Chapter – I
CHAPTER - I

YOUTH AND SPORTS - CONCEPTUAL CONSIDERATIONS

INTRODUCTION

Since the dawn of the human civilization on the bank of the river valleys, sports and games have been playing an important role in the life of mankind. In other words, they are as old as the human society itself. Games people play and the sports they engage in are considered as mirrors of the cultural systems they are a part of.

Many Games of today in which we take part were in existence in the early period. Many of them have appeared in the modern forms. Sports and games are not the sole property of a particular class. They belong to the community as a whole. The Games have prominence in the present day context. So there is an urgent need to know why sports meets are held at international, national, state, district and taluk levels. We need to understand why Olympics games, Commonwealth games, Asian games and European Games have prominence. Besides, we need to understand why the young usually take part in sports.

Man is an intelligent animal and also a social being. Therefore what ever he does has utility- either implicit or explicit. The main aim of man is to live happily and comfortably. We also want to live healthily with others. So, man has to live with others in harmony and unity. All these purposes can be fulfilled by sports. Food gathering activities and the activities related to security in the early period have transferred themselves into sports. Apart from these, sports provided entertainment to human beings during their leisure hours. An Individual, as a social being, has understood the positive value of sports and hence used them for peaceful purposes. Moreover sports is essential to maintain good health.
Sports is one of the means of gaining good health. So a lot of thinking has been done about it. Sports is universal in its character and is present everywhere. It is very essential to infants and to old age people of the both sexes. Sound health depends on healthy body, healthy body depends on physical fitness, and physical fitness can be gained from variety of sports. Sports has a very prominent role in modern society. It is important to an individual, to a group, to a nation indeed to the whole world. So, people of every country, in all ages have been playing sports.

Much of the attraction of sports comes from the wide variety of experiences and feelings that result from participation – joy, anguish, success, failure, exhaustion, pain, relief and a feeling of belonging. Sports can bring money, glory, status, and goodwill. However sports can also cause tragedy, grief and even death. Sports has ever reflected developments in society and in this sense, sports indeed has been a mirror of society.

Sports engage people beyond the limits of caste, class, race and religion, which have often taken mankind into confusion and destruction. It has been long understood that sports can be a culturally unifying social activity in the diversified modern society like India. According to Puttaswamy, truly spirited individual enjoys sports brushing aside the confinement of region, language and age limit. Sports in its essence, is considered as a medium for self development. There is an argument that every nation’s concept of life, activities and thoughts have been judged through its sports and games. According to Cozens and Stumpf ‘Sports and games provide a touchstone for understanding how people live, work and think and may also seem as a barometer of a nation’s progress in civilization’.

Sports has imbibed in itself a noble humanistic value exercising largely on the human society. It has power to unite society into one system of understanding and kindness. It leads the youth towards right path and trains them to accept failure and success equally as sportsmen. Robert Lipsyte has rightly pointed out that ‘I believe that sport, all sport, is one of the few bits of glue that holds our
society together, one of the few activities where younger people can proceed along traditional line. Where he can learn how to win and how to lose.\textsuperscript{5}

Sports and games are considered as one of the powerful tools to reduce the tension between two countries and helps in convincing and changing those who are still in the prison of ignorance, selfishness, racial hatred and political oppression. ‘Sports encourage hygiene and health. It teaches co-operation and discipline, and mould better workers, it reduces vice and crime, it makes people happier’ \textsuperscript{6}

The very word “Sports” brings us joy and happiness. The joy it gives has no substitute. We can forget our pain, suffering and distress for a while in sports. Sports has a very prominent role in modern society. Sports could be a leisure time activity, recreational activity, a competitive activity and could be a professional activity.

From the very ancient time man has been participating in recreational activities and games. He found joy in movement; joy in the surrounding and shared joy in shared company. These activities later turned out to be sports. Therefore it is necessary to understand Play, Games and Sports.

**PLAY, GAME AND SPORTS:**

Play is an activity without any definite purpose and goal. The sole motive is pleasure and joy. It helps man to overcome his tension and stress; there is an element of romanticism in plays. The scientists have made some observations about play which are stated below:

1. Play is pre exercise of instincts – Karlroux
2. Play is letting off surplus energy – Spencer
3. Play is means to recreation – Lazuras
4. Play is recapitulation of animal evaluation – Vant

5. Play is an outlet for the release of tension – Freud

6. Play is egomastry – Erikson

7. Play is secondary re-enforcement – Hall

8. Play is imitative learning – Milar and dolard.

9. Play is need for competence – Voyet

10. Play is seeking novelty, complexity and uncertainty – Heck Hasen

11. Play is role playing – Mead

12. Play is assimilation and accommodation – Piyage

Play has no rules and regulations, no success and defeat and it has no time and place limit. There is full freedom in play and it makes man adjust himself to complex situations. Play has neither monetary commitments nor monetary benefits. One can play whenever one feels to play.

GAME:

Game is different from play. A game has to be played in the company of others. When an activity in the company of others is repeatedly done and the result is expected, such an activity is called game. Games teach us some principles and values, such as discipline, patience, skills and adherence. They also provide happiness, inspiration, wisdom enthusiasm, excitement and thrill. Games also teach us some social values such as respect for others, obedience and mutual trust. Games can be categorized as follows:
1. Games of competition

   a) Individual games: Running, jumping. Throwing, boxing, wrestling, fencing etc.,

   b) Group Games: Volleyball, basketball, football etc.,

2. Games of chance: Horse race, Lottery, Dice etc.,


4. Games of vertigo: Marry go round, Surfboard, Riding, Parachute, Cycling.

SPORTS:

Sports is different from play and games in a major way. Sports is the culmination of excellent organization and toughest skills. Rules and regulations are rigid in sports and sports include the following in a systematic way.

