

## ARTICLE DETAILS

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## IMPACT OF SPORTS IN THE HOLISTIC DEVELOPMENT OF CHILDREN

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### ABSTRACT

*Playing game at any phase of life is important. It plays a very important role in the developmental stages of children. Various budding sports and Ngo's are trying to bring sports in to the basic lifestyle of children. The government also needs to take the topic of sports and promote and manage it in a better and more effective manner so that an inclusive development of children takes place and a happier and health society is formed. The objective of writing this research paper is to analyze the role and importance of sports activity on children's lives. The suggestions to promote sports activities are also included in this study.*

**Keywords:** Sports, Holistic, Children, Development

## INTRODUCTION

Sport plays an important role in our lives in many ways. They help people achieve physical fitness and mental strength. Just as excellence in speaking is music, excellent in movement is sport. Sport encourages us to excel in all areas of our lives, whether study or working or social relationships. In addition, the claim that "the Battle of Waterloo was won on the Eton Fields" means that sport helps to develop the spirit of the sporting spirit and to encourage lasting values, including discipline, hard work, and patriotism in humans.

## CHILDREN DEVELOPMENT THROUGH SPORTS

The improvement of a youngster concerns the passionate, organic and mental changes that happen between the birth and the finish of pre-adulthood. Physical action, wear, can add to the general advancement of kids and teenagers, to advance their physical, enthusiastic and social prosperity. On the off chance that the part of instructive exercises in schools is adequately clear, the significance of extracurricular exercises for moulding youngsters' human capital is still ineffectively comprehended. As we probably are aware, sports are a standout amongst the most prominent extracurricular exercises.

There are various motivations to help sports exercises for kids and young people. It is basic for the state to make formal open doors for the act of game in the school's instructive exercises; however it is additionally imperative to have a general perspective of a general public that spotlights on sports works out. The part of games and amusements can never be disregarded in light of the fact that it is a greatly noteworthy issue. Individuals can take

an interest in sports exercises for their own and expert development. It is useful for both young men and young ladies to assemble awesome physical quality. This makes individuals rationally caution, physically dynamic and solid. Great wellbeing and calm personality are the two most vital advantages of games. Understudies are nation's childhood and can profit by more games exercises. They can be more trained, more beneficial, dynamic, precise, and can undoubtedly adapt to any troublesome circumstance in their own and working life. Participating in brandish consistently defeats uneasiness, strain and apprehension. It enhances the physiological elements of the body organs and subsequently emphatically directs the working of the entire body. Keeping up the body wellbeing, in this manner keeping the mind quiet, sharp and dynamic with expanded fixation. It builds the power and vitality of the body and brain. It brings a pleasant break from repetitive life for everybody. Games have an unmistakable expert profession, so youngsters are occupied with them. It instructs everybody to work in a group by building up a feeling of coordinated effort and building cooperation. More slants to don make both man and country fiscally solid. Subsequently, it ought to be bolstered by guardians, educators and the administration of the nation.

### **GENDER'S ROLE IN SPORTS**

School young ladies wherever are made to trust that wherever they go, they can be similarly as keen, athletic and effective as young men. Nonetheless, the story isn't the same actually. From the minute they are conceived, young ladies are compelled to understand that even occasions wherein just ability and energy are the quintessential distinguishers, they are still to be sub-par compared to their male partners. Indian ladies have dependably been ruled by their male partners in each circle of life. Indeed, even following 65 years of Indian freedom, Indian ladies are thought to be the weakest and most powerless piece of society.

### **GENDER DISCRIMINATION**

India has a male centric culture and the need of a male youngster, who can convey forward the inheritance, is the main driver of sex separation that exists in our general public. In spite of the fact that, ladies speak to half of the number of inhabitants in India, however ladies are as yet battling for equality. Albeit, numerous ladies in this age of have achieved the peak of accomplishments, there are as yet numerous ladies who are experiencing different shades of malice. India being a just country, where the Constitution ensures fairness of all, ladies ought to be given open doors in each angle. In our general public we have a wide range of belief systems and principles that put weight in transit that we introduce ourselves. One of the principle battles is translating being male or female. This is a battle amongst manliness and gentility. Numerous social foundations add to this battle and stress the distinctions past their officially exhausting nature. Proficient games particularly strains sexual orientation contrasts. These distinctions display a staggering test for ladies to be acknowledged in a male commanded and manly establishment. Games energize and much of the time constrain ladies to sexualize themselves either by decision or by the media. It is in our general public's cosmetics to undervalue female competitors and their games.

Ladies of India confront a great deal of separation in each field and games aren't a special case to it. It has been seen that ladies are currently getting into the field of games and have been very fruitful. These ladies have conveyed greatness and notoriety to our country. Sania Mirza, Saina Nehwal, Mary Com, and so forth, just to give some examples, have brought us huge eminence even in Universal Games. In any case, it is a miserable story that sexual orientation segregation exist even in the field of games. Indeed, even subsequent to demonstrating their proficiency and ability, ladies are still looked around their male partners. Partiality additionally exist in the field of games and this is dependably for the and it has been likewise seen that ladies sportsperson are paid only 1/tenth of the male and this is one of the numerous cases of sexual orientation separation. It has been viewed and also heard that these female sportsperson are not given legitimate pleasantries, which make a noteworthy obstacle to their prosperity. The sexual orientation segregation in the field of games can be exceptionally very much recognized in Indian Cricket, where ladies cricketers are not in the least given significance, despite the fact that cricket in India is lectured like a religion.

