

ROLE OF SPORTS IN LEADERSHIP

Dr.Saima Shaikh

Abstract

The scope of this article is to establish how sports and games develop the leadership qualities and maintain the body and mind coordination in individuals. The nature of the work is theoretical and ergo for research conduction the author has relied upon the study of various related theories.Sports activity has been acclaimed for stimulating the real soul out. A sportsman always is vital and stands out of the crowd, prominent and healthy, both mentally as well as physically. Sports always develop the leadership qualities in one's personality. Personality ; a term used to characterize the individual that emerges as a person grows, matures, and reacts to the thousands of environmental stimuli that surround him. The learning of social values, and particularly sportsmanship, must be a part of the purpose of the individual; its results must be recognized and be made satisfying if learning is to take place. The 'we-feeling' group belongingness, peer-spectator, group unions in enthusiasm for their teams seem to be valuable in a surrounding atmosphere. Discipline in the sports learning situation brings guidance in behavior, most conducive to learning process and effective for successful performance. It is important that researches evaluate the drive to excel in leadership, to do better to surpass ones own previous performance, the records set by the others, the competition of the moment, all are a part of the human striving for maximum output and efficiency. This paper concludes that the best sportsmen lead very healthy, active, peaceful and disciplined life.

1. Introduction

Social engineers could be the wonderful leaders if they are adopting any kind of sports in their life. Sports are also used for the purpose of achieving educational objectives. The social engineers of the society over emphasizes on winning & targeting goals. Sports always develop the leadership qualities in one's personality. Personality ; a term used to characterize the individual that emerges as a person grows, matures, and reacts to the thousands of environmental stimuli that surround him. The learning of social values, and particularly sportsmanship, must be a part of the purpose of the individual; its results must be recognized and be made satisfying if learning is to take place. We surveyed persons belonging to a wide range of groups (businesses, sports teams, charities, social clubs) and asked them to name the simple most important factor in determining the success of their group.

2. Review of Literature

There exists a very vast literature on leadership and sports. According to book Social Psychology, Seventh Edition, 1991 by David O. Sears, Leticia Anne Peplan, and Shelley E Taylor; they are talking about leadership style and they have given example of our bold & brave leader Benazir Bhutto. (p. 327)

3. How Sports can make wonderful leaders?

As it is said healthy body makes healthy mind, therefore sports is corner-stone in making leaders.

There are great similarities between a sportsman and a leader. There are some attributes and qualities which also make him a great leader. In sports one develops and learns following qualities which make a sports man successful in other all spheres of life as well:

While remaining in sports group one learns:

- Co-operation
- Co-ordination
- Enthusiasm to lead in sports
- How to Make oneself physically and mentally strong
- How to live in groups

As leaders are charismatic personalities – of course they are human beings but having some peculiar and special qualities of their own. So, sports can help develop their one in million personalities.

4. Relation between other professions like engineering

We come now to the major concern of the present inquiry, the relationship between different professions of the society. Turning first to the variable of responsibility, we should note by way of introduction that it shows the expected differences by their professional style and professional categorization like we observe Engineers v/s Medical profession, engineers are more good athletics or sports persons in society than comparing to other spheres.

Opinion leadership is different from professional power and authority. A person may be able to control another that is have power in the sense indicated for several reason.

Engineering skills seem to be the skills most subject to excellency when sportsmanship is available in practice. Moreover, even with practice, it seems to characterize the expert more than the mediocre performer in his persistency in practicing professional life. He is always trying to improve sharpens up perceptions to any variation in play conditions or to any new backgrounds, and gives him a mental set for ensuring performance in his professional life of engineering.

5.Sports and Professionalism (Engineering)

Table: Key elements can be identified and taught.

| | |
|---|------------------------|
| Achievement motivation | Hypnosis |
| Athletic personality | Mental practice |
| Athletic task analysis | Mottos learning |
| Coaching Styles | Peak performance |
| Competition | Positive Visualization |
| Control of attention | Self-regulation |
| Coping strategies | Still acquisition |
| Emotions and performance | Social facilitation |
| Exercise and Mental Health | Stress reduction |
| Goat settling | Team cooperation |
| Group (team) denamics | Training procedures |
| Source ⁽²⁾ : Introduction to Psychology, 8 th Edition, Dennis Coon, Brook/Cole Publishing Company, USA, 2004. | |

6.Qualities essential for becoming leader rightly be acquired by having participation in sports

1. Quality to lead
2. Quality to take consultation
3. Quality of patience
4. Quality of commitment
5. Quality to face the reality & accept it
6. Quality of discipline
7. Quality of being part of the team (team work)
8. Quality of taking up the challenge
9. Quality of planning/strategy
10. Quality of character building

7. Sport Leaders – The Motivators

It is hard to ignore the fact that leaders have in their own core the self motivation and in abundance the energy to lead others.

