

"Weak On the field, Weak in the World: Sports as a Mirror of National Vitality and Global Strength"

Nation-building is not driven solely by political and economic factors but sports also play a crucial role in shaping a country's progress, spirit and unity. A nation's strength in sports field is more than just a game but it reflects its discipline, governance, unity and international standing.

The phrase "Weak on the field, Weak in the world" ~~reflects~~ suggests that poor sports performance reflects a weak institutions, low investment in youth and a fragile national identity.

However, a strong sport performance means a nation's strong health, its unity, economic strength and global standing. The connection between field and world power is more evident in the ~~modern~~ modern era where sports shape global perception and domestic cohesion.

Strong youth makes up a strong nation. A nation that does not invest in its sports is a nation that has given up on its future. Physical strength and mental discipline, which are core values of successful athletes, are cultivated in societies that prioritize health and youth development. The nations with successful sport usually have well-funded programs and grassroots initiatives. For instance, over 55% of school students in USA participate in organized sports, according to a report by a "Federation of State High School Associations". This exposure of students to sports instills discipline, team spirit and ambition. As a result, USA has topped the Olympic medal table more than any other nation in the history. It has won over 2800 medals in total. This dominance is not magical but it's the product of culture where sports is the priority. On the other hand, where countries with low investment in public health, education and sports facilities produce unfit and uninspired youth. For instance, Pakistan

being an atomic power country has only secured 11 medals till date. Pakistan spends less than 3% of its GDP on its sports. This neglect can be easily seen in declining international performances almost in all sports.

Throughout the history, national power and politics can be sensed in the sports. For instance, In 1936, during Olympic games, Berlin became the ideal platform for the Hitler and Nazis to showcase the physical superiority of Aryans. However, Jesse Owens, shattered that image by winning 4 Gold medals, proving that sports can both serve and challenge political narrative. Likewise, during the Cold War, the USSR and USA competed fiercely in the Olympic arena, both trying to prove their hegemony in the field of sports as well. In 2008, China hosted the Olympics in Beijing, winning 100 medals, proving its mastery not only in organization, advanced technology but also in sports. This event paved a way for China's re-emergence as a world power.

Sports can be used as a strong economic source and a political tool. Countries hold mega sporting events to showcase their economic and political power. As a result, it creates jobs, boosts tourism, and shapes national identity. Qatar hosting FIFA World Cup 2022 is a prime example. It spent over a 220 billion dollars to build stadiums, infrastructure and sports hotels. This hosting elevated Qatar's image, attracted tourism, and projected its political importance. Similarly, India's Indian Premier League has become a ~~global~~ global brand, contributing nearly 130 million dollars to India's GDP annually.

As Nelson Mandela has said, "Sports has the power to change the world. It has the power to inspire. It has a way to unite people in a way that little else does." Sports has a unique characteristic of unifying a nation. For example, the winning of South Africa's Rugby World Cup, 1995, Pakistan's World Cup, 1992 and India's Cricket World Cup, 2011 is etched in national memory.

On the flip side, poor sports performance reflects the ~~weak~~ weak image of a nation. Poor sports ~~also~~ means corruption, weak governance, poor health systems and lack of vision. Pakistan in this sense serves a great example. Pakistan ~~is~~ once ruled world hockey, Squash and Cricket. The gold medals in hockey won in 1960, 1968 and 1984, the 1992 Cricket World Cup win and the legendary Squash players; Jahangir and Jansher Khan are unforgettable. Now, sports for Pakistan does not value which can be seen its investments in field of sports.

Sport is the national asset. A Weak Sports System means deeper internal weaknesses be it; poor governance, neglected youth or lack of vision. For a nation to outshine its Competitors, it has to invest in its sport to earn the global respect. The World not only wages war but is also interested in winning ~~the~~ sports medals. If a nation wants to rise in the world, it has to rise on the field first.