

EFFECTS OF SPORTS ON ACADEMIC LIFE

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Abstract

Sport and games become crucial roles in helping the development of human minds and body especially for children. Parents should encourage their children to get involved in sports from the early childhood. Sports activities could prevent them from involving in negative activities, yet increasing the quality of life. This paper examined the involvement of students in sports activities during the school holidays. They normally have fewer activities during this leisure time and have more tendencies to get involve in negative activities if not guided towards the positive activities. A total of 261 students from two daily schools in Bahadurgarh were involved in this study. About 41 percent or 107 students are interested in sports and many of them like to play badminton, football, volleyball and netball. The result also shows that students need additional facilities such as bowling center and swimming pool to ensure they could try another type of sport. By providing the facilities according to their interest could give them more enjoyment and exposure to the new sport activities. The students also could experiencing the healthy life style and be prevented from joining the negative activities. Hence, the finding of this study is hoped to provide useful information in improving the quality of life among students especially for secondary school level.

Keywords - Sport, quality of life, leisure time, student

Introduction

Students nowadays are broadly exposed to many sport activities. With the awareness of healthy life style and the facilities provided surrounding their living areas, most students could choose the best sport that suit them well. However, there are several barriers to stop students from actively involved in sport. These include the current life style whereby more students are interested in playing game online instead on the real field. As this world becomes the world without the limit, students tend to enjoy their life by using computer, ipad, hand phone, play station and ignoring the real world around them. Therefore, many of them live in imaginary world by playing football, tennis, ping pong, squash and many

other games that could be done through online. They have their own online community and live without the need to go out from house or without ever move their feet from their room to enjoy the games. By having food and drinks besides their table, students could spend hours and hours in front of the computer playing games, surfing, watching movies, chatting and others. By having this of habit, soon or later these students might encounter health problem such as back ache, blurry eyes, and headache and dizziness. Other than that, they might also exposed to pornography, gambling, copywriting and cut out from social community.

Advancement of technology is good but there must be a balance between the use of the technology and the quality of life. As sport is part of the method of contributing towards the good quality of life, students must be persuaded to join the sport activities for their own sake. Sport could help them stay healthy; prevent them from joining crime activities; promoting social bonding; and increase students personality or characteristics. These are all contributing to the good quality of life. With the good support from the government and private organizations on sport activities, more and more facilities and financial support has been given to schools to pull the interest of students on sport. Therefore, students should grab the opportunity to involve in sport not only for the sake of individual wellness but also to enjoy the benefits of doing well in sport activities.

Literature review

Sport promotes good health to students whereby those involve in sport normally have good stamina and healthier than others. These students are normally active, more confident and cheerful. Sport is physical activities that help human to sustain health and prevent them from a chronic disease such as obesity, anxiety, depression, heart attack, diabetic, etc. As admitted by B. Dubey [1], teenagers who apply outdoor sport can be more energetic and physically fit because they are able to burn the fat and calories. Other than that, sport could develop muscles and help body coordination.

Currently, there are many sport activities available in schools and students could join many types of sport activities. By joining those activities students then could polish their skills such as in football, basket ball, softball, squash, tennis, etc. Hence, this could give them opportunity to stay healthy and have self-discipline in controlling what they do and eat to have a good life. According to Sigriður P. Eiosdóttir [2] stated in his study, The Icelandic authorities and Diseases Control and Prevention has recommended that children

and adolescents should have 60 minutes of physical activities per day. If all students could follow this suggestion, Indians might not have to worry about the obesity problem among youngsters in future. However, it seems impossible as stated in Asia Pacific Family Journal by Sherina and Rampal [3], India is facing the “*nutrition transition*” problem whereby many citizens are lacking in physical activities and the number of obese is increasing.

