

Activities and Involvement in Sports have a Significant Impact on Life: A Descriptive Analysis

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ABSTRACT

This study aims to analyze the impact of participation in sports on various aspects of life. Currently, sports have developed rapidly, especially in their contribution to development, both in terms of health, economy, mental well-being, and social. The concept of success has also changed from instant achievements such as victory to long-term achievements such as physical and mental well-being. Sport is a physical activity that is open to everyone, regardless of social status, culture, or background. In addition to playing a role in physical growth and individual development, sport also promotes social interaction and integration. Thus, sport can be considered as a coaching process that utilizes physical activity to help individuals achieve their maximum potential. The contribution of sport to social activities is very large, so that sport becomes one of the important factors in national development. Therefore, it is important to maintain and strengthen the values of sport in every aspect of life, and to make sport the main goal, not just entertainment.

Keywords: Contribution, Sports, Interaction, Social, Health, Economy

INTRODUCTION

According to Black, J. (2024), sports have now received high recognition among the public as a social phenomenon. Hozhabri, K. et al., (2022) stated that sports have been integrated with the dynamics of rapidly developing social processes towards the formation of values or norms that are increasingly recognized for their significance in making positive contributions to improving human dignity. Meanwhile, Bilohur, V., & Andriukaitiene, R. (2020) emphasized that sports are not only seen as a means to maintain physical health, but have also penetrated various aspects of human life as a whole.

Sidentop, D., & Van der Mars, H. (2022) stated that exercise is an important need for everyone to maintain physical health. In addition, Lu, J., An, Y., & Qiu, J. (2022) showed that participating in sports activities can help reduce depression, stress, and anxiety, as well as increase self-confidence, energy levels, sleep quality, and concentration ability. Hu, D. et al., (2021) explained the factors that influence participation in sports, including individual, environmental, and socio-cultural factors. According to Clarke, F., Jones, A., & Smith, L. (2021) the increase in community participation in sports is reflected in the increase in the Sports Development Index (SDI). Public awareness of the importance of exercise plays a role in the development of individuals and societies that are intelligent, healthy, skilled, resilient, competitive, prosperous, and dignified (Spencer-Oatey, H., Franklin, P., & Lazidou, D. 2022).

Cole, M. (2022) stated that sports and exercise are the basic rights of every individual regardless of race, religion, social class, or gender. Since 1983, the International Olympic Committee (IOC) has promoted a program called "Sport for All", which aims to encourage sports participation for the entire community. This program aims to create conditions where everyone, regardless of age, gender, or socio-economic conditions, can participate in

sports activities. Pedersen, M. R. L. et al., (2021) hope that through the Sport for All program, the health and social benefits of regular physical activity can be spread widely among the community. Gould, D., Cowburn, I., & Shields, A. (2023) argue that sports provide an excellent means of building social relationships and fostering teamwork. Whether playing on a team or joining a community sports league, engaging in sports activities allows individuals to connect with like-minded people and form lasting friendships. Furthermore, Opstoel, K. et al., (2020) stated that team sports, in particular, teach valuable skills such as communication, cooperation, and leadership, which are important for achieving success in personal and professional life.

Legg, E. (2021) stated that being involved in sports requires commitment, perseverance, and fighting spirit. According to Kogoya, T. et al., (2023) through sports activities, a person will learn to set goals, overcome obstacles, and develop essential life skills. Sadeghi, A., & Einaky, S. (2020) also emphasized that the discipline and resilience gained from sports can be applied in various aspects of life, including academics, careers, and personal relationships. By facing challenges on the field, a person learns to bounce back stronger, which will ultimately lead to personal growth and development (Ronkainen, N. J. et al., 2021). Vinogradov, A. et al., (2021) added that sports are not only a means for personal growth, but also a tool for self-improvement. Birjukovs, A. (2023) also stated that by setting goals, maintaining commitment, and continuing to strive for self-improvement, individuals involved in sports will gain valuable lessons about perseverance, determination, and self-discipline. Wang, Z. (2024) also argues that sports can increase self-esteem and self-confidence, as individuals feel a sense of success and accomplishment through their hard work and dedication. In addition, sports help in the development of important life skills such as time management, decision-making, and problem-solving, all of which are crucial for success in all areas of life (Newman, T. J. 2020).

