

The Concept of Sport and Awareness

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Introduction

Education is a concept that exists in every period from birth to death. Human beings have to follow certain social rules in order to continue their lives. The individual usually gains these rules through education. Education, in its most general form, is defined as raising individuals according to specified objectives, directing their behavior and leaving a permanent mark on their lives. Through education, the behavior of the individual changes and makes differences in attitudes and behaviors among other members of the society. The individual differentiates by gaining knowledge, skills, attitudes and values. This process continues throughout the individual's life. However, this process differs from society to society (Fidan, 2012).

Sports are physical activities that an individual enjoys and desires, with or without competition, within a certain plan. Sports contribute to the physical and mental development of the individual. It also provides benefits in areas such as personal development, social harmony and work efficiency (Armağan, 1982).

Sport is an activity that contributes to the active participation of individuals in social spheres and thus to their socialization. Sport brings modern societies together, encouraging different communities, cultures, colors to engage in various activities and interact together, thus strengthening social relations. Sport takes individuals out of their own limited environment and allows them to communicate and interact with different parts of the larger world. In this respect, sport enables people of different nationalities and different thoughts and beliefs to establish new relationships and develop new friendships and promotes social cohesion. Sporting activities involve not only those who play sports, but also those who watch, manage and operate these activities in the process of socialization through warm relationships. Sport contributes to the formation of a social society by improving human relations regardless of color, language, race or religion. This incredible effect of sport minimizes conflict and tension between people by making itself more attractive, thus contributing to the creation of a family consciousness in the same team or group of individuals from different social classes. According to many researchers, sport serves as a catalyst between societies in terms of social change (Küçük & Küçük, 2021).

The health of society is always a priority. One of the most important ways to protect health physically, emotionally and mentally is to do regular sports. Because it has been scientifically proven that sports can protect health and keep the body fit. It has become a

necessity to do sports in order to get rid of negative situations, to keep the body healthy and fit, and to exercise the mind at the highest level. In the basic philosophy of sports; besides the purpose of competition, there is also the idea of protecting health and people are encouraged to do sports with this idea. Regular sports make a great contribution to increasing work performance, being more energetic, improving self-confidence, increasing motivation, reducing stress, gaining regular eating and sleeping habits, establishing easy friendships with people, developing feelings of cooperation, working together and socializing. In short, the main purpose of sports is to prevent or reduce organic, psychological and physical problems caused by a sedentary life and to increase the physiological capacity that forms the basis of physical health and to maintain physical fitness and health for a long time (Karabulut & Altun, 2018).

Awareness is an awakening process that leads a person to know himself/herself better and to find the right things in this way (Kabat-Zinn, 2009). Sports awareness can be defined as “learning the individual and social benefits of sports, associating them with other categories, putting them into practice and raising awareness of their environment” (Uyar & Sunay, 2020).

Awareness is people’s sensitivity and awareness of the events they encounter or experience. Today, it is thought that undesirable behaviors occur due to the low level of awareness of individuals. An increase in an individual’s awareness level can be said to increase the individual’s learning level or to perceive events differently than usual (Dökmen, 2002). Awareness is known to be a skill that can be learned. Awareness is the ability to look at the events and daily events around us without blurring our past experiences, thoughts and beliefs. Mindfulness is about the individual’s focus on the present moment and orientation towards their immediate experiences. Although this explanation may seem simple, in fact, mindfulness is a multifaceted concept. For this reason, there are definitions in the literature that address different aspects of mindfulness (Çatak & Ögel, 2010).

Aim of Study

The aim of this study is to examine definitions that address different aspects of mindfulness.

Sport Concept

The concept of sport is often used in the same sense as the concept of physical education in the literature. However, although the concepts of physical education and sport have similar characteristics, there are some differences between them (Heper, 2012).

Sport is the discipline proposed to ensure the formation of personality and the development of character traits; it is the method used by managers to shape energy. Sports are activities carried out in order to improve people’s psychological and physical health, to contribute to the development of their personality, to increase their adaptability by developing talents and skills, and to develop interpersonal relationships and socialize (Özmen, 1999).