In addition, sport promotes good values to students and could prevent students from involving in negative activities. By having sport activities, students could reduce boredom and use time effectively. Unfortunately, students nowadays prefer to spend their leisure time which embarks into bad activities such as loitering, drug, alcohol problem, vandalism, snatcher, etc. Somehow, some students like to spend time at home playing computer games, watching movies online, chatting, face book, twitter and many other use of computer. This is good but if not controlled, these students will become hook into it. Not to mention the possibility of students that might involve in online gambling, pornographic, pirating, hacking, and other bad online activities. Jamieson and Ross (2007) in Carmichael [4] reviewed article said that a well structured sport activities could reduce crime amongs youth by giving them “*a positive identity, feelings of empowerment and by helping youth acquire leadership, teamwork and self-governance skills under adult supervision.*”

Parents involvement in physical activities could be the good reason for students participation in sport activities in school. They also promote good lifestyle by not smoking and eat healthy food. According to B.D. Kirkcaldy [5] in his study, that the adolescents who involved in sports or physical activities normally use less cigarettes compared to those are not. In this case, parents should play important roles to encourage their children to get involved in sports yet develop healthy lifestyle behaviours. This have been approved by India J Ornelas, 2007 [6] said that parental engagement, family cohesion and parent child communication have a good responsive and encouragement towards their children physical activities. Besides that, lack of involvement in sport making the problems worsens and with time and money, the problem could be solved [7]. Therefore, the government also needs to interfere with the children and youth growth and development by providing the facilities at neighbourhood such as public gymnasium, field, recreational park, tennis and badminton court, bicycle lane and etc. With the sports facilities nearby them, children always are engaging with the sports activities and use the leisure time wisely. [8]

Through sport, students could enjoy friendship and have a sense of belonging. Students could learn to respects others, help each other, think of other people, encourage each group members, and learn good value through strong social bonding among team members. Through sport, social bonding not only created among students but also their parents, supporters of the sport team, audience and those involve directly or indirectly in the sport collaboration. This relationship could strengthen the social bonding and promote the sense of belonging among students and other people involved. As Tonts [9] said, *“participation in sport provides access to social networks and helps provide a sense of connectivity amongst residents.”*

Social bonding in sport is important in developing self-confident and self-esteem. According to Frost and McKelvie [10] study on physical activities and self-esteem for students, it showed that *“a higher level of exercise activity is associated with a higher level of self-esteem.”* During sport tournaments normally students need more support from people around them to increase self-confident. Therefore, sometimes during the games, by touching one shoulder, hugging, shouting for encouragement, calling their names and other kind of gestures are used to increase confident among students that involve in the games. This could make them play harder and tie up their cooperation further which could lead them to a better achievement.

Methodology and data analysis

The study was conducted at two daily secondary schools in a rural area of bahadurgarh, Haryana. There were 261 students from various backgrounds that took part in the study. Questionnaire was distributed to them and the data obtained were analyzed using statistical procedures executed by the PASW 18.0 including descriptive statistics, normality test, cross-tabulation table and independent sample t-test. The objectives in this study are as follows:

- i. To determine students' activity in sports.
- ii. To identify the significance difference in sport between gender.
- iii. To carry out any suggestion(s) that will be used to improve students' life style from negative activity.

Findings and discussion

TABLE I. RESPONDENTS' BACKGROUND

As shown in the TABLE I, there are 261 respondents with 139 (53.26%) of them were males. Among them, only 107 students very interested in sports activity such as football, netball, badminton, tennis, etc. Most of the respondents which involved in this study are from the family income with less than Rs3000 per month and education level of their parents is secondary school level. The detail of the 107 respondents who interested in sports activity is shown in TABLE II.

