

YOUTH AND SPORTS - NATIONAL YOUTH POLICIES, BENEFITS AND OPPORTUNITIES IN INDIA



SPORTS SCIENCE

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ABSTRACT

Youth contribution is of vital importance in all countries for its development particularly in a country like India where the proportion of the youth in the country's overall social and demographic profile is continuously increasing. Sports are vital to the development of young people, fostering their physical, social and emotional health. The benefits of sports reach beyond the impact on physical well-being and the value of the educational benefits of sports should not be underestimated. This study is focused on the national youth policies related to sports, Benefits of sports participation, Opportunities in sports field & star values in sportsperson etc. Researcher thought that this paper may change the attitude of youth towards sports positively and thereby contribute strong and healthy youths to the country as youth are the back bone of our country.

I. INTRODUCTION

While the role and contribution of youth is of vital importance in all countries, it is particularly significant in a country like India where the proportion of the youth in the country's overall social and demographic profile is continuously increasing. According to the 2001 Census, there were approximately 355 million people in the 15 to 35 age group, 74 per cent of whom lived in rural areas. The number is expected to rise to approximately 510 million by 2016. Both central and state governments need to harness the energies of this large group, providing them with adequate infrastructure of world standards for excellence in sports at national and international levels.

- ✓ In Ninth plan Gram Swarozgar Yojana (SGSY), being implemented in collaboration with Ministry of Rural Development. The objective of the programme is to bring selected below poverty line (BPL) youth above the poverty line in three years.
- ✓ In addition, the NYKS have also undertaken assistance to disabled persons for providing aids and appliances, 30 Gandhi Millennium Youth Peace Centres, wildlife watch centres, National Youth Cooperatives, and United Nations Development Programme (UNDP)-NYKS Youth Volunteers Against Poverty Awards Programmes.
- ✓ In Tenth plan The Ministry of Youth Affairs and Sports was established to bring effective linkages with all departments and agencies involved in youth.

II. PLAN FOR YOUTH

The importance of youth in national development has been a recurring theme in all Five-Year Plans.

- ✓ The National Discipline Scheme was introduced in the Second Plan. The Fourth Plan gave special emphasis to the needs of the youth and to leadership training.
- ✓ Support was provided to voluntary organisations to participate in youth development programmes.
- ✓ Community service was developed as an integral part of the educational curriculum. The Fifth Plan laid emphasis on the expansion and strengthening of the National Service Scheme (NSS) and the Nehru Yuva Kendras (NYK).
- ✓ The National Service Volunteer Scheme (NSVS) was launched during this Plan period. In the Sixth Plan, an effort was made to have effective coordination of different programmes. The sector received a major boost in the Seventh Plan, when a National Youth Policy was framed and a Plan of Action formulated in 1992.

III. NATIONAL YOUTH POLICIES OF INDIA

The National Youth Policy - 2003 is designed to galvanize the youth to rise up to the new challenges, keeping in view the global scenario, and aims at motivating them to be active and committed participants in the exciting task of National Development. The National Youth Policy, 2003 reiterates the commitment of the entire nation to the composite and all-round development of the young sons and daughters of India and seeks to establish an All-India perspective to fulfil their legitimate aspirations so that they are all strong of heart and strong of body and mind in successfully accomplishing the challenging tasks of national reconstruction and social changes that lie ahead.

- ✓ Participation of youth in sports and games. Effective implementation of youth and sports policies. The importance of physical education, games, sports for health and physical fitness with a view to increasing individual productivity cannot be ignored. The value of sports as a means of promoting social harmony and discipline is well

recognised the world over. Successive Plans have laid emphasis on sports and physical education, in 1984 a separate department for sports was created, which was later made a separate ministry in 1999.

