

The Impacts of Sports on Society

1- Introduction

2- Positive effects of sports on society

(a) Improves the physical health of the people

(b) Protects young generation from indulging in deviant deeds

(c) Inculcates the spirit of tolerance and teamwork in society

(d) Helps in socialization of public

(e) Provides healthy entertainment to society's members

(f) Binds the participants of society together

(g) Sports teaches resistance in bad situation

3- Hurdles which impede the effectiveness of sports in society.

(a) Decreasing trends of outdoor sports in society

(b) Housing societies eating away grounds

(c) Deteriorating peace and order
situation limiting people to homes

(d) non-participation of women due
to cultural restraints

(e) Strict timetables of people prevent
them from healthy entertainment
such as sports

4- Suggestions for the effective use of sports in society

(a) Encourage youngsters for outdoor
sports

(b) Schools arrangements for
sports competition

(c) Promotion of sports on community
level

5- Conclusion

Sports play a vital role in the entertainment of masses historically. It has a crucial role in the development of a peaceful and adhesive society. Sports is a vital requirement because man cannot survive in absence of any entertainment. As far as the effects of the sports on society are concerned, it has several effects on society. A healthy body need a healthy mind which can be achieved through sports. It protects young generation from indulging in deviant activities in society. It inculcates spirit ^{of} tolerance and teamwork, helps in socialization, provides healthy entertainment, binds people together and makes society more resistant. However, some hurdles impede the effectiveness of sports in society. It includes decreasing trends of

outdoor sports, social media overuse, housing societies eating away grounds and deteriorating situation of law and order in society. Some persistent measures such as encouragement of youngsters for outdoor sports, arrangement of sports in schools and sports promotion on community level can enhance the effectiveness of the sports role in a healthy society. Thus, sports has a positive impacts on society which can be impeded through prevalent hurdles. Therefore, some persistent measures can be useful to use the sports effectively for the development of society.

As far as the impacts of the sports are concerned, sports has a positive affect on the physical

and mental health of people. As a sound body needs a sound mind, it enhance the importance of sports for people. Sports removes the anxiety, stress of an individual. It helps to accelerate the movement of blood in a body which improve the circulation of blood. It removes the waste material from the body. It makes the muscles strong. Overall, the physical and mental health of an individual can be improved. Therefore, it can be rightly said that sports affects the health of individuals in society.

In addition to health, it protects the youngsters from involving in deviant activities. Sports occupied the minds of

youngsters in fruitful activities which help to focus on their activities. This positive energy prevent the people from out of custom deeds.

It provides a path-way toward the development and maturity of an individual. The bodily energy divert to the positive part. For example, if any one has aggressive tendencies and he/she involves in sports such as football will divert or dilute the aggressive behavior of an individual. It shows that sports can divert youngsters from deviant deeds in society.

Along with ^{inculcation of} useful works ~~by~~ of individual, sports inculcates the spirit of tolerance and teamwork in society. A sportsman have the tendency to tolerate hard

situation. For example in case of injuries or defeat, a sportsman has the ability to tolerate that situation with patience.

Sports also enhance the teamwork among individuals. In case of a difficult situation for a sportsman, all members work as a team which promises the success of a team. The teamwork spirit helps to involve the individual in the harsh conditions of society. The harsh conditions may be natural disasters or any other tough situation. It shows that sports inculcates the discipline of tolerance and teamwork among individuals in society.

In addition to teamwork and tolerance, sports assist in socialization of people in society. Sports brings

people of different caste, colour, ethnicity and religion together. It helps in learning the norms and values of the society. It limits the discrimination and brings the people together to each other. The socialization process adapt an individual to the norms and values of a society. For example, the players come close to each other which strengthen their similarities and diminish their differences. It shows that sports can brings the people together to each other.

Along with socialization, it provides healthy entertainment to society members. Sports relax the minds of individual and free it from boredom. It is healthy because have no effects on the eyes and

mental health of individual like video games and other games on digital platforms. It provides the people with positive energy and remove all of the negative energies from ^{people's} individual's mind. Thus, sports can brings healthy entertainment to masses

Sports binds the participants of society. It facilitate the sense of cohesion and national solidarity. It brings together people with different backgrounds. For example, cricket match on national level brings national cohesion and solidarity among masses. Pakistani from all over the world support Cricket or any other support. It shows that sports is helpful in bringing the and binding people together.

Along with cohesion, sports teaches resistance in bad situation. In unfavourable circumstances, the sportsman show courage, honesty and steadiness which helps to overcome the difficult situation. In case of such harsh conditions a sportsman survive with his/her inbuilt capabilities. It educates the sportsman to survive unfavourable and bad situation in society. Thus, sports can bring cohesion and binding among members of society.

Some hurdles impede the effectiveness of sports in society. It includes the increasing trends of video games and other digital media with decreasing trends of outdoor sports. People

now finds no time to play outdoor games. It deprive of people from the benefits of the outdoor games. This decreasing trends pose a serious threat to the effectiveness of ^{sports for} society.

According to Science Direct Research Report, 65% of the youngsters are involved in ~~outdoor~~ indoor games that is video games or digital games. Therefore, it can be rightly said that increasing indoor games ~~deases~~ decreases the enjoyment of outdoor games.

Along with decreasing trends of outdoor games, building of housing societies eating away the playgrounds. It deprived the society from vast playgrounds which ^{prevent} ~~present~~ masses ~~with~~ ^{from} benefits of sports. Youngsters are compelled to play sports in streets and other

unfavourable places. The increase in urbanization and need of infrastructure makes the cities congested and deprived masses from getting benefits of sports.

The deteriorating peace and order situation pose a threat for the effective role of sports in society. People are afraid of sending their children to playground in the presence of surging kidnapping and child abuse in society. Child sexual abuse, physical abuse, kidnapping and ransom is common in society. These factors impede masses to encourage their children for outdoor sports. It shows that the dwindling situation of peace and order pose a threat for the sports in society.

Cultural restraints impede the participation of women in sports. It pose a hurdle toward the maximum benefits of sports in society. The gender disparity and stigmatization discourage the girls in participating in sports. The cultural norms and teachings of girls specific games and sports impede the effectiveness of sports in society. So, it can be said that cultural restrictions pose a threat for the effectiveness of sports in society.

Some suggestions would be useful for the effective role of sports in society. It includes encouragement of the youngsters for the outdoor games. They should make aware about the hazardous implications of video games and other digital technology based games. The awareness related to the effectiveness of the outdoor game would helps to brings positive change in society.

Along with encouragement of youngsters, school's competitions

related to sports are the dire need of the time. Schools competitions should be mandatory and the formal part of the curriculum. It encourage the students and would brings about positive change. It would help in the nourishment and development of the mental and physical growth of the students.

Along with school competitions promotion of sports on community level can improve the conditions related to sports. The community should organize sports related to the specific age group of the community member. It would encourage people's participation in sports. It would be helpful in bringing positive change in the effective role of sports for the development of society.

In a nutshell, it can be concluded that sports can bring excessive positive impacts in society which include

healthy mind and body, encourage solidarity, cohesion and socialization in society. It teaches teamwork, tolerance, discipline and resistance to individuals in society. Some hurdles are present in the ~~front~~ of the sports effectiveness. ~~It~~ It includes decreasing trends of outdoor sports, lack of playgrounds deteriorating peace and order, non-participation of women and strict timetables of people hinder them from effective participation in sports. Some persistent measures could bring the change and would make the maximum participation from the societal members. It includes encouragement of youngsters, schools competitions and promotion of sports on community level. These measures would bring a positive change on the part of sports.