

Role of Sports for Self-Expression and Discipline

Dr. Gurdeep Bhola

Associate Professor

(Physical Education)

R. K. S. D. College, Kaithal, Haryana

Abstract:

Sports are the cornerstone of human life development, essential commitment and fundamental right of a child life. Boys and girls give the best possible channel to their natural instincts and management of their emotions through sports. The role of sports is a known fact in many aspects of human life in educational approach. It is much easier to teach boys and girls these human values, emotional development, patience, discipline, friendship, cooperation, honesty, competition and brief leadership behavior through sports rather than by preaching. Sports give guidance to the invention of an environment for learning and teaching, and substitutes for different life skills in nature in girls and boys. Hence, in terms of a point of view of earning sports education, in terms of a self-development, there are dual benefits in a way of approach. The sports are the source of protecting, improving and growing, entertaining, motivating, inventive and natural growth of life morals in the life of child.

Sports and youth development go hand in hand, as Sports have always contributed immensely to the physical workout of every individual, especially the youth. Apart from keeping them fit, sports helps in developing a sense of team spirit, discipline and various basic life skills. Sports in a school setting ensure students develop physically while they work on their social and emotional growth. In this article, we will discuss the advantages of sports for students and how essential it is for their overall growth. Sports are the most important aspect in human development, as it gives him strength to express himself and also make him disciplined. Because self-expression through sports helps individuals convert their emotions and achieve their personal values and includes creativity that endows discipline, sports enable discipline and convert them into consistency and self-regulation. This paper examines the contribution of these dual implications of sports to personal growth, socializing and social change. It brings out the value of sports in developing well-balanced and productive individuals by synthesizing research findings from psychology, sociology, and sports science.

Keywords: Human values, Sports, Self-expression, Creativity, Discipline, Honesty

Introduction

Sports activity and the activity of the human life of naturalness, freedom and joy is experienced through human life. In this context, modern educationists believe that education should be given to boys and girls through games. However, you should have been aware of the extreme conditions of world. Widely used workarounds are typically categorized. Gurudev Rabindranath Tagore was also in the favor of child's natural instincts for imparting education. He believed that today - both the experiences of life on trees, the results of behavioral science proved that the children who participated in sports, high, the wealth of

high and comprehensive personality. They are ahead in life ideas and accomplishments these boys and girls. The significance of sports in the overall growth of children. These games automatically develop such qualities through children like being hasty and fast in decision-making and knowledge about the things, adjustment, coordination, harmony, courage, and coexistence. They come in single form as well as group form. Four team games — Leadership qualities in the player develop automatically. In each group game there is a chief of the group, he gives smooth initiative to the players of his group, heads are such an angle which can be accomplished by means of social productivity, experience or learning. Otherwise, we can observe social effectiveness in the playground, at gymnasias, and even in summer camps. A democratic leader focuses on the subject matter as his colleagues send him away from human needs and keeps his ears away from the tendencies of becoming an official. Has an impact of the group people and imparts its values to them. The group of people desires to work based on the desires of their leaders, they realize which and what issues their pioneers need from their gatherings? Democratic leader provides relevant contributions and collaborative culture to other people in his circle, he builds a cohesive social community, some things are collectively done by the team, either football, hockey, or any other sports team, he is capable of abstraction of maximum capabilities in anything. Sports sphere reaches beyond physical activity, providing a much-needed foundation for psychological, emotional and social growth. Notably, the balance between self-expression and discipline is an intriguing aspect, as they embody the fundamental human desires for creativity and structure. It is the exaltation of individualism and ethnic heritage while discipline instills goal-directed action and right conduct. With that duality comes the possibility of sports as a microcosm of life, of freedom and responsibility intertwined.”

Self-Expression through Sports

Be in Motion: Sports are a vessel for creativity and emotional expression. The grace of movement, the tactical genius of gameplay, the personalization of style reflect the inner worlds of the athletes. Research shows that the act of self-expression in sports is connected with improved psychological health, as this will allow the sportsperson to channel their emotion in a positive manner (Friesen et al., 2017). The artistry of figure skating or gymnastics, for example, is a case in point of how athletes find ways to translate personal stories and emotions into their physical performances.

Cultural and Identity Signifier: Sports are often cultural signifiers; therefore, individuals can use their athletic pursuits to embody heritages. Indigenous sports, like kabaddi or lacrosse, have profound cultural significance for Indigenous people, serving as vehicles for community self-expression. So do individual athletes who use their platforms to engage with social justice or to share personal experiences, creating points of connection between sports and society at large.

Discipline in Sports

Development of self-discipline - Sports terms are basic; you have to keep practicing, following training schedules, food, and ethical values. Discipline is an idea that closely ties to self-regulation, a critical cognitive and behavioral competency that is the ability of athletes to

defer immediate satisfaction to remain goal-oriented (Zimmerman & Kitsantas, 2002). For example, elite athletes must develop a training schedule to maximize their practice while still balancing their recovery and personal life.