Sport is a biological, psychological and social phenomenon that develops and supports the physiological, psychological health and robustness of the person, coordinates social behaviors, and mentally reaches a certain level. Definitions of sport vary in the literature. The reason for this is the change in the meaning that individuals attribute to sports. Sport is a phenomenon that both appeals to the individual’s pleasure, health, development, desire to compete, allows him/her to spend his/her free time efficiently, and organizes and develops interpersonal and social relations. Sport is a social behavior that positively addresses the individual psychologically and physically (Bostancı et al., 2006).

Since the physical and physical development of individuals are compatible, they can be highly productive in terms of being healthy, hardworking and peaceful in society (Ayan, Alıncak, & Tuzcuoğulları, 2015). The lack of knowledge about physical activity causes people to misunderstand the effectiveness of physical activity and the link between physical activity and health (Karabaş & Alıncak, 2019).

Sport is the competition of motoric characteristics within the framework of certain events. It is possible to define motoric characteristics with a general approach as psychomotor, physiological, kinetic or biomechanical (Buse et al., 2021).

Sport is defined as the name given to physical or mental activities that can be played individually or as a team consisting of one or many people, consisting of certain predetermined rules. The purpose of doing sports is to relieve stress, to enjoy, to struggle and to try to reach the best by pushing physical and mental limits. There are many types of sports played individually or as a team. With the help of tools, sporting activities and activities can be done by throwing, jumping, running, jumping or with animals and tools (Hürriyet, 2021).

Aims of Sport

Sport is one of the factors that make the individual an individual, combined with the freedom, enlightenment, responsibility, constructive and creative life of individuals, in short, with the level of life befitting the individual. If we take into account that man is a being who is obliged to move due to his nature, then we can realize this need for movement in the most positive way through play, then let's add to these the human need for tension and joy purification and recreation. Then let us see these as a whole in the life of man. Then we realize how important sports are for the individual (Türkel, 2010). Individuals engaged in sports benefit socially and psychologically with the effect of environmental factors in addition to the mental and physical gains of sports, as their cultural and social accumulation increases thanks to the sports environment. Since people who do sports spend time in sports venues for a long time, they are protected from harmful habits in the environment and are not exposed to harmful social environment. In this respect, sports sciences are not only interested in one field, but it is an endeavor that benefits many sciences. In our daily lives, sports are evaluated in economic, sociological, psychological and physiological terms. In general, sport has four main purposes: Physical development
Nerve (muscle) development
Mental development
Sensory and social development (Erciş, 2012).

Physical Development

The general hereditary development of the human body is shown as the development of the cardiovascular system and many organ health and endurance in the musculoskeletal system as a result of sports activities and exercises. It is aimed to develop features such as respiration, circulation, strength, speed, muscle development, flexibility, speed, speed and anatomical development in general. This development is not an abstract development and depending on the concepts symbolized in the sportive movements that provide this development, other developments are provided along with physical development (Yamaner, 2001).

Nerve-Muscle Development

It is shown as the development of talent and motor skills as a result of movements made with physical activities. It prioritizes the development of physical movements and reflexes such as improving the flexibility of muscles and joints, fitness, endurance, speed, balance (Algan, 2022).

Mental Development

Through different games and activities, the basic concepts necessary for learning such as perception, decision-making, problem solving, reasoning and comparison are developed. Acquiring useful habits; developing concepts such as self-sufficiency, leadership, helping others, courage, the ability to establish relationships between events, adaptation to the environment, comparison, evaluation and drawing conclusions (Algan, 2022).

Social Development

An important tool for the harmonization of individuals with society is the emergence of complex, unstable and tense reactions in an orderly and understandable way. As sporting events reflect the symbols and rules of society in different ways through their rules of play and behavior, individuals can recognize, accept and apply them. In addition, through these activities, individuals can learn the rules of society and democracy, be respected by their environment with their skills and performances, comprehend the relationship between success and performance, and develop themselves (Algan, 2022).

