

## The Role Of Sociology in The development Of Sport Skills (دور علم الاجتماع في تنمية المهارات الرياضية)

BOUMEDIEN Makhlof\*  
MSILA (Algeria)  
boumediene.makhlof@univ-msila.dz

BADREDDINE Zemmour  
BLIDA 2 (Algeria)  
eb.zemmour@univ-blida2.dz

ADEL Guenifi  
BISKRA (Algeria)  
adel.guenifi@gmail.com

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### ملخص:

علم الاجتماع الرياضي هو أحد فروع العلوم الاجتماعية التي تهتم بالدراسة العلمية لسلوك الأفراد في ممارستهم للأنشطة الرياضية المختلفة، والرياضة هي مظهر من مظاهر السلوك الاجتماعي للمجتمع، وبالتالي، فإن علم الاجتماع الرياضي يدرس الرياضة كظاهرة اجتماعية وعلاقتها بالنظام الاجتماعي والسياسي والاقتصادي والبناء الاجتماعي للمجتمع. الرياضة في العصر الحالي هي ظاهرة حضارية لها تأثير فعال ومدى واسع وتعقيد. إنه يخدم التعليم والاقتصاد والفن والسياسة ووسائل الاتصال والعلاقات الدولية. تكمن أهمية دراسة علم الاجتماع الرياضي في مجال الرياضة المدرسية في تعلم التلاميذ المهارات الرياضية في مجموعات من النشاط الداخلي أو الخارجي. وتوفر رؤية اجتماعية سيكولوجية لمختلف شرائح المجتمع لدور علم الاجتماع الرياضي في تطوير وإثراء الاتجاهات الحديثة في التدريب الرياضي الحديث. الكلمات المفتاحية: علم الاجتماع الرياضي. التدريب الرياضي الحديث. واجبات التدريب الرياضي التربوي والتموي.

### Abstract:

Sports sociology is one of the branches of the social sciences, which is concerned with the scientific study of the behavior of individuals in their exercise of various sports activities, and sports is a manifestation of social behavior of society, and therefore, sociology sports studies sports as a social phenomenon and its relationship to the social, political and economic system and Social construction of society.

Sport in the present era is a civilized phenomenon that has an effective impact, wide range and complexity. It serves education, economy, art and politics, and means of communication and international relations.

The importance of the study of sports sociology in the field of school's sport is by pupils learning mathematical skills in groups of internal or external activity ... etc.

This intervention comes to identify the contributions of sports sociology and modern trends in sports training through addressing the educational, developmental, educational and social processes that aim to raise and prepare sports teams through planning and applied field

\* Corresponding author

leadership in order to achieve the highest level and possible results In specialized sports and maintained for as long as possible.

And provide a sociological field view of different segments of society for the role of sports sociology in the development and enrichment of modern trends in modern sports training.

**.Key words:** Sports Sociology .Direction. Modern sports training. Duties of sports training educational and developmental.

## **Introduction:**

Sociology of sport, alternately referred to as sports sociology, is a sub-discipline of sociology which focuses on sports as social phenomena. It is an area of study concerned with the relationship between sociology and sports, and also various socio-cultural structures, patterns, and organizations or groups involved with sport. This area of study discusses the positive impact sports have on individual people and society as a whole economically, financially, and socially. Sociology of sport attempts to view the actions and behavior of sports teams and their players through the eyes of a sociologist<sup>1</sup>.

Sociology - the scientific study of human interaction (i.e., human organization and function.) Human interaction can be divided into work, family and leisure interactions. Sport activity is a subset of leisure activity. All though a small portion of the population directly participate in sport in highly industrialize societies many people are interested in the activities related to sport<sup>2</sup>.

What is Sport?

A formal sociological definition of sport is a physical activity which is fair (fair meaning honest in that the contest is structured for all contestants to have a reasonable chance to win), competitive, non-deviant, and is guided by rules, organization and/or tradition<sup>3</sup>.

Based on the sociological definition of sport:

- Is fishing a sport?
- Is bull fighting a sport?
- Is college football a sport?

