

Sport and Personality Development



Playing sport helps much more than in the physical aspects. It builds character, teaches thinking – analytical and strategic, leadership skills, goal setting and much more. You might encourage your child or people in general to play sports because being physically active is healthy for the mind and body. People who play sports also might learn character and behaviour traits that help fill out their personalities. Sports and games play an important role in the development of human personality.

All sports and games certainly benefit both the mind and body and create discipline, team building, confidence and physical fitness. Getting children involved in sport will help them get more active and also develop a healthier personality. Physically players develop their strength, speed, skill, stamina and flexibility but it also increases self-esteem, builds social skills and leadership, increases resilience and inculcates values. When we are under stress from personal or work problems exercise through playing sports helps release pressure and tension in a healthy and controlled way. A player must learn not to lose their temper and morale even in the face of defeat because he/she needs to be calm and then try and perform better the next time. Players know that victory and defeat are the two aspects of the same coin. There is more joy in playing than in its end result. Sport trains one to accept defeat gracefully and move on. They learn that winning and losing are parts of life, one should not feel depressed and dishearten on losing, but move on and strive for more the next time.

Children who play sports get more chance of meeting and interacting with people of similar interests and make new friends, this boosts their confidence. Children playing together as a team, share and celebrate together. This has a positive effect on a child's psychology and behaviour. Players then are less likely to become selfish when they grow up; they are caring and readily to work as a team and get along better with others.

So what other areas can sport assist with?

Increased Self Esteem

It takes physical, mental and emotional endurance to compete and children learn motivation, determination and the long term benefits of training and working toward a goal. The feeling of accomplishment as they work to build their playing skills improves self-esteem, a personality trait that is important in taking on other challenges in life.

Improved Social Skills

Playing a team sports help players bond with each other. It requires cooperating with others, learning to play fair and having fun with others while working toward a common goal. Players develop a healthy sense competition with team mates. This gives children better skills to interact with others at school and home.

Leadership Abilities

Even as simple as getting to training on time and with the correct equipment is a start to leadership skills. Playing sport teaches players to take on leadership roles such as handling conflict, developing game strategies and encouraging team members.

Resilience

Learning to cope with the emotional highs and lows of life in a healthy manner is a valuable personality trait for children and adults. Playing sport gives people the experiences of joy and excitement after a win and grief and frustration after a loss. Sport gives children an organised and structured environment where coaches and team members can provide encouragement and help build resilience.

Values

Sport is human life in microcosm. Apart from benefiting their physical health, sports also play an important role in psychological development and the social well-being of a child. Playing sports will improve values like discipline, responsibility, self-confidence, sacrifice and accountability.

Team Building

Children learn how to get along with their peers and interact positively through sport. It builds team spirit whether they win or lose. Simple things like shaking hands is a gesture of appreciation for both teams.

The above areas are just some of the personality traits that can be improved through sports. These coupled with the physical improvement can ensure the development of your child or adult player at all levels. It is essential that a coach is aware of the effect that they can have on the many areas of each of their players. Therefore it is the key responsibility of all coaches to ensure that this is a positive effect that will last forever with the players, child or adult, that they have on their teams.