

RELATIONSHIP BETWEEN SOCIAL CONTROL AND SPORTS

Muhammad Abdul Jabar Adnan¹, Zafar Iqbal Butt¹, Abdul Waheed Mughal², Nauman Saeed¹, Rida Hamid Butt¹, Tahira Fozia¹, Muhammad Usman Suhail¹

Abstract

The main objective of the study is to evaluate the effects and relationship between social control and sports. Social control is extremely basic for each general public. Without social control, society and in addition individual can't exist. Hence, the need of social control is exceptionally basic. Social control is important for the presence and association of a general public. Players learn violent strategies from sports, this give them a better cure for deviant behaviors. players learns how to obey the laws in sports this enables to develop discipline in society and help to promote cultural values and also it help to develop better instruction among people. Sports are a useful to create accountability environment in society. Results of this research work showed that the sports have positive effect on social control.

Keyword: Social Control, Sports, Cultural values, social behavior

Introduction Literature Review

Social control is exceptionally fundamental for each general public. Without social control, society and also individual cannot exist. Social control is an idea that alludes to the courses in which individuals' considerations, emotions, appearance, and conduct are controlled in social frameworks (Bandura, 1989). Social control is an impact where impact might be applied through popular feeling, compulsion, social proposal, religion or whatever other strategy (Abrams and Hogg, 1990). The impact is applied by the general public which implies that gathering

¹ Department of Sport Sciences and Physical Education, University of the Punjab, Lahore -Pakistan abduljabar_4@yahoo.com

² Department of Sport Sciences and Physical Education, University of Sarhad, Peshawar - Pakistan

is better ready to exercise impact over the person than a solitary person. This gathering might be the family, the congregation, the state or the exchange union and so on. The viability of the impact however relies on different variable elements. In some cases family may practice more powerful impact than the state or the other way around. Games are movements including physical effort and aptitude in which an individual or group contends with another or others for amusement (Chelladurai, 2007). The points of social control are to bring out congruity, solidarity and coherence of a specific gathering or society in taking these ways;

- **To keep up the old order** as it is vital for each general public or gathering to keep up its social request and this is conceivable just when its individuals act as per that social request (Bull, 2012).
- **To build up social solidarity** as without social control, social solidarity would be a negligible dream. Social control manages conduct as per built up standards, which conveys consistency of conduct and prompts solidarity among the people (Firth, 2013). The family keeps up its solidarity since its individuals carry on in comparative way as per family standards.
- **To manage or control singular conduct** as no of two men are indistinguishable in their dispositions, thoughts, interests and propensities. Indeed, even the offspring of similar guardians don't have similar demeanors, propensities and interests. Men have faith in various religions, dress in an unexpected way, eat diverse sustenance, wed in various ways and have distinctive belief systems. There are such a great amount of contrasts in the methods for living of the general population that at each development there is the likelihood of conflict between them. In present day times, this plausibility has all the more expanded in light of the fact that man has turned out to be excessively conceited. Social control is important to ensure social interests and fulfill normal need (Eisenberg and Lazarsfeld, 1938). On the off chance that social control is expelled and individual is left to carry on unreservedly, society would be decreased to condition of wilderness.
- **To give social endorse** as social control gives social authorize to the social methods for conduct. There are various folkways,

modes and traditions pervasive in the public arena. Each individual needs to tail them. On the off chance that an individual violet the social standards, he is constrained through social control to see than. In this manner, social control gives endorse to social standards (Margold, 1926).

- **To check social mal-modification** as society is liable to change. New development, new disclosures and new theories keep on taking birth in the public eye. The individual needs to modify his conduct to the change-occurring in the public arena. In any case, every one of the people can't change themselves to the new conditions. Some end up plainly dynamic, others stay traditionalist. At the point when a man from the town moves into the city, he runs over new social guidelines and it is conceivable that he may wrongly modify himself to the new social condition. He may turn into a spare of interests, visit bar and pass evenings in dance club. Amid this transitional period in his social control, it is exceptionally vital keeping in mind that he ought to end up plainly a degenerate (Castells, 2011).

The objective of this research is to view the relationship between social control and sports and to view the effect of demographic variables on social control and sports which generated the research question as what is the relationship between social control and sports?

Social Control through Sport

Sport and Nationalism

Achievement in worldwide games rivalry tends to trigger pride among that country's nationals. The Olympics and other universal recreations have a tendency to advance a "us" versus "them" feeling among competitors, mentors, government officials, the press, fans and even among those typically not extremely intrigued by game. Great Hart and Chat Away (1968) have contended, for instance, that one sort of game is "illustrative" in that it pits the delegates of political units against each other. In this manner, global challenges are seen as political challenges, where countries win or lose in a typical world war. Since this translation is generally held, residents of every country

included join behind their banner and their competitors (Hargreaves, 1986). The vital interrelationship of game and patriotism is effectively found in the out rightly aggressive pomp that encompasses sports challenges. The playing of the national song of devotion, the introduction of the hues, the fly flyovers and groups framing a banner are all political demonstrations strong of the current political framework.

Sport as an Instrument of National Policy to Unify

All the more expressly, games can be utilized as a purposeful publicity vehicle, as a system by which a general public's decision tip top joins its subjects and endeavors to inspire the residents of different nations (Nafziger and Strenk, 1977). An exemplary case of this was Adolf Hitler's utilization of the 1936 Olympic Games to reinforce his control over the German individuals and to legitimize Nazi culture. As indicated by Etizen (2016), the celebration gotten ready for those diversions was an intelligently propagandistic and splendidly considered act that fortified and prepared the crazy patriotism of the German masses.

Prior to the separation of the Eastern alliance nations, the reunification of the two Germaine's, and the end of the Soviet Union, the Communist countries utilized game for advancing their normal cause. Their control of the Olympics, the Communists contended, gave persuading verification regarding the prevalence of the Communist politico-monetary framework (Hargreaves, 2000). This legacy proceeds for one of only a handful few staying Communist countries, Cuba. Cuba spends around 3 for every penny of its financial plan on game (Field and Kidd, 2016).

Since 1972, the United States has sorted out game to support athletic magnificence in universal fields. Competitors have been financed by government and enterprises, reserves appropriated for the foundation of lasting preparing destinations and qualification rules changed to allow competitors to hold their "novice" standing while at the same time accepting cash for appearances, exhibitions and supports. Likewise, commissions have been shaped to research the "issue" of substandard global exhibitions by US competitors (Kidd,

1991).

Sport is likewise an instrument of national strategy among the creating countries. An investigation of the 133 individuals from the United Nations in 1973 demonstrated that in spite of the fact that 26 for every penny of all countries had a bureau level post identified with game, 87 for each penny of those named "creating" had such a position (Goodhue, 1974). The plausible explanation behind such unmistakable fascination is that game gives a moderately economical instrument to achieve national goals of eminence abroad and solidarity at home. As a last case of political elites utilizing game to bind together its residents, consider the racially isolated country of South Africa (Etizen, 2016).

Sport as an Energizer of the Masses Sport

As we have seen, can join a country's subjects in light of the fact that the general population are controlled by purposeful publicity and the utilization of images, since they join in pulling together to thrashing "them," and in view of a mutual pride in their nation's athletic achievements. This solidarity smothers difficulties to decision elites and in this manner wear fills in as a 'sedative of the masses (Stich, 2006). Accordingly, sport fills in as both a transitory escape from the issues of world legislative issues and as a security valve for discharging strains that may some way or another be coordinated toward upsetting and changing the current power connections in the public arena (Alosi, 2007). Sports likewise goes about as a sedative by propagating the conviction that people from the most reduced social classes can be upwardly versatile through achievement in games. In spite of the fact that the odds of this happening are exceedingly uncommon, most trust that game is a portability lift (Swift, 1995).

