

**NEED OF SPORTS AND IT'S SIGNIFICANCE**

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**Abstract**

Through athletics, one can acquire excellent sportsmanship, collaboration, teamwork, providing and receiving support, appreciation for regular exercise, emotional management, leadership and fellowship skills, and a positive self-concept. Regular sports engagement, together with oxygen, is a key to a healthy body and a happy life. Athletics ranks high among extracurricular activities. In this respect, educational institutions operate as a nucleus, whose influence on today's young affects society greatly. These establishments help promote athletics in the community. Sports demand a vast space, which is hard to find in cities. Academic institutions give a solution because they provide a lot of grounds for such activity. The leader of the academic institution plays an important role in directing and organising athletics at their institution. These institutions have money for daily, weekly, monthly, and annual athletic events. When institutionalising extracurricular activities, especially sports, the institution's leader must be consulted. Two goals: analyse how much weight clients assign to the features of a fitness service that form its identity. This research involved 45 students. First-aim health-related reasons [lead a healthy lifestyle (M=6.18) and improve health (M=6.09)] were more important. Facility hygiene and cleanliness (M=6.33), price (M=6.27), strong technical help (M=6.20), and a variety schedule (M=6.16) are accorded the most weight for the second goal. This research supports Franco, Pereira, and Simes (2008) and Campos (2015), who say fitness centre and health club operators should consider members' importance of various components of the facilities and their motives for engaging in athletic activities.

**Keywords:** *sports, Importance, Significance*

**Introduction**

A social phenomena that encompasses a wide variety of kinds of physical exercise, ranging from high-level competition to school, club, or community planned programming to impromptu and informal forms of physical activity, sports are characterised by their great degree of diversity. Individuals compete against one another in many sporting events, such as races, jumps, and athletics, among other things. Singer has provided the following definition of sports: "a human activity that involves specific administration, organisation, and a historical background of rules which define the object and limit the pattern of human behaviour; it involves competition or challenge and a definite outcome that is primarily determined by physical skill." Nowadays, young men's interests in sports are no more a subject of private concern. They get support and encouragement from the government, which also acts as a customer. The importance of competition in sports and games has grown on a global scale. There are several sporting events that take place all around the world on an annual basis. These international tournaments feature competitors hailing from a variety of nations across the world. They compete against one another in order to win notoriety and awards for themselves and their respective nations. Because of this, a good sportsman makes for an excellent representative of his nation. Athletes are sometimes referred to be "ambassadors of peace" because of their role in fostering friendship and cooperation among people all around the world. The nations that like

getting along and having fun together prefer to avoid conflict with one another whenever possible. Within the realm of sports, there is a broad spectrum of classifications, one of which is "Physical Sports." Aeronautical activities. The categories of "Mind Sports," "Athletic Sports," "Target Sports," and "Other Miscellaneous Sports" are all considered to be "Broader Categories." The terms "archery," "climbing," "cycling," "dancing," "golf," "running," "shooting," "diving," and "weightlifting" all refer to different types of physical sports. Card games, board games based on strategy, competitive board games, and the like fall under the category of mind sports. Aerobatics, air racing, gliding, and hang gliding are examples of air sports. Para gliding. In addition to activities such as parachuting and many more, such as rock climbing, ice sports, motor racing, and motto racing, adventure sports include gymnastics. The Central Board of Secondary Education (C.B.S.E.) and the majority of other state education boards in various countries have made it mandatory for students to study sports education up until the +2 level. However, the irony is that the topic has not yet been given the gravity and importance that it deserves in actual practise. The opportunities that come our way in sports allow us to develop as people. In today's world, sports have been increasingly marketed. They have developed into a reliable source of income. The athlete who achieves success in their chosen sport will be greeted with acclaim, celebrity, and financial rewards. Overnight, he transforms into a hero. There is a significant possibility that a profession in sports can be obtained. Therefore, we ought to begin our lives treating them with the utmost respect and taking them seriously from the very beginning. Earning a living via sports is a viable option. The opportunity to display one's abilities is provided by sports. As a result, sports are extremely important to life. The construction of new athletic facilities may be seen in both rural and semi-urban locations. There are places for children to play in most communities. In order to boost participation in sports, infrastructure for those activities is being built all over the world. The promotion of sports is also going swimmingly for a variety of sporting groups.