### AND THE LEGACY CONTINUES

Indian culture thinks about lady as a perfect spouse and mother. There are such a significant number of stories about the perfect spouses and extraordinary parenthood in the Hindu Puranas and legends. In India, the lady is dealt with as the second sex. There are relatively few records on games and amusements in India truly. Amid the Vedic and epic periods however ladies were permitted to play indoor recreations, after marriage they were not permitted to take part in the physical exercise or any sort of open air amusements. The circumstance proceeded in the medieval period, the privilege of ladies to take part in sports things discussed for the primary when physical training for ladies turned out to be a piece of the educational programs in 1891. Yet, Ladies started to take an interest in sports just in 1930. Games things like Swimming, tennis, badminton and golf and hockey gave the ground to the interest of ladies at a lower level however the specialist did not issue any authentication or prizes to them amid that period. In the Post-frontier setting, the amusement has been considered as a methods for creating National character and romanticized manliness. There are very little noteworthy changes in the domain of ladies' games for quite a while. The period after 1980 saw the foundation of various games establishments in all finished India with the help of the focal government which helped ladies to partake more. In spite of the fact that administration polices helped rustic ladies of various areas to take an interest in spots significantly it had a few disadvantages.

### ROLE OF MEDIA

Many factors have led to the continuation of this bad practice; one of these factors is the media. Fewer representations of women's achievements in sport have told the media that the audience could get on to the talents of talented women. Several studies carried out in the field of media coverage of women's sports confirm that female sports are either ignored or given less importance.

From live amusement scope to after diversion features and recaps, ladies' games have far less scope than the male games. Despite the fact that ladies' games have made considerable progress and they ceaselessly acquire regard, society still observes ladies competitors as freaks to the sexual orientation parts that so command well known perspectives. For men, being a competitor and being over your game is sufficient in light of the fact that they are accomplishing that status of being manly. For ladies this isn't sufficient on the grounds that they are not playing

out their sexual orientation part as per conventional perspectives. This error lays the preparation for ladies to need to look towards different spots to pick up regard, consideration and monetary benefits.

In advertisements, they discuss the female competitors sexualizing themselves as though it were guaranteed. They talk about what level of sexuality that ladies should subject themselves to. For what reason can't a female competitor's image be unadulterated in her gifts and abilities of her game? These three competitors sexualize themselves in various ways. Magazines and media depict female competitors in a sexual way while men are depicted as capable in their game.

The issue lies in the way that they must be sexual and attractive to pick up an indistinguishable consideration from men do. This can be found in the media and in addition in the regalia that they wear. On the off chance that you take a gander at a portion of the more famous ladies' games you will see this to be valid. Ladies' tennis is seemingly the most famous of the ladies' games. They wear short skirts and tight finish that hotshot their bodies. Venus Williams is one of the pioneers of this. She utilized her uniform to make her image. Different games, for example, volleyball have ladies in tight, short shorts or even swimming outfits in shoreline volleyball. The fact of the matter is that they needn't bother with these sorts of outfits to practically play their game. This is a decision, a key one, to get more consideration.

### Significance of Sports in an Individual's Life:

- 1) **Health Is Incomparable:** Regardless of what don you play, you must be more advantageous than individuals who stay away from don. No other action is so beneficial in picking up continuance, muscle quality and general wellness as a game. To get the correct body and a decent and alluring identity, you need to play sports.
- 2) **Productive Time Use:** When we play, we really utilize our spare time to accomplish something great. Guardians who reprove their youngsters for playing, rather than concentrate toward the evening, must understand that the tyke won't pick up anything from an impartial examination while he will increase great wellbeing and a superior mind from the amusements.
- 3) **Sharpens the Mind:** Game builds the sharpness of psyche and mental quality. It shows you how to manage unsettling influences in a stately way, while augmenting the delight in triumph. It likewise prepares individuals to adapt to circumstances where stress can create and pull them down. Every great component for sound personality and solid identity can be picked up from don.
- 4) **Helps in becoming more Attentive:** Game shows you to be in a hurry constantly. It additionally enables you to settle on choices for the other, if vital. Playing amusements in actuality raises the cerebrum; never let your consideration meander and you comprehend things in more detail. Along these lines, the procured information isn't restricted to land or court, and can be utilized as a part of settling on optional choices in troublesome circumstances that additionally speak to life.
- 5) **De-stressed:** Game is the most beneficial approach to dispose of worry in your life. It influences you to feel free and furthermore presents to you another positive inclination forever. A hard day at work can

really be exhausting and working for both the spirit and the brain. Under such conditions, the most ideal approach to manage broke nerves is hop into the pool with heated water and swim out of it.