1. **Organizational aspect:**

   Organizing sports meet, selection of teams, taking up sports development activities, giving publicity through the media and making people participate in sports - all these come under organizational side of sports. Organization of sports in any region has another important dimension. All types of institution in the society have to be involved while organizing a sports meet. Therefore organization turns out to be an occasion for socialization.

2. **Technical aspect:**

   Technical aspects involve sports materials, stadium, training, techniques of games and facilities for spectators. These must have regular revision and improvement. Hence this area is called ‘technical aspect’ area. Without proper establishment and maintenance of technical aspects sports cannot improve.
Therefore the role of technical aspect is of great significance to development of sports.

3. **Symbolic aspect:**

This involves training secrecy, new technique secrecy, grandeur of uniform, musical instruments, paying respect to the stadium and, to the spectators, to the players and to hymns. These symbols signify mutual trust and strengthen sports organization.

4. **Educational aspect:**

Educational aspects involve method of training, conventions, inspirations, encouragement to learning. Sports standards and tools of learning. Sports teachers and trainees also come under educational aspect.

The strengthening of all these aspects in sports makes it a social organization. When a game is institutionalized with rules and regulations and when it becomes a social organization, it becomes sports.  

A game may be thought of as a lower form of sport in the way play may be thought of as a lower order of game. Sports is different from play and games. Sports is institutionalized, sports is a competitive activity, sports involves vigorous physical exertion, sports involves complex physical skills, sports combines intrinsic satisfaction and external rewards.
Features of sports

Is institutionalized
Involves vigorous physical exertion
Involves complex physical skill
Combines Intrinsic satisfaction and external rewards.

Needless to say that, a large number of people take part in sports. Each one has his own reason to participate in sports. Those who want to keep fit may go to gymnasium or swimming pool or jogging. Those who want happiness may play minor games. Some others take to sports to relax themselves, some people may require sports as a cure to the health problems such as heart troubles, neuromuscular problems. However the main reasons for taking part in sports are to keep one self-fit and to maintain good health. They may be put succinctly as the following:

1. **Sports, Health and Fitness:**

   If an individual desires to maintain a high level of fitness and health he belongs to this category. For example joggers, swimmers and callisthenic exercise doers take part in sports and practice regularly.

2. **Social reason:**

   The main aim is to meet others, to have fun with the friends. He does not worry about winning or losing a game. Such men play only for social reasons. For them spending leisure hours in the company of the like minded is important. People who play Golf and minor games belong to this category.
3. **Ascetic reason:**

The word “ascetic” has to do with punishment. The Indian fakirs who sat on beds of nails were ascetic. As self-punishment was part of their way of life, they would black out the pain from the nails. Some persons have ascetic qualities. Examples in this category are marathon runners such as Emile Zatopeck, Abibe Bikila, Belyana Dinsamo.

4. **Aesthetic reason:**

The word ‘aesthetic’ has to do with beauty. Some persons take part in sports for aesthetic reasons. Thrill of dancing, skating and ballet and floor exercises in gymnastics are of to this category. Bharathanatya, Yakshagana and Kathakali arts have aesthetic values in their performances. These arts have body movements of aesthetic value.

5. **Catharsis reason:**

The word ‘Catharsis’ has to do with release of energy, emotion, tension or frustration. Some people go to sports for these reasons. They like to “let of steam”, and they use sport to get rid of aggression. This can happen in any sports, but people who like boxing, wrestling, football and hockey often have some of these tendencies.

6. **Vertigo reason:**

The word, Vertigo has to do with loss of bodily balance with the thrill of changing speed and danger. Diving, gymnastics, skiing, surfing, skydiving and mountain climbing are the examples.

So, various people participate in sports for one or another reason. Each individual is different from the other in his physical and mental make up. If health and fitness are the aims of some one, fun through sports may become the main aim.
for others. There are also people who exclusively play games for grace and beauty of movements of the body. All these aims are equally worthy.

**Diagrammatic representation of various motives of sports.**

The diagram illustrates the various reasons for engaging in sports, categorized into four main sections: Social reason, Health & Fitness reason, Aesthetic reason, and Ascetic reason. Vertigo reason and Calisthenics are also depicted.

**Physical Fitness**

Sport is a pleasurable activity and it is important throughout life. It has always been useful to society. Man is a social animal. Society has its own ways and means of controlling the behavior of its member and culture and norms of society. Therefore good health, strong body and security are essential. Only then he can live happily in the society. This is possible when sports, and games Play an important role in his life.

Sports brings happiness to all. We can make the best use of our leisure time by involving in sports. Human mind is capricious by nature. Therefore it is well said “An idle mind is devils workshop”. One can prevent evils thoughts of human mind by involving in sports activities. Moreover, the development of an
individual, society and a nation is possible through sports. Many people have used the power of youth in creating the feeling of goodwill. For example, National service scheme, which is in the lines of Gandhian models, uses the youth power in the right direction. There are many central and State government schemes such as Nehru Yuva Kendra sangathan, Rajiv Gandhi Yuva Shakthi Sangha, Mahila Mandals and youth clubs for the fruitful use of youth power. The Karnataka State Government started Rajiv Gandhi Yuva Shakthi Sangha to provide proper channel for the use of youth power. The youth are not useless but used less. Therefore anything can be achieved if the power of youth is utilized. Rajiv Gandhi Yuva Shakthi Sangha aims to organize the youth and guide them in the right direction. So that their inherent energy can be utilized in sports, in community development and in promotion of culture. So Rajeev Gandhi Yuva Shakthi Sangha has been opened in all most all the Gram Panchayati villages in Karnataka. Each sangha will be given financial assistant of Rs.10,000/- only once. Further it aims to organize sports competitions, recreational sports and helps to discover young budding sportmen. It also helps the clubs in the development of sports field. Similarly Youth Service and Sports department of Karnataka, non-government organizations like Mahila mandala and youth clubs work in the same direction. These clubs and mandals have the financial and organizational supports from the youth service and Sports officer of the concerned district. Nehru Yuvaka Kendra Sangathan, which is a body of central government, also works in this direction.

