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## **Impact of Sports on Youth's Development: A study in Guwahati city, Assam**

**Submitted by**

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### **Abstract:**

Sports have long been recognised as a vital component of youth development, fostering physical fitness, social skills, and emotional well-being. Participation in sports has been associated with reduced levels of stress, anxiety and depression, while also promoting self-esteem and self-confidence so the present study tries to understand the impact of sports on personality development and academic performance of the youths. The study is based on descriptive research design. Both primary and secondary data are used for the present study. Interview-Schedule method is used for collecting the primary data which comprises both close-ended and open-ended questions to ensure that the questions are clear, concise and capable of drawing out in-depth responses. By this study, the researchers tried to study about the influencing factors promoting youths participation in sports and examine if youths are aware of the programmes provided by the government and analyse the impact of sports on youths. Understanding and harnessing the potential of sports can contribute to the creation of supportive environment that optimise youths development. It is crucial for educators, parents, policy makers and sports organisations to recognise and promote the importance of sports in shaping the lives of youths.



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## **Introduction:**

Sports are important for the development of youth, fostering their physical, psychological, and emotional well-being. Sports also play a significant role in healthy social development and interaction. It also helps them learn how to set and achieve goals through discipline and hard work. By providing sports activities both inside and outside of educational institutions is important in helping the youths to learn and develop life skills. Changes can be seen in motor skills development and performance, and educational potential.

Sports help the people to control their emotions and channel negative feelings in a positive way. It also helps to develop patience and understand that it can take a lot of practice to improve both their physical skills and what they do in educational institutions. Sports involvement may also contribute to the social and personal development of youth. It has also been proposed that youth sport provides benefits for socio-emotional development, identity work, character building and moral development, including the expression of values and sportsmanship behaviours. Sports administrators and other involved adults need to deliberately cultivate a sport context and climate that facilitates potential benefits to youth character development rather than undermining it. By incorporating cooperation and a task orientation focus in youth sport, coaches and administrators can produce an environment designed to support youth development that is more likely to produce perceptions of success through participation and positive sportsmanship behaviours. Development of personal relations includes relations with peers from other social contexts, between youths and staff in social projects, between youths and coaches, between parents and adults and positive role models.

The World Health Organisation defines ‘youth’ as those persons between the ages of 15-24 years (WHO,1985). The transition from childhood to adulthood involves dramatic physical changes, cognitive development, emotional and social change, increased autonomy and responsibility, identity formation, educational and vocational choices, risk taking behaviour, and psychological changes, all taking place at the same time, in addition to opportunities for development this transition poses risks to their health and well-being. Contrary to popular perception that this is a health age group, the adolescents do have several public health issues. It is important to note that individual experiences may vary from person to person. Additionally, cultural, societal and individual factors can influence the nature and impact of these changes.

The age range 15-24 years encompasses the period of adolescence and early adulthood, which can be a time of both opportunities and challenges. Some major problems faced by individuals in this age group include: mental health issues, peer pressure and social conformity, educational challenges, substance abuse and addiction, relationship difficulties, addictive and compulsive behaviour related to social media and video games, identity and self-esteem issues and societal pressure and expectations.

Playing sports can have several positive effects on youth by diverting and addressing various problems they face. Some ways in which sports can play a positive role are: physical health and fitness, mental health and stress reduction, skill development, social interaction and community building, time management and discipline, goal orientation and motivation, risk prevention and healthy habits, and academic performance. It provides a constructive and enjoyable avenue for personal growth, while also fostering a sense of community and connection with others. Therefore, the present study tries to understand the impact of sports on personality development and academic performance of the youths.

### **Objectives of the study:**

The objectives of the present study are:

- To study the socio-economic profile of the respondents.
- To understand the impact of sports on the personality development of the respondents

### **Research Methodology:**

The process of data collection method involves systematically gathering information or data from various sources for analysis and interpretation. In the present study, Interview-Schedule method is used for collecting the primary data. The interview method allows for more flexibility and in-depth exploration and understanding of the participants' perspectives. The study is based on descriptive research design. The sample size of the present study is 40 only due to the limitation in time period of the study.

