



Sports in the Lives of Children and Adolescents: Success on the Field and in Life

Robert S. Griffin

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After being questioned by a parent about how sports affects children, Griffin examined the impact of sports on children and reflected upon his own experiences with sports. What effect does sports have on work habits, social skills, confidence, independence, and aspirations? Does a sports experience provide the foundation for achievement in school and later life? Is competition good or harmful? What about the effects of sports involvement on girls? What are the characteristics of good athletes? How can parents help their children be successful in sports?

Griffin shares with parents and other readers his investigations of the published research pertaining to these questions and offers his own experiences and analyses. He asserts that sports is best assessed as it relates to the central issues children and adolescents confront while growing up?the agenda of the childhood, as he calls it. Griffin's explorations lead him to an examination of schools, professional sports, race and class, and the popular media as they affect children's interest and involvement in sports. He also investigates the phenomena of achievement (not just in sports) and good parenting.

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