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Sports and Physical Activities as Agents of Controlling Social Delinquencies among the Children and Youth (An Approach to Available Literature)

Alamgir KHAN¹, Salahuddin KHAN², Manzoor KHAN³

¹Department of Sports Sciences & Physical Education Gomal University Kpk, PAKISTAN

²Dr, Department of Sports Sciences & Physical Education Gomal University Kpk, PAKISTAN

³Department of Sports Sciences & Physical Education, Faculty of Education Hazara University
Manshera KP, PAKISTAN

Emails: alamgir1989@hotmail.com, drsalahuddinkhan@yahoo.com, manzoor.sspe@yahoo.com

Abstract

There goes a maxim, an empty mind is a devil's workshop, it means that when you have nothing to do you are likely to indulge in negatives activities which are seldom approved of by the society. These negatives activities are labeled as a social delinquent behavior. This delinquent behavior can best be controlled by sports. In this article, an attempt is made to review the empirical evidence regarding the role of sports in controlling social delinquencies among the youth. Focusing on the role of sports in controlling the social delinquencies among the youth, 25 research articles written by various researchers from 2001 to 2016 were perused and it was concluded that sports is the basic tool for promoting socialization and reducing the social delinquent behaviors among the youth.

Keywords: Sports Participation, Deviant Acts, Crime Reduction, Socialization, Children, Youth, Society

Introduction

The rate of social deviances among the young generation is increasing day by day, for which so many factors are responsible. Lack of education, unemployment, and poverty are some of the major factors. Social delinquencies may be caused by the lack of education, unemployment, poverty and lacking of physical engagement in daily life activities Rojen et al., 2013; Donnely et al., 2011; Green, 2008).

Participation in sports activities promote socialization and avoid crimes among the youth. Both young male and female always leads to social unfavorable behaviors by lacking sports activities (Gardner et al., 2011).

In United States, children are encouraged and motivated towards participation in sports. The children who regularly participate in sports activities little involved in social delinquencies as compared to those who don't participate in sports. Many of parents encourage their children in sporting events for making them social as well as physically fit and healthy (Kremer et al., 2007).

Interscholastic athletics programs have a deterring influence on delinquency among the youth. According to research studies conducted by Schafer (1969), the rate of crimes are more in non-athletes as compared to athletes.

Sports is considered strong tool for promoting socialization and reducing social malpractices. How much sports contribute to socialization and reduce or control social delinquencies among the youth? For the purpose to discover fact the researcher intend to conduct a review study titled Sports as an agent of controlling social delinquencies among the children (An approach to available literature).

Physical Activity, Exercise and Physical Fitness

Physical activity, exercise and physical fitness are inter-related terms. However, one can often confused by these three terms. Sometimes these terms are used interchangeably. Physical activity is defined as body movements produced by skeletal muscles through energy expenditure. We can categories physical activities into occupational, sports, conditioning, household, or other activities. Exercise is also the form of physical activity, but the main difference between exercise and physical activity is, that exercise is planned, structured, and repetitive in nature and aimed to make one physical fit while physical activity is not so planned and structured as compared to exercise. Physical fitness is a set of attributes that are either health- or skill-related. The degree to which people have these attributes can be measured with specific tests (Caspersen et al., 2006). According to Research and library services (RLS, 2010) physical activity is any body movement that results energy expenditure, similarly sport refers to all type of physical activities which having organized shape.

According to Khan and Khan (2014), sports is the name of all those physical activities which needs proper timing, equipment, skills, rules and regulations.

Physical fitness is the quality which enables an individual to do more and more physical activities without feeling any fatigue. Regular exercises such as walking, running, throwing, jumping etc can contribute significantly to one's physical fitness. Many of people having good physical outlook but they are not fit. It is all because of lacking participation in physical activities, exercises and unawareness about the daily dietary needs of body (Khan & Khan, 2014).

Physical fitness is a general state of health and wellbeing which contribute more to one's life. To make yourself as an active and fit person, it is necessary to use proper diet, do regular exercise and rest (Bomgardner, 2014).

Sports as a Social Agent

According to Rejon and Watts (2013), sports significantly contribute to one's social life. Participating in sports the different social norms such as peace, equality, brotherhood, fraternity and justice are developed. A person having all these qualities is liked and favored by the society. Sporting events are recognized by the worth contributing to the social aspects of our life. Sportsmen are more liked in society because of social interaction and positive behaviors (Green, 2008).

According to Khan and Khan (2004), sports activities not only develop the children physically and mentally, but also make the children able to develop social interaction. The author further stated that participation in sports sharpens the mental approach of children and thus they lead to academic excellence. Sports participation improves quality of life and also enables the person to perform the routine activities in beneficial manner (Coakley, 2003).