Sport as a cause of Philosophical Social Control

Sports, as a social foundation, is moderate. Don advances customary qualities and societal courses of action. To outline this suspicion, this segment looks at how social control systems in game are utilized to encourage existing conditions in three agent ranges:

the transmission of societal qualities, conventional sexual orientation parts, and mandatory heterosexuality (Etizen, 2000).

Sport and the diffusion of Morals

Sports serves to control people ideologically by strengthening society's qualities among the members. In the United States wear transmits the estimations of accomplishment in rivalry, diligent work, constancy, teach, cooperation and compliance to specialist to members and onlookers. This is the express reason given for the presence of youngsters' games projects (Mangan and Park, 2013).

Sport and Customary Femininity Roles

Sports in its association, strategies and operation serves to advance customary sexual orientation parts. Most particularly, game advances male administration practically speaking and belief system by legitimating a specific overwhelming adaptation of social reality. As to previous, investigations of TV scope demonstrate that men's games get around 92 for every penny of broadcast appointment. Also, 97 for every penny of the athletic figures utilized in TV advertisements were guys (Turner, 1995).

Female sports are likewise disregarded when urban areas and schools excessively spend gigantic sums on men's sports. As Nelson has contended, we live in a nation in which the masculine games culture is so unavoidable we may neglect to perceive the typical messages we as a whole get about men, ladies, love, sex, and power. We have to consider sports important not the scores or the insights, but rather the procedure. Not to concentrate on who wins, but rather on who's losing (Fiatarone *et al.*, 1994)

Ladies are additionally limited when they are trivialized in game. As noted over, the media surrounding of the female competitor strengthens sex generalizations. Considering photos of ladies and men competitors, Duncan *et al.* (1993) found that these pictures underscored sexual orientation contrasts:

- Female competitors who are hot and breathtaking are generally normal.

- Female competitors are regularly captured in sexual stances.
- In the surrounding of photographs, male competitors will probably be captured in overwhelming positions and female competitors in compliant positions.
- Camera points commonly center up to male competitors and concentrate down on female competitors.
- Female competitors will probably be indicated showing feelings.

Sport and Sexuality

Sport has been socially built as a manly action. Young men are enlisted into a savagely hetero universe of male strength and intensity that encapsulates a dread of delicate and subordinate's gay men (Hargreaves, 1986). Young men who don't take an interest in these masculine games are socially underestimated by associates as sissies. More established young men and young fellows who don't fit the prevailing conduct examples of manliness regularly confront genuine inquiries concerning their sexual introduction with marks (Hughes and Coakley, 1991). The declaration of abhorrence for femaleness or homosexuality shows to oneself as well as other people that one is separate from it and subsequently should be manly' (Griffin, 1995).

Organizational Control of Athletes

Social request in sports is gotten through the foundation of games associations with the specialist to build up and uphold rules for the play itself and additionally the assurance of member qualification. The way to social request is the term expert, which infers authentic power. That is the experts are vested with power and this power is acknowledged by those influenced either on account of convention the law, or allure (O'Neill, 1986).

In the sports world there is an order of expert over competitors and individual games (Jowett, 2003). Accepting that the competitor is in a "beginner" group activity, the closest administering association is the club or school, took after, in rising request, by alliance, locale affiliation, state affiliation,

national body and universal body. A different line of specialist may include particular occasions. Political substances, for example, states or regions and the country state constitute the last level of expert over game. Lawful experts shape sports from numerous points of view. They sponsor through the working of games fields and outfitting foundation, for example, streets and mass travel. They direct (through licenses), limit (through tax assessment) and demand. They control TV, give against trust exceptions to proficient games associations, and characterize criminal codes (Wilson, 2002). National pioneers may likewise choose to forbid their competitors from taking an interest in a worldwide occasion (for instance, 34 Islamic countries precluded their ladies from contending in the 1996 Olympics in light of the fact that partaking disregarded Muslim guidelines for fitting ladies' dress).

