

## **IMPACT OF SPORTS IN INDIAN EDUCATION**

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### **ABSTRACT**

Main purpose of this study and research was to tell the students about the importance of sports in their daily life and which is an integral part of their life. The aim of the study was to find the difficulties of students in both education and sports. The study sample consisted of 5 students aged 15-20, drawn from secondary schools in India. The thematic analysis of data revealed differences between the students with respect to their answers. It was observed that most of the students had external and internal motivation and 75% of them played sports, 25% of them liked to watch sports and other to play sports. Some of them had problems managing both sports and education together.

**KEYWORDS:** Sports, Indian Education, Academic Pressure.

### **INTRODUCTION**

Sports are meant to exhibit and inculcate among masses major personal dispositions among other goals, such as the development of instrumental personal dispositions, acquisition of movement skills, physical fitness, and knowledge in physical education and sport.. There are two types of sports namely indoor sports and outdoor sports. Indoor sports are played by an individual person and are competing with one person not in a team. Examples of indoor sports are chess, table tennis, billiards etc. Outdoor sports are the ones that are played with a team consisting of 10-12 player. some examples of outdoor sports are cricket, football, hockey, basketball etc. Sports have numerous advantages. Firstly competition increases ,people are more conscious in keeping them fit. Playing sports with a team increases sportsman spirit and team coordination. Sports refreshes our mind .Sports also builds several characteristics and personality traits in a person. Sports give a sense of confidence and enthusiasm in an individual's attitude. People who are involved in regular sports practices show qualities of leadership, team-work and excellence in their

personalities and behaviour. Sports makes one competitive, however in a healthy manner. It also helps us to deal with failure and enables us to work hard in achieving our respective goals. As mentioned by Kumar A Singh S (2011), states" the attitude of participants of secondary school boys of Delhi towards Physical Education and Sports and to find out their opinions (negative or positive). 2520 boys of government secondary school were selected randomly as subjects from Delhi" and the aim was to assess the attitude of secondary school boys of Delhi towards Physical Education and Sports .But nowadays people are more into advanced technology and virtual reality and have forgotten that sports exist. Recent study suggests that teenagers have stopped playing sports and play video games ,always stay busy chatting and are too lazy to do any physical exercise. There is nothing as good as doing what you are interested in. Many people are good at sports, and they make a career in sports. If a person is good in sports, he can become a top athlete, cricketer, footballer, tennis player etc. and post that can become a coach and train other sportspersons. Regular exercise improves our energy levels. They increase the performance of the body. By doing exercises, the lungs can absorb more oxygen into the body and generate more energy. Sportspersons are active throughout the day without getting tired. They can perform tasks quickly and with good accuracy without taking breaks .People have many qualities like discipline, courage, team spirit etc .There should be competitions organized by schools and communities to promote playing sports and provide sports facilities to them. As mentioned by Dr Chaudhary.S (2021) India stated that "Participation in physical education (PE) is a fundamental right of children (UNESCO, 1978). This implies that schools should provide opportunities for children to participate in well structured PE activities as well as ensure that they inculcate desirable attitudes and values which will promote future participation and development of healthy lifestyles" Children from different backgrounds play sports and that help them to gain knowledge about that sport. Sports not just help in physical exercise but also help in mental exercise. As mentioned by Satija.A,Khandpur.N(2018) that "Inadequate physical activity (PA) levels are reported in Indian youth, with lowest levels among adolescents, particularly girls. We aimed to identify barriers to and enablers of PA among school children in New Delhi and examine potential differences by gender and school type (government vs. private)children aged 12 to 16 years from two Delhi schools participating in 16 focus group discussions (FGDs) conducted by bilingual moderators. We conducted FGDs separately for girls and boys, for students in Grades VIII and IX, and for private and government schools". Recent research shows that India is in the top 10 in playing sports and in terms of playing the majority of sports in the world. In some schools there aren't any sports facilities provided by the school, hence the lack of sports. Nowadays people take sports as their career. A survey was conducted and concluded that just 23-25%of world's population play sports or watch sports. If we see playing sports in schools has lead to increase in development of schools and also in Indian education system There are

