

SPORTS CULTURE IN INDIA: CHALLENGES AND OPPORTUNITIES

Prisca Pyngrope-11916767, Lovely Professional University
Gangan Tanwar-11917231, Lovely Professional University
Dr.Harpreet Singh, Associate Professor, Lovely Professional University

Abstract:

The history of the sports in India can be traced back to the ancient time of Vedic era. At that time, sports were concerned or used for the development of the physique and for the defense . It is well said that “a healthy mind resides in a healthy body” with this we can recognized the importance of games in our life. India was one of the most developed countries in the ancient period. It gave many games and sports to the world and also accepts the modernized or improved version of them from the world. India has a rich heritage of different sports activities which can be found in archaeological excavations of Mohenjo-Daro and Harappa, the Vedic literature and the other epics and the literature works of different culture. According to Simon Jenkins, sport is ‘A subset of leisure and work activities that involves both physical activity and competition’. Sport is an activity which involves physical exertion and skill in which an individual or team competes against another or others. Through this paper we will try to understand the present scenario of Sports Culture in India as well as its challenges and opportunities so that sports can be flourished and developed and India And Indians feel proud.

Keywords: Sport Participation, Sport Club, Sport Federation, National Sport, Sport Policy

Introduction of Sports:

Sport is an integral part of the universe and therefore we have chosen to incorporate it as the theme of Compass. Sport is particularly popular with youth figures showing that 61% of young people between the ages of 15 and 24 regularly participate in national sports. Another reason for incorporating sports is that sports provide young people with opportunities to connect with people who can develop the knowledge and attitudes needed to participate fully in society. Culture and sport are both human rights and are related to various other human rights. And they are reasons why human rights are often challenged and abused, including those of young people.

The word “culture” is used in many different ways, for example popular culture, urban culture women culture, minority culture business and, finally, youth culture. We can also talk about a person who was raised culturally meaning a person who has good manners and who is officially educated in the traditions of literature and art, or about cultural shocks: confusion and frustration when one encounters a culture he does not know. None of these definitions of “culture” are generally referred to by the same cultural services or to the same governmental authorities.

The word culture comes from the Latin “culture” which means “to care, to guard, to cultivate, to cultivate”. It all started in the 16th century CE when the word came to mean “figurative plowing Education “and it was only in the middle of the 19th century that the term came to be associated with the cultural concepts and lifestyles of various societies. It is this definition of culture as inherited patterns of shared meanings and common understanding that we speak of in this section.

Some aspects of culture are more obvious, for example the way people dress. Some features are generally inexperienced, almost natural. Another way of thinking about culture is to use the metaphor of an iceberg. The iceberg has a visible part above the water line and a large, invisible part below. In the same way, culture has certain aspects that can be recognized and known and others that can only be suspected or thought of and achieved through discussion and self-examination. Just as the iceberg root is much larger than the upper part, so too is a large part of the "invisible" culture. The risk is to take part of it all. By focusing on what seems to us we are putting ourselves at risk of losing something important to people, to people.

Culture is also the lens through which we look at and interpret life and society. Tradition is passed on from one generation to the next, while the new, the new, the old, and the new. Because we have taken so much of the culture that exists in our mother's milk it is very difficult to look at our culture in the right way it just seems so natural and natural that our culture feels "right" with other cultures in their different ways of thinking. And making it seem strange and perhaps wrong. Cultures are also defined as flexible constructions made by individuals themselves to respond to their needs. Imagine for a second the arctic landscape of the Indian subcontinent is experiencing a variety of challenges from people living on the warm Mediterranean coast as a result of which they have developed different responses to different cultures.

Today, thanks to modern technology and globalization, the two cultures have much in common, but they are still very different, embracing different ideas of what it means to be Indian or who we believe we are. Much depends on the culture in which we grew up, are exposed to it or decide to adopt it. However, each of us is different. It is dangerous where we are born that explains, for example, the languages we first learned to speak, the foods we love the most and the religion we follow, or not. Identity is, as a tradition, a complex concept with parts above and below the conscious line that change over time and space. We can talk about identity, gender identity, nationality, culture, race, class or family identity, and in fact any other type of identity. Acknowledging that identity is complex, diverse and powerful and about you, and at the same time recognizing and accepting the rights of others is essential to building a culture of human rights, in which everyone is entitled to equal rights and dignity. Identity is what makes each of us different. However, these differences are not the same throughout our lives and are constantly changing.