## **Sport and Sociological Paradigms**

The culture is created and reinforced through the participation in sport in the following ways :

The manifest functions of sport in a society are represented by physical fitness and the socialization of individuals to the value of hard work, team work (cooperation) and competition. Latent functions include character development from participation in sport and an emotional release from the physical activity. Sport

provides the motivation to be physically fit. To play the game well one needs to be in shape. The desire to play well is a product of the social belief in winning or being first in a valued activity. Further sport provides members of a society with a controlled method of emotional release of aggression. In modern life humans have few acceptable ways to release feelings of aggression generated by the frustrations of modern life, sport is believed to be a harmless way to "let off steam." The value of hard work leading to a win (the belief in a meritocracy) is a cornerstone of participation in sport. The individuals and teams which credit their work ethic for wins are greatly admired<sup>4</sup>.

### **Social Conflict Analysis**

The social conflict view sees sport as a reflection of the inequalities in society and that it masks the true nature of the human condition. Sport serves as the "opium of the masses." Sport is seen as a social institution which the more powerful oppress, manipulate, coerce and exploit the less powerful.

For the worker a capitalist economy means laboring at unexciting unsatisfying jobs. Sport provides an exciting diversion from thinking about their own condition. People discuss the team for which they follow in first person terms as if they are members of the team. Such as, "for us to win.." or "we need a point guard..."

Each sport team works to maintain or achieve an advantage over other teams. Major league baseball does not share the profits of league pay. Teams in larger markets do not share the television revenues or stadium deals. At the professional, college, and high school levels the signing, releasing, cutting or trading of a player is influenced by impact such a transaction will have on other teams in the league<sup>5</sup>.

Conflict theorists see the racial integration of sport as the exploitation of minorities. The inclusion of Jackie Robinson and Larry Doby in to modern baseball fifty years ago was financially motivated. The inclusion of minorities would increase the fan base as well as expand the talent pool for the progressive teams which helped them have an advantage over their opponents. Currently, minorities dominate the playing positions which have the least interaction, prestige and rewards. In college minority athletes are recruited from communities and schools in which non athlete students would not be considered. The minority athlete brings a talent on which the school can achieve wealth, power and prestige, the non athlete student is not likely to provide such rewards to the institution<sup>6</sup>.

Sports are racially segregated based on their appeal to the public. Mass appeal sports such as football, baseball, track, boxing and basketball are favored by the working middle class. The appeal of these sports can be capitalized on financially. Sports such as tennis, golf and polo have few minorities participants. These sports

appeal to the wealthy upper class. There is little to gain by including the less wealthy minorities<sup>7</sup>.

### **Symbolic Interaction Paradigm**

The motivation to play a sport varies for each individual. Persons are socialized to play particular sports which they believe reflect their status. Women do not play "rough" sports such as football and boxing. Bowling, billiards and softball are expressive outlets for the lower class while polo, cricket and snow skiing are upper class sport activities .

The symbolic nature of sport is evident through out society. Terms with sport origins such as Super Bowl, Superstar, blitz, sack, slam dunk and home run are integrated into most other institutions jargon. Further, run like a girl, throw like a girl or swing like a girl serve as social controls for male behavior in sport. Wearing the team colors is a significant symbolic material sport culture .

Wearing a special t-shirt, sweat shirt, hat and jacket in the exact team colors, logo and name are significant when attending a sports contest. A person can vicariously feel as if they are a part of the team while wearing their symbolic uniform. This behavior shows a persons support for their team. Sport has also been symbolic of war between communities which brings group cohesion. Being a fan of the team representing the community reflects public support for the community as a whole<sup>8</sup>.

### **The Value of Multiple Paradigms**

Each paradigm provides an understanding and has short comings in the sociological analysis of sport. The functional approach focuses on the positive elements of sport in relation to the society as a whole but fails to acknowledge the conflict of interests among different segments. The conflict approach is helpful determining the appropriate place for sport in society but ignores the personal satisfaction people gain from their participation in sport. Finally, the symbolic interactionist approach demonstrates how sport is experienced but lacks an explanation of how and why sport functions for society as a whole<sup>9</sup>.