It is that energy that brings honor self-respect, and grace as the fruits of leadership. The psychological relation between the sports & leadership could be understood in the following reflection:

- **Sport as an outlet for aggression in leaders:**

One accumulates aggression through the occasional (or frequent) frustration of daily life and hence piles up his aggressiveness at time.

- **Sport as lessening inferiority feelings and make leaders:**

The normal person possesses inferiority feelings and wants success popularity, and admiration from his fellows. Sports permit friendly rivalries and joyous interplay within his own family and peer groups.

- **Discipline for leadership:**

Discipline in a sports learning, facilitate learning and performance, either of the individual or in the group. The complete absorption in the group takes his mind away from self and focuses it outwardly; it states a direction of attention. The drive to excel, to do better, to surpass one's own previous performance, the records set by others, the competitor of the moment, all are a part of the human striving for maximum performance and efficiency.

- **Sports can make high morals of leaders:**

- It gives steady self-central courageous determined conduct despite danger and privations, based upon a conviction being in the right, and on the way to success.
- Morale is a mental and emotional success of zeal, hope, enthusiasm in work towards preconceived goals.

We surveyed person belonging to a wide range of groups ; businesses, sports teams, charities, social clubs, and asked them to name the simple most important factor in determining the success of their group, 'What would you find? "The Effective Leadership" ' was the answer. ⁽¹⁾

The question arises in mind: Are leader born or made?

But there is a one more thing we have to focus that all leaders are definitely not equal. Some are affective and contribute to high level of performance and satisfaction on the part of their followers, others are much less successful in these respects. Why is this case? What factors determine leaders' success in directing their groups?⁽²⁾

Leadership is always something of a two-way street in which leaders influence followers and followers, in turn, hold some degree of influences over leaders. The key tasks performed by leaders is making decisions, consider a situation in which high quality decision is necessary, the leader has enough information to make decision alone but acceptance by subordinates is crucial the decision won't work without their active support.

8. What does sport have to do with leadership?

As almost all serious leaders soon learn that peak performance requires more than physical training. Mental and emotional "conditioning" are also very important to be a leader sports teaches a leader how to relax, how to ignore distractions, or how to cope with emotions. The leader also learns if someone is good in sports about personal counseling for performance-lowering stresses and conflicts. Sports offer provide valuable information on human behavior in general.

A good leader, may also benefit from sports for many, the payoffs are stress reduction a better self-image and improved general health. Researchers have reported for instance that running is associated with lower levels of tension, anxiety, fatigue, and depression than is found in the non-running population. (Dennis Coon, 1998)

9. Conclusion

It is mentioned that high emotional involvement as sportsman is more likely to increase the power or the endurance use in expressing the skill and it also increases the precision of movement and accuracy of performance in any leadership. Men feel the need of the skill and sports of their society and of their peer group as media for social participation, social development and human understanding. The professional type of players have interaction with other group persons of society, it is also to avoid isolation of the other group professionalism for

example the matches between engineers of Mehran University and the doctors of Liaquat Medical University.

Sports in personality strongly motivated by the excess energy displays the urge to perform with excellence in humans. The popularity and persistence of sports down through history, and in most of the civilizations of the world today, could not be explained if sports did not bring pleasure, relief, and joy, in performance. The emotional overtones of sports add color to life. Thus sports and games develop the leadership qualities as well, in the personality and maintain the body and mind coordination. The best sports person can lead very peaceful and disciplined life.

10. Recommendations/Suggestions:

- A subject pertaining to sports should be included in the graduation, post-graduation level (like early Greeks' pattern).
- Job quota of 5% to be given to the sportsmen in all public sector departments.
- Like CCBs in local government system, Sports Club Boards (SCB) should be encouraged.
- A decentralized program under the title of "Prime Ministers Sports Care Initiative" should be started to facilitate & encourage the sports & sportsmanship at grass root level.
- Internship program during summer & winter vacations be introduced to train the youth in the field of sports. Moreover, meritorious and extraordinary sportsman should be given monthly stipends.
- Government must ask, encourage & promote NGOs based on sports enhancement.
- A 'Voluntary Sportsmen Force' be established on the pattern of 'Janbaaz Force' which work on be called in emergency should situation. Like: Earthquake of 8th October 2005.

- Media should play its due role in this regard. Sports channels to be increased. In those channels not only sports segments should be showed or displayed but also imparting of sport training should be included.
- With on political, social, cultural ties, sports ties with other countries to be included. Inter-nations interchanging of sportsmen for training & learning should be promoted.
- In public sector educational & health institutions mega or mini sports complexes should be established. It would promote and make the students fit mentally & physically. Whereas in hospitals patients be facilitated & given light exercise facilitation, so that it should help them to feel and recover good & earlier respectively.
- Frequent sports events & program be arranged at taluka, district & provincial level.
- In the 'Inter-provincial Coordination Department' a subject of sports should be included & accordingly inter province matches programs and events be arranged on annual & bi-annual basis.

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