BUILDING STUDENTS’ BEHAVIOR THROUGH SPORTS

by:
Melanie M. Nutas
JHS Teacher III, Lamao National High School

Students’ untoward behavior is a malignant problem that is faced by teachers in school. This reality has moved to form effective means to amend students’ misbehavior. Thus, one of the renowned technique in building students’ attitude is through sports. This method of engaging students to sports is a means of diverting their attention on the basic good practices of sportsmanship. Sports is a growing and prominent part of society, with about 47 million youth participating in organized sport programs (Ewing & Seefeldt, 2002). It was confirmed that 71% of males and 68% of females join in school athletics (Bachman, Johnston and O’Malley, 2003). Hence, positive acceptance lies on the eagerness to imbibe good practices required in the school sport competition. Nonetheless, sports will enable them to build proper and good behavior.

Psychologically, behavior deals with three inseparable dimensions of human person. These are character, attitude and personality. These three components comprise the totality of human person. Accordingly, when we talk about character, it refers to a set of qualities that make a person. According to Lickerman (2011), it comprises of traits that disclose themselves only in specific and often uncommon conditions, traits like honesty, virtue and kindness. Attitude, on the other hand, is described as the way of rational that affects a being. Hence, it is a tendency to react positively or negatively towards a certain impression, object, person, or situation. Moreover, it influences individual choice of action (WebFinance INC, 2018). Lastly, personality is a set of emotional qualities that makes a person different from the other person. According to American Psychological Association (2018), it refers to individual differences in characteristic patterns of thinking, feeling and behaving.
Sports engagement has the capacity to build students’ character. In this sense, constant exposure may help to develop one’s character through refraining untoward reactions through verbal and nonverbal behavior. It provides camaraderie to individuals who have the same interest. To preserve the unity bounded also by common objective, it fashions self-control and temperament management among those are engaged in it. This points out to sportsmanship. This concept is described as an objective that any sport should be enjoyed for its own sake. Therefore, whatever harm through accident or unintentional actions resulting to harm, should be taken as a normal phenomenon.

Sports forms attitude. Individual persons have unique attitude. This is an affirmation that there is no identical attitude. These activities form different kind of persons through concrete experience about their reactions on different instances. This mature their prudence acknowledging others’ response to different achievement and frustrations. Moreover, it shapes human person’s versatility on different occurrences. It helps him to adapt on the odds and changes that might happen while they are playing. It will teach them to improve their patience to achieve their goal.

Lastly, sports fashions personality. It gives a good direction and a wider point of view on how to deal with other people. This bridges them to be relational overcoming psychological extrovert. It provides them an optimistic thinking set by goal, affirmative feeling while competing in the game and confirmatory action set by sports decorum. However, this is not an overnight process of fashioning individual personality. Therefore, it is good shift if encouragement and giving opportunity to have time to be engaged in sport will be given. It is because the more they are exposed to sport activities, the greater possibility that they may nurture their personality.

Sports is not just plainly an enjoyable activity to engage in. This has earned positive remarks on its benefits on different many human dimensions. Thus, students’ behavior will surely benefit on the integration of sports activities where students might be involved. There is no contention that sport really builds character, forms attitude, and
fashions personality. This implicates to the more beneficial possibility that if students will be exposed to continuous school sports activities, they might develop their behavior for the welfare of themselves and the people around them.

References:


