

Review of Olympic Values: For the Betterment of the Athletes

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ABSTRACT

Olympic games is the largest sports festival in the world where the athletes get an opportunity to meet new people living all over the world. Olympism is the philosophy of Olympic games and from that people get the spirit of the Olympic games. The objective of this study is to gather all the Olympic values and determine how they will affect the athletes. Secondary data were gathered via relevant books, articles and web sites. There are three (3) core Olympic values (Excellence, Respect, Friendship) and under these three values five educational values can be identified. They are joy of effort, fair play, practicing respect, pursuit of excellence, balance between body, will and mind. With the practice of these values athletes gain attitudes which can change the world to a better place. Moreover, policy makers, administrators, entrepreneurs and higher educational institutes can develop their activities and enhance the prosperity all over the world.

Keywords: olympic Games, Olympism, Olympic values

INTRODUCTION

HISTORY OF THE OLYMPIC GAMES

Olympic games were first commenced near the river of Alpheus in “Olympia” in Greece, which thus paved the way of naming it as ‘OLYMPIC GAMES’ (Chandana 1996). During the very early periods, the Greeks used the Olympic games as a mode of paying respect to god Zeus. Later on, the Olympic games was recognized as a sports festival. The Olympic games receive a huge respect from the Greeks, if there is a war, that the war would be stopped in a period of games and then commenced again after the games ends (Chandana 1996). Furthermore, in the past, females were restricted from participating in the Olympic games. They were also never granted permission to be a part of the audience.

In the year of 1896 Pierre De Cubatine with the intention of spreading good will among the world population through the Olympic games brought a new era with his modern Olympic games. He refused racism and respected the democracy. Cubatine started the modern Olympic games with the theme “Participation is better than winning the games”, in order to build up friendship, understanding and fair play among the athletes. The international Olympic committee (IOC) furthermore contributed Cubatine’s work by introducing “Olympic

Values” to the athletes in order to spread peace and friendship all over the world.

OLYMPIC VALUES

There are 5 Olympic educational values which can be recognized under the 3 Olympic values (Excellence, Respect, Friendship). With the intention of facilitating the learning of Olympic values and affecting the behavioral patterns of the younger generation the 3 core Olympic values have been adopted and elaborated by the IOC. Accordingly, the five educational themes have been established (IOC 2016). The five-key educational themes are used by the Olympic movement with the intention of helping young people to practice and understand the principles of Olympism. The five Olympic educational values can be identified as follows,

- Joy of Effort.
- Fair Play.
- Practicing Respect.
- Pursuit of Excellence.
- Balance between Body Will and Mind.

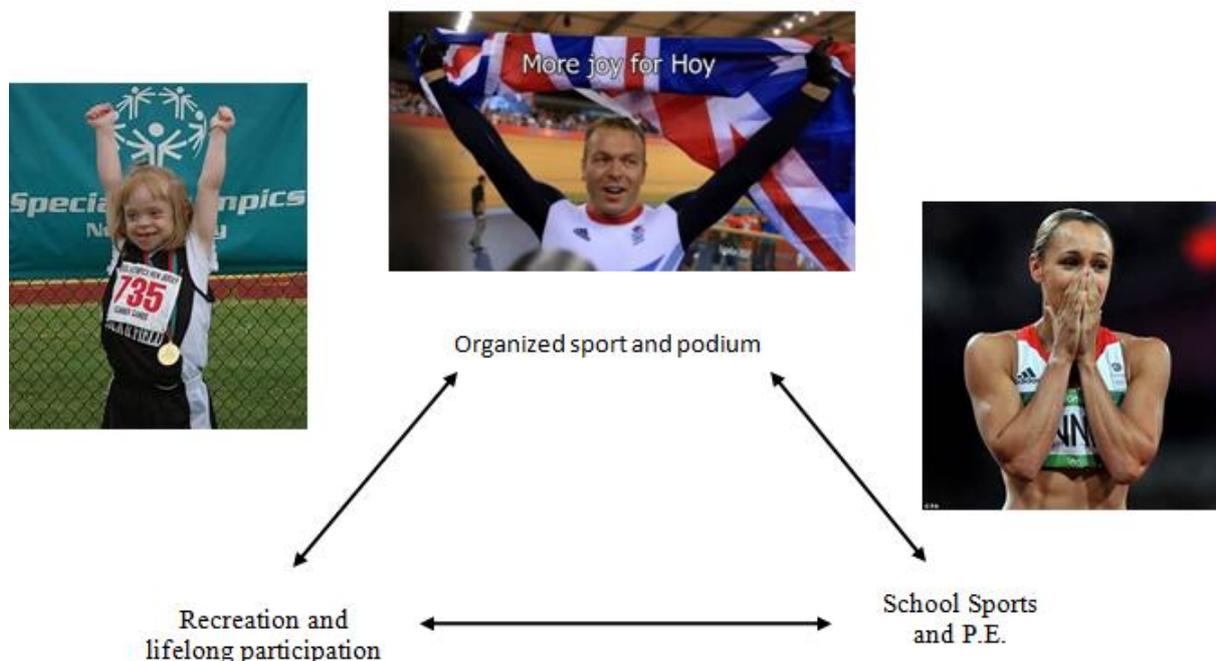
JOY OF EFFORT

Young people challenge themselves and each other in games, sports and physical activities in order to develop and practice their intellectual, behavioral and physical skills (IOC 2016). Children can show signs of uninterest towards a

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certain sport due to the reason of them being forced to engage in a certain sport (Coubertin P n.d). Children who are younger in age are naturally active. However, they tend to be less active as they grow older. The drop of activity

can mostly be seen in teenage girls and women (IOC 2016). Thus inspirational methods and activities should be used to encourage young people to engage in sports.