According to Zimmerman and Reavill, who wrote the book "raising our athletic girls," the phrase "raising our athletic daughters" When it comes to assessing whether or not your child will have an interest in engaging in sports, one of the most important things you can do as a parent is to encourage athletics. Playing with your child, whether it be kicking a football or a baseball with your son or showing your daughter how to swim, teaches them the value of being physically active and sets a positive example for them. It is possible that if you encourage your child to take part in a sport of their choosing while they are of school age, they will continue to play the sport when they reach school. Hesburgh, who wrote a book titled "The Importance of School Sports and Education," believes that it is critical for children of school-age to have access to a variety of sports and activities. Not only does it encourage higher levels of self-esteem and empowerment in young people, but it also motivates students and makes it possible for them to earn better grades. This is especially beneficial in schools where maintaining a certain grade point average is a prerequisite for remaining on the team. A healthy weight, the prevention of chronic illnesses, and the acquisition of the skills essential to sustain a healthy lifestyle after graduation are among the numerous physical benefits of attending college. According to Duderstadt (2000), at the very least in principle, college athletics gave a chance for educating individuals about character, drive, perseverance, loyalty, and the realisation of one's own best. These are all fantastic attributes that are of great importance in citizens. Numerous studies have shown that medical professionals advocate daily physical activity as an important means of preventing coronary problems, obesity, high blood pressure, and other related conditions. Nutritionists recommend a combination of diet and exercise for the purpose of controlling one's weight. The release of tension through physical activity is recommended by professionals in the field of mental health. Sports and activities provide Recreation Leaders with an outlet for releasing stress, filling their free time, and relaxing. Walking, running, aerobics, weight training, and a whole host of other activities, in particular

among people in their early and middle twenties and thirties, appear to be experiencing a rise in popularity across a large portion of the country, according to the opinions expressed above and the backing provided by the experts. The worrisome and significant rise in the incidence of obesity around the globe, particularly among young people who are enrolled in educational institutions, is a serious public health problem.

Both education and athletics are equally important aspects of a healthy lifestyle. If a student is able to fully develop his or her personality via education, then participating in sports will teach them the traits of leadership, tolerance, sharing, and the spirit of working together as a team. Because of the state of the economy, a lot of schools are slashing their budgets for their athletic departments. No one can refute the fact that the current educational system places an excessive amount of emphasis on intellectual growth, gives only lip service to the idea that moral enrichment is important, and entirely ignores the importance of a student's physical well-being. The overall effect has been the production of a huge number of graduates, post-graduates, and various professions who have a bad physical condition. In a nutshell, sports hold a significant amount of importance not just for individuals but also for nations. However, the fact that they have not been accorded the appropriate priority inside our educational system is really humiliating. Because of this, acknowledging the relevance, urgent requirement, and integration of sports into our lives straight through the area of education from the very beginning has been the reason for studying the present problem importance of sports in education and life! As a result, we as parents, teachers, and administrators should foster an environment in which children feel comfortable expressing their interest in athletics and must work with them to ensure that athletic participation remains a positive part of their lives on a regular basis.

**Approach Taken to Investigate the Importance of Sports** Children should be encouraged to engage in regular physical activity and to have a favourable attitude toward sports, and the optimum environment for this is the classroom. Since it began more than a decade ago, this shared space has been used on a consistent basis by children and adolescents from from a wide variety of social strata. Early learning experiences are persistent imprints that may be used to inculcate a habit of participating in physical exercise. This is because the major job of schools is the teaching and learning of new information. As a result, the exposure a kid has in school to both the required coursework and the optional extracurricular activities is of the utmost significance. The value of athletics in schools extends far beyond the obvious health advantages of participating in more active pursuits. As a result of the positive effects on a child's sense of self-worth and mental acuity that participation in school athletics may have, it is imperative that children of all ages participate. Sports are a beneficial kind of entertainment and physical exercise; they help us maintain our health and keep us in good shape. Assist in the development of our characters, provide us with vitality and vigour, and help us keep our mental equilibrium in the midst of both hope and despair Participating in sports is a way of mental and physical development. They force us to learn how to deal with challenging circumstances so that we can improve. The competitive nature of sports instils in us a sense of camaraderie and commitment to our teams. They contribute to the development of mental and physical fortitude. They mould our bodies, giving us strength and activity, and by enhancing blood circulation, they rid us of feelings of exhaustion and lethargic sluggishness. Our physical health will improve as a result of this. Participating in sports increases both our capability and our efficiency. Either working or studying by ourselves is exhausting to us.