According to research conducted by Strandbu, Å. Et al., (2020), engaging in sports activities has a significant impact on our lives. It not only affects physical health, but also personal and social well-being. In addition, Antonova, N. L., & Merenkov, A. V. (2020) stated that by participating in sports activities, a person can improve the overall quality of life, develop valuable skills, and experience personal growth and self-improvement. The benefits of sports, whether through improving social relationships, discipline, resilience, or personal growth, cannot be ignored (Martín-Rodríguez, A. et al., 2024). Therefore, this study will analyze in depth how involvement in sports can have a significant impact on life.

RESEARCH METHODOLOGY

This study uses a qualitative descriptive approach and analytical methods. This study refers to the theory of Taylor, S. J., Bogdan, R., & DeVault, M. L. (2015) that qualitative research is "a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior". This qualitative research focuses on the natural background holistically, treats humans as research tools, conducts data analysis inductively, and emphasizes the process rather than the results of the research agreed upon by the researcher and the research subjects. The research subjects used must reflect the relevance to the research phenomenon. The phenomenon analyzed in this study is the impact of sports activities and involvement in sports on life.

RESULTS AND DISCUSSION

A. Sports and Health

According to research conducted by Kapoor, G. et al., (2022), changes in lifestyle from working a lot to working less can be one of the causes of decreased fitness levels. Tschang, F. T., & Almirall, E. (2021) also stated that this phenomenon is a negative impact of the rapid development of technology. Humans are now competing to create various automatic devices to replace almost all human work, so that people tend to be static, less physically active, and lazy (sedentary). Di Vico, I. et al., (2021) also added that a lack of movement (hypokinetic) can cause various health problems such as degenerative or non-infectious diseases such as coronary heart disease, hypertension, atherosclerosis, diabetes mellitus, osteoporosis, back pain, fatigue, and so on.

Edelman, C., & Kudzma, E. C. (2021) in their book entitled "Health promotion throughout the life span" emphasizes that health is a very important aspect of human life. Furthermore, Fancourt, D. et al., (2021) argue

that without good health, a person will have difficulty in carrying out daily activities. In this regard, Thompson, W. R. et al., (2020) said that the busier a person is, the more often he ignores the importance of exercise. Lack of free time due to busyness at work, campus, or company makes it difficult for someone to take the time to exercise. According to Angulo, J. et al., (2020) exercise is actually a basic need for every individual to maintain their physical condition and health.

Therefore, it is important for humans to try to maintain health, one of which is by exercising (Hargreaves, M. 2021). Holmes, E. A. et al., (2020) argue that in everyday life, actions or efforts are needed to support health. Health efforts include all activities aimed at maintaining and improving health, with the aim of achieving optimal health levels for the community. In this regard, Wendimagedn, N. F., & Bezuidenhout, M. C. (2019) said that health efforts are carried out through a maintenance approach, health improvement (promotive), disease prevention (preventive), disease treatment (curative), and health rehabilitation, which are carried out in a comprehensive, integrated, and sustainable manner. This is not only the responsibility of sports policy makers, but also depends on public awareness in participating in sports activities (Piggin, J. 2020).

According to Zuckerman, S. L. et al., (2021) exercise has broad benefits for public health, including physical, mental, and social aspects. Then Cariati, I. et al., (2021) argue that physically, exercise plays an important role in maintaining a healthy weight, increasing muscle and bone strength, and optimizing the function of body organs. In addition, regular physical activity can also reduce the risk of cardiovascular disease, type 2 diabetes, and several types of cancer (Elagizi, A. et al., 2020). Research shows that exercise also has a positive impact on the health of the respiratory and digestive systems (Guo, S. et al., 2020; Daniela, M. et al., 2022; Scudiero, O. et al., 2021). In addition, Chang, C. J. et al., (2020) argue that exercise has a significant role in mental health. Through the release of endorphins, the happiness hormone in the brain, exercise can help reduce stress, anxiety, and depression. It also has a positive impact on sleep quality, energy, and the ability to focus and concentrate (Xie, Y. et al., 2021).

Posadzki, P. et al., (2020) said that the implications of the importance of exercise for public health are enormous. First of all, promoting an active lifestyle and participating in sports activities can reduce the burden of lifestyle-related chronic diseases, such as obesity, hypertension, and heart disease. De la Rosa, A. et al., (2020) also said something similar, that in the long term, this can reduce health care costs and increase community productivity. Exercise also plays an important role in disease prevention. In addition to having an impact on aspects of physical and mental health and fitness, Parlavecchio, L. et al., (2021) said that through participation in sports groups or teams, individuals can build strong social interactions, strengthen solidarity, and provide emotional support. Values such as cooperation, fair play, and discipline emphasized by sports also help shape positive characters in society (Ludwiczak, M., & Bronikowska, M. 2022). Thus, sports have the potential to create a healthy and inclusive social environment.

