

## Relation between sports and education: A pilot study

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### Abstract

This study aims to demonstrate that sports promote education in Kashmir. This study investigates the linkage between sports and education measured in terms of academic achievement, socialization, educational aspiration, enrollment, youth development, gender equality and peace. The relationship between sports and education was assessed through a qualitative approach, using close-ended questionnaire with thirty sports persons. The research hypothesis posited that sports has played a pivotal role in promoting education in Kashmir and the research found a positive relation between sports and education promotion in Kashmir.

**Keywords:** Academic Achievements, Socialization, Education Aspiration

### 1. Introduction

The state of Jammu and Kashmir is evolving out of a two and a half decade old gruesome conflict that severely retarded the states' infrastructure, growth and development. Education became the first tragedy of the conflict that not only created an enormous pool of uneducated youth, reduced the peace dividends and severely curbed the educational aspiration of the youth in Kashmir.

After a long militant insurgency normalcy is beginning to return to Kashmir. Sports has increasingly been touted as a vehicle for social change by organizations, academics and athletes alike. Sports has been playing a dual role of ensuring the continuous engagement of the positive energies of the youth thereby ensuring peace and at the same time helped in maintaining a steady enrolment in schools and colleges.

Apart from an immense role in promotion of education and increasing enrollment in schools and colleges, sports programmes are said to promote Conflict Resolution, physical and mental health, and acceptance of diversity (BBC 2011; Watson Institute 2011; Comic Relief 2013). Sports has contributed a lot in peace-building in Kashmir. The overall situation in Kashmir has slowly improved and sports played an important role in ensuring the building and durability of peace. This return of peace has had a direct and consequential effect both on the enrollments at school and college levels and the overall quality of education in the valley. One of the important factors for achieving these goals has been the regular organizing of sports events and activities at the school, college and university level by the department of Youth Services and Sports that has not only honed the sporting talent of Kashmiri youth but has directly contributed to peace by concentrating the energy and attention of the youth on sports.

Many institutions are directly involved with the promotion of sports in Kashmir. However, the twin sports institutions run by the J&K State Government do the lion's share of work from the maintenance of sports infrastructure to the actual organizing of sports events. These two institutions are the Jammu and Kashmir State Sports Council (JKSSC) and the Department of Youth Services and Sports (DYSS).

The primary objective of this pilot study is to establish the relationship between sports policy and education promotion in

Kashmir. It also seeks to establish the role of sports in student enrolment, peace building, female education and gender equality in Kashmir.

A report by the World Health Organization (2004) found that young individuals who participate in organized sport demonstrate lower rates of anti-social behaviour and teenage pregnancy. Furthermore, they are less likely to smoke cigarettes or use drugs than non-sports participants. Similar intoxication findings emerged from a behavioral investigation survey of 1000 German adolescents, which found a strong association between sports participation and resistance to drug and alcohol addiction (Kirkcaldy *et al*, 2002). Lower rates of anti-social behaviour are likely to result in lower disaffection from school and thus enhanced academic performance.

### 2. Methodology

Data collection took place in Kashmir from January 2015 to August 2015. The research design for the pilot study was non-experimental, descriptive and qualitative including long discussions with a large number of sportspersons under study and the officials of two prime sports organizations of the state. With the help of experts, a comprehensive questionnaire was setup with eight different parameters including academic achievement, socialization, enrollment, attendance, educational aspiration, youth development, gender equality and peace. The reliability of questionnaire was 0.87 and stepped up reliability was 0.93. The questionnaire was given to thirty subjects who had participated in indifferent games at national or state or district level. Snow ball sampling was used to choose the final sample for this study.

### 3. Results

The results of this pilot study provided an overwhelmingly positive relationship between sports and education. Eight parameters were set up in the questionnaire. The first parameter consisted of five questions about the relationship between academic achievement and sports. 84.26 % of the respondents believed that there is a positive relation between the sports and academic achievement. The second parameter was socialization which consisted of seven questions and 87.90% responded that there is positive relation between sports and

socialization which further helps them to bond better with their teachers, friends and classmates. The third parameter was enrollment and attendance which consisted of ten questions and 71% responded that there is a positive relation between sports and student enrollment and class attendance. The fourth parameter was educational aspiration which consisted of seven questions and about 81.33% responded that there is positive relation between sports and educational aspiration which indicated that sports motivates students for pursuing higher education. The Fifth parameter was youth development which consisted of two questions and an overwhelming majority of 90.33% responded that there is positive relation between sports and youth development which reveals the significant role played by sports in enhancing confidence of the youth and the immense social and mental development by keeping them distanced from smoking, drugs and other social ills. The sixth parameter was sports policies which consisted of five questions of the two prime governmental organizations and their efficacy and effect on the students participating in various sports events. 60.93% responded that there is positive relation between various sports policies and the overall educational development of the students. A high percentage of the respondents concurred that various inducements like sports scholarships and sports quota helps in encouraging sportspersons to pursue higher education and provide a higher level of job satisfaction among the aspirants. The seventh parameter was gender equality which consisted of five questions and a high percentage of 74.535 respondents conceded that sports helps in promotion of female education, women empowerment thereby concurring that there is a positive relation between sports and gender equality. The last parameter was peace which consisted of five questions and a significant 85.06 % respondents acknowledged that there is positive relation between sports and peace which brings to light the role that sports have played not only in the promotion of peace but also ensuring its durability by engaging youth in sports activities that led to a considerable decrease in their violent behavior, reducing the levels of their frustration due to perpetual conflict and unemployment and plummeting the loneliness of youth by keeping them engaged and socialized.

#### 4. Conclusion

The pilot study was conducted to study the relation between sports and education in Kashmir. It was conducted by collecting data from the questionnaires from the sportspersons. The results of pilot study conclusively establish that sports promote education through a variety of factors that include the enhancement of confidence among students, provide incentives for educational achievements by inculcating a sense of academic and career aspiration in them. The research also reflects the direct effect of sports on the increase in school enrollments and attendance percentage of students. This decisively proves the effect that sports have on the promotion of education and instilling of educational aspiration in them. Another important finding of the study is the role played by sports in the socialization of youth and building of bonds between sportspersons. This not only reduces the negative socialization that lead to drugs and criminal behaviour, but it has a direct and consequential benefit of reducing the level of violence in the society. In a conflict ridden society like Kashmir, this is crucial. This is a maiden study of such nature exploring such a relationship but the role that sports has played

in establishing peace needs to be researched further. Further research is also needed to establish the role of sports in the promotion of women empowerment and gender equality.

#### 5. References

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