A scientific discussion on how to spend leisure time is another vital issue that needs careful consideration. Often people object to their children participating in sports activities thinking that sports hinder their education. It is a commonly held erroneous belief that those who are strong physically and weak in studies, get into the field of sports. Perhaps the reason for the above wrong notion is the stray incidents in schools and colleges. Some of the students who take part in sports neglect studies and become vagabonds in India. So, there is a popular proverb in our society “by reading and writing one would become a Nawab and by indulging
in sports one would become a Vagabond”. I do not subscribe to this view. In fact there are innumerable sportsmen who are intelligent and good at studies. For example Anil Kumble, Srinath (Cricket players) Sania Mirza, Leander paes (Tennis) Anjali Bhagavath and Rajyavardana Singh Rathod (Shooting) Anju Bobby George and P T Usha (Athletics) Vishwanathan Anand (Chess) Pankaj Adwani (Snooker & Billiards).

One of the conflicts of modern times is how to spend one’s leisure time. The best and proper use of time is essential in one’s life. If the leisure time is utilized for the development of our personality and the society it will be fruitful. Modern man is always busy and he fails to organize his time. Therefore he must be able to organize his time and make himself free for certain activities, such as listening to music, reading, watching television etc., But sports should be taken as a leisure time activity by everyone because its impact on one’s physical health and mental health is far reaching. No other leisure time activity gives him physical fitness and health as sports would give.

Hence participation in sports has immense value and edge of superiority over other leisure time activities. But unfortunately the elite class leads sedentary life. The elite people often ignore sports and indulge themselves in light and trivial activities, which do not promote physical growth or mental growth. This can be summed up beautifully in the words of a writer A. Boargmen. Our leisure must be utilized for sports and games. But we fail to use our leisure properly as audio visuals, and television have consumed most of our time. We spend the least or no time for reading music and sports. We spend more time to watching television in that only 5% we utilize the time for other activities.

As it has already been stated man is a social animal and cannot live alone like Robinson Cruose. Therefore it is desirable that he must be healthy and the society he lives in must also be strong in terms of health. A sick or weak man is
always a burden to the family in particular and the society in general. Man must have good health and physical fitness, for leading happy and quiet life.

In the beginning of the human civilization people had to be physical fitness for their survival and existence, but modern living requires good health and physical fitness for leading happy and peaceful life. In the modern society people suffer from common health problems, such as heart problem, diabetes, asthma, neurological problems and psychosomatic diseases etc.,

“Health is Wealth” Health is most important for the development of individual, According to world health organization health as a concept is defined as a ‘state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity’. 9

It is equally important to note that ‘prevention is better than cure’. When an individual takes care of his own health that acts as an asset and security. Hence preventive health care is more important than mere curative health care.

“Physical fitness is one’s richest possession, it cannot be purchased, and it has to be earned through a daily routine of physical exercise”. 10 Exercises are the most important aspect of physiological growth and development.

Physical fitness is possible for everyone regardless of shape, size, and age or athletic ability. The aim to keep fit in body and mind needs regular exercise and this helps one to look smart, to improve one’s health and to mitigate the diseases.

In the early period, physical fitness was referred to muscular strength, power, speed, agility and endurance. These components centered around healthy life style. The components of health related fitness are muscular strength and endurance, flexibility, cardio vascular efficiency and body composition. 11

The measurable physical fitness components fall into two groups. One related to health and another related to skill. The following figures summarize the
components of health and skill related fitness with examples of the continuum of physical activities. 

<table>
<thead>
<tr>
<th>THE MEASURABLE ELEMENT OF PHYSICAL FITNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILL RELATED FITNESS</strong></td>
</tr>
<tr>
<td>1. Agility</td>
</tr>
<tr>
<td>2. Balance</td>
</tr>
<tr>
<td>4. Speed</td>
</tr>
<tr>
<td>5. Power</td>
</tr>
<tr>
<td>6. Reaction time</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THE SPORTS CONTINUUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skill related fitness</td>
</tr>
<tr>
<td>Archery</td>
</tr>
<tr>
<td>Bowling</td>
</tr>
<tr>
<td>Fencing</td>
</tr>
<tr>
<td>Golf</td>
</tr>
<tr>
<td>Table Tennis</td>
</tr>
<tr>
<td>Volley ball</td>
</tr>
<tr>
<td>Badminton</td>
</tr>
<tr>
<td>Base ball</td>
</tr>
<tr>
<td>Football</td>
</tr>
<tr>
<td>Tennis</td>
</tr>
</tbody>
</table>

VALUES OF PHYSICAL FITNESS:

We live in the age of machines. Machines do a lot of work. Therefore a modern man, who has become a slave to the machine, doesn’t work hard, or sweat his body. Hence there is a lack of physical exercise to maintain good health. As a result modern man becomes an easy victim of various diseases at an early age.
Therefore he needs bodily exercise for his physical fitness. He can get bodily exercise by taking part in sports and games. Sports and games not only give man physical strength but also provide him easy recreation. Under these circumstances we can trace the values of physical fitness, which are as follows:

* Increases work efficiency:

A physically fit person can do any work easily and he can also do the work for a long time without getting tired.

* Resistance to disease:

Physically fit person develops resistance power to many diseases.

* Efficient functioning of various systems of the body:

The bodily organs of a physically fit person function systematically. This helps the proper growth of the body.

* Longevity:

Since the bodily organs of a physically fit person function efficiently, he remains healthy and chances of falling ill are rare. Therefore there is no doubt that he lives longer than others.

* Proper growth of bodily organs:

A person who does the physical exercise regularly gains strength to all the parts of the body and they grow in proper proportion.

