
“IMPORTANCE OF GAME AND SPORTS IN LIFE”

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Abstract:

The importance of sports and games is being increasingly recognised in India, from both the educational and social points of view. More and more funds are being allocated for encouraging sports in schools, colleges and universities; in fact, sports have become an essential part of the curricula. Time was when only a few students, who were fond of games like hockey, football, cricket or tennis, were allowed special facilities. But now regular programmes are drawn up in all educational institutions to persuade as many students as possible to play game rather than just watching it. Young people have surplus energy, and if this is fruitfully utilised, the foundations are laid for a healthy society, where people are fully aware of the need for discipline, co-operative effort, team spirit, the cult of sportsmanship, of joint devotion to the achievement of a common goal in collaboration with others. They also learn to cultivate the vital quality of learning how to work together, to become not only good winners, but also good losers. Implying that playing games and the spirit of sportsmanship help to inculcate lasting values, of discipline apart from promoting 100 per cent physical fitness. In British schools and colleges, the fullest importance is given to sports, especially cricket and football. The result has been the creation of a healthy, well-developed, disciplined and efficient society in which people know the right proportions in life, put everything in the right perspective, and seldom conduct them in an unsporting, ungentle manly and unbecoming manner.

Keywords: Sports, College, University, Students, Achievement, Discipline Etc.

Introduction:

Sports and games have been part of human society for thousands of years. The importance of these things should not be underestimated. Much of young children's learning comes from participating in sports and games, and this same participation as adults can lead to happier, healthier and more productive lives.

Sport is very important in our life. It is popular among people of all ages because it helps them to keep fit. There are a lot of enthusiasts in our country who jog in the morning or in the evening and train themselves in clubs and take part in sport competitions. Many people who go in for sports have a lot of advantages in comparison with those who don't like sport. First of all, all sportsmen become healthy and strong; sport helps them to keep fit, not to catch a cold.

There are some popular kinds of sport in our country: football, ice-hockey, gymnastics and figure skating. Figure-skating and gymnastic competitions are attended by thousands of spectators in our country. Our country has achieved brilliant results in these kinds of sport. It is no wonder that there is a great number of football, ice-hockey and figure –skating fans in every town of our country.

Games and sports have been around for thousands of years. The Egyptians' senet is the earliest example of a board game and dates back to 3000 B.C. The first traces of competitive sports also go back to the Egyptians around 2000 B.C.

Importance of sports in different stages of life:

Adolescence: The benefits of sports in the development of children are well documented. An Ad Hoc Committee on Sports and Children said the potential benefits from sports to children and adolescents includes the development of healthy physical and social skills, the development of fine motor skills, and both improved health and sport-specific fitness. This is particularly true for adolescents who are physically or emotionally challenged.

Adults: Adults need 150 minutes of moderate-intensity aerobic activity each week, coupled with muscle-strengthening exercise on at least two days, according to the Centers for Disease Control and Prevention. One of the ways to accomplish at least part of these goals is to play sports such as tennis, basketball or racquetball. All of these would qualify as aerobic activity while they also allow you to compete and have fun.

Senior Citizens: Senior citizens stand to benefit the most from being involved in sports and exercise. Increased cardiovascular endurance, better balance and flexibility, and a reduction in the effects of illnesses are a few of the benefits. Some not-so-obvious benefits are better sleep at night, a boost in self-confidence and a better mood, as well as preventing memory loss and a decline in cognitive abilities.

Benefits of Games:

A study reported in the "New England Journal of Medicine" concluded that leisure activities, including board games, were associated with a decreased risk of dementia in senior citizens. Games have also long been used to educate children, teaching things such as taking turns and verbal communication.

Entertainment: Sports can be the dominant form of entertainment for many individuals. Watching NFL football on Sunday afternoons is a ritual for many American sports fans. Others

would not miss opening day during baseball season no matter what else happens in any aspect of their lives. Hockey's importance in Canada, meanwhile, has been compared to religion.

Health: Playing sports can be the key to a longer and healthier life for people who participate. The Centers for Disease Control and Prevention reports that that childhood obesity tripled in the United States between 1980 and 2008, noting that one of the best ways to combat this problem is through sports participation. Playing active sports for 1 hour a day can help anyone develop a healthier lifestyle and it's particularly beneficial for youngsters.

Shared Experience: Going to a sporting event can provide a lifetime of memories for sports fans. When you go to an event like a basketball or hockey game, you are sharing the experience with the other fans in attendance at the arena. In many cases, you will roar with approval or moan with disappointment and so will most of the others in attendance. This makes the event more memorable and may serve as a reference point in your life.

Personal benefits of sports

Physical Fitness: Every sport involves various physical activities. Exercises and sports help in toning and strengthening the bones and muscles of your body. There are many benefits of playing sports for children. Engaging in several sport activities help them to come out of sedentary and boring lifestyle. In short, the benefits of sports help children to maintain ideal weight and stay in shape.

Team Spirit: Sports such as baseball, basketball, hockey, cricket, football etc, are all team sports. Such sports help adults and children work with more people in a group. Therefore, sports are considered important for children because by playing team sports they will learn adjusting and interacting with their teammates and will develop team spirit.

Mental Strength: Sports are important to strengthen intellect. Both failure and success are associated with sports. Even the best teams in the world accept that there are times when they may face failure. Only an athlete faces defeat positively and knows how to treat failure and success equally. This is a very important practical lesson to learn. Mental strength is also very important to handle competitions properly.

Importance of Time: Adolescents and children should involve in sports to utilize their physical energies in a productive manner. Teenagers are very sensitive to environmental appeals. When given spare time, they may utilize it by getting involved in wrong activities or hangout with a bad company. In short, they will get a chance to show off their anti-social actions. Thus, sports are

considered of great importance in society as they help children and teenagers to make the most out of their free time. The best possible way to kill time is to take up a sports activity.

Health: It is very important for adults and children to have a strong immune system to fight back ailments. This can be achieved easily by indulging in different sports activities. Not only will you be able to strengthen your immune system, you can also improve your appetite. In short, sports encourage good health.

Confidence: Self-confidence is very important for character building. When an adult or child is involved in sports, he/she inculcates self-confidence. It teaches responsibility, dedication, and discipline. These are qualities that can be applied to other areas of life to improve the overall quality of life.

Decision Making: When playing a sport, an athlete has to make quick decisions as soon as he/she faces any situation. The whole game depends on these decisions and therefore these decisions should be wise and in favor of the team. Thus, a person who plays sports learns to make quick and wise decisions and does not depend on other people's decision.

Role Models: Athletes can serve as role models for impressionable youngsters. Children learn from their parents and teachers, but they also see an outside world in which politicians, actors, religious leaders and athletes plays an important role. It's easy for youngsters to gravitate toward athletes because they see them succeed and fail, often in dramatic fashion. Watching an athlete play well in a game can provide a teaching moment for the youngster. If he sees his sports hero get the game-winning hit or score the overtime goal, he may aspire to do the same thing himself. When an athlete combines an outstanding performance with a message that includes practicing hard and making sure education is a priority, for example, that message can have a huge influence on young people.

Conclusion: Sport has the capacity to transform the lives of individuals. It bolsters physical, psychological, emotional, and social well-being and development. At the same time sport plays a significant role in cultures and communities around the world. These factors alone justify investment in sports programming. But there is also a growing understanding that sports programs merit support because they are powerful vehicles for achieving broader goals, particularly in advancing development and peace agendas.

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