We are no longer capable of working effectively in any capacity. Sports relieve our mental weariness. Education should definitely include some time spent on sports. An education that does not include athletics is lacking. Children are introduced to a variety of games at an early age in school in order to instil in them an appreciation for the importance of play in everyday life. These days, athletics are taught in the classroom

alongside other subjects. Sports play an essential part in the lives of younger students, even at the more advanced levels of education in the field of education. Since we are aware, sports are distinguished from our jobs or the day-to-day responsibilities that we carry out in order to make money since they are pursuits that are undertaken only for the purpose of experiencing delight. There are three primary justifications that support the presence of athletic programmes at educational institutions such as colleges, institutes, and universities. Young individuals benefit from sports in terms of their general development. Additionally, participation in sports is associated with improved academic achievement, as well as upward occupational and social mobility. In conclusion, the addition of Sports has a significant impact on the financial outcome.

## **SPORTS IN THE EDUCATIONAL INSTITUTIONS**

There are annual competitions held for both indoor and outdoor sports at the collegiate level as well as at the school level. Athletics, hockey, cricket, and football are some of the sports that are played outside, while others, such as badminton, volleyball, basketball, and table tennis, are played indoors. Intercollegiate athletics holds a prominent position among the numerous aspects that set American colleges and universities apart from their equivalents in other areas of the world. Every spectator of university life has a responsibility to engage the widespread, omnipresent institution of intercollegiate athletics, which consumes enormous institutional resources and engages a large number of students, teachers, staff, alumni, and friends (Hanks & Eckland, 1976). This head of institution's enthusiasm for organised college sports competition is seen by some critics as an egregious connection to the body academic, the eradication of which should be the objective of any individual who is serious about their life. The participation in athletic competition is regarded by some advocates of intercollegiate sports as an important component of exemplary institutions of higher education by other supporters of these sports. "Neither of these assessments is correct because athletics in HOIs have a long and enduring tradition that represents a fundamental construct within the activities of virtually every type of higher-education institution and sustains its vitality and significance in the face of substantial financial and managerial challenges" (Alwin & Luther, 1977).

At the beginning of the 21st century, the student-organized tournaments had much more followers than the professionalised organisation and operation of intercollegiate athletics. The public discourse on this topic, on the other hand, has a tendency to quickly descend into exaggerated arguments over the benefits and drawbacks of intercollegiate athletics, according to the research that is currently available (Boer, 2000). "It is considered that participation in athletics helps to create character, provides important training for success in the contemporary world, and helps individuals develop the individual values of teamwork, self-sacrifice, discipline, and achievement." On the other hand, some people believe that college sports have a corrupting effect on academic life. They believe that college sports educate students and sports fans to cheat in order to win, which in turn undermines the underlying ideals of quality and integrity that are held by the university. Both points of view are correct to a certain extent. Our goal is not to provide a solution to the problem of values; rather, we want to comprehend how collegiate athletics came to have such a prominent presence even in some of the most prestigious and academically rigorous research universities (Marsh & Kleitman, 2003). This beginning also uncovered a few more significant aspects of collegiate athletics that are vital to consider. In a similar vein, college sports like hockey, football, and others may have helped instil virtues such as strategy, physical training, self-discipline, making sacrifices for the team, and working together, but their primary goal was still to win.

Even though it may seem obvious, the major standing of this code of challenging to win is highlighted by each and every college sport. This is because everything that develops around college sports—the rules and

regulations, the association, the challenges, the money, the cheating and corruption, the heroics and awards—serves the purpose of determining winners (Lipscomb, 2006). "Organized sports give an opportunity to test one's strength, ability, strategy, and competitive values in an environment that is highly stylized and organised, and the results yield unambiguous victors and losers." "The games themselves take place over and over again, and each time they begin from the very beginning. We are unable to rewind time and begin anew the competition of life that sports represent; however, we are able to participate vicariously in the endlessly renewed process of sports, in which each episode, game, or season begins anew, with no winners or losers being predetermined, and with an expectation of success that is unaffected by previous failures.