- 6) **Gives Confidence and Discipline:** Self-assurance is fortified by perfection in don and when we endeavour to exceed expectations, teach turns out to be a piece of life. Any individual who considers the game important Games know the significance of teach and the assurance to succeed. He likewise ends up dedicated and mindful, in this manner bit by bit winding up more fruitful and surer.
- 7) **Team Player:** Playing group diversions makes individuals more OK with others. It enhances relational abilities and makes the individual viable as a cooperative person. It makes constructive vibrations that assistance him work in each situation with various individuals with various faculties and sensitivities.
- 8) **Profession Way:** Game can likewise be picked as a clear vocation. Competitors are the legends of national and provincial significance that we take a gander at as our moving models. They are basic individuals who make the country glad around the world. To the extent money benefits are concerned, playing sports is today a blasting vocation as for the kind of cash included. Competitors profit through ads and different exercises, aside from cash produced through game.

#### **Necessity of sports in an Individual's Life:**

- 1) Sports are a source of recreation. They provide relief and sense relaxation in the life's monotonous routine that is marked by suffering, difficulties and obstacles.
- 2) Sports help in maintaining good health, physical and mental fitness as well.
- 3) Sports help in developing the sense of team spirit.
- 4) It also helps in strengthening an individual by increasing Confidence and Discipline.

The most important issue in today's sport is the question of the value of physical education program. As the money is less available, the school program is subject to more thorough scrutiny as to which programs are most valuable. Since sports are very popular in schools and communities, a good physical education program must show that it has clear, useful and achievable goals. Physical educators agree that their subject is a vital part of a well-educated curriculum, that it contributes to growing students of life needs, and that it affects intellectual growth as well as affecting physical health development and coordination. However, too little is done to show the value of a good program of physical education to the public. Instead, physical education is often seen by the public as the end part of the athletic program. This weak public relations effort must be corrected.

#### **RATIONALE OF THE STUDY**

This study shall unravel and discuss the issues faced by sportswomen by comparing case study of sportsmen and sportswomen as that would study the impacts of the issues over the lives, choices and attitudes of the sportswomen. With the help of case study I have been able to analyse and bring recommendations and suggestive measures. The aim of the study is to find out the reasons behind people's motivation to participate in sports and their belief as how does it contribute in their overall development as well. It also explores the participants experiences of sports and physical activity and reasons for participation or non- participation in sport and physical activity.

## LITERATURE REVIEW

The role of sports in women's lives and the role of women in sports has become a gendered question.

Three months ago, I resumed playing badminton after an 18-year sabbatical. When I last played, at 12, it was one of the many sports I played thanks to my naval officer father who encouraged—forced—three/four hours of play on me every day. On days we're not shooting or I'm not meeting a frantic article deadline, my husband and I reach the gymkhana a little before the start of the adults' slot, as the kids are finishing up their 3-7 timings.

Bucking the trend in this predominantly sedentary country is a group of about 20 boys that plays regularly. These eight- to 13-year-olds are all madly passionate, and some are rather good, shaming me for my lack of stamina and flexibility. In this age group, I have seen just one little girl playing, a dismal 5% of the bunch.

Since April, I've noticed a whole herd of 15-year-old girls, abject beginners who've never played a sport before. They're here just after their boards, often prompted by their parents, to lose the weight they gained during the intense preparation months (or maybe always had), in anticipation of starting college.

This and the recent IPL reflect on me: What is the role of sport in the lives of Indian women and the role of women in Indian sports?

The gymkhana where I play is in, arguably, one of Mumbai's most fancy neighbourhoods. Kids here are wealthy, go to upmarket schools and many go abroad for further studies—society a far cry from a stereotyped India, it would seem, where girls don't play with boys and help their mothers with household chores after school, if they even go. Yet, few play sport, and exercise is only prioritised for weight loss and to look good.

Looking good also seems to be the only way in which women can participate in the IPL, whether to become a female commentator or a gyrating cheerleader, team-owners and their wives notwithstanding. Young, busty women have peppered this spectacle for its six seasons, knowing little, asking inane questions, providing—and expected to provide—nothing but glam and risqué interludes to the ecosystem of this sportainment.

If the media reflects society, and society reflects the media, we—a country in the throes of introspection about women, and their rights and roles—are stuck in a vicious never ending cycle of misogyny and chauvinism. Through a medium that reaches far more people than Mary Kom's boxing win or articles about her inspiring story, these PYTs offsetting the brawny boys on the field and the brainy ones in the commentary box reinforces traditional sexist gender roles. Who are we making our role models and what gender roles are we propagating?

It is these gender roles that make scores of young women believe that their bodies are only valuable for their aesthetic appeal, and sport and exercise is only for weight loss—health benefits be damned. I also remember reading an article by the father of a girl who died of bulimia, who blamed his ex-wife for causing her deep-seated self-esteem issues. The wife would, apparently, serve her daughter only skimmed milk and son regular milk, as 'girls must be slim'.

I have been one of the victims of this misogynistic vanity. Many factors conspired to make me quit sports at 12—my father left the navy, and I moved far from the sporting culture and facilities of the military. I ballooned, and



spent my teens and twenties on one diet after another, sporadically dancing and walking, with weight loss being my sole agenda.

And this is me, who has been able to analyse the media's influence on my body image and knew all the other, more important reasons to exercise. I also continued to get my fair share of attention, even with the excess weight. But that was just intellectual understanding. It is not until a few years ago, under the influence of my friends, sports-loving Sowmya, who has the healthiest body image I know, and Jordyn, a fitness trainer who believes in 'wellistic wholeness', that I embraced the idea of loving my body for itself, and for the starring role it plays in my life and lifestyle. No media can convince me that one-size-fits-all or that I am only as good as my body looks.