- ✓ In Second Plan sports facilities like stadia, swimming pools and open-air theatres were constructed for the benefit of the youth. The National Coaching Scheme was launched during the Third Plan, while allocations for physical education, games and sports were increased during the Fourth Plan.
- ✓ Coaching facilities were expanded in the Fifth Plan period. The Sixth Plan laid emphasis on spotting and nurturing young talent in different sports and set up facilities in different institutions for promising sports persons. Adventure sports were promoted during the Seventh Plan along with emphasis on the development of sports infrastructure at the grass root level and laying of Synthetic tracks
- ✓ A National Sports Policy was formulated on the basis of which a Plan of Action was formulated in 1992. Talented school children in the 9-12 age group were identified and special training was imparted to sportspersons under the Special Area Games (SAG) and Sports Project Development Area Centres (SPDA) were introduced. Sports academies are established in different part of the country (football, archery, athletics, shooting etc.)

Though India has never been a big sporting power, India has some noteworthy achievements in the realm of sports. For example, India has won eight Olympic gold medals in hockey. India has been a major power in Cricket and has won both the One Day and T-20 World Cup. Indian tennis players Leander Paes and Mahesh Bhupathi have won several Grand Slam titles. There have been occasional brilliant performances by Indian athletes such as Milkha Singh, P.T. Usha, Anju Bobby George and Vikas Gowda. Vishwanathan Anand has been the World Chess Champion and India has been a major power in billiards and snooker too (Pankaj Advani and Mithali Raj). In wrestling Sulishil kumar and Yogeshwar dutt. Our shooters showed the glory for our country at world level (Abhinav Bindra and Gagan narang). Even in squash (Deepika pallikal)

V. BENEFITS OF SPORTS

I am convinced that sports offer a unique arena in which youths can successfully exert their talents. The arena is unique for two reasons. First, sports engage the child as a complete human being: all facets-not just physical, but also social, cognitive, and psychological-are engaged harmoniously in striving toward peak fulfilment. Second, sports involve youths working in an ongoing community composed of their peers as well as their peers' families. Sports, that is, offer youth an exhilarating, satisfying, rewarding way to participate in a larger world not generally accessible to non-athletes.

- ✓ **Fitness:** youths who play sports develop general physical fitness in a way that's fun, and they establish lifelong habits for good health. This is particularly important at a time when obesity in India has reached epidemic

proportions: the incidence of obesity has increased at a staggering rate!

- ✓ **Stress relief:** Sports allow youths to clear their minds of academic and social pressures, to literally run off the tension that's accumulated in their muscles. In the words of one patient, "If you play really hard, you feel better because playing takes your mind off things that bother you, and afterwards you can concentrate better." For example :during exams, Duke University (U K) opens its gyms twenty-four hours a day to provide stress relief for its students
- ✓ **Mastery:** Sports give youths a satisfying, enjoyable way to develop their own talents: through personal effort they get good at something they're interested in. Doing something well makes them feel good about themselves, but equally important, it teaches them about the process of how to improve and work more effectively.
- ✓ **Healthy habits:** Because sports increase an awareness of one's body and how it responds to different stimuli and circumstances, sports help prevent drug and alcohol abuse. Most athletes value what their bodies can do and want to maintain those abilities. Being an athlete also gives youths an acceptable reason for telling their friends no to drugs, booze, and other high-risk, unhealthy behaviours.
- ✓ **Valuing preparation:** Sports help youths learn to distinguish between effort and ability. Sports increase self-discipline and the awareness of the value of preparation because youths can see the difference in their performance.
- ✓ **Resilience:** Sports provide an unparalleled model for dealing with disappointment and misfortune. Young athletes learn to handle adversity, whether it's picking themselves up after losing a big game or not getting as many minutes as they wanted. They find ways to deal with losing and go on, because there's another big game next week or next year. They figure out what to do to get what they want for themselves. They put in extra time on fitness or work on specific weaknesses in their game
- ✓ **Attitude control:** Older teens learn that a confident attitude improves their performance, and that they have some control over their attitude. They learn to disregard comparative stats in preparing for an opponent and instead to adopt "attitude enhancers" such as visualization exercises, team or individual rituals, singing specific songs together, or having dinner as a team the night before the game.
- ✓ **Leadership opportunities:** Team sports offer youths a rare opportunity to serve as leaders. youths can be in a position to assess the strengths and weaknesses of their various team-mates and help to exploit their strengths and compensate for their weaknesses. They can minimize conflicts among players. They can reinforce values-such as fair play, teammanship, hard work, mental preparation-by speaking up when appropriate and setting a good example.
- ✓ **Identity and balance:** Being part of a group is inordinately important to youths, and sports make youths

feel like they belong, whether it's to the group of athletes in general or their team in particular. Sports also contribute to a teenager's sense of a stable identity with particular values.