### **Significance of Sports in Student's Life**

Playing sports has a significant role to play in improving our lives, particularly for young people who are still developing, just as consuming a diet rich in wholesome nutrients is essential for the process of nourishing the body. As a student, one must confront a variety of obstacles, and participation in sports not only assists students in coping with the stress of examinations but also helps them become better prepared for future obstacles by building both their physical and mental toughness. Children who participate in a variety of physical activities are more likely to maintain healthy values such as respect for one another and cooperation. They acquire valuable life lessons such as accountability, leadership, and how to work with a feeling of responsibility and confidence as a result of their participation in sports.

### **Sports help in maintaining Good Health**

People in today's world, with its high levels of competition and constantly shifting environment, hardly give a second thought to their health, even though they will be forced to deal with the repercussions of poor health later in their lives. They are an easy target for a wide variety of life-threatening health conditions. Those who participate in regular physical exercises have a far better chance of warding off ailments of this kind. Consequently, engaging in sporting activities is a viable solution to this problem. Regular participation in sports can assist in the management of diabetes, enhance cardiac function, and decrease feelings of stress and tension in an individual.

### **Get rid of Excess Weight**

The vast majority of people around the globe are overweight, which leads to a multiplicity of additional health problems. As a result, participating in sports is not only a fun method to burn calories but also one of the most effective ones. To become in shape, all you need to do is eat well and engage in physical activity of your choice. Playing sports can relieve you from the arduous fitness regimens that you would otherwise have to do at the gym.

### **Playing your favourite sports and shedding kilos, isn't it like killing two birds with one stone!**

### **Guard Your Heart**

The human heart is considered to be the most vital organ in the body. Heart-related issues are becoming increasingly common as a result of changes in people's lives. Patients with heart disease have a more challenging existence since they must adhere to several limitations and take numerous medications. Therefore, it is necessary for individuals to participate in games outside. Even if you can only spare half an hour every day, you should try to play some kind of game. When we engage in physical activity, both the

heart's pumping capacity and blood circulation are improved. The heart's muscles develop stronger, and as a result, the organ begins to perform at a faster rate.

### **Enhance Your Immunity**

When it comes to warding off diseases, the immune system is the body's primary line of defence. Those who are susceptible to infections and who have regular bouts of illness can quickly and simply improve their health by strengthening their immune systems.

When your immune system is compromised, you need to take powerful drugs on a regular basis and spend the most of your time indoors in order to protect yourself from the impacts of different surroundings. This may be a truly challenging way to live. Your immunity may be substantially improved by participating in sporting activities on a regular basis, and the most incredible thing about this is that you can achieve this goal just by playing the sport that you enjoy the most.

### **Impact of Sports on an Individual's Personality**

Participating in sports may help you develop a better personality and teach you how to improve the way you live your life. Participating in events like these equips you with lifelong lessons in morality, ethics, and practical skills. The individual has a more optimistic attitude on life and is better able to overcome the challenges that arise in their daily lives. In addition to this benefit, it also lowers a person's overall stress level since it encourages them to approach issues in a more optimistic manner. Their productivity improves, which allows them to boldly take on more problems with ease.

People may pick up a number of valuable skills via their participation in sports. Every sport offers us valuable life lessons, such as how to handle stressful circumstances, make snap judgments, and find solutions to problems. Participating in sports may teach a person the art of living, as well as the skill of managing things and taking the lead.

When you participate in sports, you aren't just having fun; you're also picking up a lot of valuable lessons that may be applied to other aspects of your life.

### **Nation's Pride**

Participating in sports may instil in a person the morals and abilities that will equip them to be victorious on any playing surface. Many prominent figures in the world of sports have given honour and glory to our nation by demonstrating their skills on a variety of sporting arenas. There are a lot of them, but some of them include Sachin Tendulkar, Saina Nehwal, Mary Kom, Sardar Singh, and Sania Mirza. There are also a lot of other people.

All those individuals who have a strong interest in participating in athletics might look to these figures as sources of motivation. They have the potential to become role models for others in the future if they put in the effort and attention necessary to achieve their goals.

### **Common Sports**

There are varieties of sports activities you can choose from. Some of the most common sports are; Tennis, Badminton, Volleyball, Cricket, and Basketball.