Among the snares of making unscrupulous claims about cultural rights is that we may fall into the trap of calling people, "putting them in the box" according to their culture, and as a result promote ideology and prejudice. It is especially common for representatives of a multicultural society to consider all the choices, actions or decisions of a minority group as something related to their culture, while considering their actions, decisions or decisions as having no influence at all, but as "purpose".

Cultural diversity is a natural consequence of the combination of human dignity and human rights as a whole. Human rights guarantee freedom of thought, religion, belief, expression, education, and so on. In the same way that the power of the majority will not be used to oppress the rights of minorities, the cultural rights of minority will not be used to justify human rights violations, whether committed by the minority themselves or the majority. Respect for diversity must take place within the framework of human rights and can be used as a basis for discrimination. Diversity is possible only in the balance of dignity must be accompanied by diversity.

The most common human rights challenge related to sport is equality and non-discrimination. Effective use of equity in access to sport is subject to various economic, social and operational barriers: the availability of sports facilities, access to and affordability, admission to sports clubs and institutions, access to facilities, and more. To. Despite the well-recognized role of sports co-ordination, in many countries many young people are deprived of access to sport.

Racism in sport can affect all sports and can manifest itself at a number of levels, in academic sports and at institutional and international levels, as well as in the media. It can happen at the local level especially, but not exclusively, in dealing with or against players, teams, coaches and spectators as well as against referees. The responsibility for anti-racism falls on everyone, including government officials non-governmental organizations, professional sports and amateur organizations, clubs, local sports federations, fan clubs, sports clubs, anti-racism organizations and individuals.

State government policy:

- The State Government shall have the power to issue policy directions on matters concerning electricity in the State including the overall planning and co-ordination. All policy directions shall be issued by the State Government consistent with the objects sought to be achieved by this Act and accordingly shall not adversely affect or interfere with the functions and powers of the Commission including but not limited to determination of the structure of tariffs for supply of electricity to various classes of consumers:
- If any dispute arises between the Commission and the State Government as to whether or not a question is a matter of policy or whether a policy direction issued by the State Government adversely affects or interferes with the exercise of the functions of the Commission, the same shall be referred by the State Government to a retired judge of the Supreme Court in consultation with the Chief Justice of the Supreme Court whose decision thereon shall be final and binding.
- The State Government shall be entitled to issue policy directions concerning the subsidies to be allowed for supply of electricity to any class or classes of persons or in respect of any area in addition to the subsidies permitted by the Commission while regulating and approving the tariff structure provided that the State Government shall contribute the amount to compensate such concerned body or unit affected by the grant of the subsidies by the State Government to the extent of the subsidies granted. The Commission shall determine the amounts and the terms and conditions and time frame on which such amounts are to be paid by the State Government.
- The State Government shall consult the Commission in relation to any proposed legislation or rules concerning any policy direction and shall duly take into account the recommendation by the Commission on all such matters.

Challenges faced by sportspersons:-

Being a sports person in Indian society is not so easy and to be successful in Sports you need to go through many struggles. The reason behind this is the mentality of the people. We are brought up by being said: “padhogelikhoge to banogenawab, kheloge kudoge to banogekharab” Which translates to “You will be a king if you read and write, and be spoilt if you play games.” This has been followed through generations in India. Apart from cricket, India’s sports are in disarray. The sports authorities do not provide adequate facilities for players to learn a certain sport in the country. There aren’t many academies that provide quality instruction. This decreases the country’s chances of winning Olympic medals, which is a pity for the world’s second most populous country. A player has to go through many struggles:-

Poverty:-

Poverty is widespread in India and because of this menace; such a massive population cannot produce good sportspersons. It is very difficult for many Indian families to provide the means to their children to pursue a career in sports. No matter in which sport you are you need to be ready to spend a huge amount of money. Essential high end equipment to compete on a national level is really expensive. If you go to play nationals then everything you have to do like stay, travelling, food etc. Needed to be done by you. Consequently, a lot of latent talent goes undiscovered or inadequately nurtured to compete at the level of Olympics.

Society:-

If a person chooses to take sports as career then the first to criticize them will be the society. As soon as they will know that you want to choose sports as a career there will be gossip everywhere. They will be like you can't just choose sports add a career; it won't help you raise your family, or won't feed you. For that, you need to study and get a good job. And if you get the success they will all be like “look I told you that he'll be successful”, “I always knew that he would do something good”. First, they didn't want to

support you and once you get the success they will act like they always supported you. Also, a sports person is often discouraged from pursuing sports to top levels.