### **Sociology, physical education, and the sociology of sport**

Sport represents one of the most pervasive cultural themes in contemporary society. As Snyder and Spreitzer have argued, "sport and games are cultural universals and basic institutions in societies, and are some of the most pervasive aspects of culture in industrialized societies"<sup>10</sup>. In spite of this, physical educators usually took for granted the social benefits of sport, while among sociologists a concern with sport was usually seen as more of a hobby than a serious career interest. With both sociology and physical education being emergent academic disciplines, it was no easy task for the new sub-discipline to make its mark. As Ingham (1973) observed, "the sociology of sport... provided a new niche in which... downward

skidding sociologists valiantly attempt to find something new... or upwardly mobile physical educators [seek] to acquire the status of a more [prestigious] academic field”<sup>11</sup> .

The major support for the new subdiscipline came initially from physical education, with the subject area labelled sport sociology being established in many university physical education departments in the United States by the mid-1960s. According to Lowe, physical education “nurtured the new study by providing the major initial impetus of interest and inquiry”<sup>12</sup>. The first decade, however, was not without its developmental pains, to some extent mirroring the ferment and change taking place in the discipline of its other parent, sociology.

The orientation adopted by Loy and Kenyon (1969) set the scene for what was generally to become accepted as the dominant perspective for the sociology of sport in North America in the first decade. In short, the position advanced could be described as positivist and supportive of a structural functional approach to the sociological issues of sport<sup>13</sup>. Loy and Kenyon were critical of any approach which did not set out to be ‘value-neutral’ and they maintained that “sport sociology... [must be] a value-free social science”<sup>14</sup>.

Such a conservative approach was perhaps not surprising, with the subdiscipline seeking to gain academic respectability.

### **Assessing the challenges of the sociology of sport**

Collinson (2014) suggests that critical research on leaders should focus on how ‘situated power relations and identity dynamics through which leadership discursive practices are socially constructed, [are] frequently rationalized, sometimes resisted and occasionally transformed’. Relatively little scholarly attention has been paid to how leaders in sport organizations use or challenge common managerial modes of control and their regulatory practices and how managers strengthen and produce relations of power that privilege some and marginalize or exclude others<sup>15</sup>.

Alvesson and Spicer (2012) contend that much of management research and the theories in which that research is situated, are primarily managerialist and instrumentalist in nature. Managerialism consists of policies that emphasize accountability and effectiveness<sup>16</sup>.

Frisby (2005) also acknowledges that much of sport management research is situated within an instrumental, that is, positivist, approach. Alvesson and Spicer attribute this positivist focus in management studies to its history<sup>17</sup>.

The scholarly beginnings of management studies were rooted in engineering disciplines. Organizations were assumed to need machine-like efficiency in order to function well. Sociology of sport has its roots in both physical education and sociology, both of which were initially also dominated by positivist traditions<sup>18</sup>.

Sociology, including that of sport, was also influenced by the development of left oriented forms of sociology including Marxism that gave impetus to the development of critical approaches in sociology of sport.

The use of a critical sociological approach also enables scholars to question assumptions about sport management, to explore practices that produce social inequalities, to pay attention to context and the role of power and to look for possible ways in which current practices of leadership can be transformed.

## **New Trends in Sports Training**

Training are actually standard means of training in persons with a broad knowledge of sports science. Research has shown that the vast majority of persons involved in "training" have a very limited academic knowledge of the fundamental sciences involved in human performance, rehabilitation, and "training." Additionally, it has also been demonstrated that years of experience has no relationship to the knowledge and quality of the training services provided by the vast majority of those providing such services to the public.