### **Learning from Sports:**

Competing in sports instils discipline in everyday life. It teaches the proper manner to walk, talk, and sit, among other things. A life devoid of sports appears far too mundane, as these pursuits stimulate all of the body's cells and help maintain physical fitness and a trim figure. Participating in sports can boost one's cognitive abilities and alleviate mental tension. People who don't have much of an interest in sports tend to be less active overall, which increases their risk of developing a sickness in their younger years and makes them less motivated at work. It is important for children to understand the value of physical activity at a young age, and participation in organised sports at school should be required. People also choose their favourite athletes based on the sports in which they are most interested. For example, if we take cricket as an example because it is a popular sport in India and a sport in which many people take an interest, then even though many players have come and gone, names like Kapil Dev, Sachin Tendulkar, M.S. Dhoni, and Virat Kohli will continue to be favourites for their respective fan bases. If we consider football superstars like Messi and Ronaldo, along with many others, they are revered as heroes by a significant number of fans who are interested in the sport. The term "sport" refers to a collection of activities, the majority of which are founded on athletics and include competitions like the Olympics. Sports are always played under government rules, which helps to serve fair competition. Sports have following criteria like, it should be fair competition, giving no harm to any person, and the winner should be nominated by superior or from the best. This is because sports are always played under government rules, which helps to serve fair competition. Chess, for example, is a sport that strengthens both the intellect and the capacity for thought. The question of whether or not transgender people should be allowed to compete in any sporting events has been the subject of much discussion ever since the turn of the 21st century.

### **Benefit of Technology in Sports:**

In today's world, technology plays a vital part in determining the victors of sporting events by maintaining a level playing field. When it becomes difficult to make a judgement in cricket, such as when it becomes difficult to assess a car racer, technology is utilised. This also applies to situations in which it is helpful to judge a car racer by viewing correctly on the screen. It has been utilised in every sport for the purpose of maintaining fair play and announcing the victors. According to a body of research, participation in sports may be able to link young people to constructive thought and create opportunities for constructive growth. A high school diploma is not needed of each athlete, but it is necessary for them to achieve their full athletic potential. It is a matter of his interest, as well as his power and talents. We have observed, over the course of the past two decades, that women are displaying an increased interest in sports, and the government is also making appropriate matchups available to them. Participating in sports gives one the impression of having a good outlook on life. Many indoor games, such as chess and carrom board, help to improve one's thinking power. On the other hand, sports that are played outside, such as football, cricket, Rugby, kabaddi, and so on, help to improve one's physical strength. As a result, a person who participates in more outdoor games should be more fit and slim. In the last three to four decades, there was not quite the same level of interest in sporting opportunities as there is among today's younger population. Participating in sports helps to preserve life and maintain a consistent way of life. Soccer, cricket, basketball, hockey, tennis, volleyball, table tennis, and baseball are the ten sports that are played the most over the world. Hockey was initially played in India, and it eventually became our national game. There are also a number of sports, such as kabaddi, polo, archery, weightlifting, and others, that get a lower level of interest. The sport with the best reputation for safety is swimming. Therefore, everyone should participate in some kind of sport since it encourages healthy mobility and is beneficial to their overall health. According to the findings of the study, physical activity is a key factor in the prevention and treatment of a wide range of disorders, including those related to obesity, lung function, heart disease, and cognitive ability. The athletes that compete in ice hockey and

soccer earn the most money for their respective sports. Additionally, there are sports that may be played in confined spaces, while others must be played in expansive arenas. Sports keep us active and energetic, and certain treatments for diseases are even encouraged by doctors to include sports as part of the patient's recovery plan. Everyone should be required to participate in sports on a regular basis in order to ensure that they stay physically fit; sports should not be ignored and should be a priority for everyone.

## Methodology

### *Instrument*

One of the most common approaches utilised in the Social Sciences is known as qualitative research (Almeida & Freire, 2003). This study made use of the questionnaire method of data gathering (Tuckman, 2005) out of the several other methods of data collection that were accessible, such as interviews and observations.

Following an analysis of the most recent research available on the topic, a list was compiled that included twenty-two potential reasons for engaging in fitness practise and eighteen characteristics of a fitness service. The importance of each factor was determined using a seven-point Lickert scale, with seven being the highest level of significance and one representing the lowest level.

After that, the questionnaire was forwarded to two experts in the field of research, and according to their suggestions, it was revised until it reached its final form, which ensured the facial validity of the results (Litwin, 1995). The questionnaire was made accessible to the general public and enabled for online responses through the use of Google forms.

