

# THE PLACE OF LANGUAGE IN ENSURING SAFETY IN SCHOOL AND COMMUNITY BASED SPORTS PROGRAMMES

Ukah, M.<sup>1</sup> & Moronkola O.A<sup>1,2</sup>

<sup>1</sup>National Institute for Sports, National Stadium, Surulere, Lagos.

<sup>2</sup>University of Ibadan, Ibadan.

## Abstract

*Sports is one of factors which brings people together or establish contacts between themselves and stay together relishing in various programmes offered by sports. Human relations are organic characteristics features of sports to such an extent that it seems queer if someone practices sports alone. Imagine what would be of sports if it were deprived of the characteristics of community friendship. Since sports is a vehicle for unity and nation building, this paper examined the concept of sports, and effective communication, and its relevance in sports programmes. The paper stated the importance of proper understanding of language as a means of communication and its usefulness in ensuring safety in school and community based sports competitions.*

## Introduction

Sports are generally understood to include physical activity or activities that go beyond competitive sports. Incorporated into the definition of sports are all forms of physical activity that contribute to the physical fitness, mental well being and social interaction. These include; play, recreation, organized casual or competitive sports, and indigenous sports or games. Playing sports can be exciting activity that brings great emotional highs and lows, and these emotions influences directly or indirectly on how effective and efficient one reacts to or carries out active activity.

Sports can also be seen to have the most benefits in individual development, economic development, health promotion and disease prevention. The physical fitness that results from playing sports can boost self esteem and boost energy levels, thereby resulting in an increase in work productivity (Jimmy and Ajala, 2021). Physical activity does not have to take too much hours to benefit one's health. Body movements of vigorous physical activity can make difference like dancing or dropping before your bus stop and walk home or climbing stairs. Being active is important for the development and maintenance of a healthy body and mind.

Competitive sport is a global phenomenon and, as such it is recognized and used as a viable and potent tool for unification and integration in a highly divided world due to: cultural, ethnic, social, religious and language differences. Sport is an arena where people with different cultural and ethnic backgrounds meet, get to know, understand, and respect each other on the basis of the shared interest.

Sports occupies a vital role in our lives, it keeps us active. The secret to having a healthy and positive mind and body. Sports is one such activity which helps in maintaining a proper physique and positive mentality. Apart from keeping a healthy body and mind, sports also helps us in alerting our senses, keeps us aware and an undoubting personality. Ukah (2016) stated that sports is one of the factors which bring people together relishing various opportunities.

Moronkola and Ukanna (2021) noted that sport is a combination of activities often with physical exertion and skills wherein people as groups or individuals compete against each other either in individual or team sports for entertainment, leisure, or competition. Otinwa (2010) viewed physical activities as bodily movements that are produced by skeletal muscles that results in energy expenditure.

Fasan (2015) suggested that a good health promotion programme through engaging in physical activities on a regular basis is all parts of the society most especially through sports, recreation and leisure fitness services will be beneficial to the wellness and the health of the nation.

Sport in Nigeria have grown from an avenue primarily for entertainment and for recreational pursuit to a lucrative gold mine, breaking cultural differences among tribes and regions through its impact and hardness diversities by its influence felt by the people (Nwankwo, Nweke, Okechi and Onyishi, 2016).

Airebamen and Moronkola (2023) asserted that in contemporary time, sports occupy both time and space in the electronics and print media and it has entered into the subconsciousness and consciousness of people to the extent that many are fanatically attached to either athletes, coaches etc. Sport is also used nowadays to promote unity and serve as instrument for diplomacy.

## **Types of Categories of Sports**

### ***Individual sports***

They are played singly or individual basis with another person in recreation or competition: alpine and cross country skiing, archery squash, arm wrestling, athletics track and field, swimming, badminton(singles), wrestling, boxing, tennis, weight lifting, chess, power lifting, Cycling, judo and skate boarding.

### ***Partner sports***

They are played in twos to compete with other two partners in recreation or action competition: badminton, diving, golf and tennis

### ***Team sports***

As the name suggests, a group of player compete with another: American football, rowing, athletics, netball, baseball, rugby league, cricket, roller hockey, handball, swimming, soccer/football and basketball

### ***Extreme sports***

Extreme sports normally have a risk of danger involved and can also be called adventure sports; climbing and sky diving.

Airebamen and Moronkola (2023) affirmed that sports may be classified as; individual, team, opponent achievement, environment, professional, spectator, Olympic, amateur and common wealth sports.

### **School Based Sports Programmes**

Sports help youths have goals and play an important role in establishing good and healthy relationships among people. Besides, it helps greatly in reducing violence by practicing self-control. We can also state that sports have a great effect in the sense that they teach adolescents how to respect and abide by the rules. School based sports programmes can bring out noticeable positive reactions and behaviours in teens. Advantages of sports include: Weight control, problem solving skills, self esteem, social competence and academic achievement. School sports can lead to reduced rates of juvenile arrests, teen pregnancies and school dropout (Taliaferro, 2010)

In addition to these social and emotional benefits, school sports can also bring about intangible benefits to the school and community as a whole. Sports also create important opportunities for students to contribute to the school community, which may cultivate an increased commitment to, or identification with school values (Taliaferro, 2010). Some of these benefits are how school administrators can factor these into their decisions regarding school-based programmes.