many types of indian education system or boards like cbse, icse, maharashtra board, ib etc. The central board of secondary education(Cbse) is a national level board of education in India for public and private schools, controlled and managed by the Government of India. There are more than 27000 schools in India and 240 schools in 28 foreign countries affiliated to cbse. The second one is icse board which is quite less in number in India majorly in the metropolitan cities in the countries. Main focus of their is foreign education and different from others. Thirdly is the maharashtra board, which is only for maharashtra and is a statutory and autonomous body established under the "Maharashtra Secondary Boards Act" 1965 (amended in 1977). The Cbse board and maharashtra board aims to make student all rounders inculcate team management skills and make student mentally strong and emotionally balanced. It also encourages healthy competition and sportsmanship. The Icse board aims at keeping body fit and make our body strong. It help us to improve our lifestyle and having a fit body. In cbse and maharashtra board sports like cricket, tennis, football, chess, basketball, badminton etc are played. But if we see the Icse board sports other than these horse riding, golf, hockey, billiards are played. As written by Singh K(2016), in his research paper about impact on the physical as well as mental development of children. Many contemplate that physical education is a less significant field in the whole curriculum but it is as important as other subjects such as science and maths. Curriculum is supposed to be designed in such a way that physical activities become a part of daily lesson plan. Impact of sports on children is finding their passion, academic performance, staying on right track, Playing a sport requires some discipline and dedication. It also means less free time to spare. Due to this, kids are less likely to take on bad habits such as smoking. They also get more exposure to positive role models who help them broaden their horizons and make better life decisions. Mentioned by Carey J, Clark heather J, Brunner M (2018) research has investigated youths' experiences in sport such as the influence of coaches, teammates, and parents. The ability to measure these experiences is constrained by the need to use a number of measures along with gaps in the content covered in existing measures. We propose to develop and test the Sport Experiences Measure: Children and Youth (SEM:CY) as a population survey-based measure that captures the salient aspects of youths' experience in sport. The skills learned during play and physical activity can contribute greatly to the overall development of a child. Key interpersonal characteristics and values acquired through playing sports include honesty, teamwork, valuing hard work, as well as respect for others and rules.

## **PROCEDURE**

There were a total of 5 participants (3 boys and 2 girls) which were given a google form to fill and there were a total of 7-8 questions related to sports and fitness. They were given some

instructions like answers should be 50-60 words and they had to spend around 5-6 min for each question. Questions were like what motivated you to play sports, If you are given the choice to play sports your entire life or just study and have a good reputed job what will you choose and why? and What kind of diet do you prefer? So all the 5 participants are my friends and they have a good knowledge about sports and fitness and can handle both sports and studies together. I selected them as some of them were a part of the school sports team and were fit. These participants from my view can write well elaborated and detailed answers and that can help people to take up sports as their career and help them to play sports. So my data collection plan was generally focussed on different views, ideas of people or some theories related to the topic. The questions were open ended and had to be analysed summarised. It was a bit difficult to finalise between qualitative and quantitative research as both were giving good research but I chose the qualitative one and it required less participants to respond while other needed many respondents, and qualitative was mainly open ended question and other was MCQ. Literature review, interviewing the participants using google forms for about 5-6 people and abstract reading. So I am basically studying about the impact of sports on students and indian education and knowing different views of people related to this topic.

I chose this topic only because this topic is most viewed by younger generations and is most liked by them which is related to sports.

## **RESULTS**

Main aim of this study was to tell people the impact of sports in Indian Education and to tell views of different people of same age group about how do they really define a sport. So there were a total of 5 students which were 3 Male and 2 female and were given a google form which was like interview questions and there were a total of 6 questions that was necessary for them to answer and some instructions were also given to them like no plagiarism, to write 50-60 words, to spend around 5-6 mins on each question. There were questions like What motivates you to play sports? If you are given the choice to play sports your entire life or just study and have a good reputed job what will you choose and why? Etc.

**TABLE 1**

<b>Theme</b>	<b>Definition</b>
External Motivation	Extrinsic motivation refers to behavior that is driven by external rewards. These rewards can be tangible, such as money or grades, or intangible, such as praise or fame. Unlike intrinsic motivation, which arises from within the individual, extrinsic motivation is focused purely on outside rewards.
Internal Motivation	“Internal motivation” means that your motivation to accomplish your goal comes from within you. It is determined by your own values and goals
Academic pressure	Academic stress is defined as the body’s response to academic-related demands that exceed adaptive capabilities of students
Financial security	Financial security involves having enough money to comfortably cover your monthly expenses, recover from financial setbacks, and save for your future. It’s also about having low financial stress and feeling in control of your money.
Balanced Diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Playing	Sport means all forms of physical activity which, through casual or organized participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.
Watching	Sports are games such as football and basketball and other competitive leisure activities which need physical effort and skill.
Outdoor Sports	Outdoor sport means active recreational or sporting activities or physical exercise (whether organised or on an individual basis) that takes place outdoors and include the ancillary facilities required for such activities such as sports fields, skate board parks, paths, outdoor equipment, courses, and change rooms, but does not include stadiums and club houses;

Indoor Sports	Indoor games and sports are a variety of structured games or competitive physical exercises, typically carried out either at home, in a well-sheltered building, or in a specially constructed sport venue such as a gym, a natatorium, an arena or a roofed
School-Life Balance	Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.

