



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## IMPORTANCE OF SPORTS, GAMES AND PHYSICAL ACTIVITIES IN STUDENT'S LIFE

**Dr. Santosh Bhujbal**  
Director of Physical Education  
Dada Patil Mahavidyalaya, Karjat, Tal. Karjat  
District - Ahmednagar

### Abstract

In students life extracurricular activities empower them to make their own active decisions and also help them to gain an accurate experience, skills, and confidence to lead them on the path of their future. It is truly considered that through participation in sports and different games, students learn co-operation, teamwork, leadership methods and time management. Games also help students by discovering their hidden talents, help them interact with different people and make them learn about many things outside their own environment. Well, they are also an easy and interesting way to learn appreciation for new different activities. There are some types of games like billiards, board games and golf etc which are considered recreational activities and they increase our mental, physical skills while enjoying the excitement of our shots. In real sense, games affect a person's psychological state of mind which leads to excitement and brings out the feeling of one being proud for an accomplishment. It also increases our capabilities and guides us in developing a better understanding of our own-selves.

**Key word: Discipline, unity, strength, energy, Team work.**

### Introduction

Games are creative and mindful expression of the human spirit which comes out through the creation of activity that has an entertaining, flexible, instructive and competing element. It explores and test people's skills, efforts and invites them to develop new ways in managing the obstacles which stops them for attaining the game's goal. Games are the positive experience which helps in the strengthening of our body and mind. Some games are also considered as structured activities like cycling, cricket, swimming and football etc which helps us to take active decisions and sharpens our thinking process also.

### Advantages of Games and sports

**Competition factor:** It generates healthy, fair and strong spirit of competition. It also conducts that positive competition is the best and active way of competition in students life.

**Discipline factor:** It makes the child more active, patient and disciplined.

**Unity factor:** It teaches us about teamwork, sense of belonging and unselfish play. And also it encourages us to play for team rather than for our personal accomplishment.

**Strength factor:** It keeps our body in good shape and always give strength to out physical fitness. It also tones up muscles and strengthens the bones of our body.

**Confidence factor:** It boosts our morale when we perform and also when we excels towards particular skills. On other hand it improves our self esteem and body postures as well, which makes us feel more confident and determined.





# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

**Energy & building factor:** It improves our body immune system which gives us good health and body. It also channelize and maintain our physical and mental energy in a more strong, active and positive manner. It gives us lot of inspiration and energizes our body.

Games and Sports give us encouragement to face all the hard challenges of life. It provides us physical strength which is always needed for doing our work. It is conducted that without games, people usually becomes dull, boring, pessimistic and failure in life. There are different types of games and sports in life, but few of them are very much significant like running games – rugby, football, hockey and race etc which develops our agility power. Another is jumping games like – volleyball, badminton and basketball etc which increases our height and also reduce our weight. Well, both games are also an important part of education and help the students in the development of the physique and mind. Games teach us value of discipline and sportsmanship in life. It also helps in the development of our character and positive outlook. Well, syllabus of schools and colleges should be planned in such a manner that studies and games can be balanced for developing out the personality of the students.

Games have great and significant value in student's life. It is truly believed that the foundations for good and successful life are laid in the school always. The sport field and medium of different games teaches many optimistic things to the student's in life. It also develops strong physique, team spirit, valiant will-power, sportsman ship, cheerful nature, good sense of humour and positive attitude among students. Well, all these are important and useful traits of successful and meaningful life. All the students should study properly and diligently and still take parts in games and sports to achieve an all rounder and ideal personality in their life. In the field of sports a student learn etiquettes, manners, positive attitude and also the capacity to face victory and defeat in a good spirit. This spirit gives an impartial and unbiased outlook in-front off all others.

Games play an important and valuable role in student's life. The essence of games in student's life is for providing them a creative environment which promotes their individuality, mental ability, thinking power and their all efforts came into existence. Games always enhance the abilities and skills of children and develop their challenging spirits. It helps us in the development of healthy mind and fit body. It is truly observed that healthy mind resides in a healthy body, so games should be practiced on a regular basis among all the students. Games and sports are a necessary part of education. The students can build their health in good shape by playing different games. It is truly said that Education without games is incomplete. It teaches us discipline, patience and sportsmanship. It also provides a good excitement and enjoyment in the dull and boring life of students. The aim of education is the all round development of a complete personality of a person so, physical aspect of a student should not be neglected. As, we all know that development of mind and body are equally important in the way of good education. Games and sports are an integral part of education that's why without physical training, exercise and games – education will be incomplete at all. Well, along with the education, games also prepare all of us to stand up and face all the hard challenges of life. While playing games, students will be taking good intake of oxygen, their blood circulation will increase and greater digestion will be there. Games and sports teach the students to co-operate with one another and achieve success in life. They develop our skills and abilities to get the best and maximum output from us. They also teach us values of obedience, manners and strict discipline. It is quite very important for all of us to follow all the rules and regulations of games because it helps us for becoming professionals, good





# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

leaders and disciplined citizens. It teach us fair play and to keep faith in equality and justice. They also enable us in a positive manner to take defeat and victory both in a cheerful and appreciating way in life. Games also provide us the best use of our leisure time. They are proved real boon and blessing for all students. Games also develop and promote patriotism and national integration among people in various different forms of playing.