### *Participants*

45 people who took part in fitness sports for study purposes, including 13 men (representing 29 percent) and 32 women (representing 71 percent). All of them were in their first year of college, and their ages ranged anywhere from 18 to 53 ( $M=27.9610.02$ ). Before any of them agreed to take part in the study, the purpose of the investigation was explained to them all, and any questions they had were answered.

### *Statistical Analysis*

IBM-SPSS Statistics was utilised so that an assessment could be made about the significance of the factors that influence a person's decision to participate in fitness activities as well as the qualities of a fitness service. The study was carried out with the use of descriptive statistics, and it included an examination of average values, as well as the minimum, maximum, and standard deviation.

## Results and Discussion

Table 1 presents the main results regarding the reasons for fit-ness participation:

**Table 1. Importance given to the reasons for fitness participation**

	Min.	Max.	Mean	Std. Dev.
To have a healthy lifestyle	2	7	6,18	1,28
To improve my health condition	1	7	6,09	1,35
To feel more satisfied with my body	3	7	5,73	1,37
To mentally relax	1	7	5,56	1,56
To increase my muscle mass	1	7	5,47	1,66



To better perform daily activities and routines	2	7	5,42	1,41
To lose weight	1	7	5,13	1,85
To be fit	1	7	5,11	1,67
To run away from the day-to-day life	1	7	4,98	1,59
To improve my mood	1	7	4,87	2,00
To be more physically attractive	1	7	4,78	1,89
To test my skills/ abilities	1	7	4,60	1,85
To mingle	1	7	4,38	1,81
To participate in recreational activities	1	7	4,36	1,84
To feel good with myself	1	7	4,27	2,06
To learn new skills	1	7	4,20	2,17
To have time for myself	1	7	4,20	2,27
To fight against food disorders	1	7	4,13	2,16
To meet new people	1	7	3,76	1,96
To compete	1	7	3,58	2,22
To be with people that share the same interests	1	7	3,51	2,15
To improve my communication skills	1	7	3,44	2,19

The first thing that has to be mentioned is the fact that the indices with mean values that are higher than six are associated with potential health problems. The reasons that are given the most weight include living a healthy lifestyle ( $M=6.18$ ) and improving one's health in general or particularly ( $M=6.09$ ). The mental parts of a person's motivations are in a distant second place in terms of relevance. In this context, in order to feel more content with one's physical self ( $M=5.73$ ) and to calm one's mind ( $M=5.56$ ) Concerns about image, such as those linked to body composition ( $M=5.47$ ), weight ( $M=5.13$ ), or overall look [being fit ( $M=5.11$ )], are of comparable relevance at the same level. It is also recommended to maintain a healthy level of physical fitness [in order to better carry out daily activities and routines ( $M=5.42$ )]. Running away from the day-to-day life ( $M=4.98$ ), improving one's mood and becoming more physically attractive, testing one's skills, mingling, learning new skills, having moments of solitude, and battling food disorders all have values that are still regarded as positive despite falling within the range of 4 and 5.

In conclusion, values associated with the social significance of sports participation, such as the opportunity to meet new people ( $M=3.76$ ), to be with people who share the same interests ( $M=3.51$ ), and to improve communication skills ( $M=3.44$ ), are regarded as being the least important motivations, along with competition ( $M=3.58$ ). The findings are consistent with those that were reported by the European Community (2014) in regard to the example of Portugal. It has been shown that the top three reasons people

participate in sports are to improve their health (67 percent), their mental wellness (32 percent), and their physical attractiveness (28 percent). This finding is in line with the previous findings. Curiously, the EC values associated with an increase in a person's degree of physical fitness in the United States are significantly different from those in Portugal (40 percent vs 14 percent, respectively) (EC, 2014). It is possible to verify that the result of this work is also confirmed in Fermino et al. (2010): health, physical fitness, mood, physical attractiveness, harmony, fun, weight management, and body image. This is despite the fact that EC values refer to all types of sports participation and ours is specific to the fitness segment.

The findings, which are provided in table 2, are organised according to the weight that respondents gave to various aspects of the fitness service.