Sports associations serve a few controlling capacities (Jowett, 2003). The games expert bodies set up the standards of qualification. They do as such to guarantee reasonableness and adjust rivalry (weight classes in boxing, sexual orientation and age banishments, and negligible execution criteria). This gatekeeping capacity, while fundamental, has been utilized, verifiably, to avoid or restrict the interest of competitors from certain social classifications. The country of "novice" was utilized, for instance, by the well-to-do to reject individuals from the average workers from their athletic exercises (Guttmann, 2003). "Novice" has additionally been utilized as an exploitative belief system whereby schools and colleges utilize "novice" competitors to produce extensive wage for the schools and the supporting association (Eitzen, 1990). African Americans were barred from support in standard US school and expert associations, with uncommon special cases (Wilson, 1994). Young ladies were avoided from support on groups in Little League baseball until the 'young men just' condition was dropped subsequently of a court case in the 1970s (Eitzen, 1990). The assents utilized by games associations on degenerate competitors, mentors and groups incorporate censures, fiscal fines (for expert

competitors) suspensions and removals while fundamental the burden of these approvals by overseeing associations is not generally reasonable (Capretto, 2011).

Methodology

This research was quantitative in nature as quantitative research is useful when researcher needs to measure research participant’s attitude, performance or determine something. In this research population is the sports persons of University of the Punjab. The sample population of this study is the 175 members from sports base persons who are interested. The data used for this study was obtained by using survey method. The data collection instruments employed in this study was questionnaire consisted of twenty (20) statements constructed by the researcher. The design of questionnaire included statements on Likert-scale ranging from 5 for strongly agree to 1 for strongly disagree (5 for strongly agree, 4 for agree, 3 for undecided, 2 for disagree, 1 for strongly disagree). The statements were clearly simplified and structured in a manner void of any ambiguity and technical details. Validity of the research was ensured by expert opinion and reliability was checked through pilot study with reliability value of .82. Data was analyzed on Statistical package for social sciences (SPSS) 16 version. Chi-square was used for data analysis.

Results and Data Analysis

Table 1 indicates the distribution of demographic variables were as total numbers of respondents were 175. There were 134 male and 41 female respondents in this research. According to age30 (17.1%) respondent were from 17 to 20, 106 (60.6%) were from 21 to 24, 1 (.6%) respondents were taken from 25 to 28, 38 (21.7%) were from 29 or above. There were all player of Punjab University.

Table 1: Distribution of participant according to demographic variables

Variables	F	%
Gender		

Male	134	76.6
Female	41	23.4
Age		
17 to 20	30	17.1
21 to 24	106	60.6
25 to 28	1	.6
29 Above	38	21.7

Table 2: Chi-square analysis of responses of male and female athletes regarding relationship between social control and sports

The major findings regarding relationship between social control and sports are as follows;

#	Statements	SA	A	UD	D	SD	χ^2	P
1	Sports have shaped the moral life of player.	90	75	3	4	3	218.1	.000
2	Playing in sports is a cure for deviant behaviors.	43	112	11	9	0	158.6	.000
3	Playing competitive organized sports build good character in players.	88	70	6	7	4	189.1	.000
4	Sport is a useful tool to control criminal activities.	74	83	9	6	3	181.8	.000
5	Sport enables to create new ideas about social betterment.	57	95	6	13	4	182.9	.000
6	Sports enable the player to tackle the challenges of life.	86	69	11	8	1	177.6	.000
7	Boosting participation in sports generates a variety of socio-economic benefits.	52	99	6	18	0	119.0	.000
8	Sport reduces extremism in player’s social life.	58	86	19	10	2	145.7	.000
9	Player becomes more responsible and dutiful due to participation in sports.	93	70	5	7	0	136.3	.000