Items	Overall	Interested in Sports Activity
Gender		
Male	139 (53.26%)	24 (9.20%)
Female	122 (46.74%)	83 (31.80%)
Parents' Education Level		
No formal education	10 (3.83%)	3 (1.15%)
Primary school	66 (25.29%)	25 (9.58%)
Secondary school	125 (47.89%)	74 (28.35%)
College/ University	50 (19.16%)	8 (3.07%)
Family income Per month		
Less than Rs1000	98 (37.55%)	61 (23.37%)
Rs1001 to Rs3000	125 (47.89%)	40 (1.15%)
Rs3001 to Rs5000	22 (8.43%)	3 (8.43%)
Rs5001 to Rs7000	2 (0.77%)	1 (0.38%)
Above Rs7001	14 (5.36%)	2 (0.77%)

TABLE II. TYPES OF SPORT ACTIVITY

Types of Sport	Frequencies (%)	
	yes	No
Badminton		
Male	35 (32.71%)	48 (44.86%)
Female	14 (13.08%)	10 (9.35%)
Netball		
Male	16 (14.95%)	67 (62.62%)
Female	5 (4.67%)	19(17.76%)
Football		
Male	38 (35.51%)	45 (42.06%)
Female	3 (2.80%)	21 (19.63%)
Swimming		
Male	6 (5.61%)	77 (71.96%)
Female	2 (1.87%)	22 (20.56%)
Volleyball		
Male	22 (20.56%)	61 (57.01%)
Female	3 (2.80%)	21 (19.63%)
Bowling		
Male	10 (9.35%)	73 (68.22%)
Female	1 (0.93%)	23 (21.50%)
Tennis		
Male	4 (3.74%)	79 (73.83%)
Female	0 (0.00%)	24 (22.43%)
Others		
Male	19 (17.76%)	64 (59.81%)
Female	2 (1.87%)	22 (20.56%)

Majority of the respondents prefer to play badminton followed by football and volleyball. For male respondents, they most preferable to join football rather than other physical activity compared to female respondents that always synonym with netball prefer to play badminton. From this study, it also shows that by doing physical activity respondents that from secondary school can avoid from negative activities such as loitering, smoking and other entertainment.

It was proven from this study for those respondents who are interested in physical activity disagree for negative activities with 74 (69.16%) of them does not involved in any kind of entertainment, 89 (83.18%) were not loitering and 96 (89.72%) also were not smoking which is consistent with [5] and [8].

TABLE III. IMPACT OF SPORT ACTIVITY

Impact	Frequencies (%)	
	Yes	No
Entertainment		
Male	22 (20.56%)	61 (57.01%)
Female	11 (10.28%)	13 (12.15%)
Loitering		
Male	13 (12.15%)	70 (65.42%)
Female	5 (4.67%)	19(17.76%)
Smoking		
Male	10 (9.35%)	73 (68.22%)
Female	1 (0.93%)	23(21.50%)

In addition independent sample t-test has been conducted to determine the significance difference between male and female respondent for each selected sport activity. Normality test revealed that the data obtained is approximately normal so that t-test can be performed. The following table indicates that there is a significance difference between male and

female for football and tennis which is male respondent more preferable to choose that types of sport.

TABLE IV. INDEPENDENT SAMPLE T-TEST

Types of Sport	t-test value	p-value
Badminton	-1.400	0.165
Netball	-0.167	0.867
Football	3.773	0.000
Swimming	-0.180	0.858
Volleyball	1.659	0.104
Bowling	1.432	0.157
Tennis	2.038	0.045

Conclusion

Based on the research findings, it could be concluded that generally there are many alternatives to ensure that teenagers' especially secondary school students could spend their leisure time in a right way, for example by doing physical activity. Many facilities should be provided to make them interested in sport activity. This study also found that respondents need extra facilities in their community such as swimming pool and bowling center.

Now a days, the issues of the students' involvement in loitering and smoking activities become popular because they spend more time with their friends rather than family. Parents should know with whom their son make friend and also what kind of activity they had spent together. In order to improve the quality of life among secondary school students, more attention must be given especially to those students that identified are interested in loitering, entertainment, smoking and other negative activities. More physical activities which could motivate them should be carried out such as sport carnival, open tournament and sport competition by school or community. Although the number of students that are interested in negative activities is not serious yet, an immediate action has to be done as early as possible in improving the quality of their life. Hopefully, the finding of this study could provide useful information in improving the quality of life especially among the secondary school students.

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