The clearest benefits of school- based programmes can be seen overall physical health of teenagers. Over the years, many studies have looked at the correlation between the rising rates of obesity and the declining funding for physical activity, whether in a gym class or after- school sports, in high schools. Young people generally get less physical activity the older they get, but if they stayed involved in sports programmes they're more likely to reap the physical benefits they otherwise would not receive. This certainly helps alleviate one of the factors that can lead to obesity. Young people involved in physical activity generally consume more fruits and vegetables, are less likely to be overweight and are more likely to become physically active adults (Taliaferro, 2010).

The physical activity combined with camaraderie and purpose lead to winning combination for girls. Girls who compete in sports get better grades, graduate at higher rates and have more confidence. The vast majority avoid unplanned pregnancies, drugs, obesity, depression and suicide (Anderson, 2012). The social benefits can also lead to academic benefits. Physical activity is shown to lead to better academic performance, and when your team is performing better, on the court and in the classroom, it adds an incentive for the individual players to do better. Participating on a team or as an individual can also help young

people improve problem-solving skills, which translate to better academic performance.

### **Community Based Sports Programmes**

Communities that participate in sports and recreation develop strong social bonds are safer places and the people who live in them are generally health and happier than places where physical activities isn't a priority. Sports and recreation builds stronger healthier, happier and safer communities.

According to Moronkola and Odior (2022), sport community and researchers have expressed interest in the use of sports to promote positive development. Yet the use of banned substances for the enhancement of performance capacity has constituted a lot of problems to the development of sports world wide. Different groups of people within the sport and recreation community have different requirements. Identifying these groups and fostering inclusion allows focused development in specific areas within the industry. Research proves that if a kid is physically active they do better in school. Physical activity enhances cognitive function improving memory behaviour concentration and academic achievement.

Sports programme can indeed help young people steer clear of violent extremism as long as they are delivered by well trained coaches with the support of the communities in which they are engaged and with the creation of a positive sense of belonging and identity with uniforms, kits local fan clubs, spectators and all the areas associated with team sports. Empowering and educating youth, including by fostering critical thinking and developing the behavioural and socio-emotional skills that can contribute to peaceful coexistence and tolerance.

Violence occurs at different settings as one can witness violent behaviours in different domains. Violence is the result of accumulated negativity and aggressiveness from sense of insecurity, failure, lack or oppression especially among young people organised.

In a safe environment, at-risk youth can address the negative emotions they feel in a way that harnesses the power of their feeling. Those who participate in sports must remain concentrated and not allow themselves to be distracted. Young people can gain experience in building and maintaining relationships through competing in sports and develop their ability to manage stress. These skills can then be transferred to daily life as at-risk youth learn to manage negative emotions, remain focused and develop positive relations with others.

The skills learned through sport offer practical solutions to prevent at-risk youth from becoming involved with criminal activities. Sports can inspire individuals to lead an active lifestyle, contributing to a healthy social, psychological and physiological state. Programmes centred around sports have been praised for their ability to promote mental well-being for at-risk

communities through trauma counseling and inclusion efforts. The effects of sports are twofold not only does physical activities improve fitness, it inspires participants to make healthier lifestyle choices and avoid drugs and harmful activities. The improved wellbeing that sports offers could deter at-risk youth from engaging in activities such as crime and drug use which affect their ability to participate in sports.

Sports can also provide opportunities not just to develop personally, but also professionally successful athletes could have fruitful careers related to the sport they practice. It can be particularly be beneficial in communities where crime is present, offering another avenue away from violence and drugs. Athletes can also serve as role models for others in the community, inspiring younger members of the community who view them with admiration.

This is a trend that can continue indefinitely; the effects of sports can contribute to positive change to the society that lasts for generations. Role models can become leaders within their local communities, promoting peace and sharing values learnt through sports with others. violence is a part of sports both on the field and off. However, through sports, athletes, coaches, fans can have the opportunity to be part of the role in society's response to violence.

### **Risk and Violence related to Sports Issues in Community based Sports**

Physical activities are an integral part of education in most countries today, and the popularity of different sports is universal, where played in teams or individually. Increasingly, the practice of sports also seen as one of the tools which can bring a crucial benefit to society. The prevention of violent extremism is of utmost importance. Sports can be a vehicle to increase young people's resilience to crime, violence and drug use. Community based sport programmes involves all that participate in sports and recreation to develop strong social bonds. There are safer places and the people who live in them are generally healthier and happier than places where physical activities isn't a priority. Sports and recreation builds stronger, healthier, happier and safer communities.

Different groups of people within the sports and recreation community have different requirement. Identifying these groups and fostering inclusion allows focused development in specific areas within the industry. Research proves that your kid is physically active they do better in school. Physical activity enhances cognitive function improving memory behavior, concentration and academic achievement.

