific knowledge.

Although Sports sociology is a sub discipline of exercise science, it is also a part of the parent discipline of sociology, which is the study of human behaviour and social interactions within particular aims. Sports sociology examines sports as a part of cultural and social life, and adds a different dimension and perspective to the study of sports and exercise. More specifically, sports sociology examines the relationship between sports and society and seeks answers to many issues and questions regarding sports and culture.

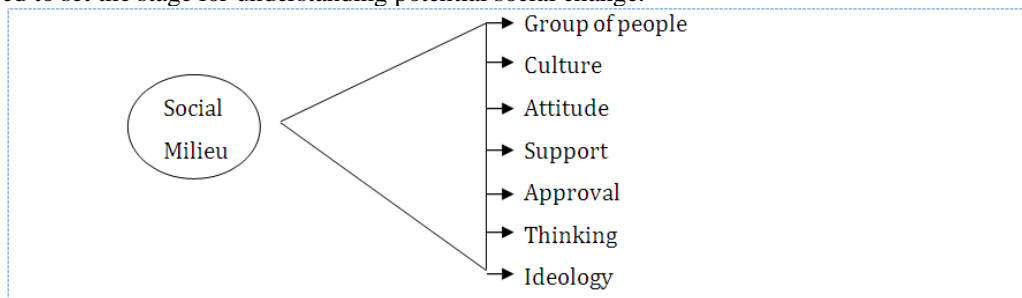
Especially sports play an important role for the development of human resource, which recognizes that development is more than economic growth. Development is a process of enlarging peoples choices and increasing the opportunities available to all members of society. Based on the principles of inclusion, equality and sustainability, emphasis is on the importance of increasing opportunities for the current generations as well as generations to come. The basic human capabilities that are necessary for this area to ‘lead long and healthy lines, to be knowledgeable, to have access to the resources needed for a decent standard of living and to be able to participate in the life of the community.’ Sport can directly help build these capabilities.

II. Studying Physical Exercise and Sports from a Sociologic Perspective

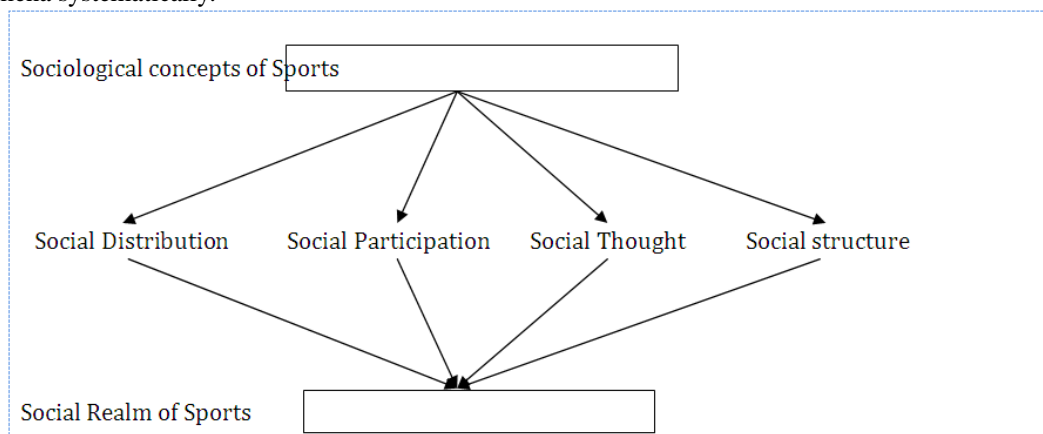
Sociology is the study of man’s behaviour in groups or the interaction among human beings of social relationships and process by which human group activity takes place.



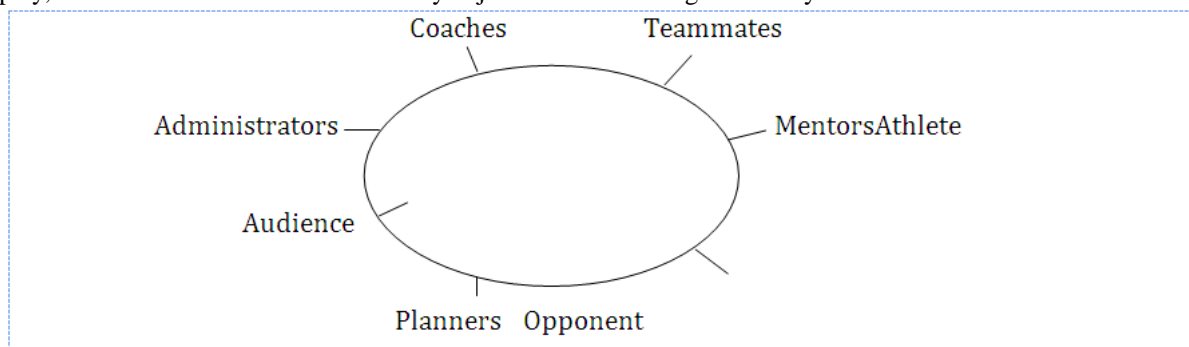
Sociology is concerned with the social and cultural context in which behaviour occurs and the connection between that behaviour and the setting, and sports sociology specifically focuses on the relationship between sports and society. It gives us a closer look at human social behaviour within the sports context. It is within sports sociology that the issues surrounding the relationships between individuals, groups, and sports are considered, explored, analysed, and explained. From this view, a logical and scholarly critique of sports can be developed to set the stage for understanding potential social change.