Academics:-

Personally to me, the biggest struggle of a sportsperson in India is in academics. He/she has to balance both studies and sports. If the performance in studies goes down then both parents and teachers would say that “playing a sport will get you nowhere in life, but to make a life you need to be good in academics”. It’s like they don’t live their childhood to the fullest as strict schedules have to be followed. They cannot live their school life or college life to the fullest. The odds that he/she would decide to pursue professional sports at the cost of his/her education are negligible.

Health:-

The most important thing a sports person needs to take care of is their health. Like, if you are a sports person you need to follow a diet, but in India, most of the sports person doesn't have proper knowledge of diet. So the nutrition that the body needs is often not provided and this leads to injury. If you get seriously injured during the practice then all the work that you’ve done for the competition will be in vain. Also, some injuries are life threatening.

If you are in a sport which is not very well known then there is no government support and there is no encouragement from schools.

The reasons for the underdevelopment of sports in India :-

1. Corruption and misconduct by sports authorities: Corruption is similar to the governance of sports in India. Whether it is popular cricket or hockey or weightlifting, the majority of sports officials in India are under attack for corruption. Besides, the involvement of politicians in the management of sports organizations for a very long time and the controversy surrounding the 2010 Commonwealth Games paints a picture of sports officials in India.
2. Socio-economic inequality: Social and economic inequality has a negative impact on Indian sports. Denial of access to sports infrastructure due to poverty, overcrowding of stadiums and other stadiums only in cities, lack of encouragement for girls to participate in sports, etc., has hampered the development of a good sports culture in the country.
3. Lack of infrastructure: This is one of the most important aspects of sports neglect in India. As infrastructure is needed for the training and organization of sports, its availability and access to a few sections of the community has had a negative impact on sports participation and the quality of sports people.
4. The lacunae policy: In the development of any sector, the formulation and implementation of an effective policy is sine qua non. The same is true of sports. To date, the planning and implementation of sports policy is in-country due to a lack of State and local government resources and technologies. In addition, the absence of a separate sports department at the union level reflects the indifference of the sport.
5. Minimum allocation of resources: Compared to other developed and developing countries, the budget is small in India. In the Union budget 2017-18, Rs 1943 crore is set aside for games. Although it is more than Rs 450 crore last year, it is much less than the estimated Rs 9000 crore spent every year by the UK in the sports sector.

Advantages:

- Healthier Heart
- Reduced Stress and Anxiety
- Diverse Social Connections
- Reduced Risk of Diabetes

- Reduced Body Fat
- Teamwork
- Sleep Better
- Lower Blood Pressure
- Improved Appearance
- Improved Mood

There are certain benefits that are directly related to playing many games; I have listed 5 of them below:

- ✓ Getting the right fit. Engaging in a variety of different sports activities allows you to discover what you enjoy and what you do well at. This can be especially helpful for athletes with limited experience.
- ✓ Minor recurrent injuries. Playing one game means doing the same exercises over and over again, putting weight on certain muscles and joints. Playing a lot of sports means that the pressure on your body is very high.
- ✓ More options. Playing one game can lead to thinking about everything or nothing. If you get bored or injured or your circumstances change, you could end up losing every game in your life. Playing multiple games means you always have other options.
- ✓ Some games are seasonal. Outdoor sports tend to rely on good weather, so in most climate areas they are only played in the warmer months. If the weather is cold, it may be best to switch to indoor game. For example, while living in England, I played tennis in the summer and badminton in the winter, which allowed me to play sports all year long.
- ✓ Extensive social life. Certain sports often attract certain types of people. For example, the players you meet at your local golf club can be a very different crowd from those you meet at the table tennis club. Many games usually involve a wide variety of people.

Disadvantage:

There are many negatives in sports, including potential injuries, time constraints, bullying, future cheating, poor relationships, high self-esteem, poor self-esteem, cost and great stress. Many of them affect both children and adults, and can affect both professional athletes and those who play fairy tales.

Injuries:

Physical injury is one of the most commonly cited sports problems, regardless of the age of the athlete, the sport, or the skill level. They can arise from overheating, overuse, impact during play or improper training. Physical injury may be as minor as a minor injury or a torn muscle severe as a collision or a broken bone. Damage can last a few minutes or it can have permanent effects.

Commitment of Time:

Sports often require a lot of commitment, which can leave an athlete with less time for other activities. Exercise, training, team meetings, games, meetings, matches and sometimes even travel may be involved. Children who play sports may find that they are late for schoolwork or are unable to spend time with their friends, while adults may not have much time for work and home responsibilities.

Bullying:

While playing sports can teach children and adults many good lessons, it can also lead to immorality, such as bullying. Sometimes it is the coach who scolds his players and then looks down on them. Sometimes it goes from one team to another or from an athlete to a referee or referee. Over time, bullying may turn into more aggressive behavior, such as fighting.