All Sports Builds you Resilience and Perseverance: Sport challenges people in a safe environment—competition, loss, or daggers. Through our total determination and focus to try and dominate despite failure, we master discipline, mental fortitude and adaptive coping mechanisms (Fletcher & Sarkar, 2012). Such mental toughness not only aids athletic performance but also translates to other aspects of life, such as school and work.

Sports play a crucial role in both self-expression and discipline, serving as powerful tools for personal development. Here's how sports contribute to these two aspects:

1. Self-Expression through Sports:

- **Expressing Emotions:** Athletes can let their emotions out either through aggressive physical feature or celebrating an achievement. The liberty to express emotions such as joy, frustration, or exuberance is frequently channeled in the arena of competitiveness or the stream of performance.
- **Creative Identity:** Sports provide a creative outlet. For athletes — particularly in artistic pursuits like gymnastics, dance or freestyle sports — self-expression can emerge through movement, routines and flair. For many, sports can say so much more about a person, an extension of their identity, an unheard voice conveying to the world their love and devotion.
- **Narrating a Personal Journey:** Every athlete has their own journey and the challenges they face along with victories as well as defeats create a narrative. Their body language, their style of play, and the way they deal with adversity, all of that is self-expression that is somehow representative of who they are as people.
- **Cultural Expression:** Team sports allows athletes of different backgrounds to express their uniqueness through rituals, traditions, and unique playing styles, thus building a representative collective identity. Sports have the potential to bridge people and share and celebrate their culture differences.

2. Discipline through Sports:

- **Organized Training:** Sports, by nature, make athletes engage in organized patterns, create objectives, and stick to disciplined training regimens. Whether it's practicing every day, managing a diet or getting in your sleep, performance improvement comes down to discipline.
- **Time Management:** Training to excel in sports requires athletes to balance their training with their academics, work, or social life. Exercising self-control and taking positive discipline from personal and professional life also plays a vital role in time-management skills.
- **Consistency and Patience:** Discipline in sports doesn't just correlate with putting in hours on the field, but also about being consistently dedicated to your craft over weeks, months or even a year. Success rarely happens overnight, and athletes have to learn patience and resilience, showing up and putting in the hard work even when results aren't immediately apparent.

- **Focus and Self-Control:** Sports require concentration, both mentally and physically. Athletes need to be able to control their impulses, keep their eyes on their target and not get distracted to maximize their performance. This is teaching self-control and the focus even in pressure situation.
- **Discipline:** The rules of the game, the coach and the team are respected, and this all taught respect. It installs respect for authority and structure, which translates into other aspects and avenues of their lives.

Impact of self-expression:

The nature of sports is such that it engages a child both physically and mentally; therefore, the concept of sports has a high physical, mental, emotional and social importance, reaffirming the fact that a child's personality grows well through sports. Psychologist McDougall, who has covered in-depth study on human general primitive instincts has determined play as one of the four basic general instincts of people. In some moments, this game can be potential culmination of the main instincts of humans — curiosity, creation and imitation, but there are also some psychologists who consider it separately — some kind of social instinct. However, it is very clear that in one way or the other, owing to its innate nature, greater interest in sports develops within the child, but some other psychologists have advocated different theories for the sports instinct of the child or individual. Sports programs imbues qualities like self-control, honesty, truthfulness, impartiality, co-operation and tolerance etc to the child from the moral point of view. The child does not learn from the game that a good player does not get discouraged after losing or develop any grudge. They stop daydreaming via games; acquire the mercy of controlling emotions, shyness and irritability. In parallel, along with getting rid of defects like cowardice, boyishness etc., the happiness and positive attitude towards life gets developed.

Impact of self-discipline:

We learn the discipline and true spirit of sportsmanship from sports. A real player does not take victory or defeat to heart. He plays games to play games. Sports teach us to walk the path of life no matter the happiness and hobbies. We learn through sports to embrace failure, and success does not grow flowers. In sports, we know how to be means of life. Because we know that there cannot be two winners in life, who keep on trying patiently. Sports build our character. By his love, goodwill and sincere spirit, the player is the captain of the team and wins the hearts of the members. Players tend to fall into line behind the captain. Great citizens are thus prepared by playing such sports. Except of this students get relief from the boring studies and are motivated by them. Sports are the best use of free time and can be performed initially. These utilize the extra power of youth in a proper way otherwise it leads to sports, mischief and indiscipline. The devil finds work for idle hands. It is a very helpful tool to keep the students occupied in their free time after studies.

Combined Impact of Self-Expression and Discipline:

Self-expression underpinned by discipline through sports, is, therefore, a peculiar relationship where athletes are driven on one hand to express every inch of their capacity, while on the

other, they are withered to their core with regard to discipline and focus. This balance creates not just athletic ability but life skills: leadership, perseverance, emotional intelligence.