* Mental health and alertness:

Mental health of a person is of equal importance. Every human action is dictated by the human mind. The emotions such as anxiety and fear are the consequences of our mind. Therefore we must keep our mind free from them. The
physical exercises increase bodily strength and there by we can also get mental health.

• Preparedness for emergency:

Since a physically fit person can do the work efficiently, he can also work with calmness of mind during emergencies.

• Success in sports and games.

A physically fit person can play any game or sport with patience and wisdom. Such persons cannot only play for long time without getting tired but also can bear injuries.

A physically strong population is an index of its progressive nature. An individual who is physically strong contributes a lot to the development of the society. When physical fitness has many values, we must attain it by taking part in sports and practicing it every day. A healthy population reduces the government’s investment on health programs. A healthy man reduces health expenditure at the family level also. Thus the values of physical fitness have their impact on the economy of the family and the society.

BENEFITS OF THE EXERCISE:

The benefits of exercises are many but the exercise should be done constantly. The physical exercises do not have any obstacles of class, creed, sex, religion or race. The exercises can be easily done and we can develop resistance. Following are some of the benefits of the physical exercise.

• The exercises reduce the risk of heart disease by improving blood circulation throughout the body.

• They cause the development of new blood vessels in the heart and other muscle.
• The exercises enlarge the arteries (blood vessels) that supply blood to the heart.

• They decrease the tendency of the blood to clot in blood vessels. This is important because small clots traveling in the blood are often the cause of heart attacks and strokes.

• They also improve blood cholesterol levels.

• The exercises increase hemoglobin concentration in our blood. Hemoglobin is the part of the blood cell that carries oxygen from the lungs to the rest of the body.

• We can keep weight under control by elevating our metabolism so that we burn more calories everyday, by doing exercise.

• Exercises prevent and manage high blood pressure.

• They prevent bone loss and help them remain healthier for a longer period of time.

• Muscular strength gives greater capacity for other physical activities and maintains tones and strengthens our muscle.

• Exercises help boost up energy level.

• They Improve self-image.

• Exercises help delay or prevent chronic illness and diseases associated with ageing and maintain quality of life and independence for long time.

• Risk of pre mature death can be avoided by brisk exercises.

• They enhance performances in work, recreation and sports.
Exercises increase our aerobic capacity (fitness level). This enables a fit person to have some more energy at the end of the day.

They increase the efficiency of the digestive system, which may reduce the incidence of colon cancer.

They also increase the amount of blood that flows to the skin making it look and feel healthier.

Exercises, in addition to all these, Physiological and anatomical benefits just make you feel great.

Modern man in modern style of living has no time for physical exercise. He gives more importance to earning than health. The English romantic poet William Words Worth aptly sums up this materialistic attitude of man in the following lines “The world is too much with us; late and soon Getting and spending, we lay waste our powers”. People who do not find time for physical exercise and sports fall sick very quickly. Therefore they should find time for the exercises and sports in their daily life. It is to their own advantage only.

Some people complain that they do not have enough time for exercise as they are too busy in jobs. There are many ways to do a little physical exercise everyday in spite of our busy schedule. Following are some of the ways in which one can make himself free to give one’s body some exercise:

- If you catch the bus home, try getting off one stop earlier and walk the rest home.
- Use the stairs at work place rather than using the lift.
- Try to walk around to talk to colleagues instead of using phones and mails all the time.
• If you drive to work, park your car at the far end of the parking lot, so that you need to walk further.

• Always wear comfortable cloths in a work place.

Some exercises can be done at or near the desk to boost energy levels, to relieve stress and to burn calories. Regular physical activity increases the capacity of the individual. So an individual adopts some principles. The principles are progression, total body involvement, specificity, regularity, tolerance, warming up, cooling down and rest and sleep.

An individual plans varieties of exercise programs for his physical fitness. These depend upon one’s purpose, need, time and the facilities available. Some of the physical activities are, callisthenic, jogging, swimming, skipping, weigh training, circuit training, games and sports, cycling and gymnasium.

Modern man has become more health conscious than his ancestors. He gives utmost importance to health. Therefore people pay attention to inexpensive and independent physical activities. Walking is one such exercise. The benefits of walking have been high lighted by the media. It is a well-known fact that brisk walking reduces high blood pressure, sugar level, tension, fat, weight and chances of heart attack. On the other hand it increases physical fitness, mental peace, happiness, joy and patience.

All these things show that sports and games have beneficial effects in our society. Unity, friendship, obedience to rules and regulations, beneficial use of leisure time, feeling of co-operation, leadership qualities, good conduct, good health, competitive sprit – all can be attributed to sports and games.

The varied situations, when one is participating in sports and games can provide opportunities for developing co-operation, competitive spirit, decision-making ability, insight, self-discipline and a sense of appreciation of excellence.
Sports as universal language and a common denominator can provide an opportunity for every player regardless of racial religious or national differences to strive to be the best competitor, the best player, or the best sport. Sports reveal the culture of a society. Huizinga, decades ago, has analyzed and pointed out logically the importance of sports and games in the process of community life at all levels.

The importance of sports in developing group-ties and group-binding functions is well recognized. Synder and Spreitzer have rightly pointed out that ‘sports and socialization of sports’ must be practiced and encouraged since childhood and should be continued up to teenage, so that sportive spirit can be developed.

Sports and games have been used to improve international relations. The tense atmosphere between two nations can be overcome through sports. Revival of cricket tests between India and Pakistan is a fine example for this. In this context the words of former Prime Minister A.B.Vajpayee are very important. At the time of Indian team leaving for Pakistan Mr.Vajpayee said ‘win the hearts of the people’. Similarly, hockey match between India and Pakistan has been called ‘Dosthi -khel’. (Friendship Tournament.) Olympic sports aim at developing good relations between two countries.

