

Investigating the Cultural and Social Effects of Football among the Students of Physical Education Department at Kandahar University

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ABSTRACT

The aim of this study is to investigate the socio and cultural effects of football among the Students of the Physical Education Department at Kandahar University. The foot obviously has a lot of symbolic significance. Because football is primarily played with the foot, it has issues with identity, class, and history. Due to its connection to the "common man" and the masses, its appeal, and its role in fostering liberation, football has risen to the top of the cultural consciousness, transcending sport and turning into a religion. This is a result of these issues. Nations attach their identities to football matches, making them symbols of so much more than just a game or a rivalry. Football is a venue for social and political discussion. Thus, it turns into a lens through which we can understand various social systems all over the world. Sport is both. This study used a descriptive qualitative methodology. The findings of this study show that the game of football has many advantages for football players, one of which is improved physical health. Football players engage in rigorous training to help them develop the strength, stamina, and other crucial qualities needed for football games.

Keywords: socio; cultural; effects; football; physical education

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INTRODUCTION

To better reflect the nature of (hyper) digitalized societies and the ways audiences are experimenting with and moving the boundaries and possibilities for football and leisure, leisure and football studies must evolve empirically, methodologically, and theoretically (Lawrence & Crawford, 2022). Football, in particular, is widely seen as a tool for fostering social inclusiveness. Also, a practical framework for small-scale project evaluation is being created. Football clubs and the communities they serve, as well as players, practitioners, and policymakers, can all gain from the evaluation of social inclusion programs based on the sport of football (Tacon, 2007). Beneficial outcomes that can be attributed to the football program, however, are more the result of the school's football tradition and culture than the team's on-field success. When compared to the effects of non-athletic institutional qualities on the caliber of students enrolling at the school, the football program's effects on sports advertising



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are negligible (Smith, 2009). Instead of questioning prevailing beliefs or acting as a catalyst for more profound, systemic societal change, football unintentionally serves as a mass indoctrination tool (Bar-On, 1997).

Racism in English football is evolving. It aims to demonstrate that, in order to adequately account for the complex ways in which racism is expressed in contemporary football cultures, existing analytical frameworks need to be revised. This is done by starting with a critical analysis of some of the key themes in the literature on football (Back et al., 1999). The emergence of regulated and professional football in the 19th century under the influence of the industrial working classes became a symbol of masculinity for millions of boys and men, who then became embedded in future generations of male fans. One particular element of this was increased sexism and homophobia, and this was illustrated by the horrified reaction of fans (Cleland, 2018). The horizontal, non-hierarchical nature of the game develops critical awareness and community leadership for game participants (Pollock, 2021). Corporate social responsibility (CSR) has attracted considerable interest in the field of management, but has rarely been evaluated and researched in the sports management research area (Breitbarth & Harris, 2008). Key events and episodes in football history are central to personal and collective understanding of the global game at local, national and international levels (Giulianotti, 2019). Football clubs and agents are cited as the main obstacles to creating a more open and enlightened environment: participants say they pressure gay players to hide their sexuality, thus fostering a culture of secrecy that enables and potentially authorizes continued homophobic abuse. Contributors speculated that the continued lack of openly gay players was in fact true (Cashmore & Cleland, 2011). The conscious cultural creation of Sydney fans is a series of songs and chants which, while stemming from an increasingly globalized and commercialized football culture, manage to express a local identity.

Moreover, these songs can even be considered to express the identity of local and global fans, as fans bridge local and distant spaces in global football culture (Collinson, 2009). Use standardized categories and descriptions of activities and participants, and consider integrating the situational and interactional contexts into the analysis of football performance while taking into account the limitations of the reviewed studies (Sarmiento et al., 2014). The two largest risk factors for injury among elite Icelandic football players were age and prior injury (Arnason et al., 2004). Depending on the technical, tactical, and physical demands placed on each player, the type and quantity of training should be game-related and tailored to those needs (Iaia et al., 2009). The most popular sport in the country is American football. Its success is probably due to the intense, quick-paced, and physically demanding gameplay. Football success depends heavily on strength and conditioning, which has long been known. In fact, American football can be credited with giving the strength and conditioning industry its start in North America. The beneficial relationships between strength, speed, and power to success in this activity, however, have only lately been validated by scientific study. Although every American football program emphasizes strength and conditioning, the collaboration with sport scientists has not been as successful (Hoffman, 2008).