Far before weight loss and beauty become overriding concerns, parents should put their girls on courts and on fields, and counter the misogyny in our sports and other entertainment. Because for me, a relapsed sports addict, playing for these two serotonin-infused hours every day is about many positive things, including feminism and individualism. I'm in the hallowed male bastion of sports (and I'm playing, not being eye-candy). Fitness as opposed to weight loss alone is a greater, more wholesome body-view than the media propagates. And, there's the most important factor: if it is my life's agenda to never let my gender come in the way of living my life, so too with my health and fitness. My body should allow me to leap with the wind in my hair and dance until the sun comes up; withstand a genetic predisposition to heart disease and diabetes; or run and fight for my safety. So should yours and your daughters'.

Mayers (1962) found those individuals who participated in inter school sports more likely to be currently exercising or participating in a sport than those who did not. This reality stick focuses the significance of school as a social framework bringing affinity for socialization into sports.

As far as sports at school are concerned, Bailey (2006) explained his background and goal in terms of education. With regard to former and subsequent sporting participation, Curtis et al. (1999) showed the importance of intensive sporting experiences in high school and high participation in later life.

Sport enables children to develop different abilities like emotional, physical, social and mental abilities to promote active and healthy lifestyle. That is the reason as why it is adopted in schools as physical education that is in relation to the school curricular. Whereas, school sports is benefited to almost all the children of the school which implies that all the children have equal opportunity for basic physical skills and abilities as this could be a reason for sports participation in their later life.

## OBJECTIVES OF THE STUDY

1. The objective of the study is to bring into limelight the difficulties which women have been facing even till today in sports and the discrimination they face in comparison to their male counterparts even after attaining excellence in their respective fields & try to make people aware of it and act against it.
2. The role that sports can play in the social, personal and moral growth of children and young people.
3. This research would provide insights into the motivation of people to participate in sports. The hypothesis of this research is that there is a correlation between the experience of sports in primary and secondary schools and the subsequent involvement of sports.

## METHODOLOGY

This research is a qualitative study on the Contribution of Sports in the Holistic Development of an Individual and A detailed study of Role of Gender in Sports. The findings are presented in descriptive form and analysed in detail the section- result and implications. There are case stories and responses mentioned and the impact of such incidences is explained. Finally in the conclusion I present my own analysis of the problem statement and correlate the situation to the current status of women and the necessity for running physical education programs in schools.

Research methodology that will be used in this study is both primary and secondary. Primary data collection will include questionnaire and community visit. And the Secondary data collection includes relevant published articles, data, studies and reports.

## DATA COLLECTION

Data collection has been done a month prior of writing down the research. The tools used for data collection are- Observation (manually), Questionnaire (structured and closed form), Interview (unstructured), Opinionnaire. The sample size taken for Questionnaire was 50. The participants were belonging to two different age brackets as that of 5-10 years and 10-15 years and the sample size of each age bracket was 25.

The researcher specifically choose Questionnaire as the tool for data collection in this study as it opened for more definite, concrete and directed questions. Through the closed form of data collection by Questionnaire it was easy to furnish the details as it takes less time and it is relatively more objective, more acceptable and convenient to both the respondent and the researcher for the analysis.

## ETHICAL CONSIDERATIONS

1. All the data collection has been done with the consent of the participant children belonging to the age group of 5-10 years and 10-15 years.
2. The names and details about the participants have not been disclosed in the research paper.
3. All the cases study and incidents mentioned are real and genuine stories collected with the help of data collection tools and shall not be disclosed or shared for any other purpose/ person, outside this research.
4. The analysis of the case study done by the researcher in the sections – results and conclusion are done by keeping in mind the facts of the stories and further description has been done without dishonouring the dignity of any participant.

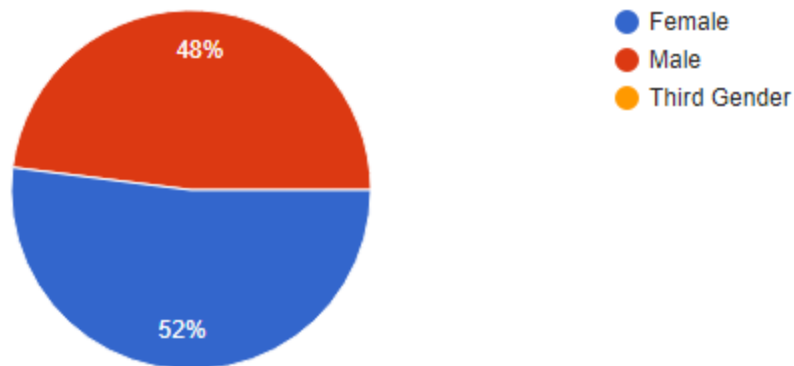
## RESULTS AND IMPLICATIONS

After interviewing 50 children over their belief about sports impact their life in a positive or a negative manner. The following responses and answers gave relevant responses to the benefit of this research to give me the result for this research. A further analysis is then done of the identified issues and implications are presented and examined.