Table 2 indicates the perception of national/university level athletes about sports have shaped the moral life of player 90 of respondents were strongly agree, 75 were agree while 3 were undecided,4 were disagree,3 were strongly disagree while P value of the statement was .000 and chi

square value was 218.1 that means there is a significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about playing in sports is a cure for deviant behaviors. 43 of respondents were strongly agree, 112 were agree while 11 were undecided, 3 were disagree, 0 were strongly disagree and while P value of the statement was .000 and chi square value was 158.6 that means there is a significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about playing competitive organized sports build good character in players 88 of respondents were strongly agree, 70 were agree while 6 were undecided, 7 were disagree, 4 were strongly disagree while P value of the statement was .000 and chi square value was 189.1 that means there is significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about sport is a useful tool to control criminal activities 74 of respondents were strongly agree, 83 were agree while 9 were undecided, 6 were disagree, 3 were strongly disagree while P value of the statement was .000 and chi square value was 181.8 that means there is significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about Sport enables to create new ideas about social betterment 57 of respondents were strongly agree, 95 were agree while 6 were undecided, 13 were disagree, 4 were strongly disagree while P value of the statement was .000 and chi square value was 182.9 that means there is a significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about Sports enable the player to tackle the challenges of life 86 of respondents were strongly agree, 69 were agree while 11 were undecided, 8 were disagree, 1 were strongly disagree while P value of the statement was .000 and chi square value was 177.6 that means there is a significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about boosting participation in sports generates a variety of socio-economic benefits 52 of respondents were strongly agree, 99 were agree while 6 were undecided, 18 were disagree, 0 were strongly disagree while P value of the statement was .000 and chi square value was 119.0 that means there is a significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about sport reduces extremism in player's social life 58 of respondents were strongly agree, 86 were agree while 19 were undecided, 10 were disagree, 2 were strongly disagree while P value of the statement was .000 and chi square value was 145.7 that means there is a significant difference between respondents perception about statement.

Table 2 indicates the perception of national/university level athletes about player becomes more responsible and dutiful due to participation in sports 93 of respondents were strongly agree, 70 were agree while 5 were undecided, 7 were disagree, 0 were strongly disagree while P value of the statement was .000 and chi square value was 136.3 that means there is a significant difference between respondents perception about statement.

Conclusion

This research is gone in most favor for sports have shaped moral life of players by playing competitive organized sports build good characters in players. And as the sports enable the players to tackle the challenges of life that's reduces extremism in players social life and make the players more deplaned and responsible dutiful persons. Majority of the sample is agreed that player learn violent strategies from sports this give them a better cure for deviant behaviors. Players learns how to obey the laws in sports this enables to develop discipline in society and help to promote cultural values and also it help to develop better interaction among people. Sports are useful to create accountability environment in society. As the sports helps to generate a variety of socio-economic benefits and help to learn fairness key virtue so it enable to create new ideas about social betterment. In short sports is the best tool for social control

whether it is contact sports or not it teaches equal moral values helps to create an accountability environment in society.

Future recommendations

- Research should be done on novice athletes.
- Research should be done on non-athlete persons.
- Research should be done in different cultures to develop generalizability of phenomena.
- Research should be done in longitudinal pattern to measure change in behavioral patterns.

Practical Implications

Different academic and professional organizations have facilities for sports activities so all students and employees should be equipped with knowledge regarding importance of Sports in positive development in their behavior and social interaction and encourage them to participate in sports activities on regular basis.

