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THE IMPORTANCE OF MUTUAL RESPECT AND KINDNESS IN SPORTS

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ABSTRACT

Today, kindness is perceived only as helping someone. Kindness is not done only as material support. Kindness is what a person offers and shares goodness and beauty with himself, his immediate environment and society at large. One of the social activities that a person can offer to himself and society is exercise and sports. Sports activities are carried out in all societies to achieve various goals. Sports events are a topic that people all over the world talk about, discuss and raise on social media. Research shows that the goals of participation in sports activities vary depending on society and individual. As a profession, sports activities are carried out with the aim of achieving and maintaining health, efficient use of free time, reducing stress and psychological peace, creating a friendly environment, increasing awareness, increasing productivity and social communication. Today, according to the World Health Organization, about 60% of the world's population does not meet the recommended minimum daily physical activity. All over the world, health problems associated with a sedentary lifestyle pose a threat to society and individual health. One of the factors that creates and ensures the physical, mental and social well-being of people is sport and physical exercise. All sports and physical activities are dominated by values such as goodness, beauty, happiness, responsibility and mutual assistance. You can have a physically fresh, healthy and beautiful body through sports. Getting out of stress and a stressful environment for a short time, relaxation, gaining a sense of success and self-confidence are the psychological foundations of sports. Social cohesion, friendship and socialization can be attributed to the social effects and benefits of sport in building a democratic society. This study discussed in this context is a qualitative study, a theoretical study resulting from a literature review. This is to show that sport is an activity that promotes a state of virtue and well-being. In this context, exercise should be perceived as a physical benefit for oneself and society.

KEYWORDS

Sport, kindness, sport and virtue, man, democracy, disease, society.

INTRODUCTION

Today, rapidly developing fields of technology and science not only make our lives easier, but also cause a number of negative consequences. These negative conditions manifest themselves as work stress, problems, antisocial life, physical fatigue and illness. In all these negative and unfavorable situations, society is beginning to pay more and more attention to the importance of sports and exercise to continue the healthy life of people. Due to the rapid development of technology, business life and changes in our lives, lack of free time, sedentary lifestyle is the reason why people do not have enough time in their lives for sports and physical activity. Today, goodness, prosperity and well-being are among the recognized values throughout the world. Although the concept of kindness is difficult to define, actions described as kindness can be found in every culture.

In general, well-being is considered as “a way of life aimed at improving the physical, spiritual and social functioning of the individual.” According to many scientific studies, one of the factors that creates and ensures a person’s physical, spiritual and social well-being is sports and physical exercise. These activities are effective in helping people live health, beauty, fitness, love, peaceful and happy personalities. It will

be good to do some sports. Well-being is the state of physical well-being of people in social and natural life. The purpose of this study is to interpret and present information in the literature on how sport and exercise can support human well-being and well-being.

Kindness

In the first stages of life, a person who came into the world armed with “good” learns “good” from “good” people in a “good” environment, and shapes the future life of the individual. All efforts of society and the state are always aimed at “good”. Kindness is an integral concept in the education system. Because the purpose of education is always to create a “good person”, a “good citizen” and a “good society”. The concept of goodness is an important value in shaping the lives of people who are social beings. The concept of good is one of the judgments that are set out in all sacred books and commanded to people. Religions give people a sense of good deeds.

In general, it appears that the concept of well-being is defined as “a way of life aimed at improving the physical, spiritual and social functioning of an individual.” According to all theorists, their common idea is that “well-being” is a way of life in which a

person actively participates in determining his own well-being. Myers, Sweeney, and Whitmer define well-being as “a state of optimal health-oriented lifestyle and well-being in which the body, mind, and spirit are integrated, allowing the individual to live fully in the social and natural environment.” Well-being means that a person lives fully in his social and natural environment; It is a state of well-being that integrates the physical, mental and spiritual and is combined with the most appropriate health-oriented lifestyle.

