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Sports activities: The best Remedy to attain Comprehensive health

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Abstract

The present generation has become the servants of modern technology and has been surrounded by them in such a way that they hardly needs to move from their own place, which make them lethargic, with the result they lack physical activity which leads to many psychological disorders. They are least bothered about social life. The present generation is so much busy with their work that they hardly see their parents daily. It may be because of the competition or work load from office. They lack the physical activity in their real life. The aim of the present study was to define the role of sports & physical activities in attaining the holistic life.

Keywords: Complete Health, Socialization, Physical Fitness, Mental Stress.

Introduction

The increasing popularity of computer, video games and television makes the children to be very inactive in their lifestyles. The time spent in these things may be spent in some physical activities. Parents should be a role model for their children. If the parents are looking very active, the children are more likely to be more active and will stay active for the rest of their life. Participation in sports and other physical activities can have many benefits for children. The participation in organized sports offers the chance for youth people 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 dullness of their daily life. It is also a useful means of entertainment and physical activity for 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. 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 the students are physically fit, they will achieve more academically. Sports develop a sense of friendliness among the children and develop their team spirit. They help the children to develop the mental and physical toughness. Sports shape their body and make it strong and active. Children should actively participate in the sports to avoid of being tired and lethargy. This is because sports improve their blood circulation and their physical well-being.

Sports also eliminate mental exhaustion of the children. Education is incomplete without sports. Now-a-days sports are the integral part of the education. In schools, the children are taught some sorts of games in very early stage to keep their value in life. College sports are also a part of academic curricula. The research proves 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 youth generation. The great ways to spend time is running, walking, talking throughout the day make the children physically active. Sports infrastructure in villages are being developed everywhere to have great value in life of the people.

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Warning Signs in growing population of India

- ❖ Heart Problems are increasing
- ❖ Millions of deaths are due to the cardiac failure
- ❖ Non-communicable diseases are increasing at an alarming rate
- ❖ Hypertension cases are increasing day by day
- ❖ Increasing cases of diabetes
- ❖ Postural deformities are growing common in school going children
- ❖ Breathing problems
- ❖ Weak immune system
- ❖ According to the World Health Organization, it is estimated that 98,000 people in India die from diarrhea each year. The lack of adequate sanitation, nutrition and safe water has significant negative health impacts.

Importance of Sports Activity Events

Introduce young people to new and exciting sports. By giving more children the opportunity to try a much wider variety of sports we will be able to increase participation levels, widen the talent pool and help young people lead a healthier, more active lifestyle. “Denise Lewis OBE, Olympic gold medalist. Exercise and sports participation has long been established as an important factor in reducing the risk of many physical problems such as cardiovascular disease and obesity. Sport has many physical benefits, but there are also many other benefits that taking part in sport can provide, this makes sport an important part of each individual’s life. Schools, colleges and Universities have the opportunity to inspire and help young people get active and participate in sport. Sport can be a powerful tool for educational establishments to use. The Youth Sport Trust says sport can have a positive impact on young people in areas such as attendance and behavior. Taking part in sporting activities can be very rewarding. The Youth Sport Trust says Physical Education can be used to raise the self-esteem of young people and give them confidence. Our Activity Days for Schools are designed to be fun, exciting, challenging and rewarding. We want young people to engage in sport and an active lifestyle. Some young people can be described as sedentary and do not participate in sport very often if at all. Our Activity Days offer traditional sporting activities with a twist. We believe this will encourage those who are disengaged from sport to participate and really enjoy something different. Some young people already take part in sport; however they do not always get the opportunity to take part in different or unusual sports.

Role of Sports in Socialization

Socialization is “the process by which a human being beginning at infancy acquires the habits, beliefs, and accumulated knowledge of society through education and training for adult status,” according to Merriam-Webster. Research suggests sports play both a positive and negative role in socialization, not only between young athletes and their peer group, but also between children and adults. Research also indicates that sports play differing roles in socialization for boys and girls.

Part of a Team

Sports nurture identity and friendship. “Sports participation helps create a social identity,” Ann Rosewater wrote in a 2009 study published by Team-Up for Youth. She cited previous research where “high school youth participating in organized sports activities viewed sports as providing a place to meet other young people ‘who had at least one shared interest.’”

