

SPORTS AND SOCIAL WELL-BEING: PERCEPTION OF UNIVERSITIES' PLAYERS

Zafar Iqbal Butt¹; Abdul Waheed Mughal²; Muhammad Abdul Jabar Adnan³;
Nauman Saeed⁴

Abstract

The purpose of the games and sports is to create a friendly and healthy environment for our up-to-the-minute generation and youth. It also helps the people to enhance their patience and control, and their mind-set toward other peoples of the society. Sports teach how to show tolerance and how to switch aggression. This study was quantitative in nature. In this research, population was students of the University of the Punjab. In this study researcher collected data through survey method and research instrument was rating scale. Statistical analysis showed that most of the players approved that sports promote the positive effects regarding social well-being.

Key terms: social well-being, society, educational institutions, sports

¹ Department of Sport Sciences and Physical Education, University of the Punjab, Lahore, Pakistan.

² Faculty of Arts, Social Sciences and Education, Sarhad University of Science and Information Technology, Peshawar, Pakistan

³ Department of Sport Sciences and Physical Education, University of the Punjab, Lahore, Pakistan.

⁴ Department of Sport Sciences and Physical Education, University of the Punjab, Lahore, Pakistan.

*Corresponding Author: zafarbutt666@hotmail.com

Introduction

Peaceful, coexistence with the availability of ample prospects for progression and fulfillment of basic requirements of the people are the main elements of Social well-being (Avci, Bosch *et al.*, 2010). This can only be achieved with the provision of basic needs and services (water, food, shelter, and health services facilities) and endorsed with the equal access to primary and secondary education. In addition the capacities to resettlement of those who have displaced due to violent conflicts and return of social fabric and community life which is also essential for social well-being (Fujiwara, Kudrna *et al.*, 2014). The first of five rule that educate Sports and the national technique for games are as "Taking part in games can enhance the personal satisfaction of people and groups, advance social incorporation, enhance wellbeing, counter against social conduct, raise singular self-regard and certainty, and extend horizons (Nikolaus and Strehlitz, 2008)."

Then again, sports without any assistance would not resolve any general public's inconveniences. This paper represents how, in simultaneousness with different things, sports has the prone to add to society when all is said in done and parts of group arranging specifically. It gives us a thought that in connection with an assortment of associations and outfits, games have the capacity to help in the achievement of their approach targets (Ussher *et al.*, 2007). Specifically, in the structure of nearby group arranging, this paper will uncover how much games may have a say in the accompanying angles as Development in individuals' physical and

psychological well-being, and prosperity; the support and expansion of training and long lasting taking in ; the support of fiery , citizenship; Programmers went for threatening vibe wrongdoing and against social conduct; and Economic advancement. The motivation behind this report is to give an adjusted perspective of the proof for the social advantages of games that can illuminate the incorporation of games in group arranges (Wydra *et al.*, 2005).

Review of related literature

Sports make a man physically fit, mentally alert and socially well related. To be solid is not impartial about freeing you of malady but rather it is likewise about being in a condition of mental, physical and social well-being (Edwards and Basson, 2004). As of late affirmative psychological wellness has been examined in much profundity and well-being is presently being recognized as critical for each competitor. Ryff (1989) built up a size of well-being which has 6 measurements: self-acknowledgment, constructive relations with others, self-governance, natural dominance, reason in life and self-improvement. Ryff (1989) contended that well-being is created through a blend of enthusiastic control, identity attributes, personality and beneficial experience, training and increments with age.

Different inquiries about exercise have demonstrated that mental well-being and physical self-regard are advanced by standard work out, which happens for in the vicinity of twenty and thirty minutes a day no less than three times each week (Van der Woude *et al.*, 2006). It has been observed that games, for example, swimming,

yoga and fencing all enhance mental well-being. Krawczinski and Olszewski (2000) directed a longitudinal review taking a gander at how a physical activity program affected the mental well-being of individuals more than sixty years old. From a mental point of view it has been found that practice enhances well-being by upgrading sentiments of control, self-regard and self-adequacy (Stamatakis and Chaudhury, 2008). And additionally, this it has been found that practice prompts to more positive social cooperation and this can specifically identify with one of the six measurements of well-being (positive relations with others). Practice does not generally need to be all alone and by participating with gatherings you will probably have more connection, which could prompt to positive relations (Szymanski and Kavetsos, 2008). Practice has additionally been found to enhance various distinctive viewpoints extending from scholarly execution, confidence, memory, discernment, self-perception and work mistakes (Edwards, Edwards and Basson, 2004). The progressions which happen physically from practice will likewise affect a man's physical self-observation. By practicing you will probably enhance your self-perception which will thus prompt to enhanced independence, body control, skill and appearance (Edwards and Basson, 2004).

