

## Role of physical education and sport in the socialization of children

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### Abstract

Socialization is the process of inheriting norms, customs and ideologies, It may provide the individual with the skills and habits necessary for participating within their own society; a society itself is formed through a plurality of shared norms, customs, values, traditions, social roles, symbols and languages. There are many agents of socialization like the family, education, religion, peer groups, the mass media and other agents like work place, public institutions. There is a need of quality physical education programs to socialize the youth into the total education process and also increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education and sports programs can provide the benefits if they are well-planned and well-implemented these benefits are like it improved physical fitness, it develop skill, it strengthened peer relationships, and it improved self-confidence and self-esteem.

**Keywords:** Socialization, religion, self-esteem.

### Introduction

Socialization is the process of inheriting norms, customs and ideologies, It may provide the individual with the skills and habits necessary for participating within their own society; a society itself is formed through a plurality of shared norms, customs, values, traditions, social roles, symbols and languages. Socialization is thus 'the means by which social and cultural continuity are attained'.

### How is Children Socialized?

Socialization is a learning process that begins shortly after birth. Early childhood is the period of the most intense and the most crucial socialization (Langton, K. and M. K. Jennings, 1968) [4]. It is then that we acquire language and learn the fundamentals of our culture. It is also when much of our personality takes shape. However, we continue to be socialized throughout our lives. As we age, we enter new statuses and need to learn the appropriate roles for them. We also have experiences that teach us lessons and potentially lead us to alter our expectations, beliefs, and personality. For instance, the experience of being raped is likely to cause a woman to be distrustful of others.

### Agents of Socialization

Agents of socialization are the people and groups that influence our self-concept, emotions, attitudes, and behavior.

1. The Family. Family is responsible for the youth and..., among other things, determining one's attitudes toward religion and establishing career goals.
2. Education. Education is the agency responsible for socializing groups of young people in particular skills and values in society.
3. Religion. Religions play a major role in socialization, in that context often synonymous with 'indoctrination'.
4. Peer groups. Peers refer to people who are roughly the same age and/or who share other social characteristics (e.g., students in a college class).

5. The Mass Media.
6. Other Agents: Work Place, Public institutions.

### The socialization process

Socialization is the process by which people become familiar with and adapt themselves to the interpersonal relationships of their social world. Through socialization, people develop ideas about themselves and about those with whom they interact. Inevitably, socialization is a two-way process that affects everyone to a greater or lesser degree. It takes place throughout one's life, but it is during the early years that the most crucial phases occur. In these phases a person's sense of self, social identity, and relationships with others are shaped.

Play, games, contests, and sports have crucial and quite specific roles in the general socialization process. The sense of self is not natural; it develops through childhood socialization as a result of role-playing. Influenced by George Herbert Mead and Jean Piaget among others, sociologists have identified two stages in childhood socialization: a "play stage" and a "game stage." In the play stage (more accurately, the stage of noncompetitive games), children play the role of a father, mother, teacher, firefighter, or athlete. Children learn the difference between their real selves and the parts they are playing. As they grow older, children shift from noncompetitive games to contests. In the game stage (more accurately, the stage of competitive games), children encounter stricter rules and regulations. They develop a reflexive conception of the self and its position in relation to others, and they learn to see themselves as others see them. Through socialization with "significant others" and with the "generalized other," children develop their sense of identity and self. They become self-conscious social actors.

In most premodern societies, boys were encouraged by their families to compete in sports, which were presumed to prepare them for their adult roles as warriors and workers, while girls were encouraged to continue to play noncompetitive games that prepared them for motherhood. In modern societies, boys and

young men continue to outnumber girls and young women involved in sports competition, but the gender gap has narrowed considerably.

The role of socializer into sports has been played by many actors, among them parents, older siblings, peers, teachers, coaches, and elite athletes appearing in the mass media. In the course of the 20th century, parents and older siblings became relatively less influential while coaches and elite athletes became more influential.

In modern as in premodern societies, there is a tendency for sports participation to decline with age because of both the added responsibilities and time demands of paid employment and of parenthood and the physical decline of the body. Early socialization into sports is the best predictor of lifelong involvement in sports. Those who disliked sports as children are unlikely to become involved as adults, while those who loved sports are likely to participate throughout their lives. Elite athletes may be an exception to this rule. If pushed as children to compete nationally and internationally, they are liable to experience burnout and to abandon their sports careers before reaching adulthood.

The value of socialization through sports has long been recognized, which is one reason for state support of physical education in the schools and adult-organized children's sports programs. The effects of sports socialization, however, are not always what the socializers expect. They are in fact quite controversial. From the mid-19th to the early 21st century, sports were alleged to train young athletes in self-discipline, teamwork, leadership, and other highly prized traits and behaviors. Empirical research has shown that involvement in sports can also inculcate a socially destructive desire to win at all costs. Depending on the values of the socializing agents, sports can encourage young people to play fairly or to cheat. The evidence suggests that the propensity to cheat increases with age and the level of competition.

### **The Importance of Socialization**

#### **Socialization**

- The process of learning to participate in a group
- Begins at birth, continues throughout life
- Successful socialization enables people to fit into all kinds of social groups
- Most important learning occurs early in life
- Without prolonged and intensive social contact, children don't learn basics like walking, talking and loving
- Human infant without socialization can't develop the set of attitudes, beliefs, values and behaviors associated with being an individual

### **Role of physical education and sport in the socialization process**

Physical education is an integral part of the total education of every child. Quality physical education programs are needed to socialize the youth into the total education process and also increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education and sports programs can only provide these benefits if they are well-planned and well-implemented.

### **Procedure**

There the researcher defines the various ways that are essential for physical education and socialization in children. The various stages are mentioned below:

#### ➤ **Improved Physical Fitness**

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

#### ➤ **Skill Development**

Develops motor skills, which allow for safe, successful and satisfying participation in physical activities, emotional stability and resilience.

#### ➤ **Strengthened Peer Relationships**

Physical education can be a major force in helping a child socialize with others successfully and provides opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

#### ➤ **Improved Self-confidence and Self-esteem**

Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-control.

### **Conclusion**

Socialization is a learning process that begins shortly after birth, by which people become familiar with and adapt themselves to the interpersonal relationships of their social world. Physical education can play a major role in the socializing the children's by providing opportunities of play, game and contest which develops the social qualities like skill, self-confidence, self-esteem and good peer relationship.

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