Myths about the Future:

Superstitions about the future often apply to children, teenagers, and adults alike. For example, a young person may be a high school athlete, so he may not pay attention to his studies in order to receive training, thinking that he will become a professional. If they are not professional, they may not have the skills or education to succeed beyond the field.

Bad Relationships:

Playing sports can build relationships, but it can also create tension in them. Playing friends can be very competitive. People who spend a lot of time in sports, such as those trained in the Olympics, may not have as much time to relax with friends and family as possible.

Full Egos:

If a person is a good athlete, it may elevate his nationality or make him feel superior. From infancy to the old paid leagues, good athletes are often put on top of the people around them and the community at large. This can negatively affect a player's personality and affect his or her relationships with others.

Lack of self-confidence:

Sports can also have a negative effect, especially on children and adolescents. If an athlete does not get a touchdown or wins a game, he or she may feel that they are not good enough or that they bring others down by not doing well.

Cost:

Unless an athlete is a paid professional, sports can be expensive. The cost of equipment, uniforms, travel, gym membership, trainers and courses are increasing rapidly.

Heavy Pressure:

No matter what age a person is or the level of play, motivation to win is a big part of sports. While competition can enhance good qualities, it can also have negative consequences. Athletes may feel inferior if they do not win the game. That not only affects self-esteem, but also the pressure to indulge in harmful behaviors, such as drug abuse.

Conclusion:

India's sports industry is highly developed. Sports have taken the form of a business with a number of commercial interests involved. With the growth of market growth and the need for clear and comprehensive legal documents, sports issues are gradually becoming more and more relevant as contractors must be able to articulate team expectations and commitments, must protect athlete interests and big images and must cover regulatory, legal and other risks. The country has reached a point where India needs a law that deals with sports law. India's failure in all international sporting events is an indication of the poor infrastructure and corruption that exists between the federations. In order to meet the growing needs of the changing, national and international environment, it is important that the same sports code is promoted.

The conclusion will highlight and compare the different perspectives on sports planning and structure, sports funding, sports policies, and sports participation. Significant differences will be discussed in each area and a clear view of the key 23 comparative results will be provided. The aim is to highlight the diversity of approaches to sport development, focusing on the various sports programs and how sport is funded, the basic implementation of sport policy, and how it is reflected in sports participation.

After studying the different challenges faced by sports and sportsperson and many of the opportunities are there in India but they are not aware of:-

- ❖ There must be a genuine sports policy towards sports so that rules and regulations must be clear.
- ❖ There should be a grievance redressal committee, if anyone is facing any kind of problem's regarding corruption; etc.
- ❖ There should not be any kind of biasness on the basis of social status, economical status, caste, sex, religion and equality should be there.

- ❖ There should not be any kind of bribery and extra fees taken from sportsperson and everyone should get equal opportunities.

We made a research and go to people and asked them about how can we improve sports infrastructure of India.....and we have put some of good solutions here we got

- Most importantly is to change the narrow mindsets of the society is needed.
- In schools sports should be encouraged by the school authority, so the parents and child will feel confident to pursue his/her dream. Govt should also introduce attractive programs and schemes for those who are good in sports that will help them to grow and they will become excellent in it.
- Promotions should be done by govt. officials, film stars, and even by cricketers for athletics. School students and youth should be motivated to participate in sports by school, colleges and most importantly by parents/guardians. Monthly incentives for their diet and nutrition should be given to players who are participating in events.
- In India many athletes are produced from certain regions like Haryana, Punjab only. Grass-root development has to be done in sports sector in every state. Every district in India should have an outdoor stadium plus an indoor stadium. Sports sector should be made a separate office where it should be mandatory to make a sportsperson the administrator of the department.
- Separate sports Budget should be made in the center and state govt. The main aim of the sports Budget should be to promote a) the development of sports infrastructure b) the welfare of sports person and their coaches c) that sports benefits shall be provided to everyone without any discrimination.
- A revolutionary step like swaach Bharat abhiyan has to be initiated by the govt.
- Make a player ensure that their future is secure so that they can continue their practice with more efforts.
- Women players need to be provided with basic facilities instead of sympathy.

When these all steps are initiated India may not get 100 golds at a time but gradually after 10-15 years India will be a sporting nation and the dream will also get true of India as a sporting nation. Hence, these all must be taken care in mind. All should be treated equally whether rich or poor, whether black or white and biasness should be on the basis of quality of sports that's doing good or not.

"Set your goals high and don't stop till you get that".

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