BRIEF HISTORY OF SPORTS AS A SOCIAL INSTITUTION:

The early man’s activities related to the basic needs have transformed into sports and games at a later stage. These games have now become popular all over the world. Therefore it is necessary in this context to understand the brief history of the beginning of games.
Sports existed from the very ancient time. Evidences could be seen in the wall paintings of caves where there are pictures of dancing, hunting, wrestling, throwing arrows, playing polo, horse riding etc. The early man lived on roots, tubers and fruits, but as the population increased, he might have tried hunting, and hunting later developed into sports. Man learnt hunting and fishing for his food. For this purpose he learnt skills of throwing arrows and daggers and taught those skills to his children. It was necessary for those men to be physically fit.

Similarly he cultivated the habits of dancing and performing some acting during the leisure hours for his entertainment. Men also cultivated group dancing to celebrate the victories during wars, hunting and other occasions. Even dancing was used to offer prayers to god. So dancing was not only a form of entertainment but also a religious activity.

People also began to play some games, as past time hobbies, Guessing game and tossing games were good example of this kind. These were played sitting around hearth, during leisure hours.

Tossing games involved the use of pebbles or knuckle or any other bones of animals. Object was tossed in the air and caught, the winner being the one catching most. Tossing games were not as simple as guessing games, as they involved hand-eye-coordination and as such required much skill. 17

Evidences are available for Egyptian wrestling in the cave pictures. They resemble present day free style wrestling. 220 different wrestling pictures in one wall and 122 wrestling pictures in another wall of benni Hassan tomb could be seen. Each pair exhibited various styles of wrestling. This shows that the Egyptians had all skills of wrestling. History also revels the fact that wrestling was the most popular game during those days. Many sports were played as a part of training the soldiers. They were sword fighting, stick fighting, running, archery, chariot riding and weight lifting. Other games similar to the present day games were played for the sake of entertainment in the Nile valley civilization. Children
played ball game, doll game, and some other minor games. The adults played a form of gymnastic and stunt dances. The early Chinese also played variety of games. Archery, sword fighting, wrestling, horse riding, chess, hunting, swimming, fishing, flying kites and polo were the sources of entertainment. Football was the most popular game of Chinese. They also played most complex and adventurous games.

Football is the oldest sports in China. At first a leather ball filled with hair was used by the Chinese, but by the 5th century AD an air filled ball was used. There were numerous variations in the game.18

GREECE:

The ancient Greece contributed a lot to the development of physical education and sports. The word Stadium, Gymnasium comes from Greece. The games and sports first began in Greece and gradually spread to other countries. The Greeks had a great faith in physical strength and mental power. So they gave importance to the growth of both.

Mention is made of sword fighting, running race, wrestling, high jump and weight ball throwing, (shot put) in the great epics of Greek “ILLIAD AND ODYSSEY” of the 8th century. The Greeks were also great lovers of sport.

Physical education and sports were given much importance in the ancient period. There was a belief that ‘A sport ground without the school building was better than a school building without sports ground’.

Sports also had close association with religious ceremonies. Many religious ceremonies were held in the public. During those ceremonies there were chariot competition, Boxing, wrestling, running and discus throw and dancing competition. Women also took part in physical education and sports in Greece. There were separate schools for physical education. Those were called ‘Palestra’.
In these school training was given to the games like running race, swimming, jumping, throwing, boxing etc.,

The ancient Greece had a number of city-states. Each city-state was fighting against the other for their survival and glory. But truce would be declared, during the Olympic festivals. The Greeks took part in the Olympic festivals with passion and zeal. Music, dance and sports competition were held. The athletes and the other competitors did not solely compete as individuals but as representatives of their city-states. Each city-state had its own festival. However four ‘Crown’ festivals are significant and worthy of mention in this context. They are the Isthmian Games at Isthmia, the Pythian games at Delphi, the Nemean Games at Nemea, and the most important of all, the Olympic games at Olympia.

Olympic games:

The early Olympic games were held once in four year at a place called Olympia in Greece. These games were semi religious. The earliest games consisted of short foot race, Boxing, jumping, running, wrestling and javelin throwing and discuss throwing. The winners of the games were awarded with the wreath of olive twigs.

Pythian games:

These games were held at Delphi during the God Apollo festival. They were held every four years once and also played a year before the Olympics. The winners of these games were awarded laurel leaves, as medals being the tree sacred to the God.

Nemean games:

These games were held at Palopnese between Corinth and ancient Mycenae during the festival of Zeus god. These were played in once in two years and the winners were awarded parsley leaves and wild celery.
Isthmian games:

These games were held at Isthmia near Corinth during the festival of god Poseidon. The winners were awarded the crowns made out of pine tree but later parsley leaves were used. The Isthmian games were conducted on a two-year cycle.

All the above sports events were treated as national festivals. The great philosophers of Greece such as Socrates, Plato, Aristotle and Hipocrates had said that a healthy man with strong body could have happiness in life. In other words these philosophers supported the games, which would help the man get strength and health. Even in modern Greece importance is given to sports and culture. Thus, sports and games have been an activity in school and colleges, which promotes social integration right from the ancient period.

ROME:

The ancient Romans also gave importance to physical education and sports. This was part of the military education of the soldiers. Since the Romans paid attention to the expansion of their empire, it was inevitable for the soldiers to have physical strength and health. The place where such training was given was called as “field of Mars”. Here the games such as running, jumping, ball games, throwing, archery and wrestling were practiced. Some of these games had been learnt from the people of Greece. Gradually the Romans began to compete in brutal games. This participation gave them immense joy. The pictures of men and women watching the games could be seen in the cave paintings of Rome.

During the early years in Rome, games were held usually as part of religious celebrations. Gradually these religious affiliations declined. The empire encouraged to conducting these games as a source of entertainment. At that time many people were unemployed, bored and restless and these games served the same purpose as television and the movie theatres of today. The frequency, variety
and lavishness of the public games were gradually increased, and followed by the other major cities of Rome. The types of roman public games were chariot and horse races, gladiatorial combats, wild animal fights, mock sea battles and athletic contests. These games are nothing but brutal contests.

