



SPORTS AND COMMUNITY BUILDING

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ABSTRACT:

Sports and Community are always related to each other. This paper reports on the development of a community project in the country for the organization of games. To increase physical activity, it provides an example of good practice. However, it can be maintained that stagnant or declining physical activity must be addressed through a sound community development approach that transcends sport for benefits and objectives of participation. Community, government, and charity organizations. The project provides an example of good practice for efforts to increase physical activity among disadvantaged populations. The community can build by continuous practice as well. In particular, it highlights that capacity-building strategies to form partnerships with organizations having access to an appropriate pool of volunteers can assist with increasing physical activity at the community level as well as contribute to broader community development outcomes. Thus sport and community can be motivated for the development of the games.

Key words: -*Sport, Community, community engagement, community development, participation, community building.*

INTRODUCTION:

Sport is an act of performance to develop physical fitness. Physical contests have pursued the goals and challenges they entail. Sports are part of every culture past and present, but each culture has its own definition of sports. The most useful definitions are those that clarify the relationship of sports to play, games, and contests. "Play," wrote the German theorist Carl Diem, "is purposeless activity, for its own sake, the opposite of work." Humans work because they have to; they play because they want to play is auto-telic which means that it has its own goals. It is voluntary and un-coerced. Children are compelled by their parents or teachers to compete in a sport(Stormann, 1996). Neither are professional athletes if their only motivation is their paycheck. In the real world, as a practical matter, motives are frequently mixed and often quite impossible to determine. The unambiguous definition is nonetheless a prerequisite to practical determinations about what is and is not an example of play.

COMMUNITY:

The people with common interests living in a particular area broadly, the area itself the problems of a large community, a group of people with a common characteristic or interest living together within a larger society a community of retired persons a monastic community. Community building is a field of practices directed towards the creation or enhancement of community among individuals. It can be useful for the players to improve their performance. Several country and situation examples highlight strong relationships between the playing of games and people's interpretation of themselves and others and the thrust towards social change. General systems theory, social learning, self-efficacy, and collective efficacy were suitable for the framing of a wider understanding of the contribution of the sport globally, to developing people, communities, and countries(Christenson et al., 1989) A community and society can be seen as a system and in that system, the real focus is on the whole and not the individual element. Social

learning is the notion of individuals learning behavior that are acceptable or unacceptable by observing and imitating others. Social learning has progressed into social cognitive theory, of which theories of self-efficacy and collective efficacy are off-shoots. Self-efficacy is described as the level of confidence that an individual has in his or her ability to execute a course of action or attain specific performance outcomes. . For instance it has been suggested that high self-efficacy is linked to high self-esteem, better physical condition, and greater well-being amongst other human qualities. On the other hand, the term collective efficacy has been used to determine motivational beliefs in groups rather than in individuals. The community can the society in order to perform according to our motives.

ROLE OF SPORTS IN COMMUNITY CAPACITY BUILDING:

Capacity can be increased by the continuation of any work. Sport has demonstrated efficacy in building local skills, knowledge, and resources, increasing social cohesion, facilitating community dialog, leadership development, and encouraging civic participation. Sports is always useful for improving the capacity of sportsmen(Smith and Waddington, 2004). Sport-based development often generates high interest from residents, funders, and policymakers. By applying principles of community capacity building, the sport may be uniquely positioned to enhance sustainable community health development initiatives. Therefore higher performance can be expected from the players due to such sports and community building as well.

THE VALUE OF SPORTS FOR OUR COMMUNITIES:

The benefits of being involved in sport are far-reaching. But the commitment of any player can achieve all the targets as the player sets for himself. For participants, research shows that sport is a great tonic for making us happier,

healthier people. At a community level, we know sport is a great connector. Sport helps us to feel included and supported, with a sense of belonging(Schuftan, 1996). It also helps us to feel proud of our communities. For our army of volunteer administrators, managers, coaches, and helpers behind the scenes, these factors are super important. And in these uncertain times, it is worth pausing to recognize and celebrate this. Sport helps our communities to come together to connect, communicate and care. Adults often volunteer for personal fulfillment and the enrichment they gain from being part of a community outside of their homes and workplaces. In difficult times it becomes a source of wellbeing, especially if they have lost jobs, are dealing with loss, or struggling in a changing environment. People need a sense of self-fulfillment, identity, pride, belonging, and connection. It does help people to feel like they are contributing to something bigger than them and allows them to have a sense of pride and gratitude for making a difference to others and the community(Frisby and Millar2002).

BENEFITS OF SPORTS

- Connection and networks with others
- Personal pride and satisfaction/making a difference
- A sense of safety and belonging
- Gratitude
- Helps to grow resilience
- Energizing, fun, rewarding and
- Sport Brings People Together
- Sport Can Improve Our Collective Mental Health
- Sport Strengthens National Pride
- Sport Promotes Inclusion Through A Celebration of Diversity
- Sport is Just Plain Fun

CONCLUSION:

Sport and Community building increases the stamina of the player. But most of the things yet to be clear as it is a vast area and it should be rethink regarding highest performance point of

view(Frank and Smith, 1999). There is a lot more to be explored regarding the personal development outcomes of games and the transference and impact it is having on the community. There is still a lot more to be done regarding breaking down the normative behavior of collectivism that is apparent only when the game is being played and moving it beyond that space through self-reflection to collective action. Therefore we can say that sport and community building can enhance the development of the games as well.

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