References

- Abrams, D., and Hogg, M. A. (1990). Social identification, self-categorization and social influence. *European review of social psychology, 1*(1), 195-228.
- Alosi, M. (2007). The Evolution of the Social Functions of Sports and the Advent of Extreme Sports.
- Bandura, A. (1989). Human agency in social cognitive theory. *American psychologist, 44*(9), 1175.
- Bull, H. (2012). *The anarchical society: a study of order in world politics*. Palgrave Macmillan.
- Capretto, A. D. (2011). Hazing In Sport: Evaluation of an Educational Workshop.
- Castells, M. (2011). *The rise of the network society: The information age: Economy, society, and culture* (Vol. 1). John Wiley and Sons.
- Chelladurai, P. (2007). Leadership in sports. *Handbook of sport psychology, 3*, 113-135.
- Eisenberg, P., and Lazarsfeld, P. F. (1938). The psychological effects of unemployment. *Psychological bulletin, 35*(6), 358.
- Eitzen, D. S. (2000). Social control and sport. *Handbook of sports*

- studies*, 370-381.
- Eitzen, D. S. (2016). *Fair and foul: Beyond the myths and paradoxes of sport*. Rowman and Littlefield.
- Fiatarone, M. A., O'Neill, E. F., Ryan, N. D., Clements, K. M., Solares, G. R., Nelson, M. E., ... and Evans, W. J. (1994). Exercise training and nutritional supplementation for physical frailty in very elderly people. *New England Journal of Medicine*, 330(25), 1769-1775.
- Field, R., and Kidd, B. (2016). Canada and the Pan-American Games. *The International Journal of the History of Sport*, 33(1-2), 217-238.
- Firth, R. (2013). *Elements of Social Organisation*. Routledge.
- Goodhue, D. L., and Thompson, R. L. (1974). Task-technology fit and individual performance. *MIS quarterly*, 213-236.
- Griffin, P. (1995). Homophobia in sport. *The gay teen: Educational practice and theory for lesbian, gay, and bisexual adolescents*, 53-65.
- Guttmann, A. (2003). Sport, politics and the engaged historian. *Journal of Contemporary History*, 38(3), 363-375.
- Hargreaves, J. (2000). *Freedom for Catalonia?: Catalan Nationalism, Spanish Identity and the Barcelona Olympic Games*. Cambridge University Press.
- Hargreaves, J. A. (1986). Where's the virtue? Where's the grace? A discussion of the social production of gender relations in and through sport. *Theory, Culture and Society*, 3(1), 109-121
- Hart, G. and C., Away (1968). 'The bars, the bogs, and the bushes': the impact of locale on sexual cultures. *Culture, Health and Sexuality*, 2(1), 69-86.
- Hughes, R., and Coakley, J. (1991). Positive deviance among athletes: The implications of over conformity to the sport ethic. *Sociology of sport journal*, 8(4), 307-325.
- Jowett, S. (2003). When the "honeymoon" is over: A case study of a coach-athlete dyad in crisis. *The Sport Psychologist*, 17(4), 444-460.
- Kidd, B. (1991). How do we find our own voices in the "new world order"? A commentary on Americanization. *Sociology of Sport Journal*, 8(2), 178-184.

- Mangan, J. A., and Park, R. J. (2013). *From fair sex to feminism: Sport and the socialization of women in the industrial and post-industrial eras*. Routledge.
- Margold, C. W. (1926). The Need of a Sociological Approach to Problems of Sex Conduct: III. The Invariable Presence of Social Control in Man's Sexual Conduct. *American Journal of Sociology*, 31(5), 634-656.
- Nafziger, J. A., and Strenk, A. (1977). The political uses and abuses of sports. *Conn. L. Rev.*, 10, 259.
- O'Neill, J. (1986). The disciplinary society: from Weber to Foucault. *British Journal of Sociology*, 42-60.
- Sage, G. H. (1997). Physical education, sociology, and sociology of sport: Points of intersection. *Sociology of Sport Journal*, 14(4), 317-339.
- Stich, R. (2006). *Those ugly Americans: 20th and 21st centuries*. Silverpeak Enterprises.
- Swift, T. (1995). Trust, reputation and corporate accountability to stakeholders. *Business Ethics: A European Review*, 10(1), 16-26.