



POSITIVE SOCIAL ATTITUDE OF AN ATHLETES

A man is a social animal, so every person I directly and indirectly represents society and connected it. So it is always necessary for developing good, happy, and progressive society.

Now first of all we should understand what social attitude is.

“Attitude are evaluation people make about objects, ideas, events, or other people. Attitude can be positive or negative. Explicit attitude are conscious believes that can guide decisions and behaviour. Implicit attitude are unconscious believes that can still influence decision and behaviour.”

As we know some social attitude are quite common like anxiety, aggression, flexibility, approach, acceptability, adjustment level, reaction etc. Attitude can be positive or negative. Now if we talk about let's know what is a player.

In study of a player attitude, it's obvious that every coin has two sides. In its studies it's is proven that a player has very positive social attitude. It's scientifically proven that sports activities are good for heart, whole body and brain, and balance social and physical and emotional development for a person is important in carrier, family and relationships.

Now while we discuss about the positive social attitude of an athlete we can see about points which a player can learn it easily by his daily practice.

Positive attitude

1. Leadership skills learning
2. Respect the rule of law
3. Co-operative attitude
4. Bond of life
5. Loyalty
6. Flexibility
7. Adjustment ability
8. Emotion control ability
9. Motivator approach

Leadership:- Every sports team has a leader. Sometimes it is a coach other time it is a veteran player, either powerful guides able To perform beyond their current capabilities.

This happenstance in individual sports as well often learning by a coach as trainer to help, guide and motivate towards success.

Even if a player is not a current leader, being surrendered by these strong personalities able to change the feeling in a room has a positive effect on everyone and a teach through action.

Respect the rule of law attitude:-

Sports teaches a player to respects people and institutions that are above us like court, laws, boss or our parents while respecting authority is a good characteristic. Respecting other is even more important

respecting opponents is a central part of every game and great sportsmanship. Same biggest rivals in the history of the sport have nothing but praise for their opponents.

Good results take time, dedication, assistance from life pleasure and hard work. That deserves tremendous respect from society. Respect others the way you want to be respected. This can be applied in all aspects of life.

CO-operative attitude (teamwork)

A sports team can not be successful without a joint effort to achieve a positive result. Good teamwork requires co-operation, CO-ordination and accountability of everyone in the team. The implementation of strategies and good implies active participation of all team members to continuous work on improving the team performance through organisation and planning. There are skills that help develop the mind and solve problem in real time. Playing sports will improve your team work as well as leadership skills.

Bonds of life:-

The great social benefit of playing sports are all the new friendship you are going to make. Some could even last forever.

It's highly likely that you will make many friends for one main reason. And new friendship means new connections and a bigger social circle and network which again can translate to career success later on life.

Motivating approach:-

Another benefit of playing sports is empathy and motivational attitude. Empathy means that we care about each other. In sports team work as one. They support other they motivate each other and they care about each other. The

The more you care for your teammates the more likely you are to care about an attempt to understand. People in general when you have empathy you are better able to translate the world through the someone else view. Not just your own and with that ability comes great power to do good.

Loyalty:-

Clears play for a society, for his institution, for his region or for his country he learns to be loyal to his authority. When in every condition play a women's line. This continues happy make him a loyal person and it's very important quality which helps to build a good society.

Because of the quality of loyalty players are more excepted people in the group and can be a good leader eventually.

Flexible attitude in every situation:-

In every sport there are a lot of ups and downs and a lot of set urges facts and different types of situation so player are use to tackle all the situation in haste every day sport so player can be flexible in every situation. He would not very stick in particular situation. Player we have any optional ways to solve this problem of life. So this type of flexible attitude makes a society happier and more stressless. Stress level will be decreased.

Adjustment ability:-

A player suffer many hardships load and stress during between is practice period, competition period and even offer competition. Because of his repeatable practice mostly players have tremendous adjustment abilities.

Usually good athlete has to travel one place to another place and each place offer him different types of facilities. And a player goal will be to win and perform best. So other amenities for him. So he automatically develop adjustment ability always.

Ability to digest defeat:-

As we know to win and to lost is the basic part of a player. Ups and downs are the Essential an integral part of the game . So most of the play and learn how to die digest defeat and overcome it and leads it towards success.

Conclusion:

As we discussed whole paper we can see how a player adapt positive social attitudes in his routine practice, a sport an mould a player. In a wise citizens of society. Sports gives a person better Activities in leisure time so person can occupied himself in best thing. It creates better social environment.

Even minimal physical activity can have a positive affect on happiness level. So love sports and be young forever.

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