## Data Analysis and Discussion:

**TABLE 1: Distribution of Respondents by Sex**

Sex	Frequency	Percentage
Male	28	70%
Female	12	30%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

### Sex of the respondents.

The data collected for this study shows that out of 40 respondents, 70% are male and 30% is female respondents. (Table 1)

The reason for higher male participation and lower female participation in sports is because -

- Societal expectations and gender norms play an important role in shaping sports participation. Commonly held stereotypes and society norms regarding gender roles frequently attribute physical strength and athleticism to men, while on the other hand, women are often expected to conform to traditional feminine roles.
- Traditional gender socialisation often influences the activities children are encouraged to pursue. From a young age, boys tend to have greater exposure to sports and receive support and encouragement to engage in them. Meanwhile, girls may be directed towards other activities or discouraged from pursuing sports due to perceived social or cultural expectations.

30% of the female respondents stated that the primary factors contributing to lower female participation in sports is the expectation to prioritise education over sports. Academic achievements are strongly emphasised, and girls are frequently encouraged to give more importance in their studies instead of engaging in physical activities. As a result, girls have limited time and opportunities to participate in sports.

**TABLE 2: Distribution of the Respondents by Age**

Age	Frequency	Percentage
15-19	11	27.5%
20-24	29	72.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Age distribution of the respondents.**

Among the 40 respondents, 27.5% fall within the age range of 15-19 years, while 72.5% fall within the age range of 20-24 years, as indicated in Table 3.1.2. It is noted that the respondents aged 15-19 years are enrolled in Higher Secondary Schools, while those aged 20-24 years are attending college.

**TABLE 3: Distribution of Respondents by Religion**

Religion	Frequency	Percentage
Hindu	14	35%
Muslim	11	27.5%
Christian	15	37.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Religion of the respondents.**

The religion of the respondents are Hindus, Muslims and Christians. Out of which 35% respondents belong to Hindu religion, 27.5% respondents belong to Muslim religion and 37.5% respondents belong to Christian. (Table 3.1.3)

**TABLE 4: Distribution of Respondents by Category**

Caste	Frequency	Percentage
SC (Scheduled Caste)	9	22.5%
ST (Scheduled Tribe)	15	37.5%
OBC(Other Backward Caste)	5	12.5%
General	11	27.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

### Category of the respondents.

The data collected as shown in Table 3.1.4 shows that, 37.5% respondents belong to Scheduled Tribe, 27.5% respondents belong to General, 22.5% of respondents belong to Scheduled Caste and 12.5% of respondents belong to Other Backward Caste.

**TABLE 5: Distribution of Respondents by Number of Family members**

Number of family members	Frequency	Percentage
(2-4) members	12	30%
(5-7) members	21	52.5%
(8) members above	7	17.5%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### Number of family members of the respondents.

Out of 40 respondents, 52.5% respondents have 5-7 family members, 30% respondents have 2-4 family members and 17.5% respondents have more than 8 family members. (Table 3.1.5)

**TABLE 6: Distribution of Respondents by Family Structure**

Family Structure	Frequency	Percentage
Nuclear family	29	72.5%
Joint family	8	20%
Single-parent family	3	7.5%
Total	40	100%

### Family structure

According to the data collected from the respondents, 72.5% of the respondents have a nuclear family structure, 20% have a joint family structure, and 7.5% have been brought up in a single-parent family.

Almost more than half of the respondents' family who has a nuclear family structure either lives in towns and cities or the family has migrated from villages to towns. Conversely, out of the total respondents, four individuals who belong to joint family structures have independently migrated from rural areas to urban areas to pursue their education. Additionally, 3 respondents stated that they were raised by a single parent due to reasons such as divorce or being a widow.