Thus, it is stated that sports can not only provide sensory, social and psychological benefits to individuals, but also provide them with an agile, strong, durable, healthy body, improve analytical thinking skills, and facilitate skills such as creative thinking, problem solving, quick and healthy decision making (Gezer, 2014).

The Importance of Sport

Sport is a concept that has maintained and increased its value since ancient times. Sports, which used to be necessary to live, feed, protect and defend oneself against enemies, are nowadays also pursued with aesthetic concerns. Sport saves individuals from the monotony of modern life and gives individuals the opportunity to move freely, while it directs individuals away from a sedentary, unhealthy life and leads them to a healthier and more productive life. While the life of individuals engaged in sports becomes more organized and disciplined, it also positively affects the mental health of the individual. Making sports a habit can be the key to a better quality of life (Hürriyet, 2021).

Sport is an activity that contributes to the active participation of individuals in social spheres and thus to their socialization. Sport brings modern societies together, encouraging different communities, cultures, colors to engage in various activities and interact together, thus strengthening social relations. Sport takes individuals out of their own limited environment and allows them to communicate and interact with different parts of the larger world. In this respect, sport enables people of different nationalities and different thoughts and beliefs to establish new relationships and develop new friendships and promotes social cohesion. Sporting activities involve not only those who play sports, but also those who watch, manage and operate these activities in the process of socialization through warm relationships. Sport contributes to the formation of a social society by improving human relations regardless of color, language, race or religion. This incredible effect of sport minimizes conflict and tension between people by making itself more attractive, thus contributing to the creation of a family consciousness in the same team or group of individuals from different social classes. According to many researchers, sport serves as a catalyst between societies in terms of social change (Yorulmazlar & Terlemez, 2020). It is seen that individuals develop psychomotor characteristics and communication skills with sports activities (Alincak et al. 2015).

Sport is an activity that develops an individual's personality and adaptation to norms. People who practice sports get used to acting positively. Sport increases values such as equality, tolerance and respect in society. Sport enables people to be free and respectful of social rules, cultural characteristics and social norms. Sport gives the ability to work regularly, efficiently and in a planned manner. The social importance of sports can be

summarized as follows;

- It affects personality development positively
- Contributes to socialization
- Entertains individuals
- It is a professional occupation
- Provides opportunities to engage in social activities
- Establishes mandatory activity programs
- It provides planning support for using time effectively (Karayılmaz, 2006).

The Effects of Sport on People

Sport provides multiple benefits for both people and society in more than one aspect. In sports activities that aim to develop individuals positively in psychological, mental and physical terms, the first stage of personal activities plays an important role. If the physical activities performed by individuals provide continuity, it will be an important factor for the individual to have a healthier physical and mental structure (Şentürk, 2012).

Sport, which combines competition and play, where the majority of physical skills play an active role, the winner is rewarded and requires heavy muscle work, requires continuous and intense effort. It is a competitive, solidaristic and cultural phenomenon that can be carried out individually or in a group, with or without tools, with or without tools, within the framework of certain rules while transforming the natural environment of man into a human environment, and can also be turned into a profession; it is a socializing, integrating with society, psychologically and physically developing element (Trower, 1982).

The participation of individuals in sports activities and the fact that these activities support social development and change constitute the basis of the effects of sports on social development. In the emergence of the psycho-social benefits of sports, the fact that people find a place where they can express themselves comfortably in sports environments has an important role (Şeker, 2020). In addition, the unique social rules, values, communication symbols and processes of sports also contribute to the emergence of the social benefits of sports (Bulgu, 2013).

Sport is an activity that develops people's social and individual characters. People who play sports gain values such as friendship, respect, solidarity, compliance with rules, self-confidence, struggle, order, discipline, health, body awareness, aggression control and respect for the opponent (Alıncak et al. 2017; Duman & Kuru, 2010). Therefore, developed countries attach importance to sports and instill a sports culture in children. Sport encourages people to do activities together. Sport gives people the skills of competition, work, courage and struggle. Sports increase people's sense of social responsibility and social cohesion (Akgül, 2014; Şahan, 2008).

