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A study of how playing ball badminton increases players academic quality and concentration

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Abstract

Ball badminton is a competition originally from India. It is a racket game played on a court of set dimensions (12 by 24 metres) separated by a net with a yellow ball made of cloth. A shuttlecock (also called a pigeon or birdie) is a projectile with high drag that is used in badminton sport. It has an open conical shape shaped by feathers that are embedded in a rounded cork (or rubber) base. Ball badminton helps you sharpen the core analytical abilities. It involves sharp thinking, listening and exercising sound judgment. It needs play by two players or two pairs of players. The Purpose of this study to show how ball badminton sport enhance academic quality and concentration of the players.

Keywords: Ball Badminton, Concentration, Mental health, academic performance

Introduction [1, 2]

Several studies have found that a child's academic success boosts being healthy and playing sports. Students who did not fall into a "balanced exercise category" didn't score as academically as well as fit students, according to the Institute of Medicine, California. Physical exercise has a strong effect on brain function and development. Ball Badminton, is a very similar racquet sport to tennis. It is not only a very popular sport for rivalry but also a friendly sport that can be played by your peers. If you're looking for a sport that will help you maintain your mental and physical health, then badminton is the best choice. Playing Ball badminton lets the cells that make up bones expand. This, in fact, helps you in reducing the risk of bone fractures. It also helps in the production of calcium matrix and improves the physical appearance as a whole. It takes a lot of energy to play ball badminton and is really hard because it requires every muscle in the body [7]. If you're even practicing for an hour, you'll be able to burn up to / around 450 calories that's the best of all activities. You get to meet a number of people who play the same sport that could give you a positive feel. It keeps you busy, and makes your mood and sleep easier. In fact this will allow you to relax and reduce tension and anxiety.

The significant effects of sport on the brain

- The supply of oxygen into the brain improves.
- The number of neurotransmitters in the brain is increased which enhances your ability to concentrate, focus, understand, recall, and cope with stress.
- The number of neurotrophins derived from the brain is increased, guaranteeing the survival of neurons in regions of the brain which are necessary for vision, memory and higher reasoning.
- Physical exercise increases player's self-esteem.
- Normal and structured participation in physical exercise fosters life skills (interpersonal, self-regulation) and fundamental values such as empathy and social responsibility.

Some other study also showed positive linkages between physical activity, fitness, cognitive function and academic achievement. The finding indicated that physical activity has a relationship to parts of the brain that facilitate cognitive effort during cognitive tasks. It also demonstrated the importance of physical activity for growth, development and general health [3].

Ball Badminton Sport holds your concentration stronger

Daily Ball badminton sport continues to sharpen the core mental competencies as you age. This includes thinking sharply, trying to learn and using sound judgments. Analysis has shown that it is highly beneficial to perform a combination of aerobics and muscle building exercises. Having participated in this kind of activity for at least 30 minutes 5 to 6 times a week can provide such benefits for mental health ^[5, 6].

Other health Benefits of playing Ball Badminton

Having a healthy metabolism lets you stay fit and improve your physique. Playing Ball badminton helps improve cardiopulmonary function, which means making your body sweat naturally habitual. Sweating helps remove the body's toxins, while maintaining a high metabolic rate.

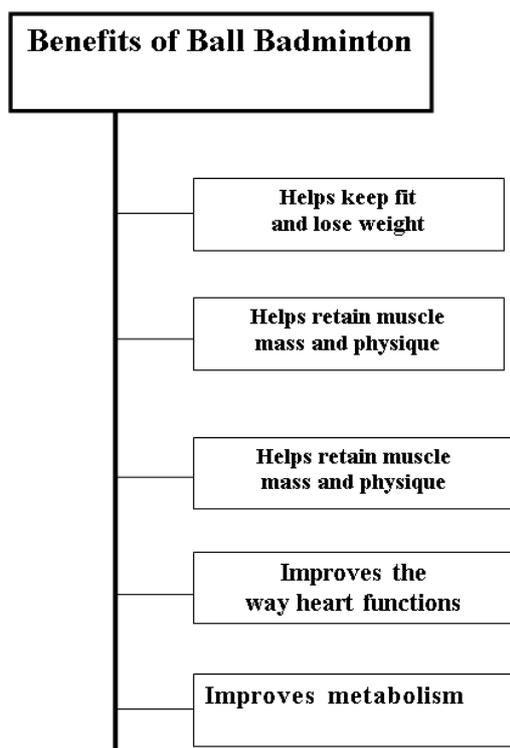


Fig 1: Benefits of Ball Badminton

Rules of Ball Badminton game ^[8]

The Ball Badminton game rules are according to the BBFI rules.