1. **Chariot Race Competition:**

   The racecourse called “The circus Maximus” was set to be the first racecourse in Rome, which was built in 329 BC. It has 2000 feet length x 600 feet width. In this race course 2,50,000 spectators could sit and watch the races. The charioteers were usually poor people of the lower class and slaves. The winners of the races would become rich very soon. These races were held in seven laps and each chariot had a horse.

2. **Gladiatorial combats:**

   Colosseum was the largest Roman amphitheater. It was built in the year 75-80 AD. It could accommodate 50,000 spectators. The arena of the combat was 287 feet long and 180 feet wide. Gladiatorial combats, naval battles and wild animals fighting were held in this place.

   These competitions were held between men or between two groups or between men and wild animals. Each competition continued until a death of some body or some wild animal. The gladiator in the gladiator competition had to salute the King and speak the following words before the commencement. “Hail, Caeser, we salute you, we who are about to die”. It was left to the discretion of the king to give a new lease of life to the defeated one or to continue, the death sentence. Competitors of these games were usually the criminals with death sentence, or slaves or traitors. Some times the poorest of the poor or the unemployed took part in this game for food and money.
3. **Mock sea battle:**

In this battle water was filled in the stadium before the commencement. Later the soldiers who were the competitors entered with weapons. Battle was so fierce that blood burst out and flew like fountain water. The battle ended only when the soldiers of one team died.

4. **Other past time activity (Therami):**

Romans were known for luxurious life. The rich people constructed baths in their houses where they not only took baths but also swam. Later it became so popular that the government constructed baths for the public which they called Thermae. In these theramies thousands of people could take bath.

The Thermae at coracalla was considered as one of the marvels of Rome. It could accommodate 3000 bathers at a time. There was also baths at Diocletian where 1600 people could take bath. Separate time was fixed for women to take bath in the theramies.

Romans indulged in bathing like the Greeks indulged in Gymnasium. The Romans played ball games usually during the afternoons just prior to the daily bath. The other games played during their leisure were hunting, fishing, boating etc. Children also played some of these games for entertainment.

Modern Roman schools taught their children marching, gymnastics, athletics and callisthenic. The young people also took part in athletics, gymnastic, shooting and swimming. Therefore sports grounds were constructed in various corners of the country. The aims of all these games were to have physically fit persons.

The birth of Christianity and its spread resulted in a change during the middle ages. Sports and entertainment did not receive importance as they had received during the Roman civilization. Once again sports gained importance from
the renaissance period. People began to play athletics, fencing, swimming, wrestling, horse riding, hunting, throwing the arrows etc.

Sports grounds were constructed and games of entertainment received importance. People were also given education in sports to create awareness about the physical education. There was a great educationist called pastaloze in the 19th century. According to him “without sports and entertainment child’s physical and mental development are not possible. Without games and physical exercise there cannot be good health. Therefore each child should be made to play at least one hour a day.”

Like Greek and Rome other European and Asian countries such as Germany, Denmark, Sweden, England, Russia, USA and Japan also gave prominence to sports. These countries constructed stadiums, swimming pools and established sports clubs. Many scholars acknowledged the merits of sports and give wide publicity to sports in their countries. Hence these countries reach the heights of excellences in sports.

ANCIENT INDIA (2500 BC):

The history of Indian sports can be traced back to the Harappa and Mohenjedaro civilizations. Many items of dice were found in the relics of those civilizations. Sports were said to be in practice in India 4500 years ago. Many sports materials played by children have been found. The children used dolls, birds, dancing dolls etc., for fun. Many paintings and carvings related to archery and bull taming could be seen in ancient caves. The physical activities of the ancient Indians were hunting, throwing arrows and dancing.

Vedic Period (1500 BC):

Aryans in the Vedic era indulged in spiritual life. However they also gave importance to body and its strength. Yogasana and pranayama were parts of
religious activities. The Aryans also took part in hurling daggers, archery, horse riding, and chariot driving actively. They prayed god in the following manner to give them physical strength “may god, give them power in thighs, swiftness in their legs, stead fastness in their feet.”^20 In those days gambling was an important past time hobby for the Indians. They used kind of unripe fruit as “dala”. The gambling was played on the basis of the numbers, which appeared on the fruits. When they were thrown down. The gambling gradually became an addiction. The defeated had to suffer a lot. His condition would become pitiable. The plea of the gambler has been described in the slokas of Rgveda in the following manner^21

Oh, “ The tools of gambling
My salute to your chief,
I promise, thus I never
Think of earning money in gambling”

The Age of Puranas (1000-600 BC):

The period of the great classic the Ramayana and Mahabaratha are the period of puranas. War was common during that period. Therefore it was inevitable for them to be physically strong. So they took part in archery, hurling daggers, sword fighting, gadhayudda etc.

Wrestling was also a popular game. The people of that period also took part in swimming, running, throwing, jumping, claiming and playing dice. The Varna system was in practice. The Bramanas engaged in the study of Vedas, in doing Pranayama, Yogasana and Suryanamaskar. The Kshtriyas took part in elephant riding, archery, sword fighting and club-practice. The Vysyas engaged in trade and commerce and the Shudras did farming and other services.

The period of Buddhism and the Jainism period (6th century AD):

Non-violence was given utmost importance during this period. But people of that period took part in various physical activities to maintain physical strength.
These were swimming, sword fighting, boxing, running, jumping, archery and horse riding. Elephant riding was also in practice. Education had great importance in the period of Buddhism and Jainism. Education was compulsory in the Universities of Nalanda and Takshashila. The following were taught in the Nalanda University. Swimming, ball game, kahale blowing, marble, archery, chariot race, discuss throw, were taught in Takshashila. Among them wrestling was most popular game. A book on wrestling under the title “manoullasa mattu mallavinoda” was written by the king Someshwara. Yogasana and cock fighting were also popular.

