

Sports and Games for A Better Life

Abstract

Sports have greater importance in the people's busy life, mainly for school children. Each person should engage himself/herself in the sports movement atleast for a short time in a day. Sports are important in one's successful life because regular involvement in sports and games brings psychophysical soundness to the people. People who have busy schedule in their life get tired very easily. As we recognize, soundness of body and mind is necessary to live a calm and comfortable life. Physical movements and involvement in sports activities are as needed for total soundness of body as education for name, fame and money.

Keywords: Sports, Recognition, Devotion, Olympic, Outdoor, Indoor, Health building, Growth and Development.

Introduction

If is seen in the past that success never come easily. Recognition and wealth needs devotion, permanence, tolerance and mainly some bodily actions mean total well being for a successful life. Regular bodily activities can be achieved through sports as it is the finest method. Physical and mental efficiency leads to get success for human being. History reveals that only supremacy have power to rule the nation or a person.

Sports are good means to get connected with bodily actions which benefits a lot. Sports are recognized as most important in several countries as they are familiar with the actual profit and requirement in the individual's life. Sports are physical activities of much importance for any athlete or a professional sportsperson. It means a lot for them and their life. There is a vast and pleasant scope of sports for the sportspersons of our country and worldwide. There are some countries where sports and games are conducted in the festivity, for example; Olympic Games are organized to give respect to the Olympiads of the ancient Greece.

Values of Sports and Games

Sports are nice bodily activities that avail removal of pressure and fears. It also has fine range and profession for the sports people. Sports can be played for personal benefits as well as professional benefits. In both ways, it benefits our body, mind and soul. several citizens play it every day for their total fitness, satisfaction etc. on the other hand some play it to get precious position in their life. Nobody can overlook its standards in the personal and professional life. Since 1896 when first Olympic Games were held in Athens, It is being conducted continuously after every four years in different countries. It involves both, outdoor and indoor games in which sportsperson of many countries takes part.

Outdoor sports consist of football, hockey, volleyball, baseball, cricket, tennis, etc which require a playground to be played. Indoor games consist of carom, cards, chess, table tennis, etc can be played at home without any playground. Some sports and games like badminton and table tennis can be played both as indoor and outdoor.

Advantages of Sports and Games

Sports and games are very advantageous to educate about promptness, tolerance, discipline, cooperation and devotion. Playing Sports help us in building and improving confidence level. Regular engaging in sports makes us more lively and healthy. We can be secured from several diseases like arthritis, obesity, cardiac disease, improper sugar level etc. by involving us in the activities of sports and games which makes us much regimented, tolerant, prompt, and well-mannered in life. It direct us to go forward in life by removing all the weaknesses. It makes us more happy, healthy and daring by reducing the occurrence of nervousness and aggression. It makes us physically sound and psychologically comforts using which we can simply deal with all the troubles.

Usually everybody like sports whereas children like it more though it may hurt them in many ways. Kids can be easily injured and deviated



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from their study. However, children like to move outside and take part in sports or games with their companion. When we go back in the past, we feel that games are given value to a large extent from the ancient time. In the recent era, increasing popularity of other leisure things like video games, television, etc are decreasing the demand of sports and games in the life. However, sports and games are treated as cultural activities by the several countries, so we feel that the trend of games and sports can not at all stop in the upcoming time.

Sports activities are now obligatory in the educational institutions for the learner's better health conditions and profession. One can achieve good profession through sports who involved dedicatedly. It is very valuable especially for the learner as it support physical as well as mental progress. Citizens who are much interested and excellent in the sports can live more dynamic and healthy life. They can gain better controlled and leadership traits at their place of work.

Physical Coordination and Strength

It is considered that sports and strength are two aspect of the coin. It is being seen that we gain more strength through engaging in sports activities than the person who are not involved in any sports activity. Interest of an individual towards the sports can improve body strength to a great extend and also make his/her career bright by taking part in any sports at national level or worldwide. Sports help to improve the immunity power, maintain physical harmonization and increase physical and improving strength.

Character and Health Building

Sports helps in character and health building of any person, who playing it regular basis. It is generally seen that a person involved in sports activity from the very young age, develops very clear and strong character as well as good health. By gaining punctuality and disciplined life, sports give various strong and well-built persons to the society and country.

Role of Sports in Building Health, Money and Nation

The importance of games and sports can't be overlooked by an individual as it really have significant role. To achieve growth and development of an individual personally and professionally, people can be involved in the sports activities. A good physique has a positive role for both the sexes. It makes populace physically and psychologically sound. Wellbeing and mental peace are two most significant advantages of the sports. Students are future of the nation and they can be much benefited by the sports activities. They can be much controlled, healthy, dynamic and can easily manage any complicated circumstances in their private and professional life. Regular sports activity helps to easily overcome from psychological trouble.

It helps to improve the functioning of the human body organs. It maintain the body health and therefore maintain mental peace, sharp & active mind

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with better attentiveness. It boosts energy level of an individual. It remove the monotony in life and make proper use of leisure time. Sports have a bright profession so youths should not be bothered about it and they should continue their liked sport with full devotion. It improves cooperation and building team-spirit. There is a need to encourage the student to take part in the sports for the whole sum development of an individual as well as nation.

Role of Eminent Sports Personalities

A world class player like Major Dhyanchand and Sachin Tendulkar can expose worldwide familiarity to the nation easily in less time. The youth of the nation can be provoked to take part in sports by seeing the fame of world class player and need not to do extra work to motivate them. Youths of such nation find more possibility to make their career in the field of sports.

Conclusion

Sports and games are nice bodily activities involves in skillfulness of competitive nature. Usually two or more groups participate against each other for the entertainment or win the prize. Sports activities for both the sexes are required to be encouraged while it improves the total health of and individual. Sport strengthen the country by character building of its citizens. Sports carry agility and alertness to human's way of acting.

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