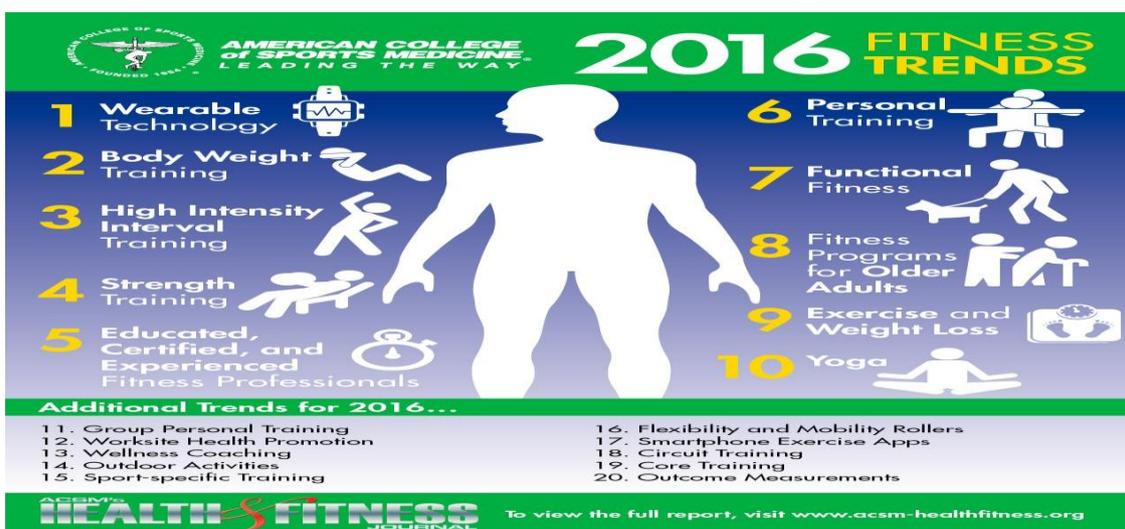
Another important factor you must be cognizant of is that in many cases new trends may be faulty permutations of proper training methods used by "fashionable" trainers with no understanding of the science behind their methods but who have the luck of being connected to famous actors or sports personalities, e.g. the "trainer to the stars". As Mr. Pepin has stated it depends on the purpose of training<sup>19</sup>.

A person training for soccer would be ill-advised to adopt a popular training program utilized by middle distance runners preparing to run a 5 - 10 K race. In fact, a large percentage of personal trainers believe, falsely, that a soccer player is an athlete who should train as a middle distance runner, when they should really be trained in a manner similar to a football player; because the manner in which the game is played is very similar to football, in terms of the intensity and duration of effort, though the body mass and strength requirements are very different<sup>20</sup>.

The best way to improve training is through knowledge, understanding of the physical requirements of the activity you are training for, experimentation, and inventiveness. This month (November, 2015) the National Strength and Conditioning Association is releasing the 4th Edition of the textbook "Essentials of Strength Training and Conditioning." This textbook is an essential resource for anyone involved in training athletes. Any form of training used today is addressed in the book, as well as something you need to gain mastery of, The Needs Analysis<sup>21</sup>.

As a fundamental part of training individuals, the needs analysis is the foundation of all training decisions. Through the use of tests and measurements of athletic skills and abilities, you will be able to identify the strengths and weaknesses of the persons you are training. After identifying the individual's strengths and weaknesses you will be able to select the training methods most appropriate for increasing the individual's performance capabilities, rather than selecting "hot", "new", trends in exercise<sup>22</sup>.

Rather than looking for "new trends" you should become so educated and effective that you become the "trend setter" rather than a lemming following the herd off of a cliff. The "art" of training athletes is not throwing fecal material against a wall and hoping someone calls you Picasso. It is knowing the science of strength and conditioning so well that every decision you make is the right one. By getting and mastering the information in the Essentials textbook, as well as the information in Science and Practice of Strength Training (Zatsiorsky and Kraemer), Designing Resistance Training Programs (Fleck and Kraemer), and NSCA's Guide to Tests and Assessments (Todd Miller, Ed.) you will be starting trends, not asking which ones to follow<sup>23</sup>.



## Sport Needs Sociology

Organised sport has the power of its global popularity, political resonance and economic weight. But sports organisations can lose social and ethical perspective

because, in an intensely competitive and increasingly lucrative global sport and ancillary industry environment, they are often subject to ‘tunnel vision’. By this I mean that there is an over-concentration on competitive advantage in relation to other sports and/or sports organisations, and a diminishing concern with the maintenance and development of a wide-ranging and positive relationship between sports and the societies that nurture them. Sport is also prone to excessive myth-making that seeks to place it beyond the everyday world of politics and material struggle. Yet, paradoxically, sport is often – sometimes cynically, sometimes sentimentally – the plaything of the political apparatus. Critical sociology is an essential corrective to this tendency, its organised scepticism constantly asking troubling questions about who wins and who loses – and that does not only mean on the sporting field.