PHYSICALLY ACTIVE LIFE

According to the graph there is a two way communication process can identify from, each component.

FAIR PLAY

Even though fair play is an original sports concept, it can be used out of the field of play as well. The learning of fair play behavior by athletes allows them to apply the rules of fair play in their day to day life as well (IOC 2015). As per Koichiro Matsura (2001) fair play is considered as a human rights issue. People gain a wide knowledge of Universal Human Rights through education. Fair play is originally a sports concept which emphasizes on the fact of playing by the rules. Penalties and punishments were used by references and officials to interpret and enforce the rules. In the present day, the idea of fair play goes beyond the concept of sports and following rules. Fair play was originally grounded in the value systems of the Euro American Culture and it received global recognition as a basic principle of human rights (IOC 2015).

Fair play is not a concept which happens automatically when children and youth engage in group or team activities. Researchers from all over the world have pointed out that the

competitive nature of some sports have resulted in unfair behaviors, aggression, cheating and substance abuse.

Fair play is not a concept which is limited to the athletes alone, but a concept which applies to both the coaches and the parents. The pledge given by the coaches is also included in the contents of fair play.

FAIR PLAY PLEDGE FOR COACHES

The coaches of the young athletes should focus their attention on the youngsters developing and refining their skills, working hard, playing fair, building teamwork, having fun and also learning to respect coaches, team mates, opponents, officials and their decisions and the game as well.

FAIR PLAY COMMITMENT FOR PARENTS

The parents of young athletes should agree to abide by that anyone who accompanies them to watch their children participate in sporting activities does the same.

PRACTICING RESPECT FOR ONESELF AND OTHERS

Peace and international understanding can be promoted by young people who live in a multicultural world by learning to accept and respect diversity thereby maintaining peaceful

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personal behavior (IOC 2016). The Olympic Charter mentions that “The goal of the Olympic Movement is to contribute in building a peaceful and better world by educating the youth through sports practiced in accordance with Olympism and values”. Martin Luther King (1929 – 1968), the American civil rights leader has mentioned the importance of respecting one another as follows, “I have a dream that one day this nation will rise up and live out the true meaning of its creed. We hold these truths to be self-evident that all men are created equal”.

Sports and life come with numerous collections of dilemmas. People make decisions in



complicated situations to get rid of problems in the best possible way. With the maturity of age, people gain the ability of dealing with moral implication issues in sports like cheating with the help of their life experiences. The skill of identifying the right and wrong practices is useful in guiding young athletes. However, there are instances where young athletes have not completed the rules of sports which results in confusing them. Therefore, the learning of skills which give them moral clarity on complex issues of sports is an essential part of the development of young athletes.



PURSUIT OF EXCELLENCE

A pursuit in excellence can enable young people to make positive, appropriate choices and move forward towards the best in any aspect of life. In order to reach for the best in life, they should be provided with safe social and physical environments. A healthy community is a clean and safe environment which strengthens the welfare of young people. It also provides abundant daily opportunities for young people to engage in physical activities. Furthermore, a

healthy community holds the advantage of being free from discrimination, harassment and intimidation.

Michael Jordan (USA), the world-famous basketball player has said that “I’ve missed 9000 shots in my career. I’ve lost almost 300 games, 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over again in my life. And that is why I succeeded”.



BALANCE BETWEEN BODY WILL AND MIND

The process of learning does not only include the mind and physical literacy but the whole body. Moral and intellectual learning can be developed with the help of learning through movement. This concept became the cornerstone of Pierre de Coubertin’s interest in

reviving Olympic games (IOC 2016). Coubertin has illustrated on the extreme compartmentalization of modern education where each strength acts in isolation deprived of any link or contact with its neighbors. For instance, if one discusses the topic of muscles, only the subject matter of animal function will be discussed. The human brain is furnished in a manner similar to tiny, air tight compartments.

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The WHO has stated that health is not merely the absence of infirmity or disease but a state of complete physical, mental and social wellbeing.

CONCLUSION

According to the study there are three main Olympic values (Excellence, Respect, Friendship) and under these three co-values there are five educational values. They are joy of effort, fair play, practicing respect, pursuit of excellence, balance between body, will and mind. These values play a major role in directing athletes to lead their sports career in a correct manner. Therefore, these values can guide any athlete in any category to achieve success both in their sports and personal career. These attitudes of mutual understanding with a spirit of friendship, solidarity and fair play are values which can be used in sports as well as in one's day to day life to make the world a better place.

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