
The Contribution Of Sport And Physical Activity To Human Life

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Abstract

Sports have this amazing, unique way of making a positive impact in society. Whether it's helping children, communities or even nations, sports make a difference on a daily basis. Sports activities are very essential for each human lifestyle which continues them fit and great and bodily electricity. It has tremendous significance in each level of lifestyles. It additionally improves the persona of humans. People need to find their way ahead of all the misconceptions that are surrounding youth sports as the myths don't depict the accurate picture of youth sports. It is high time and everyone should spread more and more awareness about the importance of youth sports and burst all the myths that discourage the parents to get their kids enrolled in youth sports. Sports have a significant effect on a person's daily life and health, both physical and mental. While you are involved in any kind of sports, intense physical activity improves heart function, decreases the risk of diabetes, and reduces blood pressure and stress levels. Sports or regular exercise can help you to tackle the symptoms and maintain an improved health condition like Diabetes, Asthma, Arthritis, Cancer Dementia and Heart Disease. Similar to physical benefits, sports have an immense effect on mental health. Regular participation in sport and being active can also promote good mental health. This includes improving your mood, enhancing your sense of well-being, reducing anxiety, combating negative emotions and protecting against depression. In addition to these physical and mental benefits, many social and spirituals benefits result from participation in sports. Whether consciously or not, more souls are turning to fitness as a spiritual practice, making it an important part of lives and a means to a higher vibration. In addition to these physical and mental benefits, many social benefits result from participation in sports.

Key words: Sports, Physical activity, Physical benefit, Mental benefit, Social benefit, Spiritual benefit.

Introduction

The aim of education in all countries is to reinforce the humanistic view, and also to enable people to have a vivid and healthy life. Since the curriculum is quite centralized and does not provide the students with social, emotional and cognitive abilities in teaching-learning process, enrichment and development of artistic and athletic activities can be a response to our agile time (Atash daman, 2010). Sports have this amazing, unique way of making a positive impact in society. Whether it's helping children, communities or even nations, sports make a difference on a daily basis. Sports activities are very essential for each human lifestyle which continues them fit and great and bodily electricity. It has tremendous significance in each level of lifestyles. It additionally improves the persona of humans. Sports preserve our all organs alert and our hearts become more potent by regularly gambling a few kinds of sports activities. Sports activities have always given precedence from antique ages and nowadays it has grown to be extra fascinating.

Common myth about sports and physical activity:- Involving young adults in sports is a great way to teach those great skills and lessons that can help in developing good habits for life; however, there

are certain misconceptions that buzz around youth sports. Youth sports not only lead to the athletic development of the kids but also help in developing social skills in them. Kids involved in youth sports grow up to a responsible and successful adult as they attain critical lessons of life through sports which they can apply in all fields of life. Due to the growing misconceptions about youth sports, parents aren't letting their kids play youth sports which are also affecting their health and social interaction. Participation in sports is good for both kids and society which is why it becomes essential to burst all the myths that are buzzing around youth sports. People need to find their way ahead of all the misconceptions that are surrounding youth sports as the myths don't depict the accurate picture of youth sports. It is high time and everyone should spread more and more awareness about the importance of youth sports and burst all the myths that discourage the parents to get their kids enrolled in youth sports.

Physical benefits of Sports and physical activity:- Sports are all forms of competitive physical activity that aims to utilize, maintain or enhance physical ability and skills through casual or organized participation. Sports have a significant effect on a person's daily life and health, both physical and mental. While you are involved in any kind of sports, intense physical activity improves heart function, decreases the risk of diabetes, and reduces blood pressure and stress levels.

Sports help to control cholesterol levels. People who are involved in physical activities like sports have lower cholesterol levels in comparison to those who do not actively participate in sports or other physical activities. Sport is good for health as it helps to improve blood circulation. Any kind of sports game requires active participation, which increases haemoglobin and blood volume. When you play any kind of sport, your heart pumps faster and put additional pressure on your heart muscles. Thus, this additional pressure strengthens heart muscles and improves blood flow. When you perform sports activities, it makes your heart stronger and the force on arteries decreases, which reduces blood pressure. Thus, by participating in sports, you can efficiently manage your blood pressure level as well as improve out immunity. Muscle training activities such as lifting weights can help to maintain muscle mass and strength. The longer you stay active in sports, the more your muscles improve and stay stronger. Also, playing sports help to tone your muscles and burn fat simultaneously. If you continue the intense activity for a long duration, your bones get stronger. With advancing age, bone density reduces, but if individuals keep themselves involved in light sports, they can maintain a good bone density level. If you have chronic health issues, sports or regular exercise can help you to tackle the symptoms and maintain an improved health condition like Diabetes, Asthma, Arthritis, Cancer Dementia and Heart Disease.

Mental benefits of Sports and Physical activity:- Similar to physical benefits, sports have an immense effect on mental health. Regular participation in sport and being active can also promote good mental health. This includes improving your mood, enhancing your sense of well-being, reducing anxiety, combating negative emotions and protecting against depression.