It is the responsibility of schools and college administration to train all the students in different games and sports from the level of primary section. It is conducted truly that books develop our mind, but games develop our body. Games and sports are the best medium for achieving all the targets of education and health in schools and colleges. Rather than education, games also provide mental, physical, emotional and psychological development of an individual student. For bringing up a healthy spirit of competition among the students, for building up decision making skill and also to ensure all rounder personality of a student – games and sports have been introduced and are applicable now in every school and colleges.

Most of the kids spend more time on computer, video games and television which makes them to be inactive in their lifestyles. Research proves that half of the students who are inactive in classroom and who spend more time on watching television, computer are overweight and are usually less physically fit, as they don't engage in activities which burn calories. Hence sports education is very much essential for kids.

Participating in Sports and other physical activities has many benefits for children. Physical activity always stimulates the physical and mental growth of a child and also it is not just limited to being fit but has good effects on their studies as well.

Sports help kids in character building and maintain energy and strength which improve their blood circulation and physically fit, it also improves the mental sharpness and stamina. It always develops a sense of friendliness, team spirit, confidence among children.

Education is partial without sports. So sports and physical activities are very important and it has to be encouraged in school curriculum. It is essential for parents and teachers to bring children back to the playground.

Participation in sports and other physical activities can have many benefits for children. Participation in organised sports offers the chance for youth to enhance their physical and social skills. A balance should be maintained that matches the child's maturity, skills, and their interests with their sports participation. Sports offer children a change from the monotony of their daily life. It is also a useful means of entertainment and physical activity for them.

The importance of sports in the life of a young student is invaluable and goes much further than the basic answer that "it keeps kids off the streets." It does in fact keep kids off the streets, but it also instils lessons that are essential in the life of a student athlete. Sports play a pivotal role in the makeup of a young athlete, especially in the middle school to high school years where student athletes are much more mature and mentally developed. Where else can a young, impressionable youth learn values like discipline, responsibility, self-confidence, sacrifice, and accountability?

The first thing they need is a good core of coaches that understand the great responsibility that is placed upon their shoulders to help shape and prepare these student athletes not only in sports, but in their everyday lives. Yes, I did say coaches, because it is a responsibility





# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

that lies on the shoulders of more than one person and it is going to take more than one person to help lead these student athletes to success.

The second component also involves the coaches: It is the ability to capture the admiration and the trust of the athletes. This is crucial because if you can capture a person's admiration and trust you can motivate them to perform at a higher level not only in sports, but also in their own lives. If you can get the athletes to believe in you and your philosophies you can begin to see significant changes in grades and behaviour. It all starts with coaches that have a plan and methodology behind the principles they are teaching. There is a great responsibility on the coaches to help young student athletes make a smooth transition into society.

The third and I believe the most crucial of all is the support that comes from the community, and administration. This is very important because student athletes need to know they are appreciated and there is no greater way than for the community, booster club, and commissioners/treasurers to show that appreciation than to get involved in youth athletics. In order to accomplish this, it's going to take investment and the most valuable investments are money and time. The more invested, the better the results. I can attest that there is no greater investment than the future of our young student athletes.

The fourth reason is that sports and games are the ways of enhancing the children's mental and physical growth. Sports help them in character building and provides them energy and strength. A healthy diet and an active lifestyle will bring good results in the children's lifestyle, minds and bodies. The recreational activities eliminate the unhealthy habits of the children that may lead them to diabetes, high cholesterol, high blood pressure, heart disease, joint pain, strokes and other serious diseases. When students are physically fit, they will achieve more academically.

## Conclusion

Sport develops a sense of friendliness among the children and develops their team spirit. It helps children to develop mental and physical toughness. Sport shapes their body and makes it strong and active. Children should actively participate in sports to avoid being tired and lethargy. This is because sports improve their blood circulation and their physical well-being. Last but not least, sport also eliminates mental exhaustion of children. Education is incomplete without sports. These days sports are an integral part of the education. In schools, children are taught some sort of games in very early stages to keep their value in life. College sports are also a part of academic curricula. Research has shown that in a public school classroom, half of the students are overweight. There is a lot of improvement in poor food quality, culture of over-eating, and inactive lifestyles. Hence sports education is very much essential for today's youthful generation. Running, walking and talking throughout the day make the children physically active. Sports infrastructure in villages are being developed everywhere to have great value in life of people.

## References

1. [Im.com.pk/learning-articles/importance-of-sports-in-students-life/www.jhs.ac.in/athletics.htm](http://im.com.pk/learning-articles/importance-of-sports-in-students-life/www.jhs.ac.in/athletics.htm). Sports Education in India
2. Awad, A. and Kotke, F.: Effectiveness of myotatic reflex facilitation in augmenting rate of



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

increase in muscular strength due to brief maximum exercise. Archives of Physical Medicine and Rehabilitation 47: 23–29 (1964).Google Scholar

3. Asmussen, E. and Boje, O.: Body temperature and capacity for work. Acta Physiologica Scandinavica 10: 1–22 (1945).CrossRefGoogle Scholar
4. Åstrand, P.O. and Rodahl, K.: Textbook of Work Physiology. (McGraw-Hill, New York 1977).Google Scholar