- ✓ **Time management:** Young athletes learn to manage their time productively. They know they have to get their homework done, so they learn not to waste time.
- ✓ **Long-term thinking:** Athletes learn the fundamental lesson of sacrificing immediate gratification for long-term gain. This is the basis for personal success as well as for civilization in general, and no lesson can be more valuable.
- ✓ **Relationships with other people:** Athletes develop relationships with their team-mates. For boys, sports are a primary, and unfortunately sometimes the sole, way of socializing with others. In many schools and communities, nonathletic males find it difficult to develop a social network at all.
- ✓ **Teamwork:** On a team, youths learn about cooperation, give-and-take. They learn that while their natural position might be wide receiver, the team needs a cornerback, so they sacrifice their personal desires and play defence. They learn that you don't have to like someone in order to work together toward a common goal.
- ✓ **Diversity:** Organized sports sponsored by clubs or youth leagues not affiliated with schools offer players an opportunity to meet a variety of kids from different backgrounds. Students from public, private schools come together in a common enterprise, crossing socioeconomic and ethnic lines, so that over time all players broaden their sense of how other people live.

A lot can be learnt from games other than the obvious physical benefits. Sports promote many values which can be used to mould youths into better and stronger human beings. Its time we woke up to the need to inculcate these values and standards in the youth of India and sports seem an ideal way to achieve this.

VI. OPPORTUNITIES

A. Education:

- ✓ DPED (After PUC)
- ✓ BPE (Three years degree programme in Physical Education)
- ✓ BPEd (Any basic degree,) Professional degree.
- ✓ MPED/MPE (BPEd/BPE)
- ✓ NIS Diploma in Coaching (University/State representation)
- ✓ M.S in Coaching (MPED, NIS with coaching experience)
- ✓ M.S in Sports Medicine (MPED NIS with coaching experience)
- ✓ M.S in Exercise Physiology (MPED, NIS with coaching experience)
- ✓ M.S in Physiotherapy (MPED, NIS with coaching experience)
- ✓ P.G Diploma in Sports Administration and Management. (Any basic degree)
- ✓ Research (Ph.D, D.lit etc.)

B. Reservation of seats for sports in higher education

- ✓ 13 percent reservation of seats in Engineering/Diploma/ITI (U.G/P.G)
- ✓ 8 percent in Medical Sciences. (U.G/P.G and paramedical sciences)
- ✓ Reservation of seats in Universities for higher education (allotment of number of seats varies from University to University)

C. Job opportunities

- ✓ ONGC (Every three years one's)
- ✓ Indian Railways – 3 percent
- ✓ Insurance Company (LIC) – 7.6 percent.
- ✓ Nationalized Banks – 1.6 to 2 percent.
- ✓ Defense (Services) – 9.3 percent.
- ✓ Police – 4.2 percent.
- ✓ Airport Authority of India – 0.4 percent.
- ✓ Electricity Board – 1.8 percent.
- ✓ **Sports Authority of State/India**
 - a) Sports Associations/Federations.
 - b) Private Sector (including MNC)– 06 percent (depend on the companies norms)
 - c) Private sports coaching.
 - d) Fitness trainers.
 - e) Physical Education Teacher/Directors.
 - f) Advisors to the Government/Universities.
 - g) Officiating
 - h) Modeling/Film industry.

D. Star Values

Appearance fee – ex: P T Usha, Sachin Tendulkar, Ashwini Shetty, Rahul Dravid Ricky Ponting , Nadal, Sania Mirza, Mike Tyson etc.

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