Indeed, a Wheelock/Boston Youth Sports Initiative 2010 study said “that quality sport programs can help to develop and maintain healthy relationships amongst youth.”

Boys and Girls

Sports may help boys and girls socialize in different ways, and this may be either a positive or a negative. Rosewater writes, “Sports participation socializes boys into traditional gender roles, while similar participation socializes girls into nontraditional gender roles.” She says sports have an additional social benefit for female high school student-athletes, who “find participation in sports to be a way to break gender stereotypes, enhancing their sense of possibility.”

Warning Signs

Athletes might participate in unhealthy social activities: “skipping school, cutting classes, having someone from home called to the school for disciplinary purposes, and being sent to the principal’s office,” Rosewater reported. She also noted, “Abuse of alcohol by adolescents who participate in competitive sports is a social phenomenon — that is, a function of the peer group with which the students are associated.” But she said, “Some studies also show that teens participating in sports report lower use of alcohol than those who are not involved in sports activities.”

Mental Toughness Training

In the broadest sense, mental toughness can be defined as the ability to maintain the focus and determination to complete a course of action despite difficulty or consequences—to never quit, period. To many athletes and coaches, it’s an innate quality that can’t be trained. “Mental toughness is usually something you’re born with or develop very early in life due to your surroundings,” says Jason Ferruggia, a performance-enhancement coach who’s trained top athletes from more than 20 different sports. Still, it’s fair to assume that anyone can improve his tolerance, patience, and concentration, just as anyone can get bigger, leaner, or better educated.

Be a self-Starter

The root of mental toughness lies in motivation. Those who are deemed mentally tough typically exhibit what sports psychologists call “intrinsic motivation.” A study featured in *Psychology of Motor Behavior and Sport* defines this as the desire to be self-determining. People who are intrinsically motivated are self-starters, willing to push themselves to the brink for the love of their sport or activity. They need little encouragement to give their best effort, and they often do well setting goals for themselves. Needless to say, this doesn’t describe all of us. Some guys can only get their head in a game when the pressure of competition is on. They revel in the chance to compare themselves with others. These guys have what’s called “achievement motivation.”

Physical Co-ordination & Strength

There is a reason why sports and strength are believed to be two sides of the same coin. A person who is good at sports or at least participates in any kind of sports activity not only remains fit and healthy at all times, rather they also develop great body strength with time. It is, however, not necessary for everyone to indulge in hardcore sports; rather there are several different physical activities that one can take part in. Perspiration is one of the most underestimated benefits of participating in sports as it helps the body in getting rid of toxins and also helps in strengthening the immune system.

People who are good at sports are also seen getting less tired as compared to people who have minimum physical activities as a part of their everyday life.

Sports help in building character

If an individual is a part of any sports activity starting from a very young age, it is most commonly seen that they have a very clear as well as strong character. One of the common traits seen in all sportsmen is their punctuality as well as discipline, thus gifting to the society strong as well as well-built individuals. Above all, it takes monotony out of everyone’s life.

Good Health

Being an active participant in sports activities mean that you have very less time to waste around. While people who do not take part in sports are often seen fighting with ailments in their adulthood, such as cholesterol, diabetes, etc. active people are seen leading comparatively healthier lives.

The influence of personality

These characteristics are obviously related to success in most life situations. But it seems that some of us may be tougher than others because of personality traits and learned ways of coping. Personality research has always stimulated controversy – usually because researchers have not been able to agree on the correct approach to studying it. Some have taken what is known as the ‘trait’ approach, which views personality as stable and enduring, based on individual characteristics. However, others see personality as shaped by environmental influences, while ‘integrationists’ view individual traits and the environment as determinants of behavior.

Research on the relationship between stress and illness has revealed that some people have characteristics that act as barriers against stressors, making them less likely to surrender to ill health in difficult times. The leading researcher Suzanne Kobasa showed in one study that a personality characteristic known as ‘hardiness’ was a key factor in whether or not highly-stressed executives succumbed to illness. The hardy executives, who avoided illness, tended to perceive stressors as ‘challenges’ rather than threats, so maintaining a sense of control over events.