B. Sports and Social Interaction

According to Pickering, M. J., & Garrod, S. (2021) the general form of social process is social interaction. Social interaction is a dynamic social relationship that involves relationships between individuals, between groups, and between individuals and groups. Then Kreijns, K. et al., (2022) argue that social interaction can occur when two individuals meet and are aware of the presence of the other party around them. Social interaction between groups is usually carried out in the name of unity, not personal. Social interactions that occur in the world of sports are more prominent and more visible, Bennett, G. et al., (2020) in their analysis stated that this is because there are often clashes between individual and group/club interests, or clashes between the interests of one individual or group with another individual or group because they have the same interests. Olvhøj, R. et al., (2023) argue that sports and social interaction have a close relationship. Through sports, individuals can interact with others, build relationships, and strengthen social ties.

The phenomenon of sports is growing rapidly and spreading to various aspects of life. Sports are not only about physical health, but also related to politics, economics, social, and culture (Bácsné-Bába, É. Et al., 2021). McCullough, B. & Kellison, T. (2020) argue that sports are social activities that involve interactions between individuals and their surroundings. Everyone has a situation that affects their sports activities. Snead, O. C. (2020) in his book explains that basically humans have two sides of life, namely public and private. In public

life, humans accept existing values, while in private life, humans are free to act according to their wishes. In team sports, there are collective rules but each individual can show their abilities. However, interaction in sports creates different social levels, Buser, M. et al., (2022) explain that interaction in sports depends on the type of sport and the players. There are elite sports, community sports, amateur and professional sports, and sports specifically for men and women.

If we observe more closely, we will see that millions, even hundreds of thousands of people, are actively exercising every day around the world. They plan their schedules to exercise regularly and socialize. They are willing to spend money to attend sports events, sometimes even spending large sums of money. Sports participants are very diverse, from children to adults, from the poor to the rich, from ordinary people to officials. In addition, they are also diverse in terms of race, culture, and religion. This phenomenon makes us wonder what they are really looking for in sports, what they want to feel, and what they expect from their participation. The body and soul of each individual are basically a representation of their potential. Potential means having room to develop. Humans no longer see themselves as independent beings, but as interdependent beings, as a result of the process of actualizing their potential. Happiness and well-being can be achieved if the process runs optimally and is balanced both physically and mentally (creativity, feelings, and thoughts).

Without exercise, human life will feel incomplete. If someone exercises regularly, their physical development will be helped. The above analysis is reinforced by the opinion of Delaney, T., & Madigan, T. (2021) who said that sports are now widely recognized as a social fact that is very beneficial for society as a whole. Sports have been integrated into a dynamic social process that quickly forms a set of values or norms that are believed to make a significant contribution to improving human dignity (Hozhabri, K. et al., 2022). Various objective conditions in society can be used as evidence that sports have penetrated human social life. According to Bain-Selbo, E. (2017) the influence of sports in society is not just the experience of winning or losing, but more broadly concerns self-esteem, pride, channeling destructive potentials, even in certain communities, sports have been recognized as parallel to religion. From this explanation, sports have been recognized as a microcosm of the wider community life. Here are some ways that sports contribute to social interaction, which can be seen in the table below:

Table 1. Contribution Of Sport in Social Aspects

No	Aspects	Contribution
1	Team and Collaboration	Through joint sports activities, team members learn to support each other, communicate, and work together to achieve common goals. In addition, this experience can also strengthen relationships between team members and build a sense of togetherness (Stoldt, G. C. et al., 2020).
2	Competition	Participating in sports competitions can bring together people from different backgrounds, creating opportunities for interaction and building social networks (Doidge, M., Keech, M., & Sandri, E. 2020).
3	Community activities	Many communities hold sporting events, such as tournaments or sports festivals, which allow people to gather and interact. In this way, individuals and groups will get to know each other and grow a wider social network between individuals and groups (Zawadzki, K. 2020).
4	Social activities	After doing physical activity, there is often an opportunity for social interaction, such as gathering in a cafe or restaurant, which can strengthen relationships between individuals. This can be seen from several social initiatives that started from meetings between individuals or groups while exercising (Rivera, E. et al., 2021).

