

# **ROLE OF SPORTS IN THE DEVELOPMENT OF PEACE, EQUALITY AND BROTHERHOOD AMONG THE STUDENTS**

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## **ABSTRACT**

*This study was undertaken to create awareness among the students about sports and its role in the development of peace, equality and brotherhood among its participants. In this regard, structured and pre-tested questionnaire was designed to include demographics, socio-economic aspects and set research objectives. All the students of Gomal University Khyber Pakhtunkhwa, Pakistan were taken as population of the study. The collected data were tabulated and analyzed by using percentile as statistical tool. After data analysis, the researcher arrived at conclusion that sports is a basic tool for promoting social values such as peace, equality, and brotherhood among its participants.*

**Keyword:** *Sports, Peace, Equality, Brotherhood, Students, Gomal University*

## **INTRODUCTION**

An individual needs to participate in some sort of sports or recreational activities after doing labor for a longer period of time. It is because that body needs relaxation, enjoyment and rest to retrieve the energy that was lost while working. On one hand if sports activities provide relaxation and enjoyment to the participants, on the other hand, they promote different social values such as peace, fraternity, equality, justice and brotherhood. During participation in sports activities a player feels him/herself, satisfied, relaxed and happy. Similarly, the participants learn how to handle different critical situations during the play (Khan, 2012).

Sport is a broad term comprising different types of games as well as the level it is practiced on. Participation in sports events not only provides chances of amusement and recreation but also provides a platform which brings together people from different areas, religions, languages and customs and traditions. From such platforms, social values like unity, fraternity, equality, justice, and co-operation get promoted among the participants. It means that sports play a key role in the socialization process of an individual. If we dwell upon the definition of sports it refers to all those physical activities which are performed in organized manner for the purpose of getting refreshment, enjoyment and physical benefits (Coakley, 1978). To Khan (2012), physical activities, which are performed in skillful and coordinated manners, are called sports.

Participation in sports activities helps in controlling the immoral activities and develops the positive social behaviors among the students. Sports develop positive behavior, such as how to face the different kind of situations, how to overcome the critical situations, and how to control him/herself during success and failure (Benson, 1997). Sports play a key role in positive development such as social relationship, spirit of success, fraternity and so on among the youth of the nation. It also helps in reducing the negative attitude among the youth (Bronfenbrenners, 1999).

Sports improve the quality of life (López, & Díaz, 2015) because it makes a person physically, mentally, economically and socially sound. A person who is physically, mentally, economically and socially developed not only proves to be a good member of his family but of the whole society as well (Coakley, 2003). It is shocking to note that very few people are aware of the good fruit of sports. That is why sports are considered a waste of time. Resultantly; very discouraging number of students participates in sports activities in Pakistan generally and in Gomal University Dera Ismail Khan KP, Pakistan particularly. This study is hoped to kindle this awareness among the youth. Keeping in view this situation, the researcher conducted the research study to explore the awareness level and the role of sports in the development of peace, equality and brother hood among students.

### **Objectives of the Study**

Following are the main objectives of the study

- To create awareness among the students about the benefits of sports.
- To explore the concept of students regarding sports and their role in the development of peace, equality and brother-hood.
- To improve the level of sports participation among the students.

### **Research Questions**

- Do students know about sports and their role in the development of peace, equality and brother hood?
- Does sport help in controlling the deviant acts among the students?
- Do sports help in the development and maintenance of discipline among the students?

### **LITERATURE REVIEW**

Sports means all kinds of physical activities, which are performed for the improvement of physical and mental well-being, as well as social development of an individual

(Thompson et al, 2011).. Participation in sports improves social values among the people which help in the development or uplifting of the community (Coalter, Allison & Taylor, 2000). Sport reduces the social evils among the students and help in the improvement of social values such as peace, equality and brother-hood (Cabinet Office, 2002). Sports can also support the personality of a person physically, mentally, economically, and socially. It also improves the efficiency of the body and decreases the different kinds of diseases (Coalter et al., 2000). Participation in sports programs at college and university level helps in improving the spirit of success, leadership and different social values among the students (Lombardi, Diane, Elizabeth & Denise, 2001).

Sports help in building positive social relations and improve different skills among the students (Evans & Roberts, 1987). Participation in sports and physical activities develop character of the students (Larson & Verma, 1999). Sports and physical activities provide such opportunities, which help in the development of social status, social relations and spirit of teamwork among the students (Wankel & Berger, 1990). Sports provide a platform to develop different social values such as co-operation, assertion, responsibility, sympathy and self-esteem (Cote, 2002). Participation in well-organized program improves the social interaction among the students (Larson, 2000). Socialization is a life-long process starts from the beginning to the end of life. Sports play a vital role in the socialization process of a person (Coalter, 2005). All the above stated discussions show clearly that participation in sports and physical activities is obvious for every one because it develops a person not only physically but also makes a him an active social member of the society.