- Five teams on one side, two fronts, one middle and two backs will play the game on a court with Ball Badminton rackets and woollen ball as set out in the diagram. A game like that is called a "Fives" game and the game consists of 35 points.
- Two teams on one foot, one front and one back with Ball Badminton racket and woollen ball on a court with half the court width laid down as seen in diagram 2 can also play the game by doubles or mixed dubbles. The court's period and other information remain the same as those of "Fives." But such a game is considered a "Doubles" game, and it consists of 35 points as in fives.
- In open or invitation tournaments, singles can also be played by one player on one hand. The Court's distance will be the same as Doubles', but the range will be half the Doubles Court's range and the game points will be 35 as in fives.
- The ball: No less than 22 grammes and no more than 23 grammes in weight and not less than 5cms.

- The racket: Typically weights 200 gms of a regular Ball Badminton racket. To about 250 gms. 63 cms, and. Till 70 cm. In duration overall. The racket's gutted elliptical area is to be 20 cms. To cm 22. In and from 24 to 27 cms.
- The net: The net is constructed from fine cord to make 2 cms. The square mesh is edged at the end with a red tape flush. It must be tri-color (red tape, body white and body blue). The net is 1meter long. Broad, and in length 13.5 metres. An 183 cm centre pole while tied. And 2 185 cm poles. 183 cms must be preserved at the extremities. Net height in the middle.
- Posts: Two posts every 2 metres in height shall be installed on each side of the end of the net line to which the net is attached, at a distance not exceeding one metre beyond the court. They should be strong enough to hold the net well extended. For the convenience of tightening the net as desired, a hook must be attached to each pole at a height of 1.5 metres.
- The court the court size for the fives is to be 12 metres wide and 24 metres high. It is split in the centre by a net line over which the net is suspended, with ends fixed to the tops of the two posts. The serving crease lines are drawn or marked one metre apart from either side of the net line, and parallel to it.

Court

The height of the double court must be 6 metres in width and 24 metres in length. All the other courthouse info will be the same. But just half the size of the fives court in width is going to be a doubles court. As in the fives tribunal, there shall not be a centerline for the doubles court. If doubles are used in a fives court, the centre line may be used as the one side line. The boundary, middle and crease lines should be clearly outlined with 10 mm thick white tape.

Discipline

If the player performs on-court in a way that discredits the referee, other players or the referees, or otherwise reduces the reputation of the game, the umpire may alert a player. A second alert triggers a yellow card. A third warning causes a red card and ejection from the game; the player's squad starts with four players after a red card.

Scoring ^[4]

In all league matches, points scored in each game by each team are registered. Since counting the points scored for and against in the two games played, a team winning a match in two consecutive games still gets 35 points in favour and zero points against for the third (unplayed) contest. Correspondingly, the losing side records nil points in favour, and 35 points against.

Improves Focus and attention in Academia ^[9]

Hard exercise stimulates the supply of blood to the brain, enhancing alertness and executive abilities, such as reasoning and understanding, decision-making and information retrieval. Physically active students are 20 per cent more likely than sedentary students to gain top scores in math, science, and English. In comparison, student athletes in high school are more likely than their peers to attend college and receive a degree. Several study findings find that on average, students who are physically fit do more on standardised tests than students with a less than desirable physical shape. The analyses showed a clear correlation between the degree of physical health of a pupil and their success on standardised

exams, although there was little pressure to obtain a certain score on these test forms.

Conclusion

Not only is Badminton an enjoyable sport, it's an ideal exercise. Doing badminton has a lot of perks to it. It provides a person with an overall fitness; it helps to strengthen the muscles, and to burn fat. It keeps the weight under control and it avoids obesity. Performing the sport daily has a lot of mental advantages too. It decreases fear, anxiety and hypertension. There is positive relation between ball badminton and academic quality, players increase their score effectively. It's an aerobic exercise involving the use of whole-body sections from the tip of the toe to go into a steady, rhythmic action that increases heart rate ^[5]. Badminton is more of an urban activity. Playing the game is something of a enjoyable experience when the sun is shining bright outside. It provides the ability to appreciate nature in its natural form, and to inhale some fresh air. It also let vitamin D soak up a self.

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