Sports have cultural features as well as features from different cultures. Although the sports branches that we usually encounter in Turkey today come from the west, the sports that we continue our own culture should not be forgotten. Cultural sports, which we often see at special times, meet us especially at festivals etc. activities. In these activities, not only these sports, but also all individual and team sports are represented on a country basis in inter-country competitions, so national phenomena are observed at a very high level. Sports activities that motivate cultural cohesion at the community level provide social integration by regulating social behaviors. Sports that keep cultural identity alive can also affect other cultures (Göktaşan, 2013).

The Concept of Awareness

According to research on mindfulness, the first texts on mindfulness originate from Buddhism. However, mindfulness, unlike Buddhism, is a process of awakening to know oneself better and to find the truth in this way. According to Buddhism, mindfulness is self-awareness and understanding one's situation by questioning one's place in the universe. In this way, a person can regulate their lives and behaviors by being aware of all the possibilities they may encounter in states of consciousness or unconsciousness (Kabat-Zinn, 2009). This method is known as mindfulness meditation and involves regulating the breath and mind by focusing on the sensations and emotions occurring in the body. According to Kabat-Zinn (2005), these changes occur when a person acknowledges the situation without judgment.

Types of Mindfulness

Because mindfulness has many different functions and qualities, it has been divided into various categories. Generally speaking, however, these classifications are based on "recall, discrimination and attention". In this context, Akkoyun (2005) divides types of awareness into three categories: perceptual awareness, bodily awareness and imaginative awareness;

1. Perceptual Awareness: It is the awareness of the sensations we receive through our sense organs. Such as what we feel tactilely, what we hear, smell, taste and see.

2. Bodily Awareness: There are many receptors to understand what is going on in our body at any given moment and what state we are in. Like a cramp in the foot, a burning in the stomach or a headache. In states of pain and discomfort, awareness can occur more quickly, while in states of languor and relaxation, awareness can occur later.

3. Imaginative Awareness: Awareness of what the individual lives in, imagines and fantasizes. Inevitably, people are constantly thinking about the past or the future. However, in some cases they are not aware of them. Because these ideas can suddenly appear in the mind of the individual. Any object, smell or color in the environment can cause this idea to arise.

Awareness in Education

Acar (2004) defined the concept of awareness as the intuition of the situation in which an individual is in while interacting with his/her environment or with another individual using his/her sense organs. In other words, awareness is the insight that permeates the entire mind with the initial state of all actions (Maharaj, 1993). The concept of mindfulness, which is a cognitive and affective activity, is also expressed as a mental evaluation involving the attention process (Thera, 2008). When awareness occurs in individuals, new cognitive schemas are formed in their minds (Brown & Ryan, 2003). When a new schema is formed in the mind, there is an increase in the level of consciousness about the universe and our environment (Eski, 2010). However, it is not always possible to be aware of everything that happens around us. In order for awareness to occur, it is necessary to ensure that the new stimulus is compatible with the existing schemas in the mind, to react to the new stimulus affectively and to interact with the new stimulus (Dökmen, 2002).

The concept of awareness in education refers to students' state of awareness and their sensitivity in this regard. Students' awareness helps them to better understand and make sense of the world they live in. Students' awareness in the educational process enables them to learn in accordance with their learning styles and needs. In this way, students realize more efficient and effective learning and increase their learning success. In the digital age we are in, it is important that teachers and students in learning environments have awareness of developments in the digital world (Yay, 2017). Because it is very clear that individuals who cannot use advancing technologies and adapt to developing technology cannot achieve success in their present and future lives (Uluyol & Eryılmaz, 2015).

Conclusion

The concept of awareness in education refers to students' state of awareness and their sensitivity in this regard. Students' awareness helps them to better understand and make sense of the world they live in. Students' awareness in the educational process enables them to learn in accordance with their learning styles and needs. In this way, students realize more efficient and effective learning and increase their learning success. In the digital age we are in, it is important that teachers and students in learning environments have awareness of developments in the digital world.

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