Participation in sports activities help in socialization as well as academic achievement of the students. Some research studies shows that sports have very little role in academic achievement of the students whereas play vital role in the socialization of the students. Similarly some studies shows that sports activities have great role in both academic achievement and socialization of the students because they motivate the students towards success. For example during the sports participation, players or students face different kinds of situations such as success and failure or favorable and unfavorable decision of the referee. In all types of situations sports improve the ability of person to get control upon him/her (Spady, 1970). Through Sports participation the social values are developed and transmitted from one to another and help in the advancement of society. Sports not only play a role in socialization but also motivate the person towards the practical deeds (Kneller, 1965).

## **METHODS AND MATERIALS**

The population of this particular study consists of all the students of Gomal University (GU) Dera Ismail Khan (DIK) Khyber Pakhtunkhwa (KpK) Pakistan. Gomal University (GU) comprises 4 faculties and 27 departments and round about Six thousand students (6000) are enrolled in different disciplines. They belong from different areas of KpK Pakistan and have different social backgrounds. It was very difficult for the researcher to contact each and every member of the concerned population. To overcome this difficulty, the researcher used the two stage sampling techniques for the selection of an appropriate sample from the population of study. In the first stage, four faculties' cluster was prepared and five departments from each faculty were selected, using random sampling technique. In the second stage 10 students (5 male & 5 female) were selected from each department, applying convenient sampling. Thus, 200 students (100 male & 100 female) were taken as a sample from 20 departments of Gomal University. Data were collected through a structured and pre-tested questionnaire. The questionnaire was distributed among the students (through Co-author & M. Phil Sports Sciences session 2014-16 Scholars) and collected back after being filled by the respondents. The data were tabulated and analyzed by using Percentile as a tool of statistics.

## DATA ANALYSIS

Table Showing Demographics, Socio-Economics and Research Aspects of Study

Q	Description of study	Agree	%	Disagree	%	Total %
1.	Sports refer to all types of physical activities performed in set rules that need the expenditure of energy.	160	80	40	20	200
2.	Development of a peaceful environment through different sports activities	170	85	30	15	200
3.	Participation in sports activities helps in reducing the immoral activities among the students.	190	95	10	5	200
4.	Sports activities helps in spending the leisure time in beneficial and economical manner.	182	91	18	8	200
5.	Co- operation is developed among the students by participation in sports activities.	158	79	42	21	200
6.	Sports help in controlling the deviant acts and develop peace, equality and brother-hood among the students.	192	96	8	4	200
7.	Regular participation of students in sports activities improve self-confidence, spirit of success and reduce worry and anxiety.	188	94	12	6	200
8.	Participation of students in Sports activities helps in the development and maintenance of the discipline among them.	182	91	18	8	200
9.	Sports participation develop the curiosity and creativity among the students	174	87	26	13	200
10	The co-operations of concerned authorities and interest of students play a key role in the uplifting/improvement of level of sports participation.	196	98	4	2	200

## **RESULTS AND DISCUSSIONS**

After the analysis, it was found out that the majority of the students are aware of the values of sports and its roles in social as well as physical well-being. This concept is also supported by Kneller (1965), who stated that through sports participation the social values of the community were developed and transmitted from one to another. He also pointed out that social values help in raising the standard of life. The present study also emphasizes on the dire need of socialization of a person and motivation towards practical life, in order to get improvement in quality of healthy life.

It was investigated during the study that 96% respondents agreed that sports help in controlling the deviant acts among the students and succeeded in developing the social values such as brother-hood, equality, and peace among the students. Eldon et al (1978) stated that well organized sports program develops the social values such as peace, equality, justice, fraternity, sympathy and brother-hood among the students. The study was on the analogy of previous study, conducted by Coalter (2005), who found that participation in sports activities developed self-esteem and social values among the students while reduced social evils. Similarly, sports and physical activities are considered the most important element in promoting peace in schools. They also help in character building and knowhow of brother-hood. Furthermore, sports activities help in evolve the essence of co-operation and good conduct. Therefore, student's involvement in sports activities can also help to become the young envoys to faster the values of peace (Swarnalata; and Kalpana. 2014).

Results also indicating that 98% respondents opined that co-operation of the concerned authority and interest of the students play a key role in the improvement of sports participation among the students. This concept is supported by Merriam-Webster (2009), who highlighted in their study that interest of the parents, teachers and society are the factors which affected the level of sports participation. It was also revealed that lack of interest of the parents, teachers and society toward sports was the main cause of declining of sport culture among the students. This study was also supported by Sarwar et al (2010), who mentioned that lack of facilities and interest of the concern authorities have negative impact on sport participation. Further, who stressed on to ensure all possible sport goods and to create the environment to develop interest among the students for participating in healthy sports activities.

## **CONCLUSION**

The researcher arrived at the conclusion that active participation in sports activities help in developing the social qualities such as peace, equality, justice, fraternity and brother-hood among the participants.

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