Through sport one can improve all the dimension of the well-being (Jian 2010). Sports can develop self-acceptance by giving a person more constructive vision about him or her. By taking part in sports, one improves his or her health and body figure and thus will begin to have a more affirmative attitude. Through sports one improves his self-sufficiency and feels as though. It boosts the confidence one

needs to employ for making decisions. As we have talked about that exercise lead us to more positive social interactions and results in the development of positive and better relationship with others (Thompson, *et al.*, 2011). By exercise, one develops conservational

SPORTS AND SOCIAL WELL-BEING: PERCEPTION OF UNIVERSITIES' PLAYERS mastery by sensing as though you are custodian of the circumstances in which you lives. In conclusion exercise can develop one individual progress and tenacity in life by giving him additional contests and making him feel as one have an endeavor in life (Hamer and Stamatakis, 2010).

There is a vital verification of various social effects from association in games and work out. The highest greatness confirmation relates medical advantages, which keep away from or diminish physical and emotional well-being issues and save money on medicinal services costs. There is an included substantiation for physical wellbeing than for psychological well-being (Price *et al.*, 2010). There are a couple adverse wellbeing impacts from games wounds, even more generally connected with youngsters and regularly slight wounds. Empowering medical advantages are nearly for the entire populace, however, for the most part critical to more established individuals (Reinboth and Duda, 2006). There is a huge proof that games interest enhances professional social conduct and trim down wrongdoing and hostile to social conduct, especially for youngsters (Andrews and Withey, 2012). The impact of proof considered backers a helpful result from games cooperation on, for instance, lesser phases of recidivism, intoxicated driving, utilization of illicit medications, wrongdoing and suspensions at school, property

wrongdoing, shoplifting and adolescent wrongdoing. The primary rejections to this valuable proof are the relationship of games with expanded brutality and illicit liquor utilization. In articulations of the social venture contacts from games, there is confirmation that games are a sort of 'social paste', for the most part to bond speculation. Positive aftereffects of the reviews contain decreased social and ethnic stresses, and included aggregate activity and group support through games, for the most part volunteering (Jetten *et al.*, 2012). Two reviews spot downbeat instances of games clubs strengthening social rejection; and there is just constrained proof of games giving crossing over or connecting capital. There is considerable evidence of the hopeful impact of games and practice on instructive results, including mental advantages and subjective advantages. Consequently, games and practice have been made known to strongly affect various ultimate results, including instructive accomplishment. There are a couple of disparate reviews which find negative impacts of games cooperation on the instructive achievement of gatherings of understudies. A few reviews propose that games fulfills various effects all together, making it an exceedingly financially savvy intercession. A number of the relations including sports and distinctive social effects are well known, checking bigger physical capacity, enhanced subjective and better social abilities, conviction and correspondence, and acknowledgment with social qualities (Valkenburg *et al.*, 2006). Such components help out kill danger considers and move positive reaction to protecting perspectives (Currie *et al.*, 2009). Wellbeing is the exhibit of the reactant work that games plays in moving social

effects. Without insight of wellbeing from taking part, individuals would not join to sports; and without shrewdness of wellbeing from taking an interest, individuals would not play as every now and again as they do. There is a check of a positive relationship between games cooperation and SWB. Wellbeing is connected generally to wellbeing, especially emotional wellness; additionally hostile to social conduct, training and social capital (Winkelmann 2009).