**Table 2. Importance given to the characteristics of a fitness service**

	Min.	Max.	Mean	Std.Dev.
Hygiene and cleanliness	4	7	6,33	0,95
Price	1	7	6,27	1,42
Good technical accompaniment	3	7	6,20	1,25
Flexible schedule	3	7	6,16	1,19
Diversity of activities	1	7	5,80	1,46
Proximity to the place of residence	3	7	5,76	1,33
Good locker rooms	1	7	5,71	1,53
Location	3	7	5,71	1,16
Free access to equipment / materials	1	7	5,53	1,73
Access to the result of evaluations	1	7	5,42	1,80
Relaxing environment	1	7	5,36	1,61
Size of the facility	3	7	5,33	1,33
Promotion of extra activities	1	7	4,96	1,85
Parking for clients	1	7	4,87	1,94
Personal Training service	1	7	4,78	1,91
Access to bar/cafeteria	1	7	3,82	1,83
To have few users	1	7	3,71	1,59
Access to beauty saloon	1	7	3,47	1,84

As was the case in the earlier investigation, the features that customers place the highest importance on are flexibility of scheduling (M=6.16), pricing (M=6.27), technological accompaniment (M=6.20), and sanitation and cleanliness of the area (M=6.33). On a second level of significance (above 5), variables linked with the particular of the service such as the offer of activities (M=5.80), access to equipment (M=5.53), access to the result of assessments (M=5.42 percent), and environment (M=5.36) are considered.

At this level, we are also able to discover features that relate to the quality of the facility [Good locker rooms (M=5.71), Size of the facility (M=5.33)] and its location [Proximity to the place of living (M=5.76), Location (M=5.71)]. On the third and final level of significance, the organisation of supplementary activities such as paintball or canoeing activities (M=4.96), parking for customers (M=4.87), and a personal training service (M=4.87) are deemed to be moderately essential aspects. Access to a bar or restaurant (with a mean significance value of 3.82), facilities that see few users (with a mean importance value of 3.71), and access to a beauty salon (with a mean importance value of 3.47) are the least significant attributes. The significance that was placed on the fitness service was reflected in the findings of Franco et al. (2008), IHRSA (2010), and Cracknell (2015). The results that were obtained are consistent with these findings.

## DISCUSSION

The only person who can effectively face and conquer the challenges that life throws at them is the one who maintains a healthy and strong physique. Sports not only improve a person's physical health and muscular power, but they also foster many positive traits in both the mind and the heart. They have a positive effect on the power of endurance as well as on discipline, fair play, and the spirit of teamwork. Young people get the capacity to think critically and solve problems via participation in sports. Young men and women are taught to cheerfully accept setbacks and to retain their sense of modesty no matter how successful they become. Refreshment and leisure may be had in the healthiest and most effective form through the participation in sports. They infuse a person with happiness, energy, vigour, and excitement, all of which aid a person a great deal in confronting the actual odds of life without giving in to pessimism or negativity. At the same time, a lack of trained teachers for physical education, inadequacies in the quality of teachers, tight budgets, and the attention given to physical education by schools, inadequate facilities, and a lack of equipment and literature all contribute to the stagnation of improvement in physical education. Parents and members of the general public, for the most part, have a limited understanding of the numerous advantageous shifts that may take place. It is vital for there to be improved communication between people who teach physical education and those who support education and decide what should be taught. If communication is not enhanced, students will continue to have the impression that physical education is only a play session during which they may blow off steam and practise more conventional forms of team sports.

## CONCLUSION

It's been stated that the only place for a healthy mind to reside is in a healthy body. In addition, participation in physical activities is required for achieving a fit and robust physique. The maturation of one's physical self is of utmost importance throughout life. Our bodies are the source of all the pleasures we experience, both physically and mentally. If we don't take care of our bodies and minds, all of our education and work experience will be for naught in the long run. It is important for a child's overall development that the school curriculum include both physical education and extracurricular activities like sports and games. It is important that students get enough time to participate in sports and other physical activities during the school day. Because intellectual and moral growth are impossible to achieve without first achieving one's physical potential, the field of sports education has to be brought into the classroom with all seriousness. In the long run, a robust and healthy student who is good at studies and alert at all times will overcome a pale and weak scholar who is only a bookworm. Students who demonstrate excellence in athletics receive additional consideration throughout the admissions process for a variety of programmes and during the selection process for jobs that include interviews. Those who excel in sports and win at the national and

international level are often bestowed with a number of trophies and honours, and they often do rather well in addition to gaining recognition and celebrity across their nation and the entire globe. Sports are beneficial for the growth of careers.

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