**TABLE 7: Distribution of Respondents by Source of Income of the Family**

Source of income	Frequency	Percentage
Government Job	15	37.5%
Private Job	6	15%
Business	17	42.5%
Self-employed	2	5%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

#### **Source of income of the respondents' family.**

Datas shows that 42.5% of respondents' source of family income is through businesses, i.e, retail stores, restaurants and food outlets are run by their parents . 37.5% of the respondents' source of family income is through Government jobs. On the other hand, 15% of respondents' family income is through Private job like teaching in private educational institutions and private healthcare sector, while the parents of the 5% of respondents are self-employed, i.e, home-based enterprise, driver, and small scale manufacturer. (Table 3.1.7)

**TABLE 8: Distribution of Respondents by Family Income per Month**

Family income per month	Frequency	Percentage
Below ₹15,000	1	2.5%
₹15,001-₹20,000	4	10%
₹20,001-₹30,000	9	22.5%
₹30,001-₹40,000	18	45%
Above ₹40,001	8	20%
Total	40	100%

### The family income per month.

Out of 40 respondents, 45% of respondents' family income is between ₹31,000-₹40,000 per month, 40% of respondents' family income is between ₹21,000-30,000 per month and 15% of respondents' family income is between ₹15,000-₹20,000 per month. (Table 3.1.7)

**TABLE 9: Distribution of Respondents by Types of Sports played**

Types of sports played	Frequency	Percentage
Football	11	27.5%
Basketball	4	10%
Football + Basketball	5	12.5%
Cricket	4	10%
Football + Cricket	2	5%
Basketball + Volleyball	3	7.5%
Table tennis	5	12.5%
Badminton	6	15%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### Types of sports played by the respondents.

It shows that all the respondents play different types of sports i.e. football, basketball, cricket, volleyball, table tennis, and badminton. (Table 3.1.9)

Most male respondents engage in outdoor games such as football, basketball, cricket, and volleyball, whereas female respondents tend to participate in indoor games namely; table tennis and badminton.

**TABLE 10: Distribution of Respondents by Participating in Sports Competition in Educational Institution**

Participation in sports competitions in educational institutions	Frequency	Percentage
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*



### **Participation in sports competitions in educational institutions.**

The study shows that 100% of the respondents participated in sports competitions in their educational institutions. They participated during their school/college sports week, inter-school tournaments, etc.

Participating in sports activities and incorporating sports activities into the curriculum in educational institutions offers benefits like physical health and fitness, holistic development, improved academic performance, stress reduction and mental well-being, teamwork, and social skills, inclusively and diversity, and school spirit and community engagement.

**TABLE 11: Distribution of Respondents by Rewards Received for Participating in Sports**

<b>Rewards for participation in sports</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

### **Rewards for participation in sports.**

Based on the collected data, all of the respondents received recognition for their involvement in sports, which took the form of certificates, medals, trophies, and cash prizes.

Providing rewards for participating in sports in educational institutions can serve as a form of recognition and motivation for students.

**TABLE 12: Distribution of Respondents by Highest Level Tournament Participation**

<b>Level</b>	<b>Frequency</b>	<b>Percentage</b>
Local level	19	47.5%
District level	5	12.5%
State level	3	7.5%
National level	2	5%
None	11	27.5%
Total	100	100%

*Source: Field data collected from the field, March-May 2023*

### **Highest level tournament participation.**

The study shows that 47.5% of respondents participated in Local level tournaments, 12.5% of respondents participated in District level tournaments and 7.5% of respondents participated in State level tournaments (Table 3.1.12). Nevertheless, a significant portion of the respondents mentioned that they did not take part in any major tournaments. The reason behind this is that the higher level sports tournaments often require a significant time commitment, including intense training sessions, travel and extended periods away from home. Some respondents prioritise their academic commitments over sports tournament participation. Lastly, participating in higher-level sports tournaments can come with significant financial costs. Financial constraints is a limiting factor for them leading them to decline participation in tournaments.

Narratives from the respondents:

*Respondent 1: “ I did not take part in any big tournaments because I only play sports as a hobby”.*

*Respondent 2: “I was selected to play for the state level but due to my final exam I could not play”.*

**TABLE 13: Distribution of Respondents by Receiving Sports Scholarship**

<b>Sports scholarship</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	7	17.5%
No	33	82.5%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### **Sports Scholarships.**

Sports scholarships are provided by various organisations, including the government, sports federations, educational institutions, and corporate entities. The Government of India, through the Ministry of Youth Affairs and Sports, offers several sports scholarships to talented athletes. These scholarships includes schemes like the National Sports Scholarship Scheme (NSSS), Khelo India Scholarship Scheme, and scholarship programs for specific sports discipline.

The study (Table 3.1.13) shows that out of 40 respondents, 17.5% of respondents received sports scholarships, while 82.5% of them did not receive or apply for any sports scholarship. The reason why majority of the youths did not receive/get any sports scholarship is because of lack of awareness, lack of institutional support, and limited number of scholarships.

Efforts to raise awareness, improve sports infrastructure, and provide support system for student athletes can contribute to increasing the participation and application for sports scholarships.

**TABLE 14: Distribution of Respondents by Positive Impact of Sports on Physical Development**

Physical development	Frequency	Percentage
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### **Positive impact of sports on physical development.**

Sports have a significant impact on physical development of the youths. Regular physical activity and exercise can lead to improved fitness, strength, and overall well-being. Engaging in sports helps develop motor skills development such as running, jumping, throwing, catching, and balance. Engaging in sports activities that involves stretching, bending, and twisting promotes flexibility and improves joints.

**TABLE 15: Distribution of Respondents by Improvement in Mental well-being as a result of Sports Participation**

Improved mental well-being	Frequency	Percentage
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### **Improvements in mental well-being.**

Sports have a positive impact on mental well-being by reducing stress, anxiety, and depression. To fully benefit from sports in this regard, it is crucial to establish an inclusive and supportive environment that emphasises enjoyment, skill development, and sportsmanship, particularly for

young athletes. Coaches, parents, and educators have an important role to play in creating such an atmosphere that priorities both mental health and athletic achievements. Engaging in sports helps divert the mind from worries and concerns, acting as a distraction from daily life stressors. Moreover, it stimulates the release of endorphins in the brain, which are natural mood enhancers and pain relievers, leading to feelings of happiness and overall well-being. Sports also provide a healthy outlet for stress and frustration, allowing individuals to release pent-up emotions and tension in a constructive and controlled manner.

**TABLE 16: Distribution of Respondents by Acquiring Leadership Skills**

Acquiring leadership skills	Frequency	Percentage
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### **Leadership skills.**

Sports activities help young individuals to possess qualities of leadership abilities like teamwork, decision-making, responsibility and accountability, communication and collaboration, emotional intelligence, resilience and adaptivity, and integrity and sportsmanship. The leadership abilities acquired through sports can be applied to diverse areas of life, such as academics, professional environments, and personal relationships.

Narratives of the respondents:

*Respondent 1: "I'm an introverted person, but because of my active participation in sports I've become more extroverted which has helped me a lot while participating in class activities."*

*Respondent 2: "Sports participation has helped me overcome my fear of public speaking . I'm more certain now that I possess leadership skills due to my active participation in sports."*

**TABLE 17: Distribution of Respondents by Improved Social Interaction Skills**

<b>Improved social interaction skills</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### **Social Interaction.**

Sports often involve team dynamics, requiring youths to work together towards a common goal. Through sports, youths learn the value of teamwork, cooperation, and collaboration. They develop the ability to communicate effectively, resolve conflicts, and build relationships with their teammates. Being a member of a team fosters a feeling of support and inclusion, which can significantly boost one's self-esteem. Social interactions, making friends, and feeling accepted and valued by teammates can contribute to an individual's self-worth. Emphasising team, respect, and inclusivity, and providing opportunities for socialisation and community engagement can further enhance the social impact of sports on youths.