The Middle Ages:

India was ruled by various dynasties during the middle ages. The Mouryas the Guptas and the Vardana dynastys, in the north the Chalukyas, Cholas, Rastrakootas, Vijayanagara empires ruled in the south. The rulers of these dynasties gave importance to physical fitness. Therefore people during this period took part in swimming, hunting, wrestling, throwing, arrows and gymnasium. The beautification of the body was also given importance. Therefore massage and oil bath were done after physical exercises, running and swimming were the sources of pleasure and entertainment during the guptas. Yogasana, gymnasium and training of soldiers were given importance by the Harsha King, Pulikeshi and Pallavas. The Rajpuths took part in horse riding, dagger hurling, wrestling and hunting, the Sikhs also played games, which gave them physical strength. The Maratas gave prominence to wrestling. The wrestling centers gave importance to Mallakamba Vyayama., Suryanamaskar, Dand and Baitaks.

Vijayanagara Rulers:

The Vijayanagara empire founded in 14th century is a notable event in the history of South India. Since the capital city of Vijayanagara a empire was Hampi, the benefit of their administration was to Mysore State at large. The people in Karnataka at that time were highly cultured and lover of arts, and sports.
people of this period were generally healthy, strong and sports lovers. They took part in various sports competitions during the festivals. The celebration of Navarathri was an important cultural festival. Maha Navami was an important cultural event, during Navarathri. Maha Navami was auspicious day of Navrathri. On that day many competitions were held and prizes were given away by the king. Wrestling was the most popular event. The sports events were horse riding, sword fighting, swimming, boating etc. Music, drama, dance and stick-dance were other activities.

THE MODERN PERIOD (THE BRITISH PERIOD):

During the early British period no encouragement was given to physical activities. Though hockey, football, cricket, gymnasium were played, they were taught only to Anglo Indians. As a result people gradually lost their interest in traditional gymnasium and wrestling centers. People started cultivating the habits such as taking alcoholic drink and smoking. It was only during the 19th century there was awareness about the physical fitness and exercises. At the same time Prof. Manik Roy and Vydyabhandus made an attempt to introduce activities in gymnasium such as Dand, Bitak, Load and Lazim. The fighting games such as Lati, Kati Garigadag took the shape of drills. Vydyabhandus brought back into practice lazim. The aim of all these practices was to make the young people strong healthy and fit.

Sir H.C Buch, a patron of sports was responsible to introduce sports and physical exercise in primary and middle schools in the year 1919. The beginning of scouts resulted in a lot of physical fitness activities before independence. An Anglo Indian lady called Miss Anne Besant started ‘ Indian Boys Scout Association’ in the year 1908. The aim of this association was to train the boys and girls to become good citizens and also to develop physical fitness. Pandith Madan Mohan Malavia started parallel association called “Seva Samithi Boys Scout Association” in the year 1918. It aims were the same as the first one. Later
the two associations were merged together and this came to be called “The Bharath Scouts and Guides”. At present this association’s works in the same direction.

In the Pre Independent India the Government established many Physical education colleges thorough out the country. They are YMCA college of physical education, Madras 1920, Government Physical Education College, Hyderabad 1931, Government physical education college Calcutta 1932, Christian physical education college Luknow 1932, Training Institute for physical education Kandhivalli 1938. These colleges gave importance to sports and physical education and also gave wide publicity to the need of physical education. In addition to that these colleges trained many sportsmen and young men as physical education teachers.

SPORTS IN INDIA AFTER INDEPENDENCE:

After Independence, the central government of India initiated many programs to improve sports and physical education activities in schools and colleges. The Government of India appoints the following committees, commissions and boards for the promotion of sports. They are Tarachand committee 1948, Dr.Radakrishnan University commission 1948, Central Advisory Board for physical education and Recreation 1954, Kanjru committee 1959, Kothari commission 1964 and Desmucha committee 1967. These committees gave recommendations and suggestions to develop the physical fitness programs among the students. So many physical education colleges were started and many sports clubs were opened to organize sports activities in the country and Government of India established two important National level Institutes. They are National Institute of Sports and Sports Authority of India.
National Institute of Sports:

It was started in 1961 at Patiyala and it was renamed as Nethaji Subhash National Institute of Sports in 1973. Its aims are to train the coaches in various games, to improve the techniques of the games.

Functions:

1. Regional sports education centers should be started in every district.

2. Training camps should be organized for the participants of interstate competitions and international competitions.

3. Data collection of national and international sports and its publication should be undertaken along with research in sports.

4. Quality sports articles should be made available at reasonable prices through state sports councils.

5. Research should be made in the field of sports medicine and yoga.

Sports Authority of India:

It came into existence on 25th Jan 1984. Young sportsmen throughout the country have to be selected and admission to be given in sports schools. This has to be done along with school and college studies. These sportsmen get free boarding and residence including the college fees paid by sports authority. This Institute has been giving excellent training to the sports men. Here training will be given in one or two sports.

Prominent Awards in Sports:

The Government of India is always favorable to sports. So, it has instituted a number of awards to the excellent sportsmen to recognize their talents and to promote sports. Following are the precious awards:
Rajeev Gandhi Khel Ratna Award:

The government of India instituted this award in 1991-92, to the outstanding sportsmen of the country. This is the highest award to a sportsmen which will be given to only one every year. This award included a medal, citation and cash Rs 1,00,000/.

Arjun Award:

This award was instituted in 1961 by the government of India. This is also given to the outstanding sportsmen in various games. This award consists of copper idol of Arjuna, citation and cash Rs 50,000/.

