

The Impact of Sports Participation on Self-Regulation Among Underprivileged Children at Maharashtra Mandal Volleyball Club, Pune

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ABSTRACT

This study explores the impact of sports participation on self-regulation among underprivileged children at Maharashtra Mandal Volleyball Club, Pune. Self-regulation, including goal setting, emotional control, and self-discipline, is essential for personal growth and success. The study aims to determine whether structured sports training enhances these skills in young athletes from disadvantaged backgrounds. A descriptive survey research design was used, with purposive sampling selecting children actively engaged in volleyball training. A structured questionnaire measured self-regulation skills such as goal-setting, emotional control, self-discipline, resilience, confidence, and respect for others. Responses were collected on a Likert scale and analyzed statistically. Results indicate that sports participation significantly improves self-regulation, with 60% of participants strongly agreeing on goal-setting benefits, 45.71% on emotional control and self-discipline, and 48.57% on confidence and respect for others. Additionally, tracking progress and managing thoughts for recovery (45.71%) were positively influenced. However, resilience (22.86% strongly agree) showed weaker development, suggesting some children still struggle with overcoming challenges. These findings highlight the role of structured sports programs in fostering discipline, motivation, and social skills among disadvantaged youth. While sports training enhances self-regulation, additional interventions may be needed to improve resilience-building. The study underscores the importance of investing in sports-based programs to promote holistic development among underprivileged children. Policymakers, educators, and sports organizations should focus on designing structured sports initiatives that maximize these benefits, ensuring long-term personal and social development.

Keywords : Sports Participation, Self -Regulation, Underprivileged Children, Goal-Setting, Emotional Control.

Introduction

Sports participation serves as a vital tool for personal development, particularly for underprivileged children, by fostering essential life skills such as discipline, resilience, teamwork, and self-regulation. Self-regulation, the ability to manage emotions, behaviors, and thoughts in pursuit of long-term goals, is crucial for both academic and personal success. This study explores the impact of structured sports participation, specifically volleyball training at Maharashtra Mandal Volleyball Club in Pune, on self-regulation among economically disadvantaged children. Many of these children face significant challenges due to limited access to extracurricular activities, which can hinder their emotional and personal growth. Engaging in sports provides them with opportunities to develop self-discipline, goal-setting skills, and emotional control, all of which contribute to improved self-regulation. By examining changes in these skills, the study highlights the role of sports as a developmental tool and investigates how consistent participation enhances impulse control, motivation, and responsibility. The findings aim to contribute to a broader understanding of how structured sports programs can be designed to maximize their benefits for underprivileged youth. This research seeks to provide valuable insights for policymakers, educators, and sports organizations, encouraging investment in sports-based interventions to promote the holistic development of disadvantaged children.

Research Methodology

This study investigates how sports participation influences self-regulation among underprivileged children at Maharashtra Mandal Volleyball Club, Pune. A descriptive survey research design was used to assess the impact of structured sports training on self-discipline, goal-setting, emotional control, and resilience.

Methods

A structured questionnaire was developed to measure key self-regulation skills. Participants responded using a Likert scale, evaluating aspects such as their ability to set goals, control emotions, track progress, and recover from setbacks.

Sample and Sampling Techniques

The study used a purposive sampling technique, selecting children actively participating in volleyball training at the club. This ensured that only those with regular sports exposure were included in the research.

Data Collection and Procedures

Data was collected through in-person surveys at the club. Participants were informed about the study's purpose, and confidentiality was maintained. The responses were then analyzed statistically to identify trends and determine the impact of sports on self-regulation.

Data analysis and Interpretation

Table No.1 : Representation of Mean Ratings of the Impact of Sports Participation on Self-Regulation

Question -1	Rating	Frequency	Percentage
Does sports help you set and achieve goals?	1	0	0
	2	0	0
	3	0	0
	4	14	14
	5	21	21
Does motivational training in sports make you more self-disciplined?	1	0	0
	2	0	0
	3	6	17.14
	4	13	37.14
	5	16	45.72
Does playing sports make you feel more in control of your emotions?	1	0	0
	2	0	0
	3	7	20
	4	12	34.28

	5	16	45.72
Do you track your progress to improve your performance and recovery?	1	0	0
	2	0	0
	3	7	20
	4	12	34.28
	5	16	45.72
Does managing your thoughts and feelings help you recover better after sports?	1	0	0
	2	0	0
	3	7	20
	4	12	34.28
	5	16	45.72
Does sports help you bounce back from tough times?	1	0	0
	2	0	0
	3	12	34.28
	4	15	42.86
	5	8	22.86
Do you track your progress to improve your performance and recovery?	1	0	0
	2	0	0
	3	7	20
	4	11	31.43
	5	17	48.57

Interpretation

The survey measured self-regulation among underprivileged children participating in sports.

Key findings include:

1. Goal Setting & Achievement: 60% strongly agreed that sports help them set and achieve goals.
2. Self-Discipline: 45.71% strongly agreed that motivational training enhances self-discipline.
3. Emotional Control: 45.71% strongly agreed that sports help regulate emotions.
4. Progress Tracking: 45.71% strongly agreed that tracking progress improves performance.
5. Mental Recovery: 45.71% strongly agreed that managing thoughts aids recovery.
6. Resilience: Only 22.86% strongly agreed, indicating a need for additional support.
7. Confidence & Respect: 48.57% strongly agreed that sports boost confidence and respect. Sports significantly enhance goal-setting, discipline, emotional control, and self monitoring, though resilience-building may need additional focus.

Summary

The study confirms that sports participation significantly enhances self-regulation among underprivileged children at Maharashtra Mandal Volleyball Club, Pune. Key improvements were seen in goal-setting (60%), emotional control (45.71%), and self-discipline (45.71%). Sports also fostered confidence (48.57%) and respect for others. However, resilience (22.86%) showed weaker development, indicating a need for further support in this area.

Conclusion

Sports play a vital role in building self-regulation, discipline, and social skills among disadvantaged children. However, resilience-building requires additional focus. These findings highlight the need for structured sports programs to maximize developmental benefits, encouraging investment from educators, policymakers, and sports organizations.

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