**TABLE 18: Distribution of Respondents by Enhanced Self-esteem**

<b>Enhanced self-esteem</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

### **Self-esteem.**

Participating in sports enables individuals to establish objectives, strive to attain them, and feel a sense of fulfilment upon achieving those goals or enhancing their skills. Mastering new techniques, scoring points, or achieving personal bests can enhance self-confidence and self-esteem.

**TABLE 19: Distribution of Respondents by Enhanced Team Building Skills**

Enhanced team building skills	Frequency	Percentage
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

**Team building skills.**

Constant communication between teammates fosters understanding, trust, and cooperation. Through sports, individuals learn to trust and rely on their teammates. They witness how others contribute to the team's success and build confidence in their abilities.

**TABLE 20: Distribution of Respondents by Improved Resilient Behaviour**

Improved resilient behaviour	Frequency	Percentage
Yes	40	100%
No	0	0%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

**Improved resilient behaviour.**

Sports often involve unforeseen challenges, setbacks, or changes in game situations. By participating in sports, individuals learn to adapt to changing circumstances, remain focused and bounce back from setbacks. This resilience strengthens team cohesion and the ability to overcome obstacles together.

**TABLE 21: Distribution of Respondents by Challenges & Setbacks in Sports Journey**

Challenges & setbacks	Frequency	Percentage
Yes	21	52.5%
No	19	47.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

### Challenges and setbacks.

The data collected shows that 52.5% respondents experienced challenges in their sports journey (Table 3.1.21). The challenges faced by the respondents in their sports journey are due to lack of financial support and family problems.

Narratives of the respondents:

*Respondent 1: “My family comes from a lower middle class background, it is difficult to buy sports equipments as good quality sports equipments are expensive.”*

Some young athletes face financial challenges that may limit access to proper training, equipment, coaching or participation in competitive events. Limited resources can hinder progress and opportunities, making it hard to compete on an equal playing field with peers who have greater financial support.

**TABLE 22: Distribution of Respondents by Usage of tobacco/alcohol**

Usage of tobacco/alcohol	Frequency	Percentage
Yes	18	45%
No	22	55%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

### Usage of tobacco/alcohol.

Youth athletes are particularly vulnerable to addiction due to factors such as peer pressure, stress, and the desire to enhance performance. Athletes who misuse substances may be more susceptible to developing mental health issues. Substance abuse can lead to a cycle of dependency, where the athlete turns to substances to cope with stress or emotional challenges.

The data collected shows that 45% respondents use substances like alcohol, tobacco, marijuana, etc. While 55% respondents do not use any kind of substances (Table 22).

Narratives of the respondents:

*Respondent 1: “I’ve been smoking cigarette for almost 3 years and this has greatly affected my participation in sports. It makes me lose my stamina and also makes it difficult for me to breath.”*

**TABLE 23: Distribution of Respondents by Positive Influence of Sports on Academic Performance**

Positive impact	Frequency	Percentage
Yes	26	65%
No	14	35%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Positive influence of sports on academic performance.**

Regular physical activity including sports have been linked to improved cognitive function. Exercise increases blood flow to the brain, enhancing concentration, memory, and overall cognitive abilities. This can positively impact academic performance.

Table 23 shows that 65% of respondents' academic performance is positively influenced by their participation in sports. Some of them stated that due to sports participation, they can sleep well which has made them concentrate better in their academic performance.

**TABLE 24: Distribution of Respondents by Negative Impact of Sports on Academic Performance**

Negative impact	Frequency	Percentage
Yes	14	35%
No	26	65%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Negative impact of sports on academic performance.**

Sports involvement requires significant time commitments. This can potentially lead to conflicts with academic responsibilities, such as homework, studying for exam or attending classes. If not managed effectively, the time demands of sports can leave less time and energy for academic pursuits, leading to decline of academic performance.



Table 24 shows that 35% respondents feel that participating in sports has had a negative impact on their academic performance.

