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“IMPORTANCE OF GAME AND SPORTS IN LIFE”

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“Importance of Game and Sports in Life”

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Abstract – This paper focused on “Importance of Game and Sports in Life”. The main objective of research paper is to compare the Good Quality of life of B.P.Ed. student and general student. Our sample size is 160 college level students. The tool was used good Quality of life questionnaire made by researcher the main finding of the study is There is a very clear difference between B.P.Ed. Student and General Student in Anxiety, Adjustment, Conformity, Self Confidence, Risk taking, Responsibility, Self Esteem, Alertness, Tolerance, Organization, Socialization, Team Spirit and Regularity and only the creativity score of B.P.Ed. Student less than the General Student. Hence the Physical education Student is more positive for the life.

Keywords: B.P.Ed. Student, General, Game, Sports and Good Quality of life 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 are a great number of football, ice hockey and figure skating fans in every town of our country. It was man's desire for a healthy pastime and a method of self-evaluation and competition that gave birth to sports. Sports have been part of humanity from the earliest chapters of history. The games played in Egypt and Mayan civilizations prove this. Football, hockey and rugby are followed as religions, whereas the athletic meets are always full of celebrations. Sports have been an integral part of our generation from early childhood. However, the statement does not stand true in the present scenario anymore, as the new age kids have moved their playgrounds to cyber world, thus losing out on all the fun and learning experience. As peers, parents and friends, it is important to look deep down and ask ourselves that have we said and done enough for kids to know the real benefits of sports in life. Well, to preach we need to practice and for practice we need understanding

too. Herein, we have tried to assimilate the importance of sports in the next few passages. Though it might not be sufficient to completely bestow the significance of sports upon the gen next, but it definitely is a start. 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.

The review covers peer reviewed and gray literature from 1990 to 2004. Papers were entered into review if they: aimed to explore the participants' experiences of sport and physical activity and reasons for participation or non-participation in sport and physical activity, collected information on participants who lived in the United Kingdom and presented data collected using qualitative methods. From 1200 papers identified in the initial search, 24 papers met all inclusion criteria. The majority of these reported research with young people based in community settings. Weight management, social interaction and enjoyment were common reasons for participation in sport and physical activity. Concerns about maintaining a slim body shape motivated participation among young girls. Older people identified the importance of sport and physical activity in staving off the effects of aging and providing a social support network. Challenges to identity such as having to show others an unfit body, lacking confidence and competence in core skills or appearing overly masculine were barriers to participation. In 1992 the American Heart Association upgraded Physical Inactivity to the status of a Major risk factor for CHD development. Increased physical activity favourably affects blood lipids, obesity, hypertension, glucose tolerance, stress and cigarette smoking which positively impacts the risk of CHD Exercise also

favourably influences diabetes mellitus, osteoporosis, arthritis, obesity, respiratory disease and the physically challenged.

STATEMENT OF THE PROBLEM:-

The problem of present study is stated as “Importance of Game and Sports in Life”

OBJECTIVES OF THE STUDY:-

- To compare the Good Quality of life of B.P.Ed. Student and General Student.

METHODOLOGY: -

In the light of objectives and to test hypothesis of the present study, the researcher adopted survey method for data collection.

DELIMITATIONS OF THE STUDY:

- This study focused only on the College level students in Bhopal city
- This study focused only on B.P.Ed. and General Student.

Sample Design:

Sample size: 160

Sample frame: College level student in Bhopal city.

Research Tool:

For the purpose of data collection the following tool was used.

- **Good Quality of life:** Self-made questionnaire

Statistical Tools:-

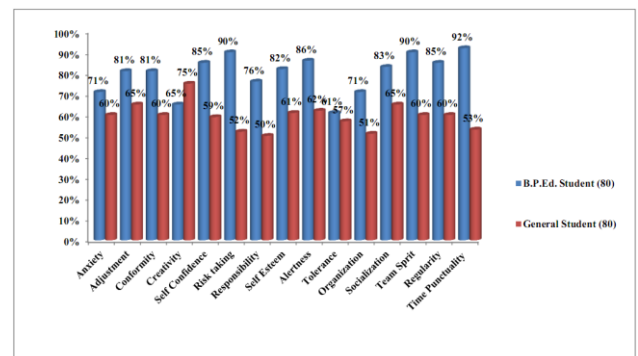
After collection of data percentage was applied for statistical analysis.

Analysis and Interpretation:-

Table- 1: Comparison the Good Quality of life of B.P.Ed. Student and General Student

| Quality | Strength N | B.P.Ed. Student (80) | General Student (80) | Result |
|------------------|------------|----------------------|----------------------|-------------------|
| Anxiety | 160 | 71% | 60% | B.P.Ed. > General |
| Adjustment | 160 | 81% | 65% | B.P.Ed. > General |
| Conformity | 160 | 81% | 60% | B.P.Ed. > General |
| Creativity | 160 | 65% | 75% | B.P.Ed. < General |
| Self Confidence | 160 | 85% | 59% | B.P.Ed. > General |
| Risk taking | 160 | 90% | 52% | B.P.Ed. > General |
| Responsibility | 160 | 76% | 50% | B.P.Ed. > General |
| Self Esteem | 160 | 82% | 61% | B.P.Ed. > General |
| Alertness | 160 | 86% | 62% | B.P.Ed. > General |
| Tolerance | 160 | 61% | 57% | B.P.Ed. > General |
| Organization | 160 | 71% | 51% | B.P.Ed. > General |
| Socialization | 160 | 83% | 65% | B.P.Ed. > General |
| Team Sprit | 160 | 90% | 60% | B.P.Ed. > General |
| Regularity | 160 | 85% | 60% | B.P.Ed. > General |
| Time Punctuality | 160 | 92% | 53% | B.P.Ed. > General |

With the reference above table 1 show that the percentage value of B.P.Ed. Student and Genral Student. There is a very clear deffrence between B.P.Ed. Student and Genral Student in Anxiety, Adjustment, Conformity, Self Confidence, Risk taking, Responsibility, Self Esteem, Alertness, Tolerance, Organization, Socialization, Team Sprit, Time Punctuality and Regularity and only the creativity score of B.P.Ed. student less than the General Student. Hence the Physical education Student is more positive for the life.



MAJOR FINDINGS OF THE STUDY:

- There is a difference between the Good Quality of life of B.P.Ed. Student and General Student.
- The score of B.P.Ed. Student greeter than General Student and only the creativity score of B.P.Ed. Student less than the General Student.

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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