

# International Journal of Sports, Exercise and Physical Education

ISSN Print: 2664-7281  
ISSN Online: 2664-729X  
Impact Factor: RJIF 8.15  
IJSEPE 2026; 8(1): 98-99  
<https://www.sportsjournals.net>  
Received: 04-10-2025  
Accepted: 06-11-2025

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## The role of Sports activity in developing social values among students

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**DOI:** <https://www.doi.org/10.33545/26647281.2026.v8.i1b.324>

### Abstract

Sports activities are a critical educational tool that goes beyond physical fitness but the overall growth of the personality of the student includes both psychological and social aspects. Physical education has ceased to be just concerned with motor skills, it has now become a rich breeding ground on instilling in children's values of discipline, cooperation and responsibility and this has helped to produce a generation that will be able to positively interact with society.

**Basic Concepts and Relations:** Sports activity can be described as the structured physical activities that are directed into building up overall capabilities of a person whereas social values are described as the principles and norms that help govern the behavior of a person and define what the relations of the individual are with the rest of society like justice and tolerance. They complete each other; through sports, one can get a practical laboratory to learn to respect the rules, accept defeat, and collaborate as a team.

**Keywords:** Role, Sports Activity, Social

### Introduction

Sporting activity can be described as one of the most significant educational instruments that can help develop the personality of the student in a holistic way, physically, psychologically, and socially. Physical education no longer focuses on building physical and skills capabilities but has been extended to inculcating social values and positive behaviors that individuals require in their day-to-day lives. Through sports lessons and activities, the appropriate educational context can be created, where the principle of cooperation, discipline, respect, responsibility, and teamwork are being taught to the students<sup>[1]</sup>.

Therefore, we can see the significance of research on the role of sports activity in the shaping of social values among the students, as it is a highly influential tool of producing a generation that can properly engage with society.

### First: The Concept of Sports Activity<sup>[2]</sup>

Sports activity could be described as a complex of systemic physical movements that are carried out with regard to certain rules and which are oriented to the formation of physical, mental, psychological, and social abilities of the individual. Some sporting activities involve team and individual sporting activities, physical activities and recreational activities that are carried out in and out of educational institutions.

Sports activity is defined in a purposeful educational activity that helps in the realization of overall educational objectives, particularly in various levels of education.

### Second: The Concept of Social Values<sup>[3]</sup>

These are the principles and standards that an individual learns within the society that shapes his or her behavior and determine his/her association with other people. These are cooperation, respect, discipline, tolerance, justice, and responsibility.

Social values are the cornerstones of character development of a student, which assists him to adjust socially, establish healthy relationships and be a participant in society.

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### Third: The Relationship Between Sports and Social Values<sup>[4]</sup>

The connection between social values and sports is the one that is complementary. Sports are also seen as a form of practical learning, which somewhat helps in imparting social values to the students. Sports also teach the students to follow the rules, honor their opponents, and sportsmanship and accept defeat and victory.

Sports activities also help in promoting teamwork and collaboration among the students mainly in team sports where coordination and understanding are necessary to reach a common goal.

### Fourth: The Role of Team Sports in Developing Social Values<sup>[5]</sup>

One of the most effective sports activities in molding the social values of the students is the team sports, as it brings direct interaction of the society between students. The team sports foster some of the most memorable values that include:

- The price of collaboration: collaboration between members.
- The importance of discipline: discipline comes through obeying the rules and directions.
- The importance of respect: respecting teammates, referees and opponents.
- The worth of responsibility: by performing the necessary role in the team.

These values help in the development of a balanced personality that will be able to interact positively both within and outside the school.

### Fifth: The Role of the Physical Education Teacher in Developing Social Values

One of the most important aspects of enforcing social values using sports activities is the physical education teacher. Their role is to mentor students and strengthen positive behaviors in the process of sporting activities<sup>[3]</sup>

The teacher's role includes<sup>[7]</sup>

- Instilling a spirit of cooperation and respect among students.
- Encouraging fair play and sportsmanship.
- Addressing negative behaviors in an educational manner.
- Serving as a good role model in conduct and discipline.

The teacher's approach to managing the physical education class also contributes to creating a positive learning environment that helps develop social values in students.

### Sixth: The Impact of Sports Activities on Students' Social Adjustment<sup>[8]</sup>

The sporting activities assist students to acclimatize socially since they offer a chance to socialize and communicate with other students, and this boosts the self-confidence and lowers the effects of isolation and withdrawal.

Sports activities also help the students to teach them how to solve problems, decisions and regulate their emotions which are vital social skills required in their everyday life.

### Conclusion

It is obvious in the above that sports are critical in imparting social values to students. It is a powerful educational

method in the development of well-rounded personality, positive behaviors and the development of social relationships. Moreover, sports help in equipping the students to be responsible people who can interact well in the society.

Thus, the present study suggests focusing on the activation of sports activities in the educational institutions, the allocation of the appropriate resources, and training of the physical education teachers to help them to reach the intended educational and social objectives.

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