

## SPORTS PLAY KEY ROLE IN DEVELOPING HUMAN PERSONALITY

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### Abstract

Sport is human life in the microcosm," said sports broadcaster, Howard Cosell. In addition to benefiting their physical health, sport also plays an important role in a child's psychological development and social well-being. Playing sports inculcates values such as discipline, responsibility, self-confidence, sacrifice and accountability. Through sport, children learn to interact with their peers and interact positively with their coaches and elders. It builds the sportsmanship in them whether they win or lose. The losing team shakes hands with the winning team and pats them on the shoulders in appreciation. We are all well aware of the fact that the practice of sports/physical activities develops the five components of physical fitness: strength, speed, skill, endurance and flexibility. Playing a sport is undoubtedly a fun activity. But regular sporting activities not only take care of your physical fitness but also enhance your personality and help in maintaining your mental well-being. One develops management skills, negotiation skills, communication skills, convincing skills, conflict management and confidence.

**Keywords:** Self-confidence, Accountability, Mental well-being and Communication skills.

### Introduction

The concept of personality development is a broad concept that includes various psychological and biological aspects of an individual. This includes different habits, styles, modes of communication and presentation, including how to speak, think, walk, work and influence others. Personality is the dynamic organization within the individual of the psychophysical systems that determine their unique adaptations to their environment.

A well-developed personality has become an individual's need to survive and thrive in this fast-paced competitive world. A balanced personality is the product of a healthy body and a well-developed mind. Since most elements of physical education can play a vital role in shaping a child's personality, games and sports promote growth and development. Growth involves a quantitative structural change, whereas development is a process of quantitative transformation that results in gradual changes toward maturity.

Activities like yoga, which anyone of any age can participate in, help improve meditative power. The purpose of meditation is to relax the body and mind to create a focused awareness where the "chatter" in your head gives way to silence and inner peace. Activities such as calisthenics are essential for achieving physical health and freedom of movement. Gymnastic exercises are responsible for the development of the mind, because a single exercise hardly requires ten to fifteen seconds, alertness of the mind is of great importance and without full concentration of the mind it is impossible to do.

Team events such as football, volleyball, hockey and basketball foster strong collective efforts for a common cause that help children in still in them the noble qualities of discipline, leadership has helped them shape their character. They also promote endurance, flexibility, speed, coordination skills that create a sense of beauty and precise body control. Apart from that, sports provide an immense pleasure to create, a pleasure to flourish and they are wonderful sources of recreation. So, people all over the world enjoy swimming in summer and watching and playing different games like cricket, football, etc. Playing a sport not only keeps you physically fit but also goes a long way in keeping you stress-free and mentally strong.

Playing a sport is undoubtedly a fun activity. But regular sports activities not only take care of your physical fitness but also improve your personality and help maintain your mental well-being. We develop competencies in management, negotiation, communication, conviction, conflict management and trust.

Sport in psychology and in life helps to develop team spirit, leadership skills, fair play, never give up attitude and focus. It is an excellent leveller, helps us to know our strengths and abilities, to understand the process and the result, the value of planning, seriousness and sincerity, observation and analysis.

Psychology in sport helps to develop a positive attitude, respect for the opponent, the killer instinct and an attitude of never giving up. Fear of losing increases stress when stress is to be used as a motivator. Sports help develop the attitude of never worrying unnecessarily about the consequences; it also helps develop positive body language.

### **Benefits of sport**

Research has shown that playing badminton, tennis, cricket or baseball will improve math skills in children. It also helps to develop leadership skills and foster a team spirit. Sport instils a sense of competition and helps you deal with success and failure with a positive attitude. Play helps develop social skills. It teaches you to interact with people, to communicate with them and to collaborate in a team. It promotes collective thinking and also uses your planning and delegation skills.

Rayomand Banarjee, an eight-time Indian national motor racing champion, says, "Sport helps to channel one's energy into something constructive. It helps to develop one's personality through the many life situations one experiences. It also gives a huge confidence boost to your personality."

### **How sports affect your psychology**

The sport requires discipline, self-confidence, the ability to work as a team and the will to compete without fear of failure. These positive characteristics help you in your work as well as in your interpersonal relationships. Dr. Shree Advani, Sports Psychologist, says, "Playing any type of sport brings out the leader in you. You learn to manage pressure and perform in all circumstances. Sport makes you tap deep into the innermost reserves of your resources to reap extraordinary achievements. It also facilitates an inner journey of self-discovery."

### **Psychology in sports**

- Positive attitude: It is often said a game is won or lost in the locker room before the start of the match. Having a positive attitude goes a long way in determining the eventual outcome of the game between closely matched participants.
- Respect for the opponent is necessary but do not let this overwhelm you. Respecting their abilities, giving your best always, and no casualness in approach even when comfortably placed. Remember on a given day anything and everything is possible.
- 'Killer instinct' is necessary at all times (within the framework of fair play). By this, you are giving due respect to your opponent and acknowledging the fact that he/she is as good as you, and the slightest slackness shown by you will allow your opponent to claw back and the outcome of the game may easily be reversed.
- Never give up attitude: As mentioned in section above, however hopeless the situation may seem, success is just around the corner. No match is won till the last ball is bowled. Play to your strength, give it your best, enjoy the game, you have nothing to lose. Loss is not the end, there is no shame, disrespect, humiliation, provided you have given your best.
- Fear of losing will increase your anxiety and cause distress and hence leading to poor performance and undesirable results.
- Use stress as a motivating factor to raise your performance to optimum levels especially in crucial/crunch games.
- Never bother about consequences, give it your best shot always, enjoy the game.
- Always have a positive body language.

## **Teamwork and inspiration**

One of the most important aspects of exercise is that it helps you perform better in the workplace. Especially, if you have to work with a group of people.

## **Improves self-esteem and builds self-confidence**

Perhaps the most important qualities sport instills in you are self-respect and self-confidence. You learn to accept success and failure in the right spirit. Commenting on the pressure she is under to win the Olympics, badminton champion Saina Nehwal says in an interview: "People expect me to win. They want me to succeed, but at the end of the day I play on the court. So I want for myself play think of others first." Her attitude shows that she has been training to be strong and focus only on the game.

## **Provides stress relief**

When you get bogged down in work, etc., practicing some kind of sport helps you stay stress-free and happy. Neurotransmitters in your brain cells are stimulated when you exercise and these transmitters are thought to mediate your moods and emotions and help you feel better and less stressed.

## **Improves concentration and time management**

According to Advani, "Those who enjoy sports learn how to manage their time effectively. You begin to appreciate more the importance of time in your life." Sport helps you to properly prepare, plan and prioritize your deadlines, which strengthens your time management skills. Purposeful thinking is part of sport.

## **Conclusion**

Sport helps fight anxiety, depression and stress. Sport trains us to gracefully accept defeat and move on. We learn that winning and losing are part of life, don't feel down and discouraged when one lose, just move on and try better next time. Children who play sports are more likely to meet and interact with people with similar interests and make new friends, which boosts their confidence. Sport inculcates sportsmanship and sharing. Children play together as a team, share and celebrate their victory together. This has a positive effect on the psychology and behaviour of the child. Players are less likely to become selfish as they age; they are caring and willing to work in a team and get along better with others.

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