Research evidence illustrates that physical activity, and associated processes, can contribute positively to mental health (with the obvious exceptions of overtraining and training addiction) and have a positive effect on anxiety, depression, mood and emotion, self-esteem and psychological dysfunction (Mutrie and Biddle, 1995).

Research evidence illustrates the following:-

- Participation in a one-off bout of physical activity can result in a reduction in anxiety levels and self-reported feelings of increased well-being. Such improvements have been reported to last for up to three hours after the activity session (Raglin, 1990; Steptoe, 1992).
- Improved self-esteem, self-efficacy and perceived competence result from long-term participation in an exercise programme (King et al, 1989).
- Roberts and Brodie (1992) found that minor increases in sporting activity can lead to increases in positive self-assessments.
- Different types of physical activity may be effective in relation to particular conditions. Furthermore, different psychological conditions respond differently to differing exercise regimes; for example, non-aerobic, aerobic, anaerobic, and short, medium or long-term duration, all have differing impacts (Scully et al, 1998; Fox, 1999).

Coalter et al (2000) report evidence from Scottish case studies that, while the concentration on physical/cardiovascular health messages may have had limited impacts, sociability and a reduction of a sense of social isolation were regarded as very important by participants:

Spirituals benefits of Sports and Physical activity:

“Strength is the sign of vigour, the sign of life, the sign of hope, the sign of health, and the sign of everything that is good. As long as the body lives, there must be strength in the body, strength in the mind, strength in the hand.” (Swami Vivekananda).

Whether consciously or not, more souls are turning to fitness as a spiritual practice, making it an important part of their lives and a means to a higher vibration. Turns out fitness were already a spiritual practice to begin with. When we think of spiritual progress, most of us think about meditation, prayer, temples, and holy beads. If we talk about exercise, you already know its physical benefits and may even have heard about the emotional or social benefits of exercise. But did you know that sweating in the gym could actually help you progress spiritually? It turns out that physical fitness and spirituality are closely interlinked; spiritual fitness is something you must have if you want to live your life to the fullest- below is a list of reasons why sports and physical activity is essential for Spiritual upliftment.

- Physical exercise helps you grow spiritually by building your discipline. When you step into the gym and do what you intended to do, you become disciplined physically and spiritually.
- Studies have shown that regular workout results in increased motivation, focus, and energy in the long term.
- Exercising allows you to challenge yourself and expand your comfort zone by accomplishing new milestones you set for yourself.
- It also helps in detoxifying the body, which in turn, increases your vibration.
- Physical activity will help you get a sense of purpose, be more present, and have a quieter mind.
- And many more...

Social benefits of Sports and Physical activity:- In addition to these physical and mental benefits, many social benefits result from participation in sports. Participation in sports provides opportunities to learn teamwork. Playing by the rules and overcoming adversity helps youths learn qualities of good sportsmanship and personal responsibility. Time management and good organizational skills helps to develop to achieve both athletic and academic success. These benefits transfer to everyday situations,

providing social skills that allow you to succeed in the real world. Some of the social benefits we gained and enjoyed through sport are:

- **Meeting New People:** To state the obvious, when playing sports that are based on teams competing, you're inevitably going to meet new people. Most athletic events are held at sport stadiums where many athletes come together to compete individually. So, whether you want to play as part of a team or by yourself, you'll still be able to get to know new friendly faces.
- **Boosts Self-Confidence:** For many people, winning often gives users a boost of confidence and self-belief that they are capable of achieving great things. The more exercise you do, generally the fitter you become. This means that over time you're likely to lose weight or tone up which can enhance your physical health and in effect boost your self-esteem. Now that is a win-win!
- **Improve Communication skill:** Of course, communication is a major skill taught from playing sports. Particularly in a team situation, communication is essential in the team's success. Most athletes who invest a lot of time in sport will know that in order to bounce back from a loss, improving your communication is vital.
- **Respecting authority:** Set rules, taking direction and accepting decisions is a large part of playing competitive sport and players are often penalised for bad behaviour. With regular interaction with coaches, referees and other players, respecting their elders and listening to their peers is an important skill kids can take from the court or pitch.
- **Organisation and Time Management:** Playing sports calls for discipline, and that's not just within the activity itself. For example, it ensures you play fairly but also means you're organised to turn up to the event on time and so on. Furthermore, as well as organisation and discipline, another lesson learned is how to manage your time effectively. In every aspect of life there'll be situations where time management is essential.
- **Improve Leadership qualities:** Every sports team has a leader. Whether they are formally addressed as captain or coach or not, there will be somebody on the team that people look up to. They'll have power to motivate the team and inspire them to perform beyond their current capabilities. Regardless of whether you're the team leader or not, you can learn a lot from these people and take on board their strong qualities in your own character.

Besides all of these sports enhance the qualities of Patience, Dedication, Controlling emotions, togetherness and less selfish.

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