



Category:sport and socialization



## SPORTS IN NATION BUILDING

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Most college students, teacher, media persons, film makers all over the world are able to say with easy skills the contemporary cliché that sport forms a vital role in nations identity. Greeks and Romans have a fancy for every kind of sport. Sports and physical activity generally play a significant part in the student life. Here are some of the advantages from sports.

### Psychological Well-Being

A student participating in school/college sports stands to gain important psychological benefits, according New York University study. Kids playing sports may have reduced anxiety and depression. Children can also receive self-esteem boosts, which may improve confidence and academic performance. The Greek saying "A sound mind in a sound body" is a universally accepted truth.

### Social Interaction

Youngsters who play sports in school often enjoy enhanced social interaction. The socialization that occurs with organized sports can help a youngster learn effective skills for interacting with both peers and adults. The peer culture that surrounds organized sports often plays an important role in the school environment. When a child feels integrated into this environment, his/her school performance may become stronger.

### Character Building

At the Chicago congress, swami Vivekananda referred that a person can better play in football court rather than staying in group debates. Sports can provide your youngster with a variety of character-building experiences, according to the American Academy of Child & Adolescent Psychiatry. Kids can learn valuable lessons about how to cooperate with others and play fairly. Children can also develop strong self-discipline as he strives to learn and excel at a sport. If the youngster uses this self-discipline academically, he may improve school performance. Sports participation may enhance critical-thinking and problem-solving skills, too.

Physical Health and Strength:- Children need daily physical activity to stay healthy and strong says The Centers for Disease Control and Prevention. With participation in sports, your child could become stronger, increase endurance, build healthy muscles and bones and control weight. Kids who feel overwhelmed or tense with academic issues might benefit from the physical activity involved with sports activities. After running off negative anxiety and tension, your youngster might feel more able to concentrate on school. These physical benefits often have a direct impact on emotional well-being, which can improve a student's academic performance.

### How do we measure it as a nation?

We can measure health and other impacts/effects of sports on an individual, however there are very few indicators which can measure the nation as a whole. One comprehensive indicator is HDI (Human development Index). Here, we are doing a comparative study of India with the top 10 HDI ranking countries.

In HDI, two of the three parameters i.e. Life expectancy and Standard of living can reflect a nation's attitude towards sports categorically.

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HDI rank	Country	(HDI) Value	Life expectancy	Mean years of schooling	Expected yrs of school (GNIPC)	Olympic Medal ranks
1	Norway	0.944	81.5	12.6	17.6	63,909 35
2	Australia	0.933	82.5	12.8	19.9	41,524 10
3	Switzerland	0.917	82.6	12.2	15.7	53,762 33
4	Netherlands	0.915	81.0	11.9	17.9	42,397 13
5	United States	0.914	78.9	12.9	16.5	52,308 1
6	Germany	0.911	80.7	12.9	16.3	43,049 6
7	New Zealand	0.910	81.1	12.5	19.4	32,569 15
8	Canada	0.902	81.5	12.3	15.9	41,887 36
9	Singapore	0.901	82.3	10.2	15.4	72,371 75
10	Denmark	0.900	79.4	12.1	16.9	42,880 29
Medium Development:-						
135	India	0.586	66.4	4.4	11.7	5,150 55

The Human Development Index (HDI) is a summary measure of average achievement in key dimensions of human development: a long and healthy life, being knowledgeable and have a decent standard of living. The HDI is the geometric mean of normalized indices for each of the three dimensions. (Source: UNDP)

(HDI statistics are as in HDR (UNDP 2014) and Olympics medals rank of the year 2012 Summer Olympics). Singapore can be made an exception given the geography and the demography.

From the above data, we can categorically infer that there is a high correlation between the seriousness of countries encouraging their citizens in sports and HDI which is a good indicator of wellbeing of a nation.

However, this disparity is not just Inter- Nation, it is also Intra Nation. There is wide disparity in sports, gender within each sport, regional disparity and caste disparity.

The roles of sponsors, social segregations, and economic viability are the core items for the wake of any excelling sportsmen in India. Often the raw brilliance still remains anonymous. It is high time that we look beyond partisan politics. Every India looks forward for an instruction whereas curriculum includes student interested game.

## References

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