## Gender

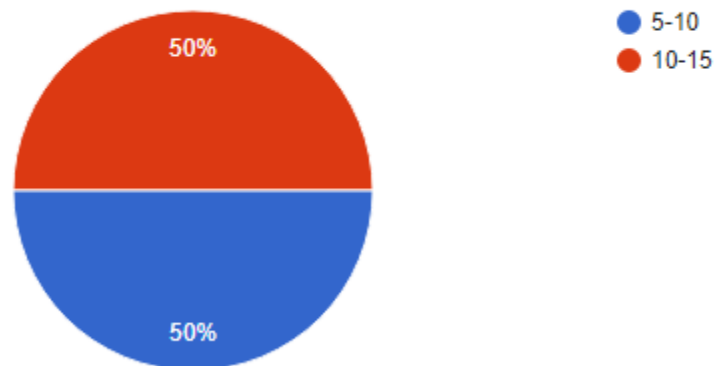
50 responses



The data reveals that out of the total respondents, 24 are the males and 26 are females. Thus, there were more number of girls who participated in filling up the questionnaire.

## Age

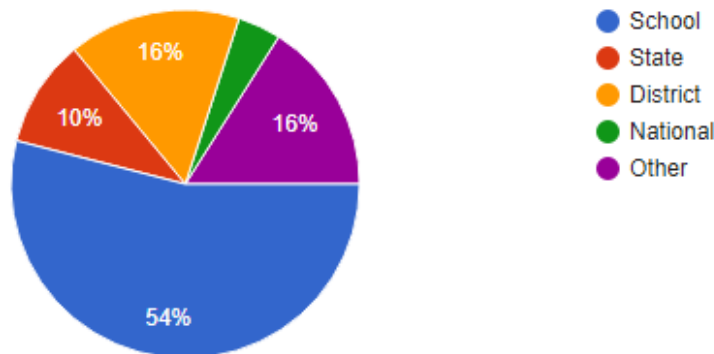
50 responses



The above data clearly shows that 25 children belonged to the age group of 5-10 years while the remaining 25 children who participated in filling the questionnaire were from the age group of 10-15 years. This is the age group when children are more adaptive for learning new things in life and this contributes in their growth.

## At what level have you participated in any sports / physical activity?

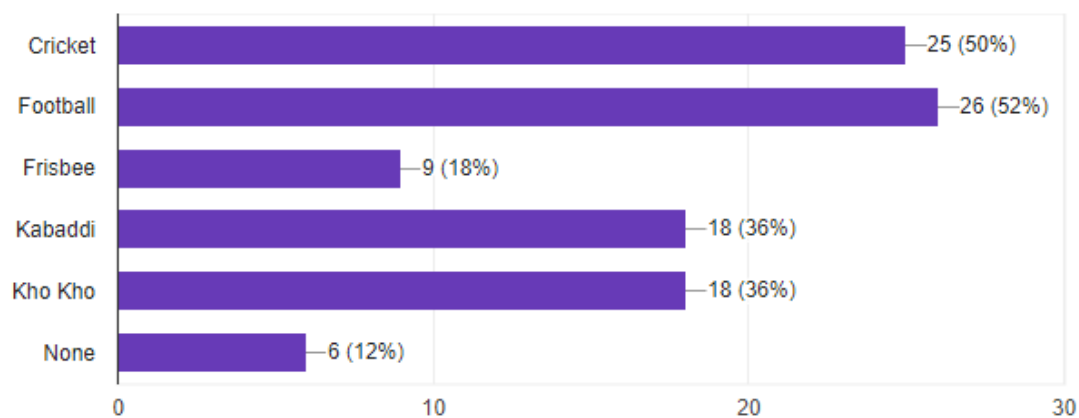
50 responses



The data focuses on the number of children who have participated at various levels in sports. Out of the 50 children, 27 children participate in sports at School level while 8 children are engaged in sports at District level and another 8 belong to the category of other. 5 children have represented their State in various sports. There were 2 children who have participated at National level. This clearly focuses the interest of children in participating in sports and hence at an early age about 46% of the children have been able to play sports more than school level.

## Which of the sports listed do you like to ?

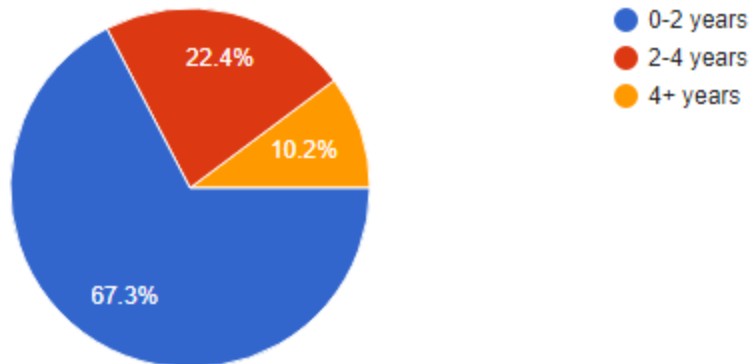
50 responses



The data collected from 50 children represent their choice of sports as to which all games they have interest in and keeping in mind the ratio of more number of girls filing the questionnaire and thereby most of the children have interest in multiple sports rather than just one. Out of the 50 forms, only 6 children were such who did not had interest in any of the sport listed while the 42 of the children were inclined to be involved in the sports listed.

