ROLE OF SPORTS IN MAKING A LEADER

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ABSTRACT
The article establishes a link between how sports and games develop the leadership qualities and maintain the body and mind coordination in individuals. The nature of the work is theoretical. The concept of leadership is a social notion. It was formally developed during the 1960s to emphasize the ability of the leader to influence the scope in his organization in order to achieve the organizational goals. It emphasizes the interactional processes involved in the achievement of goals. Each manager in the field of education is called upon, everyday to display leadership in a variety of forms. Practice of leadership is, in all forms, essentially an interpersonal activity. Sports activities, SUPW (Socially useful productive work), co-curricular activities, administrative activities etc. have been acclaimed for stimulating the soul out.

Sports can easily develop the leadership qualities in one's personality. Personality is 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.

Sports and games occupy a good amount of time in the lives of many people. Sports participation gives ample opportunities to learn ethical values and sportsmanship qualities. On the contrary, there are many occasions in sports where children learn to be rude or show unsportsman like behavior. Much depends on the goals and philosophy of the training programme, the coach and the outlook of the parents. But with proper direction one can develop desirable qualities such as leadership, discipline, determination, hard work, fair play, cooperation and mutual respect.

It is clear from the literature that the development of an acceptable level of physical fitness helps to attain healthy personality and physio-psychological characteristics. Hence, a better healthy living is universally accepted as a goal of a physical education programme. As quoted by Swami Vivekananda, a great saint of India: “you will be nearer to heaven through physical activities”

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References