Until the 1940s, health was defined as the absence of disease. In 1947, the World Health Organization gave a new, comprehensive definition of health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” As can be seen from the definition, he explained health by including spiritual and social concepts. One aspect noted in the definition is that health is explained as a state of well-being. In this context, health should be viewed as multifactorial. Although there are different definitions of well-being in the literature; The focus is on maintaining optimal health, achieving individual goals that integrate mind, body and spirit, and maintaining a more meaningful life, as well as maintaining a fulfilling, socially and individually functional life.

A person's health and well-being and the lifestyle they lead are closely linked. Wellness focuses on improving people's health and changing their lifestyle. In short,

based on the idea that people can improve their health and well-being by making changes in their lifestyle, various models for improving human well-being have been developed today. Many well-being theorists have developed nine models of well-being.

Health Star Model

There are five dimensions: physical well-being, psychological/emotional well-being, social well-being, intellectual/occupational well-being, and spiritual well-being. These dimensions are considered interrelated and can influence each other.

Sports and wellness

comes from the Latin word "Hali Spor". According to researchers, the words “disportare” and “desport”, meaning “to disperse, separate from each other, fun, joy,” have come down to the present day from the 17th century and have become “sport.” In nineteenth-century England, the word "sport" was used to describe all activities for recreation, amusement and pleasure, and increasingly in all languages to describe activities aimed at competition, victory and dominance. Kinds of sports; These are organizations that have predetermined rules for individuals or teams, where changes in place, time and territory are observed, carried out in a sequence, and also organized within the framework of a game.

Today, sport is a field of multifaceted interaction, including medical, physiological, pharmacological, economic, sociological, psychological, philosophical, political and legal relations, as well as scientific research in various technological fields. Today, sport is celebrated as the main field of activity. It plays an important role in the development of the individual and society. At the same time, sport promotes social cohesion and integration and is an important universal element in terms of recognizing people and cultures living in different geographical regions. It offers all these universal values equally to every individual, without highlighting any particular characteristics of society and people.

The following factors accelerate the spread and development of sports in the world; popularization and focus of sports, industrialization, technological developments, progress in sports sports, political factors, increasing health awareness, professionalism and new professions, mass media, sponsorship, increase in passive participation, social and psychological phenomena. Today, sport and physical exercise are important in all countries of the world. The media around the world follows sports and exercise.

There are many studies examining the effects of sports on people. Stevens summarized epidemiological studies examining the relationship between sport and well-being and found that there was a clear link between sport and subjective well-being.

Sport, social development and well-being

includes the extent to which people interact with others, society, the environment and nature, as well as their relationships with family, friends and the opposite sex. It is concerned with continuing one's life based on social rules, establishing good relationships, keeping oneself healthy and honest, and with one's physical and spiritual maturity and mental development.

People who become healthy through exercise develop a sense of "we" and lose self-consciousness. Through sports, teamwork, gaining self-confidence, improving national feelings, assimilating social norms and values, increasing the sense of responsibility, responsiveness, respect, control of one's own behavior, correct, honest, orderly, self-confident, disciplined. , use. Proper use of their free time will help them grow into socialized citizens capable of demonstrating democratic views. In addition, sport is one of the important ways of socialization and self-expression of people. Sport also strengthens a person's willpower, helps a person gain self-confidence and effectively influences the formation of his personality.

Sport is conceptualized as an important institution that influences all aspects of everyday life. In a sense, the power of sport is measured by its ability to serve the role of bringing people together as a means of socialization. Sport, with its power of socialization and social change, helps create many values. Values include

hard work, self-sacrifice, fairness, loyalty, responsibility, reliability, tolerance and self-discipline. An important result of the socialization process is role learning. Mastering appropriate roles for themselves, all people in childhood are socialized through games, sports and other events and activities. All these activities help people to be good citizens and friends, responsible neighbors, good students, work together, have leadership qualities, etc. Takes on an important preparatory role through role-playing training. With sporty, individual; In addition to teaching social responsibility, self-control, respect for other members of society, measured and planned work and attentiveness, the ability of people to work together and conduct business, it is effective and attractive in determining the personality of a person. educational tool. place in society.