## How long have you been involved in any sports ?

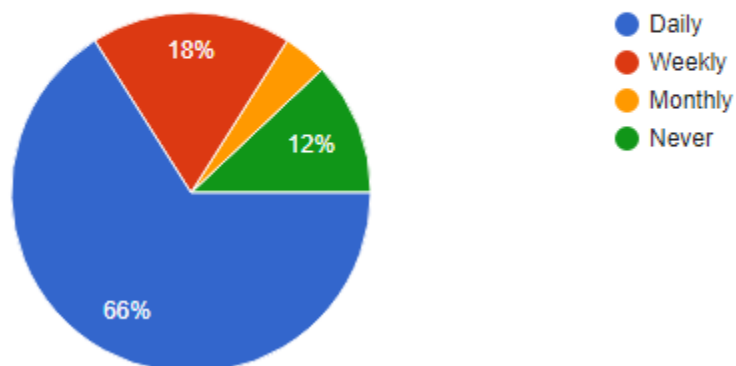
49 responses



The data shows that 33 children have been involved in sports from 0-2 years, 11 have been playing sports keenly from 2-4 years and 5 children have been participating in sports with enthusiasm as to this implies their interest to consider sports important and significant in their life for their development.

## How often do you participate in sports / physical activities?

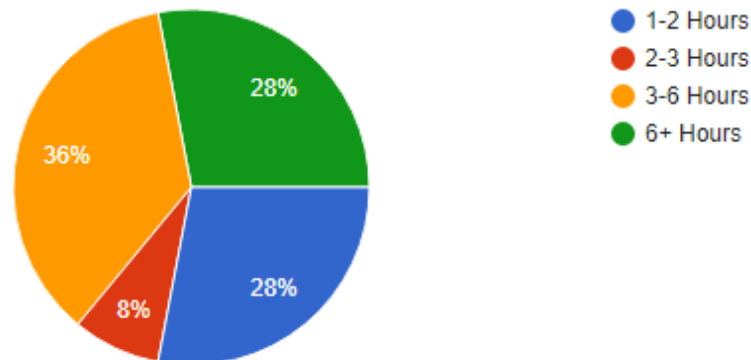
50 responses



There are 33 children who are involved in any sport/ physical activity at Daily basis while 9 out of them participate on weekly basis. There are only 6 children who are not active in any form of participation while there are 2 who participate once a month.

## How many hours a week , on average, do you participate in Sports ?

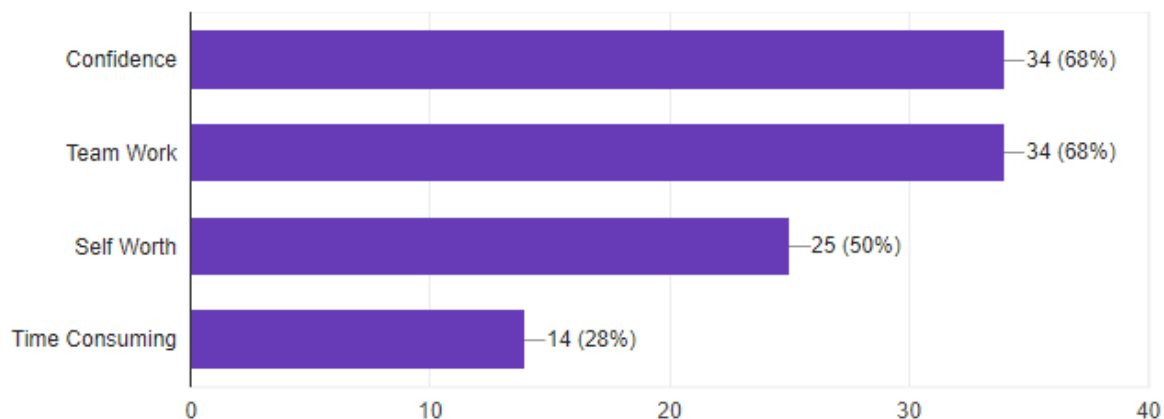
50 responses



The data reveals the number of hours a week; on average each individual actively plays any sport. 14 children play only 1-2 hours, 4 give their 2-3 hours weekly, 18 of them participate for about 3-6 hours while the remaining 14 give more than 6 hours which includes intensive training for the district, state and national level players.

## How has sports changed you life?

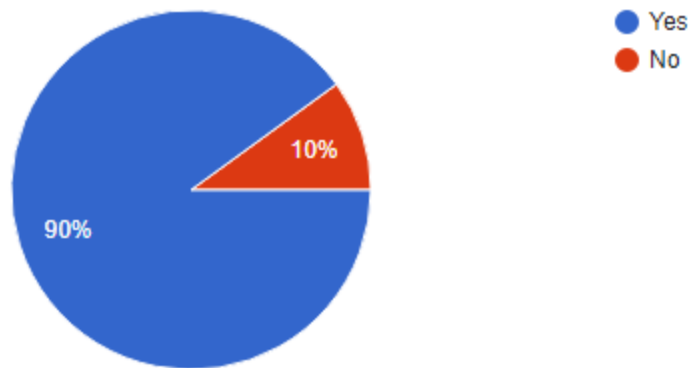
50 responses



The data focuses on the multiple choices of each individual as to what are the factors that they believe contribute in their growth by participating in sports. There were 68% of children who believed participating in sports give them certain level of confidence and the ability to work in a team. While 50% of them agree that with participation in sports they realise their self worth. And apart from believing that sports change their life in a positive manner they also feel that engaging in any sports is a time consuming process and sometimes it then becomes difficult for them to manage their academic responsibilities along with sports.