Theory of Well-Being

Following here is well-being theory: well-being is a construct; and well-being, not happiness, is the topic of positive psychology. Well-being has five measurable elements (**PERMA**) that count toward it: SPORTS AND SOCIAL WELL-BEING: PERCEPTION OF UNIVERSITIES' PLAYERS

- Positive emotion (Of which happiness and life satisfaction are all aspects)
- Engagement
- Relationships
- Meaning and purpose
- Accomplishment

One single component doesn't characterize wellbeing, however every component adds to it. A few elements of these five components are measured subjectively without anyone else's input report, however different viewpoints are measured equitably. In genuine joy hypothesis, by difference, satisfaction is the concentration of positive brain research. It is a credible protest that is by the estimation of life fulfillment. Bliss has three perspectives: positive feeling, engagement, and importance, each of which suckles

into life fulfillment and is measured absolutely by subjective report (Haslam *et al.*, 2009).

There is one slack end to clarify in genuine bliss hypothesis, the qualities and temperance's consideration, social knowledge, funniness, valor, honesty, and the comparable (there are twenty-four of them) is the support for engagement (Eime *et al.*, 2013). One goes into stream when his most elevated qualities are sorted out to happen the most elevated difficulties that come his direction. In wellbeing hypothesis, these twenty-four qualities underprop every one of the five components, not simply engagement: utilizing your highest qualities prompts to more positive feeling, to all the more importance, to more achievement, and to better connections (Bailey 2006).

Well-being hypothesis is about each of the five props, the establishments of the five components are the qualities. Well-being hypothesis is plural in technique and substance: positive feeling is an individual variable, characterized by what you consider and sense. Significance, associations, and finishing have both subjective and target constituents, since you can have trust in you have intention, great relations, and high accomplishment and not be right, even misdirected (Deci and Ryan, 2008). The consequence of this is well-being can't happen just in your own vault: well-being is a blend of feeling great and in addition having essence, great connections, and achievement. Theories as indicated by which well-being comprises in getting what you would crave on the off chance that you were completely educated and levelheaded, or what your completely educated self would need you to need, or what you take

to be a wonderful life seeing that your appraisal is completely legitimate (Schonert-Reichl and Lawlor, 2010).

The Four Well-beings

No single wellbeing is extra significant than an additional as people's wellbeing is conditional on attaining a sense of balance in social, economic, environmental, and cultural wellbeing. Social wellbeing does not take place in segregation, instead it prevails in a circumstance of equilibrium or steadiness. A good or bad performance in one area may likely impact on the performance of other areas too, for instance, involvement in leisure and recreation is a good thing but it could also result in improved physical and mental health, and better social networks. No lone wellbeing is more vital than another as people's wellbeing is dependent on accomplishing a sense of balance in social, economic, environmental, and cultural wellbeing (Fox *et al.*, 2007).

Benefits of Sports Competition

Numerous social orders rate rivalry as a major aspect of their way of life. Rivalry is utilized to motivate people to always extend their aptitudes so they are competent to achieve what they need out of life. Sports play into this as furthestmost, are profoundly focused and are just reachable to a chosen few. Amid youth, the great players are frequently distinguished snippily and are capable to make the group consistently. Rivalry push these players to stay developing their abilities, transcendently on the off chance that they longing to point the best few that make up proficient games groups. Rivalry likewise becomes an integral factor for fans that center for and against

specific groups playing for sought title assignments. Certain social orders support rivalries amongst fans and groups as a major aspect of their social traditions (Murphy and Carbone, 2008).

Heroes

Sportsmen are much of the time esteemed as saints in specific social orders. The express volume of cash compensated to a few expert games players bolsters the idea of significance these people play in the public arena (Smith and Westerbeek, 2007). The "Global Review for the Sociology of Sport" records that games players can have mammoth motivation on the estimations of individual societies. Sports players likewise build up a result of specific societies considering what they esteem as ability. Societies that esteem games and rivalry, sports players are much of the time invited similar to a portion of the best of what every general public brings to the table (Bailey, 2005).