Narratives of the respondents:

*Respondent 1: “Due to active participation in sports I have neglected my studies because I’m always tired from playing and I don’t have enough time to study.”*

*Respondent 2: “Sometimes I get injured while playing, hence it makes it difficult to concentrate and give time for my studies.”*

**TABLE 25: Distribution of Respondents by Different Treatments towards Student Athletes**

Different treatments towards student athletes	Frequency	Percentage
Yes	11	27.5%
No	29	72.5%
Total	40	100%

*Source: Field data collected from the field, March-May 2023*

**Student athletes.**

Student athletes often face the challenges of balancing their sports commitments with their academic responsibilities. Educational institutions should provide necessary support systems to help them succeed academically, such as flexible scheduling, tutoring services, study resources and access to academic advisers who understand the demand of being a student athlete.

Table 25 shows that 27.5% of respondents feel that student athletes are treated differently in educational institutions. While 72.5% do not feel any difference of treatment between regular students and student-athletes.

Narratives of the respondents:

*Respondent 1: “I will definitely say that student athletes are treated differently in educational institutions because I myself have experienced that. The teachers are more lenient towards student athletes because we usually do not have time to attend every class, they are not very strict towards us as compared to regular students.”*

**TABLE 26: Distribution of Respondents by Effects of Sports on Academic Attendance**

Affects academic attendance	Frequency	Percentage
Yes	18	45%
No	22	55%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Academic attendance.**

The data collected shows that 45% respondents' academic attendance is affected by sports participation and 55% respondents' academic attendance is not affected by sports participation (Table 26).

Sports can have an impact on academic attendance, both positively and negatively. The effect can vary depending on various factors such as the level of commitment to sports, time management, and individual circumstances.

Narratives of the respondents:

*Respondent 1: "Engaging in sports, especially at a competitive level requires time commitment. Practices, training sessions and competitions take up a great portion of my time. Which often leads to missed classes or conflicts with academic commitment."*

*Respondent 2: "It affects my ability to attend classes consistently because of intense sports training."*

**TABLE 27: Distribution of Respondents by Parents' Encouragement on Sports**

Parents encouragement on sports	Frequency	Percentage
Yes	23	57.5%
No	17	42.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Parents' encouragement on sports**

The data collected shows that 57.5% of respondents' parents encourage them to play sports as playing sports provide regular exercise, assisting their children in cultivating healthy habits, developing endurance, and improving their physical fitness. However, 42.5% respondents' parents

discourage or fail to promote sports involvement in order to prioritise academic achievements over sports participation for their children. They hold the belief that allocating more time to academics will enhance their child's prospects for future success. (Table 3.1.17)

**TABLE 28: Distribution of Respondents by Parents Encouragement on Sports as a Career**

Sports as a career	Frequency	Percentage
Yes	6	15%
No	34	85%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Parents encouragement on sports as a career.**

The data shows that only 15% respondents' parents encourage sports as a career for them. Majority of the respondents i.e. 85% respondents' parents do not wish their child to pursue sports as a career because sports participation often comes with costs, such as equipment, registration fees, travel expenses and coaching fees. Some parents face financial constraints that make it challenging to support their children's sports activities. Some parents believe that dedicating more time to academics will better their child for future success.

**TABLE 29: Distribution of Respondents by Higher Level Sports Education**

Higher level sports education	Frequency	Percentage
Yes	13	32.5%
No	27	67.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

**Higher level sports education.**

The data collected shows that 32.5% respondents want to pursue higher level sports education because they have a genuine passion for a particular sport. They have developed a deep love for the sport over the years and wish to immerse themselves in its study and practices. However, 67.5%

respondents said that they do not want to pursue higher level sports education because some prioritise academic education over sports, personal circumstances such as financial constraints, family obligations, and health issues which prevents them to pursue higher-level sports education. (Table 3.1.19)

**TABLE 30: Distribution of Respondents by Sports as a Career**

<b>Sports as a career</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	23	57.5%
No	17	42.5%
Total	40	100%

*Source: Field data collected from the field, March – May 2023*

### **Sports as a career.**

The data collected shows that 57.5% respondents want to take up sports as a career because they have passion and love for the sports, some of the respondents are attracted to the opportunities for travel, exposure to variety of cultures and the potential for fame and recognition that tags along with success in their sport. Professional sports careers can provide significant financial opportunities. Successful athletes often earn lucrative contracts, sponsorship deals and endorsement agreements. The potential for financial stability and wealth accumulation is a motivating factor for some youths considering a career in sports.