Kobasa suggested that hardiness incorporates three key elements:

1. *Control* – the perceived ability of the individual to exert influence rather than experience helplessness.
2. *Commitment* – i.e. a refusal to give up easily;
3. *Challenge* – involving a person’s ability to grow and develop rather than remain static, and to view change

Constructive use of Time management

On field	Off field			
	Sport	Education	Work	Lifestyle
Group training	Strength and conditioning	Attending school	Shifts	Time with friends
Individual training (skills)	Physiotherapy	School work and assignments	Events	Family events (birthdays etc.)
Competitions	Other medical	General homework	Work placement	Holidays
Team meetings	competitions		Exams	

Sports help students and children to have a constructive use of time. Only study cannot add to the mental & physical fitness of a person. The life of an athlete can be very demanding, particularly when it comes to juggling sport with education. The following time management tools are designed to assist athletes in effectively balancing all aspects of their life in order to get the most out of each day.

rather than stability as the norm.

More recently, a team of researchers at Hull University have taken the idea of hardiness a step further by proposing a model of mental toughness in sport. A key development has been the development of a questionnaire to assess mental toughness that can be used to assess its influence in experimental studies. The Hull researchers carried out two studies to show how mental toughness was related to performance and *cognitive* appraisal. In the first study, 23 volunteers performed 30-minute static cycling trials at three different intensities of 30, 50 and 70% of their maximum oxygen uptake, rating the physical demands of the trials at five-minute intervals.

Participants were classified as having either high or low mental toughness based on their responses to the above-mentioned questionnaire and, as predicted, those with higher levels of mental toughness reported significantly lower perceived exertion at 70% of maximum. No significant differences were noted at lower levels of exertion which, as the researchers acknowledged, is consistent with the cliché that ‘when the going gets tough, the tough get going’. The observed differences at higher levels of exertion could reflect a tendency of the more tough-minded to somehow act on the incoming stimuli before it reaches the level of perception, to reduce the perception of strain. Mentally tough exercisers might perceive themselves as having greater control during such conditions, or interpret the higher intensity as a challenge rather than a threat.

Goal setting

Goal setting is the process of systematically planning ways to achieve specific accomplishments within a certain amount of time. Research suggests that goals should be specific, measurable, difficult but attainable, time-based, written down, and a combination of short-term and long-term goals. A meta-analysis of goal setting in sport suggests that when compared to setting no goals or "do your best" goals, setting the above types of goals is an effective method for improving performance. According to Dr. Eva V. Monsma, short-term goals should be used to help achieve long-term goals. Dr. Monsma also states that it is important to "set goals in positive terms by focusing on behaviors that should be present rather than those that should be absent." Each long-term goal should also have a series of short-term goals that progress in difficulty. For instance, short-term goals should progress from those that are easy to achieve to those that are more challenging. Having challenging short-term goals will remove the repetitiveness of easy goals and will give one an edge when striving for their long-term goals.

How do athletes manage these individual commitments?

- Training calendar: athletes will quite often have a calendar for sporting activities, outlining training and competition commitments.
- School diary: tracking relevant homework and assignments.
- University subject outlines: to identify assessment due

dates and exam periods.

- Work rosters: to confirm work shifts.
- Other events: appointment cards, emails, calendars at home, text messages, memory.

What is the problem with using separate documents to manage commitments? The main problem is that athletes have difficulty knowing when there are conflicts. Quite often, by the time an athlete realises that they have too much happening at once, it is too late to complete everything.

Sports

- ✓ Develops knowledge & practices to maintain Good Health
- ✓ Promoting Social Well Being in Children
- ✓ Social Effects on Young Children
- ✓ Promoting Social & Moral Development
- ✓ Promotes Core Strength Training for kids and athletes
- ✓ Develops Psychology & Sociology among children
- ✓ Encourage Children in Sports
- ✓ Early Childhood Activities for Social Development
- ✓ It helps a Child Socialize at School
- ✓ Inspiration
- ✓ Relief from stress
- ✓ Confidence
- ✓ Improves concentration

Conclusion & Recommendation

Sports and games are the ways of enhancing the mental, physical, social, and psychological growth of an individual. The increasing modernization and computer age has reduced the human efforts, which makes the children to be very inactive in their lifestyles. Educationalists and parents should realize the connection between mind & body, and should pay more attention and importance to the physical activities among the children. Parents should be a role model for their children in achieving holistic health. Participation in sports and other physical activities can have many benefits on public health and will be successful in attaining a Complete Health

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