Values

The motivation of identities inside a general public assumes a part in the significance of games. At the point when youthful kids are appearing to sports by their parentages, either by playing or through fan conduct, they will probably appreciate dons too (Deci and Ryan, 2010). The diary "Points of view in Public Health" reports that companions likewise have an effective motivation on the acknowledgment and estimation of games amid adolescence. At the point when a general public costs physical action, more games events are accessible, which may likewise rouse how likely people are to esteem sports (Netz *et al.*, 2005). In people group with expert

games groups, games may grow significantly more esteemed and powerful.

Customs

Societal traditions likewise assume an imperative portion in the greeting and noteworthiness of sports (Hall, 2006). At the argument when sports turn out to be a part of ordinary culture, they turn out to be more crucial in an explicit culture. Baseball is observed as "America's side interest," has crooked into a personality of America and an element inside American culture. Similarly, football, called soccer in the United States, considered a key part in the traditions of England, Spain and Mexico. Watching sports with companions or family or taking part in games are driven social exercises in many societies (Collins, 2014).

Purpose of the study

Sports are recreational activities. Sports not only play a vital role in physical health but also the life blood of social behavior of a society. Sports are the basic way of getting both physiologically and physically fitness for anyone. Sports activities and interests provide many positive opportunities to interact with other communities and societies. Many researches proved that participation in sports will enhance the student's accomplishments, and social competence. Universities are considered to be the hatcheries of the sports players and here universities provide not only the sports training but also groom players to the beneficial member of the society. Sports are considered to promote solidarity and prosperity into the society

through players. But, in Pakistan sports are in condition of decline not only at international level but also in national and even at regional level. Similarly, on the other hand, evil is rapidly flourishing into the youth of Pakistan. So here it is needed to view into whether sports is playing its function of producing wellbeing within players and society of Pakistan or not. The study was providing the effects of sports on social well-being of students. So, here, the primary objective of the study was to examine the perception of players regarding effects of sports on social well-being of students in Pakistan.

Method and Procedure

In this research population was the players who were playing from different Pakistan universities. The sample of this study was 150 players from university of the Punjab selected through random sampling from non-probability sampling techniques. In this study researchers collect data via survey method and research instrument of this study was rating scale developed by the researchers themselves. The statements of the questionnaire were designed on Likert scale with five statements strongly agree (SA), agree (A), undecided (UD), disagree (DA) and strongly disagree (SD). Reliability of the rating scale was ensured with reliability coefficient crone bach alpha. Data was analyzed under Statistical Package for Social sciences (SPSS) 22 version.

Results and Discussion

Table 1: Chi square value of respondents about effects of sports on social well-being of players

Sr.	Statement	SA %	A %	UD %	DA %	SD %	Chi-Square	Sig.
1	Sports improve the acceptance of results in society.	39.3	49.3	8.7	2.7	0	93.78	.000
2	Sports reduce social integration	24.7	53.3	16	4	2	129.66	.000
3	Sports teach us societal ethics	46.7	42	9.3	2	0	91.97	.000
4	Sports teach player of being happy in society	50.7	37.3	6.7	4.7	0.7	152.06	.000
5	Sports can improve high coherence in societal environment	30.7	54.7	10	2.7	2	153.00	.000
6	Sports efficiently educate players to being social in society	29.3	56	9.3	4	1.3	157.60	.000

11

Where $\alpha=.05$

SA (Strongly Agree), A (Agree), UD (Undecided), DA (Disagree), SD (Strongly Disagree)

Table No.1 reveals the 150 responses about statement, sports improve the acceptance of results in society, 39.3% students were strongly agreed, 49.3% were agreed, 8.7% were undecided, 2.7% were disagreed. The chi-square value of this statement is 93.78 and the P value is .000, there is a significance difference. Results shows that majority of the players were agree that sports improve the acceptance of results in society.

The table also reveals the responses about statement, sports reduce social integration, 24.7% students were strongly agreed, 53.3% were

agreed, 16.0% were undecided, 4.0% were disagreed and 2.0% were strongly disagreed. The chi-square value of this statement is 129.66 and the p value is .000, there is a significance difference. Results shows that majority of the players were agree that sports reduce social integration.

Table divulges the responses about statement, sports teach players societal ethics, 46.7% students were strongly agreed, 42.0% were agreed, 9.3% were undecided, and 2.0% were disagreed. The chi-square value of this statement is 91.97 and the p value is .000, there is a significance difference. Results shows that majority of the players were strongly agree that sports teach them societal ethics.