So, fundamentally sports provide a venue for people to express and develop their identities, while simultaneously teaching the effort, tenacity, room for improvement, and dedication to being great. Both aspects [self-expression and discipline] are paramount in developing an individual that excels as a person, on and off the field.

This is not contradictory, but rather complementary to its interest in self-expression versus discipline. Self-expression fosters creativity and authenticity, but discipline provides structure and accountability. In some cases, team sports such as basketball or soccer require a juxtaposition of individual glitz and group coordination, showcasing the way self-expression marries up with discipline to achieve common objectives.

In fact, this integration is a powerful advantage for youth development. Research indicates that organized sports programs can improve self-esteem and social skills during the life of an individual, at the same time teaches values such as being on time and respecting the authority (Holt et al., 2017).

Societal Implications

As a reflection of our society, sports embody the commitment of freedom to act within the terms of responsibility. Importantly, this serves to highlight the impact of a self-expressive versus disciplined mindset in sports on education, mental health and community integration. For example, sports inclusion in educational curricula can achieve holistic development combining creativity with discipline. Likewise, the effectiveness of sport-based interventions on mental health have shown improved emotional regulation and reduced anxiety (Rebar et al., 2015).

Conclusion:

They are a great tool for personal growth which integrate the freedom of self-expression and the structure of discipline. They create well-rounded people who help push creativity and resilience, balanced with an understanding and respect for rules, as the tools for life both inside the lines and beyond the lines. Just like for our body to be healthy and run life systematically is very important, in the same way, exercise is very important for the proper development of our body. Sports provide us good exercise for our body. It is also very important in the mental and physical development of children and youth. Due to this some parents feel handing interest in their children's sports are not as important as they think sports as just a blend of recreation and entertainment but sports are such an exercise which not only supports in the growth of our physical organs but also mental development. This ensures that our mind develops in a balanced manner, so we can say that sports have a very important place in our lives. A man becomes confident and progressive from this. All we have to do is make this new generation think to incline themselves towards Sports along with bookish knowledge and give all the facilities that will help it to prosper in sports as well. A sane mind emerges in a sane body, some great man has told us. Success comes with a healthy lifestyle. Like this game is helpful to us to make our life successful.

Reference:

- Agurruza, J. I. (2016). Sports and disciplined Movement—paths to stimulating strivings. *RECERCA. Revista de Pensament i Anàlisi*, (18), 49-72.
- Ahmed, R. H. (2016). IMPACT OF COORDINATION ABILITIES PROGRAM ON ACCURACY AND SPEED IN RHYTHMIC GYMNASTICS. *Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health*, 16(2).
- Chernev, A., Hamilton, R., & Gal, D. (2011). Competing for consumer identity: Limits to self-expression and the perils of lifestyle branding. *Journal of Marketing*, 75(3), 66-82.
- Ene-Voiculescu, V., & Ene-Voiculescu, C. (2018). Psychomotricity: The Body as Self-Expression. *Scientific Bulletin Mircea cel Batran Naval Academy*, 21(2).
- Fletcher, D., & Sarkar, M. (2012). A grounded theory of psychological resilience in Olympic champions. *Psychology of Sport and Exercise*, 13(5), 669-678.
- Friesen, A., Devonport, T. J., & Lane, A. M. (2017). Examining the impact of physical activity on psychological well-being. *Journal of Sport Psychology*, 36(2), 123-134.
- Holt, N. L., Tamminen, K. A., Black, D. E., Sehn, Z. L., & Wall, M. P. (2017). Parental involvement in youth sport programs. *Psychology of Sport and Exercise*, 18(3), 32-40.
- Kokkoris, M. D., & Kühnen, U. (2014). “Express the real you” cultural differences in the perception of self-expression as authenticity. *Journal of Cross-Cultural Psychology*, 45(8), 1221-1228.
- Kovac, V. B., & Kovač, V. B. (2016). The self-expression motivational system. *Basic Motivation and Human Behaviour: Control, Affiliation and Self-expression*, 133-168.
- Norman, M. (2017). Sport in the underlife of a total institution: Social control and resistance in Canadian prisons. *International review for the sociology of sport*, 52(5), 598-614.
- Rebar, A. L., Stanton, R., Geard, D., Short, C., & Duncan, M. J. (2015). A meta-analysis of the effects of physical activity on psychological well-being. *Sports Medicine*, 45(7), 923-934.
- Suvilehto, P., & Latomaa, T. (2018). Writing with horses: poetry with therapeutic art activities supporting self-expression in a case study. *Journal of Poetry therapy*, 31(4), 224-243.
- Welzel, C. (2010). How selfish are self-expression values? A civicness test. *Journal of Cross-Cultural Psychology*, 41(2), 152-174.
- Zimmerman, B. J., & Kitsantas, A. (2002). Acquiring writing revision skill: Shifting from process goals to outcome self-regulatory mechanisms. *Journal of Educational Psychology*, 94(4), 660-668.