Sociology, therefore, should be dedicated in part to saving sport from itself. This does not mean that sociologists always have the right answers, but they can puncture some of sport’s most egregious pretensions and mystifications. In this task they need to engage not only with sportspeople and organisations, but governments, corporations, fans and the citizenry at large. Sociologists can bring to bear theoretical explanation and empirical research that spans space (from global to transnational to national to local), time (from pre-modern to modern to postmodern) and social location (from the domestic hearth to major institutions, from primary groups to mass audiences)<sup>24</sup>.

There is no shortage of subjects for this engaged intellectual work. Examples include:

- The governance of sport organisations
- The priorities behind allocation of state and private funding to sport
- Sport’s environmental impact and contribution to urban inequality, especially via mega-events
- The effect of professionalisation and commercialisation on sport and its communities
- The enlistment of sport in social classification and hierarchy, notably class, ‘race’/ethnicity, sex/gender and sexuality
- The uses of sport as ideological metaphor and smokescreen
- The media’s role in ‘framing’ sport and ‘sportifying’ culture
- The exploitation of sport by gambling and other unhealthy industries, such as fast food and alcohol
- The exploitation by sport of vulnerable people, including aspirant and actual sports workers, and fans
- Hyper-competitiveness in sport and socially deleterious attitudes and behaviour, and a corresponding diminution of its pleasurable and playful dimensions
- Sport’s role in the making and unmaking of cultural citizens, and in social inclusion and exclusion.

Sport, then, needs sociology to be insistent in researching and raising these matters because, when there are inevitable and recurrent crises and problems, sports and those who fund, regulate and monitor them often have little idea of how to prevent or manage such discomfiting matters. Too often there is a facile and routine resort to public relations, scandal management, banal reaffirmation or projection of responsibility onto the wider society. Sociology can help guide sports organisations and policy makers in eschewing the superficial preoccupation with effect and neglect of cause that inevitably inhibit its development as a progressive social institution. In this task it can function as a constructively critical friend rather than as a sideline adversary.

### **Sociology Needs Sport**

Perhaps surprisingly in view of its obvious social significance, sociology has historically neglected and patronised sport. The most obvious explanation for this lack of concern is a residual hostility to the body and to working-class or popular culture among many intellectuals. This paradoxical suspicion towards everyday life can be countered by the sociology of sport vividly demonstrating the complex, multi-dimensional nature of popular culture, ranging from political economy to performative aesthetics. The sociology of sport is also a ready vehicle for the demonstration of sociology's contemporary relevance. It is not difficult to illuminate sport's sociological ramifications, especially through the mediated public sphere.

The particular focus of my work on sport has been its handling by the media and their combined reverberations across what I call the 'media sports cultural complex'. I did not start out as a sociologist who concentrated on sport or, in fact, on the main medium with which it is associated – television. But, urged on by my friend and colleague Geoff Lawrence – and he first and foremost a rural sociologist – I could no longer ignore the gaping hole in sociology that mediated sport should have filled. So I joined the small world club of mavericks who had the temerity to take sport seriously and then to criticise it, in the process challenging those sociologists who had specialised in sport only to treat it with functionalist kid gloves<sup>25</sup>.

There have been some professional and personal costs of this association with the sociology of sport, and few people working in this area would not have felt the cold blast of condescension from brief and longstanding academic acquaintances. But, year by year, sport's stocks have risen within sociology, because even the most sport-resistant sociologist cannot fail – unless wilfully so – to see how increasingly pervasive in society and culture it has become. Sport presents sociologists of various stripes with popularly accessible material to work with – in the teaching context; in the writing of general and many specialist texts, and even of appealingly persuasive research grant applications; and in communicating with publics beyond the academy. Sociology ultimately needs sport, and not only for reasons of comprehensiveness. It is because, in constantly renewing its mandate as a vital (in both senses) social science,

sociology can make through sport (among other key social phenomena) a compelling case for pursuing its historic mission of turning unexamined common knowledge into live, informed discourse and debate.

## **Conclusion**

Through the above, sport is a social phenomenon, which helps in the convergence of communities, and the modern trends of training depends on dealing with athletes as members of the community have relations with athletes and non-athletes, so athletes should deal with each other through human relations and not as enemies or opponents They deal with them aggressively, but they have to deal with them on the grounds that sport has made for entertainment and convey the message to the community that everyone is like brothers, and what they offer the community here is only a form of solidarity and social solidarity.

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