However, 42.5% respondents stated that they do not want sports as a job because they said that pursuing a career in sports can highly competitive and unpredictable. Professional sports career often involve extensive travel, rigorous training schedules and time away from family. Certain young athletes prioritise a well-rounded lifestyle that enables them to allocate time for family, pursue other interests, or maintain a stable routine. They are inclined towards professions that provide a favourable work-life balance.

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## Discussion:

- **To study how sports impact the social development of the youths**

The researcher found that the respondents' social development skills were highly impacted through their participation in sports. Participating in team sports fosters teamwork and collaboration. It helps them learn to work together towards a common goal, communicate effectively, and trust and rely on their teammates. In addition, sports offer avenues for young individuals to improve their communication skills. They learn how to express themselves, listen to others, and effectively communicate ideas and strategies. Through interaction with teammates, coaches, opponents, and officials, youths develop social skills that contribute to successful relationships and interactions.

- **To examine how sports impact the physical health of youths**

On the basis of the data collected, all the respondents has greatly benefitted in their physical development through sports participation. Participating in sports not only enhances the social development but also the physical development. By playing sports, there is increase in stamina, physical fitness, strength, muscle development, flexibility, healthy weight, and overall their well-being.

- **To analyse the various challenges and setbacks faced by youths**

Based on the findings, the researcher discovered numerous obstacles and hindrances encountered by young individuals in their pursuit of sports. Firstly, youths encounter burnout because of excessive training, demanding competition schedules, and the expectations to excel. Secondly, the time and energy commitments required by sports can result in missed classes, incomplete assignments, or challenges in meeting academic standards. Lastly, certain young athletes face financial limitations that restrict their access to high-quality coaching, training facilities, sports equipment, or participation in competitions.

## Conclusion:

Sports is an important setting to maximise youths' development. The impact of sports on youths' development is significant and multifaceted. Through participation in sports, the youths can experience a wide range of positive outcomes that contribute to their overall development. Sports impact physical health, mental well-being, social skills, academic performance, character

development and the acquisition of essential life skills. By conducting the present study, the researcher tried to study about the influencing factors promoting youths participation in sports and examine if youths are aware of the programmes provided by the government and analyse the various problems faced by youths. Understanding and harnessing the potential of sports can contribute to the creation of supportive environment that optimise youths development. It is crucial for educators, parents, policy makers and sports organisations to recognise and promote the importance of sports in shaping the lives of youths. Awareness and promotion of schemes and programmes are recommended to be provided to the youths so that they are able to get the benefits of the schemes and programmes initiated by the government. Youth athletes should apply for available scholarship schemes so that they can grab all possible opportunities made available.

### **Suggestions**

- Awareness and promotion of schemes and programmes are recommended to be provided to the youths. This will help increase their awareness of the schemes and programs introduced by the government.
- Youth athletes should apply for available scholarship schemes.
- A competent management training courses is recommended to be available to the youth athletes so that budding youth athletes get basic training.
- Youth athletes who are studying in educational institutions are recommended to learn how to achieve an effective equilibrium between participating in sports activities and engaging in academic pursuits so that neither become problematic or burdensome.
- Providing access and opportunities and ensuring that all youths, regardless of the gender, socioeconomic status, ability or background have equitable access to sports programs and opportunities.
- Ensuring the safety of the and well-being of the youths by implementing safety measures, and promoting positive and respectful behaviour among participants, coaches and parents.

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