METHODOLOGY

This study used a descriptive qualitative methodology. Qualitative research approaches, according to Creswell (2014), are investigative procedures that produce descriptive data by understanding the phenomenon and presenting it through the description in the form of words and language in a special natural context. Research on religion, society, culture, and philosophy as well as observations on meaning, values, and understanding can all be done using the information. The researcher chose this qualitative approach because they wanted to be able to use the research data exactly as it is in the field. The information was gathered using the grounded theory method, which is an inquiry-based approach. Participants were observed, observed during interviews, and documented during the data collection procedure (Miles, 1992).

RESULTS

It's obvious that the foot has a lot of symbolic meaning. Football has identity, class, and history-related issues because it centers on the use of the foot. These problems contribute to football's ascendance to the top of the cultural consciousness, where it transcends sport and becomes a religion due to its connection to the "common man" and the masses, its popularity, and its role in promoting liberation. Football matches become symbols of so much more than just a game or a rivalry, and nations affix their identities to it. Football serves as a forum for social and political debate. As a result, it becomes a lens through which we can comprehend various social systems around the globe. Soccer is both.

According to (Sarmiento et al., 2014). Use standardized categories and descriptions of activities and participants, and consider integrating the situational and interactional contexts into the analysis of football performance while taking into account the limitations of the reviewed studies. Anyone can understand the game of football, but not everyone can play it. The game is well-liked all over the world, and its fan base is steadily expanding. Football is a sport that calls for perseverance, self-control, physical fitness, and above all, teamwork. Therefore, it is clear that football is a game that fosters social interaction and relationship development. Fans admit that they enjoy watching games with other fans more than they do by themselves because there is more spirit of competition when fans are present. It might even encourage supporters to wager money to demonstrate their unwavering devotion to their teams. Football is a game that anyone can play. The game of football has many advantages for football players, one of which is improved physical health. Football players engage in rigorous training to help them develop the strength, stamina, and other crucial qualities needed for football games. Have you ever seen soccer players perform bicycle kicks in the air? It requires a lot of training and work, as well as strength, power, and skills that you might find difficult to acquire elsewhere.

The players' good health can be attributed to their cardio fitness, compound body movements, strength, power, and endurance. You'll adore the game's speed, balance, and acrobatic moves. When football players adhere to the guidelines suggested by experts, they live long, healthy lives. Football players typically exhibit a positive attitude, are liberal, and are unconstrained by cultural norms. It's not uncommon to see a well-known international team comprised of athletes from

various cultural backgrounds who play the game with ease, bridging any cultural barriers that may exist.

CONCLUSION

Undoubtedly, physical and cultural functions of physical education in modern societies have many social and cultural functions and should be considered in the field of social and cultural research. After rapid development in recent decade, physical education and training gained a high and global status. Scientists and sport managers, especially reporters and sports writers, devoted to and tribute to this phenomenon and forced human beings to watch sports myths in the stadium or through tv, so that the development of sport and promotion in the world sports table was a major indicator of cultural and social progress in the new civilization and the determining factor in economic and industrial growth.

Football is generally filled with appropriate opportunities to deal with obstacles and problems and to adopt suitable methods for solving them. His situation is very important in terms of mental health and especially for youths. In fact, choosing the method or methods (tactics) that lead to mastery and overcoming obstacles (gaining success) is very important in terms of mental health since it not only develops the sense of satisfaction in the individual, but also makes it flexible, in football, a teenager learns how to start running and how to improve running skills to a conscious skill and run smoothly. At the football academy, every day practice is done individually, and every sportsman's with a private trainer will learn football techniques. The technique of pass, shoot, control, deception, head and etc. is among the techniques that are practiced every day with Sporters. Also, every day in the training sessions juvenile Sporters psychologists study the set of motivation, self - confidence, and focus groups during the exercise and if they are weak in each of these sessions, the psychological techniques will be resolved for their missions.

CONFLICT OF INTEREST

Author declares that this manuscript has no conflict of interest with any party.

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