## Do your parents/ family members support you for sports?

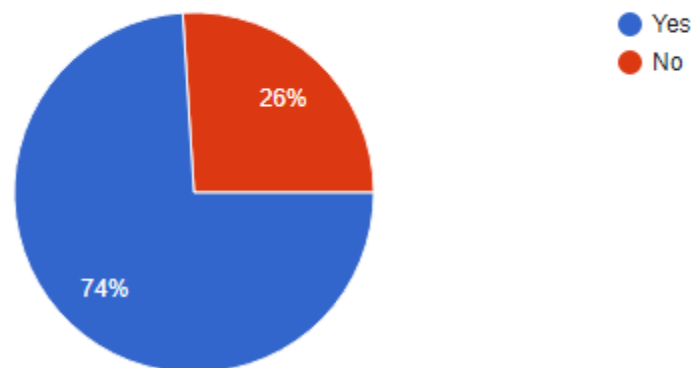
50 responses



The data clearly shows that out of the 50 children 45 of them are supported by their parents for participating in any sports for their health and overall development whereas, there were 5 of them whose parents / family members do not support them to participate in sports because they believe it consumes too much of time and hence they do not realise the importance of sports in an Individual's life.

## Are you teachers encouraging about sports?

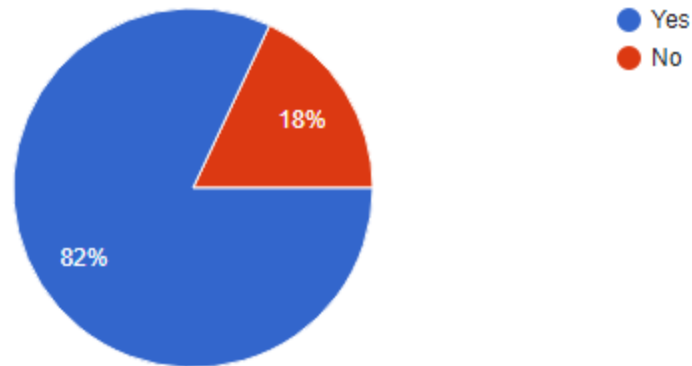
50 responses



Out of the 50 children only 13 said that their teachers are not encouraging enough for them to participate in sports as they would lack in their studies or that they were girls and they need not participate in sports. While 37 believed that the teachers encourage them to play sports.

## Do you play any sports relating activity after school?

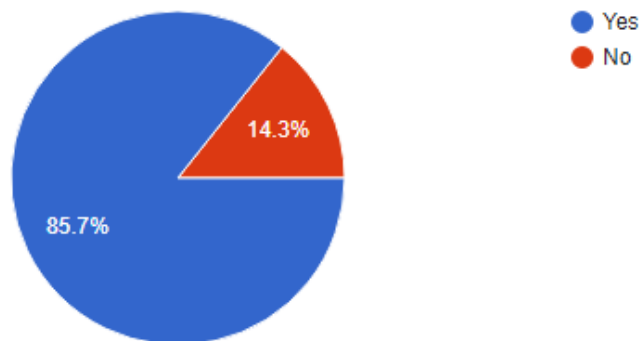
50 responses



The data clearly emphasises that most of the children do play any sports relating activity after school as only 9 out of the 50 go home after school and do not go out to play. This also implies the support given to majority of the children from their family to not only get engaged in studies but to get involved in any sort of physical activity for their Physical and Mental Fitness.

## Is participating in any sports more important than winning or losing for you?

49 responses

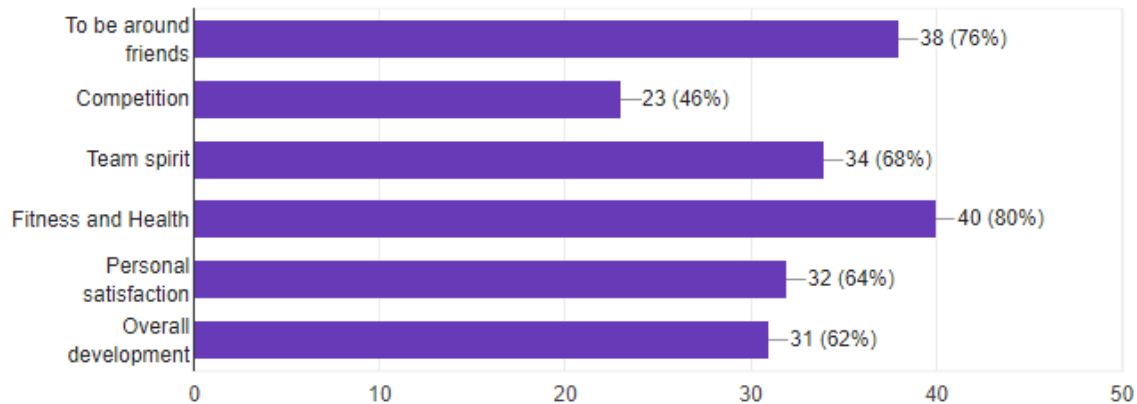


The data implies that 42 children believe that participating in any sports is more important than winning or losing for them as this indicates the significance of sports in one's life. And this emphasises the level of motivation for participation in the children.