Dronacharya Award:

The Government of India instituted this award in 1985. This is also given to the outstanding coaches in various games. This award consists of copper idol of Dronacharya, citation and cash Rs. 75,000/-

Moulana Abdul Khalam Azad Trophy:

The government of India instituted this award in 1956-57 in memory of ex-education minister Moulana Abdul Khalam. This award will be given every year to the best university in sports. This includes Trophy and cash prize of Rs1,00,000/. But this cash should be used to purchase sports materials only.

Thus the government has constituted various committees for the development of sports and physical education in school and colleges. This encouragement is also given to the young men who are not regular students. The government has provided facilities for rural sports. Rural women sports meets are also conducted.

Thus sports has been given encouragement in India from the ancient period. The Government of India through various agencies has been promoting sports.
Citation, prizes and cash awards will be given to sportsmen who have achieved the best in sports. Scholarships and job opportunities are also provided to them. There is also reservation for sports persons in higher studies. Physical education and sports have been made mandatory in schools and colleges. These programs create awareness about sports and inspire them to pursue sports as the career.

**YOUTH, ANTI-SOCIAL HABITS AND SPORTS:**

Youth, Sports and bad habits must be examined together. The youth of today usually fall prey to fashions, styles and bad habits. On many occasions, they are easily trapped into the web of the bad habits. Smoking, drinking alcohol, taking drugs are some of these habits which our young men become slaves to. As a result these young men become social misfits. Therefore the young men can be made to involve in alternative activities, so that they can be kept away from bad habits. Though there are innumerable alternatives, sports is the best alternative to bring them to right path.

Smoking and tobacco chewing are the commonest bad habits of youth of today. They have harmful effects. Smoking disturbs respiratory tracts, increases blood pressure and damages heart. In the long run tobacco causes cancer particularly cancer of mouth and throat. Heart attack deaths are due to heavy smoking. Heavy smoking by women leads to the abnormal birth of babies. So tobacco is a slow poison to human body. The health research observations have supported the above observations.

According to a report by TATA Institute of fundamental Research, tobacco chewing, betel nut and pan masala chewing lead to oral cancer which accounts for 10 to 20% of total cancer in India. Similarly India council of medical research [ICMR]^{25} reports that consumption of pan masala and gutkha for two to three years regularly lead to oral cancer which in the long run causes death.
Drug abuse is one of the curses of the young generation. Taking drugs Narcotics, Heroin, Cocaine, Marijuana, LSD etc., have serious health hazards. The drugs damage kidney, heart, brain and other bodily organs. They may become fatal also. Drug abuser never takes the interest in personal health, education, occupation or any other activity.

It is unfortunate that mass media like television and cinema have mesmerized the youth. Many slow changes have taken place in the society due to the impact of mass media. The programs in the media are full of violence and obscenity. So the young people tend to copy the negative values watched by them. Their favorite hero’s smoking cigarette and drinking alcohol become model for them.

SPORTS AND COMMERCE:

The mass media and sports have become mutual beneficiaries. The objective of mass media corporations is profit and profit comes from selling the product to consumers. So sports programs have been sponsored by the big business people to attract the wider audience for their advertisement. Thus the businessmen sponsor sports competitions for the publicity of their product. For example BCCI is earning crores of rupees through television publicity rights of cricket. In turn the company’s who sell their product also earn huge profits. The international games also bring huge profit to the sports and businessmen. This observation can be supported by the statistical information recorded in the sociology of sports edited by Anthony Leker. ‘The rights to telecasts national football league games from 1995 to 2006 as well as the 1997 super bowl, were sold to several networks for $17.6 billion about 65% of all revenues of NFL teams comes from the sale of television rights. NBC paid $ 705 million in broadcast right fees the 2000 Sydney summer Olympic games, $ 793 million for the 2004 summer Olympic in Athens and $894 million for the 2008 summer Olympic’²⁶.
Thus in this consumer age, sports is seen as an entertainment commodity that can be sold to the audience like a consumer product. This is not a healthy sign but it is unavoidable. However some benefits are also there to the development of sports through sponsorship. Sports gain immense popularity and financial support.

**SHIFTING TRENDS IN GOVERNMENT ATTITUDE TOWARDS SPORTS:**

Sports has gained prominence in society in the present day context. There is awareness about the sports at Government level also. Uttar Pradesh government has declared that sports is compulsory subject in degree colleges and an examination is also conducted like the other subjects. Bangalore university has declared that those who secure the 1st, 2nd, 3rd places in the inter university level competition in sports are eligible to get 10. Grace marks in each subject and at the same time Government of India has also increased the sports funds to 312.79 crores in the present budget. These things show the importance of sports in the society. Everyone has welcomed the decision of the central government.

It is a well-known fact that youth are the power of nation. Therefore sports should be a major factor in moulding their character and shaping their personality. This has been recognized by the government and the public. Even the scholars have supported the view that sports has a prominent role in solving the problems of the society.

All over the world there is rapid development of sports. India is also one of the countries in that race. The Government of India has been promoting sports by extending financial and legislative support. Hence it has become possible for the Indians to win prizes in Asian and Olympic games.

This shifting attitude of the Government is an encouragement for the young people to participate in sports. If youth are forced to indulge in sports they can be kept away from the bad habits. Since sports is a lifetime activity and panacea for
all societal ills, our youth and the people can be moulded. Thus sports has a beneficial effect on the young men of country.

REFERENCE

1. Dr.Reet Holwell Prof. Maxwell and Dr.A.K.Uppal, “Foundations of physical education. 1994 Page No.01
10. Reet


17. Synder EE and D Spreitzer “ Correlates of sport participation Among Adolescent girls in Research quartently, 1976,47(4), 804-809.


21. Reet Howell, Maxwell and AK uppal, op.cit.page no:36


23. KG Nadigar, Ananda Nadigar, 1987, op.cit.page.no:77


25. KG Nadigar, Ananda Nadigar, 1987, op.cit.page.no133.


30. Editor, Prajavani daily, Tuesday, 1st March 2005 Page No: 12.