**TABLE 2**

<b>Theme</b>	<b>Interview Evidence</b>
External Motivation	Participant 3 stated that "Well I am good at playing football and a part of school team so it motivates me to play more sports"
Internal Motivation	Participant 4 stated that "Passion, fitness, mental focus & sharpness enhance other life skills like patience, discipline, decision making ability and sportsmanship."
Academic pressure	Participant 3 stated that "I'd choose to study and have a good reputed job and pursue sports as a side option as having a well defined job and a career is important as well"
Financial security	Participant 1 stated "I will choose the option to just study because I know I can't perform well in sprouts and studies come to me more easily. Plus I love to read."
Balanced Diet	Participant 2 stated "Diet including all types of foods in a fixed proportion"
Playing	Participant 2 stated "As i said, the word itself makes me passionate about sports, it's basically my escape from reality and in a world full of complications, sports makes everything easy"

Watching	Participant 1 stated "I am passionate about watching most of the sports because it is interesting. There are some games like table tennis and badminton that I just love to play with my family and friends."
Outdoor Sports	Participant 2 stated "Outdoor sports as it gets us in a different environment "
Indoor Sports	Participant 1 stated "It depends on the sports honestly and the people I'm playing with. Although I love outdoor and indoor games just the same."
School-Life Balance	Participant 1 stated "Not really because work/study takes up a lot of time and energy."

**TABLE 3**

Theme	Empirical evidence 2
External Motivation	As mentioned by Banberg .K (2021)"With a person-centered approach, the constellations of internal motivation and external motivation to respond without prejudice within individuals are examined, and how these relate to, directly and indirectly, reported levels of prejudice"
Internal Motivation	As mentioned by YANDLEY.H(2022) internal motivation and employee commitment in any of their acceptations and components. ... about the relation between the employees' internal motivation and their commitment to their ...
Academic pressure	As mentioned by Wuthrich.V "Heightened academic stress in the final years of schooling is a common concern, yet little is known about how stress changes over time and what individual, school and family factors are associated with distress"
Financial security	As mentioned by Melnychenko.O(2020) "This study contributes to the literature on financial security by highlighting the relevance of the perceptions and resulting professional judgment of stakeholders. Assessing a company's financial security using only economic indicators—as suggested in the existing literature—would be inaccurate when undertaking a comprehensive study of financial security"

Balanced diet	As mentioned by Jayawerdana .R(2020) "The World Health Organization (WHO) has announced dietary guidelines during the COVID-19 outbreak stressing the importance of a balanced diet to maintain a strong immune system and to avoid or minimize chronic diseases and infections"
Playing	As mentioned by Oliver.L(2019) "he sport education model (SEM) has been effective and useful in the physical education discipline for many years. Basically, the SEM simulates the features of an authentic sport season including team affiliation, formal competition, record keeping, a complete season (at least 20 lessons), celebration, and a culminating event (Siedentop, Hastie, & van de Mars, 2011)."
Watching Sports	As mentioned by Gonzalez.H(2018)"Fans watching live sport events, both mediated or in stadia, have witnessed an increase in sports betting products. Most of these products feature in-play betting, that is, the ability to bet on a game once it has started while watching it. In-play betting has raised many concerns among responsible gambling advocates due to its perceived relationship with problem gambling behaviour."
Outdoor sports	As mentioned by Arhdan.F (2019) "Outdoor recreation: the reasons and carried benefits for attending outdoor sports of the participants of cycling and/or trekking activities"
Indoor sports	As mentioned by Sousa.A(2019) "In recent years there has been a growing interest by the sport's experts (teachers and coaches) in developing automatic systems for detecting, tracking and identifying player's movements with the purpose of improving the players' performance and accomplishing a consistent and standard analysis of the game metrics."
School life balance	As mentioned by Pascoe.M(2019) "Students in secondary and tertiary education settings face a wide range of ongoing stressors related to academic demands. Previous research indicates that academic-related stress can reduce academic achievement, decrease motivation and increase the risk of school dropout."

## **DISCUSSION**

The primary purpose of this interview and research was to ask people's views regarding sports and impact of sports in Indian education, so there were a total of 5 participants including 3 male and 2 female and were given some interview questions on google forms to write their views on sports.

I did Thematic Analysis and concluded that their main focus was on external and internal motivation, academic pressure, financial security, watching , playing, indoor and outdoor sports, etc.The main introduction was about impact of sports in indian education where sports and different types of sports was defined mainly characteristics that sportsperson should have then talked about the different types of board in indian education.

Internal motivation” means that your motivation to accomplish your goal comes from within you. It is determined by your own values and goals AS MENTIONED BY Valland.RJ(2018) “Motivation has been repeatedly reported as a key element of athletes' success in sport and exercisers' persistence with an exercise regimen. Thus, it is not surprising that much research has been conducted on motivation in sport and physical activity. Intrinsic motivation (doing something for its own sake) and extrinsic motivation (doing something as a means to an end and not for its own sake), in particular, have been very popular topics and have allowed researchers to make sense of several phenomena of importance in sport and physical activity.” As it is reflected in Table 1/2/3 25% of people said that internal motivation is important. I personally resonate and understand this theme because I am also driven by internal motivation.

