

## Games and Sports: An indispensable aspect of students' life

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**Sandeep Talluri**

Department of Education Research Scholar (UGC - NET) Acharya Nagarjuna University Cell No: 9491612117  
Guntur – 522510  
Email: tallurisandeep1988@gmail.com

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### **Abstract:**

*Games and sports are an integral part of education. Education literally means, bringing up an individually mentally, morally and physically. The present education system is turning out frustrated graduates who can't overcome stress, and tension which are part and parcel of life. We find suicide cases where the students fail to get a suitable rank in their exams. Games and sports keep one physically and mentally fit. Absence of games results in many mental ailments and sleeplessness. These instil in the player a spirit of self-confidence, self-reliance and discipline. Games provide us with recreation and enjoyment. Games play an important role in the students' 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 and sports teach the students to co-operate with one another and achieve success in life.*

**Key words:** Self-confidence; Self-reliance; Discipline; Mental ability; Physical Fitness

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Student life is an important stage of our life. There are many essential factors which help us to build our character as well as student life. Games and sports are one of them. 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. Sports develop a sense of friendliness among the children and develop their team spirit. These help the children to shape their body and make it strong and active. Children should actively participate in the sports to avoid of being tired and lazy. This is because sports improve their blood circulation and their physical wellbeing. These are also eliminating mental exhaustion of the children. Education is an incomplete process without sports. The children are taught some sorts of games in very early stage to keep their value in life.

Games and sports improve one's health. Only healthy bodies can have healthy minds in them. Healthy students are generally very active and positive attitude towards life. Swami Vivekananda said what we need are, the men and women with iron muscles and nerves of steel inside and mentioned that the physical and mental well being should go hand in hand.

All the physical and mental enjoyments depend on the strong body. Hence the development of the body is essential in life. All the achievements and the graduate degrees are waste without a good structure and healthy personality. A healthy and strong body alone can face the various struggles of the life successfully. Apart from promoting health and strength, sports education teaches the students many good qualities of the head and heart. A good sportsman must always learn to obey the rules of the games and the comments of the

coach. It also teaches them the leadership qualities, maintaining the teamwork and displays the team spirit. Sports education trained the students to face the defeat with a smile and maintain the humility even in the victory.

Academic learning and sports education are two sides of the same coin. If the sports education is carried out accompany with the academic curriculum, the overall personality of the student are increased to greater extent. They get the qualities of the leadership, sharing, team spirit and tolerance from the sports. Sports education not only teach the students to maintain the physical stamina, but also the habit of obedience, discipline, the determination to win, will power, etc. The power of reasoning, mental development, vocational specialization comes from the academics to the students. Therefore sports education along with the academics result in the mental, moral and physical development of the students.

Our educational system gives importance to that education which is confined to four walls of the class room. Even parents have negative opinion about games. They want their children to devote more time to studies. Parents search for a school which provides or forces the children to sit in the school and gives much work at home. The parents should keep in mind this maxim, "All work and no play make jack a dull boy." Games make our minds fresh and strong. It is said "A sound mind lives only in a sound body", one can concentrate much better on books after having had played for some time. A book-worm, who pores over his books day and night, gets his mental faculties' blunted. He may show a bit better results in the examination, but at the best he just ends up as a crammer, devoid of all sense of novelty and originality.

#### **Advantages of games and sports:**

**1. Competition spirit:** It generates healthy and strong spirit of competition. It also provides

positive competition is the best and active way of competition in student's life.

- 2. Unity:**It teaches about team work, sense of belongingness and unselfish play. And also it encourages us to play for team rather than for our personal accomplishment.
- 3. Team spirit:** Most of the games like cricket, football, volleyball and hockey depend upon team work. Apart from the individual talent, success in a game depends on co-operative team spirit and combined energetic efforts. A team has to play with competitive spirit and this gives the players both consciously and unconsciously the spirit of co-operation.
- 4. Discipline:**A player has to follow certain rules and regulations of the game. He has to play in a certain place and position under the captain of his team. Submitting to the rules and regulations of games and obeying the captain, he gets strong disciplinary sense.
- 5. Confidence:**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.
- 6. Relieve stress:**playing games and sports is fun and trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- 7. Improve social skills:**Man is a social animal.without social skills on can't live in the society. During childhood play, kids learn about verbal communication, body language, boundaries, cooperation and teamwork. As adults, you continue to refine these skills through play and playful communication.
- 8. Many athletes do better academically:** Playing a sport requires a lot of time and energy. Some people thinkthat sports would

distract student-athletes from schoolwork. This is not true. Sports require memorization, repetition and learning-skill sets that are directly relevant to class work. Also, the determination and goal-setting skills sports require can be transferred to the classroom.

- 9. Sports offer many health benefits, some less obvious:** Sports will improve fitness and also encourage healthy decisions such as not smoking or drinking and offer hidden health benefits such as a lower chance of getting osteoporosis or breast cancer later in life. Also, a team counting on you to show up and work hard is plenty of motivation for you to get to the gym day in and day out.
- 10. Sports boost self-esteem:** Watching your hard work pay off and achieving your dreams brings about tons of self-confidence. If you can achieve something in a sport or with a fitness goal, then you know you can achieve any other goal you set. This is a very rewarding and exciting process.

### **Conclusion:**

"Health is Wealth" is an old saying. Games are very essential for a good health. People who play games regularly can maintain a good health. They can develop a muscular body. Winning is not important in games but it teaches us the spirit of sportsman ship. Games also teach us the spirit of sportsmanship. Games teach us the spirit of patience and courage. Games are very good source of recreation and enjoyment. Games refresh the body as well as the mind of the player. The students of today are the citizens of tomorrow. They develop their personality and sense of loyalty.

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