Sports sociology is also defined as ‘the systematic study of human society and social behaviour that interacts to produce social action.’ Sports sociology is empirical science. It is scientific discipline having its own methods of investigation like observation, interrogation, survey etc. It tries to study the cause and effect phenomena systematically.



A sports is an organized competitive entertaining and skillful activity requiring commitment, strategy and fair play, in which a winner can be defined by objective means. It is governed by a set of rules or customs.



Sports activity educates young people about the importance of certain key values, such as honest, fair play, respect for self and others and adherence to the rules and respect for their importance. Sports is a way to build understanding of the value of common bonds.

Skills and values learned through sports	
Co-operation	Fair Play
Communication	Sharing
Respect for the rules	Self-esteem
Problem Solving	Trust
Understanding	Honesty
Connection with others	Self respect
Leadership	Tolerance
Respect for others	Resilience
Value of effort	Teamwork
How to win	Discipline
How to loose	Confidence
How to manage	Competition

III. Realizing the potential of Sports as a tool for development of human resource:

Sports is far more than a luxury or a form of entertainment. Access to and participation in sports is a human right and essential for individuals of all ages to lead healthy and fulfilling lives. Sports – from play and physical activity to organized competitive sports – has an important role in all societies. Sports is critical such as co-operation and respect. It improves health and reduces the likelihood of disease. It is significant economic force providing employment and contributing to local development. And it brings individuals and communities together, bridging cultural or ethnic divides. Sports, however, is a reflection of society. It should be acknowledged that sport, like many aspects of society, simultaneously encompasses. Some of the worst human traits, including violence, corruption, discrimination, hooliganism, excessive nationalism, cheating and drug abuse. However, these negative aspects of sports by no means outweigh its potential positive benefits. Participation in sport has significant physical benefits. Contributing to people’s ability to lead long and healthy lives, improving well being, extending life expectancy and reducing the likelihood of several major non-

communicable diseases, particularly heart disease etc. Sport is engaging communities. It brings people together in a fun and participatory way. It helps create social relationships, build connections and improve communication between individuals and groups. Sports also mobilizes volunteers and promotes active community involvement, helping to build social capital and strengthen the social fabric. Sports can also be an engine for local economic development and job creation. Sport programmes provide employment opportunities as well as stimulate demand for goods and services. Sport is also an important source of public and private expenditure, such as that spent on infrastructure, during major events and on consumption. Together, these factors result in sport having considerable potential for initiating economic development. The potential links between sports and peace are also powerful from international events to the grass roots, sport brings people together in a way that can cross boundaries and break down barriers, making the playing field a simple and often a political site for initiating contact between antagonistic groups. Consequently sport can be an ideal forum for resuming social dialogue and bridging divides, highlighting the similarities between people and breaking down prejudice.

IV. Conclusion:

The worldwide, socio-economic, techno-political changes particularly in the last few decades have changed the nature and character of sports, from community, regional and national level to international level. The changed life styles and working conditions have created completely new outlook and attitudes towards sports. New aims for physical culture, more leisure time, more involvement at all levels, high standards in competitive sports, growing public interest, mass media explosion and international politics and stakes are few features which make sports a complex phenomena. Sports sociology deserves attention because sports itself has become the importance element of contemporary society and takes place in social setting. It is related to family, education, religion, politics, economics and every major sphere of life. The popularity of sports and its convening power further contribute the sports being a powerful voice for communicating messages of peace and site for symbolic public acts on the global and local levels. Sport is an effective element in community based initiative that aim to create sustainable peace. The skills and values learned through sport are many of the same skills and values taught in peace education to resolve and prevent conflict and create conditions conducive to peace, from the inter- personal to the international. Well – crafted sports activities teach respect, honesty, communication, cooperation, empathy and how and why to adhere to rules. Sports is a powerful way to communicate these values, especially to young people, in a way that is fun and participatory. For refugees, displaced persons, orphans and former child soldiers, sports offers a sense of normally providing structure in destabilizing environments, and serving as a means to positively channel energies.

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