On the other hand inactivity negatively impacts brain health including; maintaining focus, working memory, multitasking. Sports programme can indeed help young people steer clear of violent extremism as long as they are delivered by well trained coaches with support of the communities in which they are engaged, and with the creation of a positive sense of belonging and identify with uniforms, kits, local fan clubs, spectators and all the paraphernalia associated

with the team sports. Empowering and educating youths, including by fostering critical thinking and developing the behavioural and socio-emotional skills that can contribute to peaceful coexistence and tolerance.

According to Richard (2021) sports and physical activities are important cause of traumatic brain injury among adolescents. Sports help the youths have goals and play an important role in establishing good and healthy relationships among people. Besides, it helps greatly in reducing violence by practicing self – control. We can also state that sports have a great effect in the sense that they teach adolescents how to respect and abide by the rules.

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### **Language and sports**

Appe and Kannur(2020) asserted that sports as a discipline is now beyond performances, techniques or records alone but one also worthy of study, in terms of how it can be used to analyse and solve many societal problems. Also, Daulatabad, Kamle, Berad and Kate (2020) asserted that sports games have stimulated players worldwide to perfect their bodies in relation to antropometric parameters, symmetry, strength, endurance and other parameters.

To achieve the aforementioned, language must facilitate effective communication among various stakeholders in sports.

The world is becoming global village where interactions and interdependence is increasing day by day. One of the ingredient taking sports to greater height is the use of a common language, because it brings about friendship, unity, publicity and commercialization which is what sports is all about. Communication is not peculiar to human beings alone, because evidences have clearly shown that creature too does engage in communication among themselves. It's pertinent at this juncture to clearly say that human beings have been positioned higher than any other creatures as a result of the development of language. This implies that language helps to facilitate easy communication between one individual and another or groups.

Sports is about the coming together of different sports men and women of a country or from different countries. New opportunities arise only when human

beings communicate with one another for a meaningful and sustainable development to take place, information is crucial since then main channel of information flow is communication, the later therefore is a preeminent factor in development efforts .If effective communication is the top root of sports development, then language related issues should not be b toyed with because language is an indispensable part of our lives.

Communication is a basic, pervasive process in human interaction. It is a fundamental part of the more complex process of social interaction that is of social influence cooperation conflict and decision making. The transformation in trends of business and industry over the years occasioned the examination of the role of communication in sports industry. One objective of sports is fostering unity and the spirit of togetherness in order to achieve the set of goals. Communication delayed or not properly handled can jeopardize the entire psychologically state of individual or the players during or after competition.

A language which has ceased to change is a dead language. Ajiboye (2002) defined language as a system of communication either written or spoken words which are used by people of a particular country or area. Ojonugwa (2016) also believed that language is a priceless asset of fundamental importance to the individual and to society that language can never be adequately described merely by citing the number of people served and the personnel involved, the level of coverage or the research performed despite the fact that such readily available facts are frequently used as measures of language evolvment. Language as a process essential to the achievement of personal goals and individual aspirations as it is seen as the only visible face of the culture.

It is literally vocal system by which social groups co-operate. This means that language is the major means of communication among human kind. Broadly speaking therefore, language is the essential precursor of social interaction and behaviour without language very little can be conveyed” and without such a symbolic medium of communication shared by individuals.

Omezi (2013) identified the following barriers to communication: differing perception, language differences, noise, emotionality, inconsistent and distrust. Effective communication is that devoid of error and other hindrances which may affect the feedback. Sports promoters and industries can improve the delivery of their messages.

### **Language and Reduction in Risk, Injuries, Violence and Promotion of Safety in Sports**

Communication helps to further the strategic objectives of an organization because it seeks to enlist the support of all the various groups or key publics by ensuring the vision and values of the chief executive and organization are clearly communicated. The point of the communication is not just passing on

information about the vision, cut to gain active pursuit of or at least assent that those objectives depending on the public.

Communication serves as a method for resolving violence, and defining direction for individuals and groups. If the organization listens as well as speaks and acts, its communication will have been affected by them. It is necessary for communication to be effective as it is not likely to say and do things that are out of step with the views of its stakeholders. Communication helps to minimize the threats by spotting problems or potential conflicts. Early communication also helps in providing useful information that can hasten decision making and also it forms the basis of control through various organizational charts. Communication as a concept touches on every aspects of man's endeavour. If communication delays or not properly handled, it can jeopardize the entire psychological state of individuals.

The following are barriers to communication: differing perceptions; language differences; noise; emotionality; inconsistent; distrust; the boss personality, nature, exposure, experience and disposition; prejudice-pride, dislike, emotion; technical problems; and environmental problems.

### **Conclusion**

Language is for communication and its relevance in sport industry in a rapid changing world where increased globalization and competition is the order of the day cannot be over emphasised. The effects of sports to the communities and schools sports are two folds, not only does physical activities improve fitness, it inspires participants to make healthier life style choices and avoid drugs and harmful activities. It is recommended important that effective communication should be seen by stakeholders in sports as very important and ensure the languages they used are devoid of errors and other hindrance which may affect the feedback. Sports promoters and industries can improve the delivery of their message if they ensure fairness, openness, and straight talk which will eventually reduce distortion of facts.

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