Extrinsic motivation refers to behaviour that is driven by external rewards. These rewards can be tangible, such as money or grades, or intangible, such as praise or fame. Unlike intrinsic motivation, which arises from within the individual, extrinsic motivation is focused purely on outside rewards.As mentioned by Vora.K(2020) “Overall sports motivation was found to project differences as a function of gender and so did the two dimensions namely external motivation-introjected and external motivation-external regulation. Across the significant and insignificant dimensions of the scale, males displayed a tendency to depict higher levels of motivation than females. Implications and intervention strategies for improving sports motivation among sports players was duly arrived at in essentially providing a few gender specific incentives and considerations.”.From my opinion sports is necessary from everyone in this world including elders also as it keeps us active and fit as in schools teachers should promote sports and should organise events and people have awareness about sports but need to indulge more in sports.

As it is reflected from the table1/2/3 that more than 25% of people said that external motivation

is important. I personally agree with their opinion and understand this theme as i am also driven by external motivation.

Academic pressure work investigates the academic stress and mental health of Indian high school students and the associations between various psychosocial factors and academic stress. As mentioned by Wuthrich.V "Heightened academic stress in the final years of schooling is a common concern, yet little is known about how stress changes over time and what individual, school and family factors are associated with distress" As it is reflected from the table 1/2/3 that 75% of people said that academic pressure is the main problem. I definitely agree from their opinion and would personally understand this theme as i am also gone through academic pressure.

Financial security investigates high-performance athletes' development of their financial literacy and self-management skills and the related organisational support available to them during their athletic careers. As mentioned by Huth.C(2021) " Investors expect an emotional return that compensates their financial efforts. Therefore, football clubs can act differentially in comparison to other firms issuing financial instruments such as stocks and bonds. The individual investors of football club-related financial instruments do not expect or require a financial return of the issuing football club". As it is reflected from the table 1/2/3 that more than 90% of people said that financial security is a problem. I would definitely with this opinion and I am also driven by financial pressure.

Balanced diet is Diet in fixed proportions. As mentioned by Jayawerdana .R(2020) "The World Health Organization (WHO) has announced dietary guidelines during the COVID-19 outbreak stressing the importance of a balanced diet to maintain a strong immune system and to avoid or minimize chronic diseases and infections". As it can be reflected from table 1/2/3 that nearly 35% of people said that a balanced diet should be eaten and I would definitely agree as I am also taking a balanced diet daily.

Playing sports is an area of the game scene, in which computer game players specialise in a specific game, form game teams (clans), compete together in tournaments and meet at so-called LAN. As mentioned by Oliver.L(2019) "the sport education model (SEM) has been effective and useful in the physical education discipline for many years. Basically, the SEM simulates the features of an authentic sport season including team affiliation, formal competition. As it can be reflected from the table 1/2/3 that 80% of people like the play sports and i also agree from their opinion as i am also driven from playing sport.

The Watching sports addresses the enjoyment of sports presented on television. As mentioned by

Gonzalez.H(2018)"Fans watching live sport events, both mediated or in stadiums, have witnessed an increase in sports betting products. Most of these products feature in-play betting, that is, the ability to bet on a game once it has started while watching it. In-play betting has raised many concerns among responsible gambling advocates due to its perceived relationship with problem gambling behaviour."As it can be concluded from the table 1/2/3 that less than 10% likes to watch sports and from my opinion watching sport is a bit boring rather than playing it. School life balance purpose of this study was to explore the doctoral student experience in relation to their school-work-lives. As mentioned by Pascoe.M(2019) "Students in secondary and tertiary education settings face a wide range of ongoing stressors related to academic demands. Previous research indicates that academic-related stress can reduce academic achievement, decrease motivation and increase the risk of school dropout. As it can be concluded from the table that nearly 75% of people are not able to balance their school life with sports and i would completely agree with their opinion as i am also driven by school life balance.

## **CONCLUSION**

The aim of the study was the impact of sports in Indian education and how different curriculum had impacted the sports .The majority of the people had both internal and external motivation and were able to manage academic pressure and also financial pressure but weren't able to cope up with school life balance and liked to play sports rather than watching that sport. Procedure was mainly that a google form wa been made for the students of age group 15-20 and was given some interview type questions were they had to write about 50-60 words. Results was concluded that majorly students liked to play outdoor and due to internal and external motivation they were able to play sports. Stressful life was the main problem among them. Addressing any one of these potential influences is therefore likely to contribute to a reduction in problems displayed.

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