Sport prepares people for life in society, making them the most important and honorable members of society. Younger generations; It is constructive and creative and has a great influence on cultural development as well as social cohesion in society. It raises the level of education and culture in society, and its contribution to success is undeniable. It helps people behave well, gain status and increase income. It creates an atmosphere of competition and struggle within the rules, promotes cooperation and harmony between people, and helps people get rid of bad habits. A person with good social status is a person

who helps support all the people with whom he interacts and receives help from them, strengthening relationships that improve the quality of life. Sport promotes and strengthens the well-being of society and the individual, influencing all spheres of public life.

Sports, mental/emotional and well-being

has gained importance in the last century and has become an important part of human life, affecting cognitive, affective, social and psychomotor aspects in various areas. In addition to the positive effects of sports and physical activity on a person's body and health, they are also known to benefit a person's mental health. A psychologically healthy person is expected to have a positive image of himself and the world, knowledge and self-esteem, and the ability to see conflicts and difficult experiences. Health is associated with a wide range of internal experiences and includes such characteristics as awareness and control of emotions, as well as the ability to view oneself, life situations and conflicts realistically, positively and from a developmental perspective. Research shows that participation in purposeful, structured environments and programs has an impact on adolescents' self-development and personality development.

There is an inverse relationship between sport and physical activity and levels of stress, anxiety and depression; It is known that there is a directly

proportional relationship with self-esteem and self-perception. In addition, teens who exercise regularly report having less conflict with their families, fewer symptoms of depression, using fewer drugs, and having above-average academic achievement. In addition to the positive effects of exercise, it is sometimes found to be a useful element in the treatment of mental disorders.

Sports, economics and welfare

Today, the level of society's attitude towards sports reflects the general structure of this society. In addition, sport is considered as a level of development of society. Today, sport and economics complement each other and are even inseparable elements of each other. It is noted that the level of economic development of society increases people's propensity for sports. In this context, the economic structure determines people's demand for sports. In developed countries, both the public and private sectors are investing more in sports infrastructure. Sports and sports organizations generate economic activity. Contributes to the production of sports cars, equipment and materials. The influence of sports organizations on tourism and the economy is very great, which leads to an increase in domestic and foreign tourism. Physically strong people can work efficiently.

Sports and spiritual well-being

The concept of spirituality is usually associated with giving meaning to life. It is any activity that motivates a person to appreciate life as it exists in nature, art, music and social relationships. According to some, spirituality means that a person focuses on spiritual life and completely distances himself from material ideas; according to others, this secret is possessed by people who have completely freed themselves from negative thoughts and feed their soul with goodness and beauty. This. from spiritual life.

The spiritual perspective responds to the concept of omnipresent life energy. The Higher Self is also called the superego or supermind. To achieve the spiritual dimension, the following are needed: Prayer, Faith in the understanding of God, Recognition, Knowledge, Spirituality, Feeling, Tolerance, Reasoning, Contemplation and Serenity. Spiritual well-being involves finding purpose and meaning in life and recognizing powerful connections. A person with good spiritual well-being feels fulfilled and fulfilled in life.

DISCUSSION AND CONCLUSION

The purpose of this study is to interpret and present evidence in the literature regarding the impact of exercise on maintaining individual well-being and well-being. Well-being is seen as "a way of life aimed at improving the physical, spiritual and social functioning of the individual." According to research, one of the factors that creates and ensures a person's physical,

mental and social well-being is sports activity. These activities are an effective tool in making a person healthy, beautiful, healthy, loving, peaceful and happy.

Although the importance of regular exercise and training to maintain and maintain a healthy lifestyle is increasing day by day, technological changes, changes in business life, lack of free time and all other factors force people to exercise. I can't spare enough time. and physical activity. Sports and exercise have many positive effects on people. There is a wealth of scientific research on the use of sport and exercise as a means to maintain and improve health. Sport and exercise can be defined as planned and purposeful activities aimed at improving health and well-being.

It can be said that sport and exercise, which is one of the healthy lifestyle habits, affects a person's well-being and therefore contributes to physical and social health. It will be good to do some sports. Compassion is the ability to live a lifestyle that is physically, mentally and spiritually integrated so that one can continue to live in the social and natural environment. In addition, we should not forget that sport is not only a physical activity, but also a very important social activity for a person's social, emotional and social development.

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