Sports activities are agent of socialization (Darnell, 2012). Sports activities promote peace that is the universal need of humanity (Mac Ginty, 2016). Beside these sports also bring positive modification in one's behaviors (Donnelly et al., 2011). According to Allender et al. (2006), it is universal agreement that physical activity confers benefits to psychosocial health, functional ability and general quality of life. Physical education that is the activities based discipline, promotes one's health and academics (Fairclough and Stratton, 2005). Physical fitness, mental and emotional stability, social interaction and character buildings are the well-recognized benefits of sports activities (Dobbins, 2009). According to Sherry et al. (2015) sports activities greatly contribute to overall wellbeing and development including economic development, social consistency, healthy lifestyles, education, gender equity, as well as understanding and peace building etc among the participants.

Sports are social phenomenon which provides opportunities to a person to identify or to prove himself as a social member of any society (Davies, 2014). The author further explained different theories about the worthwhile contribution of sports, introduced by different philosophers. These theories are;

i. Functionalist theory

Functionalist theory seeks to answers questions such as:

1. *How does sport fit into social life and contribute to social stability and efficiency?*
2. *How does sport participation teach people important norms in society?*

ii. Conflict theory

Conflict theory seeks to answers questions such as:

1. *How does sport reflect class relations?*
2. *How is sport used to maintain the interests of those having power and wealth in society?*
3. *How does the profit motive distort sport and sport experiences?*

iii. Interactionism theory

Interactionism theory seeks to answers questions such as:

1. *How do people become involved in sports, become defined as athletes, derive meaning from participation, and make transitions out of sports into the rest of their lives?*

iv. Critical theory

Critical theory seeks to answers questions such as:

1. *How are powers relations reproduced and/or resisted in and through sports?*
2. *Whose voices are/are not represented in the narratives and images that constitute sports?*

v. Feminist theory

Feminist theory seeks to answers questions such as:

1. *How sports are gendered activities, and how do they reproduce dominant ideas about gender in society?*
2. *What are the strategies for resisting and transforming sport forms that privilege men?*

Social Delinquencies and its Causes

Social delinquent behaviors are those which are unflavored by the society. People involved more in social delinquencies especially in young age. At this stage of life a person have more abilities and capabilities but having no control on emotions and that is why that he/she indulge in social delinquencies (Siegel et al., 2014).

There are numerous causes of social delinquencies among the youth. Some causes are domestic violence, low income and more expenditure of daily life, poor social support and lack of access to education. Social delinquencies affect both male and female youths, although the majority of offenders are young men (Stark and Bainbridge, 2013). According to Yoshikawa (1995) poor education, low school attendance, peer pressure, disadvantaged socioeconomic status, and substance abuse are some of the factors contributing at large to social delinquencies among the youth.

Methods and Materials

A systematic review of 25 research articles (intervention studies, cross-sectional studies) addressing the social delinquencies and the role of sports in controlling social delinquencies was conducted in August 2016. The studies published since 2000 to 2016 were considered for inclusion. Search terms included in this review were; Sports Participation, Deviant Acts, Crime Reduction, Socialization, Children, Youth, Society.

Criteria for including the previous research work were:

1. Research articles published from 2000 to 2016 were used for the present review study
2. All those research articles are entertained which are published in ISI journals (The journal having international scientific index)

Findings

After critical analysis of the available literature the researcher reach at the following findings;

1. Sports is a strong tool which promote social values such as peace, equality, brotherhood, fraternity, justice and equality among the participants
2. Sports activities provide chances to a person to participate in sports activities in free time
3. Sports activities develop socialization and control deviant activities by keeping one busy in playful activity.

Discussion and Conclusion

The present study find out that sporting event contributing greatly to socialization process of a person. By participation in sports a person learns about social values such as how to interact the other, how to help the other and how to promote the social values at large. The present study is supported by Sopa and Pomohaci (2014) indicating that sports activities are important source of socialization, communication and social amalgamation being an ideal setting in forming young people and their further development. The findings of the study also supported the study conducted by Mita, Miculescu and Dumitru (2002). According to their findings it is necessary that children may be motivated to participate in sports activities because a sport is the basic source through which they learn social interaction.

It is also shown by the present study that social delinquencies among youth can be controlled through participation in sports. Participation in sports makes a person social while a social person dislikes all kind of behaviors which negatively affect the social norms. The present study is supported by the studies conducted by Kremer et al. (2007) and Gardner et al. (2011). According to these studies sports activities discourage crimes by keeping one busy in sporting events.

On the basis of findings the researcher arrived to the conclusion that sports activities promote social qualities such as peace, equality, brotherhood and fraternity etc. among the participants. It is also concluded that sports activities convert the negative attitude of an individual towards constructive behaviors by keeping him/her busy in sporting events.

Conflicts of Interest

The authors have no conflicts of interest to acknowledge.

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