Table divulges the responses about statement, sports player of being happy in society, 50.7% students were strongly agreed, 37.3% were agreed, 6.7% were undecided, 4.7% were disagreed and .7% was strongly disagreed. The chi-square value of this statement is 152.06 and the p value is .000, there is a significance difference. Results shows that majority of the players were strongly agree that sports player of being happy in society.

Table reveals the responses about statement, sports can improve high coherence in societal environment, 30.7% students were strongly agreed, 54.7% were agreed, 10.7% were undecided, 2.7% were disagreed and 2.0% were strongly disagreed.

The chi-square value of this statement is 153.00 and the p value is .000, there is a significance difference. Results shows that majority of the players were agree that sports can improve high coherence in societal environment.

Table tells the responses about statement, sports efficiently educate players to being social in society, 29.3% students were strongly agreed, 56.0% were agreed, 9.3% were undecided, 4.0% were disagreed and 1.3% respondents were strongly disagreed. The chi-square value of this statement is 157.60 and the p value is .000, there is a significance difference. Results shows that majority of the players were agree that sports efficiently educate players to being social in society.

Findings

- Majority of the players agreed that sports improve the acceptance of results in society.
- Majority of the players agreed that sports reduce social integration.
- Majority of the players strongly agreed that sports teach them societal ethics.
- Majority of the players strongly agreed that sports teach to be happy in society.
- Majority of the players agreed that sports can improve high coherence in societal environment.
- Majority of the players were agreed that sports efficiently educate players to being social in society.

Conclusion

Statistical analysis shows that the most of players consider that sports promote the positive effects on social well-being. Sports promote and produce excellent social qualities within players like, discipline qualities, self-efficacy, social acceptance, societal ethics

and morality, coherence, and social life style. To conclude the overall discussion university level athletes, perceive sports as a promoter of social skills and societal wellbeing.

Recommendations

- Education institutions should take serious measure for the involvement of allstudents to take part in sports.
- Government should make available incentives for the promotion of sports at school and college levels.
- Parents and other societal stakeholders should encourage the young blood to take part in sports not only for the sake of sports promotion but also for the promotion of societal betterment.

References

- Andrews, F. M. & S. B. Withey (2012). *Social indicators of well-being: Americans' perceptions of life quality*. New York: Springer.
- Avci, A., Bosch, S., Perianu, M.M., Perianu, R.M. & Havinga Paul J.M. (2010). Activity recognition using inertial sensing for healthcare, wellbeing and sports applications: A survey. *Paper presented at 23th International Conference on Architecture of Computing Systems, ARCS, Hannover, Germany*. Berlin: VDE Verlag
- Bailey, R. (2005). "Evaluating the relationship between physical education, sport and social inclusion." *Educational review*, 57(1), 71-90.
- Bailey, R. (2006). "Physical education and sport in schools: A review of benefits and outcomes." *Journal of School Health* 76(8), 397-401.
- Collins, M. (2014). *Sport and social exclusion*. India: Routledge.
- Currie, C., Zanotti, C., Morgan, A., Currie, D., Looze, M., Roberts, C., Samdal, O., Otto R.F. Smith & Vivian Barnekow (2009). Social determinants of health and well-being among young people. *Health Behaviour in School-aged Children (HBSC) study*. International report from the 2010: 271.
- Deci, E. L. & R. M. Ryan (2008). Facilitating optimal motivation and psychological well-being across life's domains. *Canadian Psychology/Psychologie canadienne*, 49(1):, 14.
- Deci, E. L. & R. M. Ryan (2010). *Self-determination*, Wiley Online Library.
- Eime, R. M., Young, J.A., Jack, T.H., Melanie, J.C. & Warren, R.P., (2013). A systematic review of the psychological and social

- benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport. *International Journal of Behavioral Nutrition and Physical Activity*, 10(1), 98.
- Fox, K. R., Stathi, A., McKenna, J., & Davis, MG. (2007). Physical activity and mental well-being in older people participating in the Better Ageing Project. *European journal of applied physiology*, 100(5), 591-602.
- Fujiwara, D., Kudrana, L. & Dolan , P. (2014). *Quantifying and valuing the wellbeing impacts of culture and sport*. Department for Culture Media and Sport Research Paper.
- Hall, C. M. (2006). Urban entrepreneurship, corporate interests and sports mega-events: the thin policies of competitiveness within the hard outcomes of neoliberalism. *The Sociological Review*, 54(s2), 59-70.
- Hamer, M. & E. Stamatakis (2010). Objectively assessed physical activity, fitness and subjective wellbeing. *Mental Health and Physical Activity*, 3(2), 67-71.
- Haslam, S. A., Jolanda Jetten, J., Postmes, T. Haslam, C. (2009). Social identity, health and well-being: an emerging agenda for applied psychology. *Applied Psychology*, 58(1), 1-23.
- Jetten, J., Haslam, C. & Haslam, SA. (2012). *The social cure: Identity, health and well-being*, Psychology Press.
- Jian, Y. (2010). Research on Occupational Pressure, Coping Style and Subjective Wellbeing of Coach [J]. *Journal of Guangzhou Sport University*, 1, 013.
- Murphy, N. A. & P. S. Carbone (2008). Promoting the participation of children with disabilities in sports, recreation, and physical activities. *Pediatrics*, 121(5),: 1057-1061.

- Netz, Y., Wu, MJ., Becker, BJ. & Tenenbaum, G. (2005). Physical activity and psychological well-being in advanced age: a meta-analysis of intervention studies, *American Psychological Association*, 20(2):272-84.
- Nikolaus, N.& B. Strehlitz (2008). Amperometric lactate biosensors and their application in (sports) medicine, for life quality and wellbeing. *Microchimica Acta*, 160(1-2), 15-55.
- Price, N., Morrison, N. & Arnold, S. (2010). Life out of the limelight: understanding the non-sporting pursuits of elite athletes. *The International Journal of Sport and Society*, 1(3), 69-79.
- Reinboth, M. & J. L. Duda (2006). Perceived motivational climate, need satisfaction and indices of well-being in team sports: A longitudinal perspective. *Psychology of Sport and Exercise*, 7(3): 269-286.
- Schonert-Reichl, K. A. & Lawlor, M. S. (2010). The effects of a mindfulness-based education program on pre-and early adolescents' well-being and social and emotional competence. *Mindfulness*, 1(3): 137-151.
- Smith, A. C. & Westerbeek, H. M. (2007). Sport as a vehicle for deploying corporate social responsibility. *The Journal of Corporate Citizenship* (25): 43.
- Stamatakis, E. & Chaudhury, M. (2008). Temporal trends in adults' sports participation patterns in England between 1997 and 2006: the Health Survey for England. *British journal of sports medicine*, 42(11): 901-908.
- Szymanski, S. & Kavetsos, G. (2008). "National Wellbeing and International Sports Events. " *International Association of Sports Economists Working Paper* 804.

- Thompson Coon, J., Boddy, K., Stein, K., Whear, R., Barton, J. & Depledge, MH. (2011). "Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review. *Environmental science & technology*, 45(5): 1761-1772.
- Ussher, M. H., Owen, CG., Cook, DG. & Whincup, PH. (2007). "The relationship between physical activity, sedentary behaviour and psychological wellbeing among adolescents." *Social psychiatry and psychiatric epidemiology*, 42(10), 851-856.
- Valkenburg, P. M., Peter, J. & Schouten, AP. (2006). Friend networking sites and their relationship to adolescents' well-being and social self-esteem. *CyberPsychology & Behavior*, 9(5): 584-590.
- Van der Woude, L. H., de Groot, S. & Janssen, TW. (2006). Manual wheelchairs: research and innovation in rehabilitation, sports, daily life and health. *Medical engineering & physics*, 28(9), 905-915.
- Winkelmann, R. (2009). "Unemployment, social capital, and subjective well-being." *Journal of happiness studies*, 10(4), 421-430.
- Wydra, G., et al., (2005). Sports activity, fitness, and wellbeing among school girls and boys in Luxembourg. *Sportunterricht*, 54(4), 111-116.