C. Sports in National Development

Pedriani, L., & Jennings, G. (2021) stated that basically sports are not only beneficial for physical health, but also for fostering noble values that are very useful in life. Involvement in sports not only involves individuals, but also involves society at large (Dorsch, T. et al., 2022). According to Ronkainen, N. et al., (2021) this field (sports) is related to the lives of many people, so it has very broad social and functional dimensions. Then Mohamed, Y. (2020) argues that functionally sports play a role in maintaining physical health, while in the social dimension sports play a role in instilling values and norms of life that should be carried out in life.

According to Bilohur, V., & Andriukaitiene, R. (2020) sports values have a significant positive impact that can strengthen the integrity of the nation. The values contained in sports are substantially in line with national development efforts. Then Gibbons, T. (2024) emphasized that many positive aspects can be adopted and applied in national and state life. Seippel, Ø. (2017) stated that although there are differences between sports and nationality, both support each other. In the midst of changes in modern life that tend to shift local values, it is important to take the best values from society as a guideline in living together. Sports have an important role in national development, both in terms of social, economic, and health (Barbu, M. C. R. et al., 2020). For more details, see the following table for some aspects of how sports contribute to national development:

Table 2. Contribution Of Sports to National Development

No	Aspects	Contribution
1	Public health	Sports can improve people's physical and mental health. With a healthy society, work productivity also increases, which has a positive impact on the country's economy (Hafner, M. et al., 2020).
2	Education and Character Building	Through sports, individuals can learn about discipline, cooperation, and leadership. This is important to shape the character of a quality young generation (Legg, E. 2021).
3	Economy	Sports can be a source of income through organizing sports events, sports tourism, and related industries such as sports equipment and media. This can create jobs and increase state revenues (Pedauga, L. et al., 2022).
4	Unity and Oneness	Sports can be a tool to strengthen national unity. Sporting events are often a means to demonstrate national identity and pride (Doidge, M., Keech, M., & Sandri, E. 2020).
5	Infrastructure Development and Expansion	The development of sports facilities can encourage the development of infrastructure in the area, which also benefits the local community (Kaplanidou, K. 2021).

Rowe, N. F. (2015) argues that sports development is an integral part of human life and is an inseparable need. The same opinion was also expressed by Opstoel, K. et al., (2020) that sports have a very vital role in national development. In addition to improving public health, sports can also build character and strengthen unity. In addition, Pranata, D. et al., (2023) in his research stated that sports can also encourage achievements at the international level, increase tourism, and create jobs, thus contributing to the country's economic and social growth. Not only that, sports are also an instrument in sustainable development by improving the quality of life of the community (Dai, J., & Menhas, R. 2020). Martín-Rodríguez, A. et al., (2024) said that through sports programs, physical and mental health can be improved, and values such as discipline and cooperation can be instilled. In addition, sports development also plays a role as a means to demonstrate the nation's existence through achieving extraordinary achievements, sports also play a role in community development and environmental preservation (Acquah-Sam, E. 2021).

In line with the previous opinion, Irtyshcheva, I. et al., (2022) emphasized that to achieve success in sports coaching, cooperation and improvement of existing potential are needed, including coaching systems, institutions/ organizations, and legal basis that form the basis of sports coaching. In addition, Mulyana, F. R. et al., (2022) stated that sports coaching must be a national movement that continues to be improved so that it can reach all regions and touch all levels of society and create a healthy sports culture. Meanwhile, Zasimova, L. (2022) emphasized that adequate sports facilities and infrastructure in schools, workplaces, and residential areas are very important so that all levels of society can participate in sports and physical activities.

CONCLUSION

Sports have become an important part of human life. Now, sports have developed in all levels of society as part of human culture. Sports itself is a physical activity that is open to everyone according to their abilities, pleasures, and opportunities, without distinguishing rights, status, social, cultural, or degree in society. The values of sports actually have a positive dimension that is very useful and can be applied in efforts to strengthen the integrity of the nation. In many ways, the values contained in the field of sports are substantially parallel to efforts to build the nation and sports have been recognized as a microcosm of the life of the wider community. There are many positive aspects that can be taken and implemented in the life of the nation and state. Sports should and should be a pillar of harmony, a healthy balance of life, and harmony. Through sports, everyone can increase the ideal opportunity to channel positive energy in an environment of brotherhood and friendship in order to realize a healthy unity, a friendly and joyful atmosphere, towards a life that is in harmony, harmonious, and balanced in order to achieve the true meaning of humanist life, namely physical and spiritual well-being.

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