## What are the reasons that you like to participate in any sports activity?

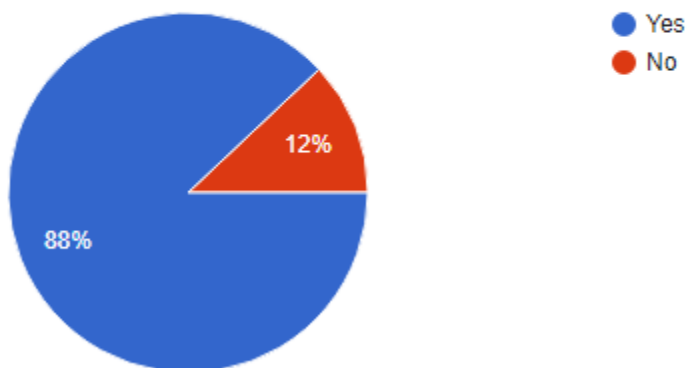
50 responses



The data clearly shows the reasons as to why children like to participate in any sports relating activity. Majority of the children believe that sports is important for their Fitness and Health and they also believe that participating in any sport gives them a sense of belongingness as they can be around their friends for longer duration of the time. Out of the 50 children, 23 of them agree that sports give them the competitive aspect and 34 believe in the Team spirit. About more than 60% of them believe that participating in any sports give them personal satisfaction as they like to play sports and 62% of children believe that playing any sport helps in their overall development as well.

## Does sports make you happy?

50 responses



The data clearly shows that most of the children associate happiness with active participation in sports. While only 6 out of the 50 children do not feel happy to participate in sports.

## ANALYSIS

Both the sportspersons faced hard situations in life and grew through them but the similarity ends here because Mary Kom was subjected to the cruel reality of gender discrimination. Her's is a literal rag to riches story that every girl should read and be inspired by. She talks of growing up in rural Manipal with barely any money to pay school fees, and fighting her way to the top of her game through sheer determination - and support from her family, especially her husband. What's more is that she continues to push herself in a physically demanding sport even after having children, after which many told her that her career would be over.

She is a perfect example of how a person can defeat gender bias, poverty and drawbacks of belonging to a small region to win Olympic medal for boxing. She is an inspiration for all the women who face difficulties every day.

Being a part of any sport or physical activity provides many benefits to children. Participating in sports helps in improving people's physical and social skills. By playing sports children do get a change from their monotonous life. As sports become a tool of physical activity and entertainment for children. Sports are a source of recreational activity and they help in avoiding unhealthy habits. An active lifestyle can be opted by being participative in sports as it provides good results in children's body and mind. When children are physically fit they can achieve greater academic levels.

Sports help in developing a sense of belongingness and team spirit. Children should actively participate in sports to avoid fatigue and lethargy. As sports helps in eliminating mental tiredness of children. Even education is not complete without sports. Nowadays, school children learn games at an early phase of their life as to attain value in life.

## CONCLUSION

It is necessary to bring about many reforms in our society so as to completely abolish the ideologies and the idea of gender discrimination from our nation. Discrimination in the field of sports is a disgrace because the area of sports has nothing to do with gender and is a mere way to keep the human body fit.

The Government should take drastic steps towards providing proper facilities to sportswomen and moreover encourage them to do well in their desired chosen sports field. A social revolution is the need of the hour and it is the duty of every Indian to work towards uplifting the status and condition of sportswomen and every woman in India. Every parent should support and encourage their daughters to take part in sports and make this field as well as the society free from gender biases.

It is high time that the societal attitude towards women change and practice gender equity begins. The manner in which women are portrayed in the media influences our mind sets and attitudes. The media can play a central role in changing the mind sets of a large number of people.. There is a need to transform the image of women in advertisements. More such films like, "Chak De India" and "Mary Com" highlighting women as sports players, should be made rather than portraying women having only good looks and sexy figures.

As time passes by, a more multifaceted world of rapidly changing meanings is emphasized, as Alvin Toffler (1991) stressed, when many children and adolescents try to create a sense of who they are, membership in the

sports club provides important opportunities to develop their own identity and feeling of belongingness. Regarding the physical and health aspects of the development of children and adolescents, there is a massive amount of evidence that focuses on the positive effects of sports and exercise on physical health, growth and development. By participating in sports and physical education, young people also learn about the importance of key values such as honesty, teamwork, fair play, respect for oneself and others, and adherence to rules. For example, by winning a competition a child's self-esteem can increase, while defeat can teach the child how to manage and move forward in such a situation. Hence, we also need to focus on these aspects, which are relevant towards the contribution of sports in the development of young people.

Even though sports is one of the most popular leisure activities for young people, there is not enough empirical evidence about the relationship between sports participation and child skill development. It is very necessary to identify the conditions, under which the correlation between these two aspects can be proven, and also the various researches and theories that can identify the process because of which participation in sports is associated with other forms of day to day engagements, as proposed by Coakley (2011). This is why sports as a field, deserves a lot more attention from researchers who can study the importance of sports in the entire and holistic growth and development of a child's skills within the sociological that includes every aspect of a child's life.

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