



Study of Sports in Human Life and its Importance

Dr. Vivekanand Singh

Principal, Gulam Nabi Azad college of Physical Education, Nagpur

Abstract: *Sports are the basis of development of human life and the vital element and fundamental right of child life. Through play, boys and girls give the best direction to their natural tendencies and management of their emotions. It is a well-known fact that the importance of sports in human life as an educational approach from many perspectives. Human values, emotional development, patience, discipline, friendship, cooperation, honesty, competition and leadership behavior, more than teachings, boys and girls learn through sports easily. That is why educationists like Maria Montessori, Giju Bhai have been strong advocates of education through games for boys and girls, even if they are not, because along with giving direction to the creation of an environment of learning and teaching, other life skills are inculcated in the child in nature. - Replace girls. Therefore, from the point of view of earning sports education, from the point of view of self-development, there is a double benefit approach.*

Keywords: *study, sports, human life, importance.*

INTRODUCTION

Play is an action and creative tendency of human life, which is experienced by the characteristics of naturalness, freedom and joy. In this context, modern educationists are of the opinion that boys and girls should be provided education through sports. On the principle of education through sports, tour teaching, Saraswati tours, project method, scout, movement and security and service education i.e. N. C. C, N. S. S. Such approaches are also an advocate of using their natural tendencies for the education of children. He believed that "the facts of life on trees and the findings of behavioral science are fully proved today that children who participate in sports are rich in high and comprehensive personality. At the same time, those boys and girls are the leaders in the field of life development and achievements. Games play an important role in the all round development of children. Through these games, qualities like quick decision ability, knowledge of things, adjustment, coordination, harmony, courage, coexistence are developed automatically in the nature of children.

Both solo and group forms are played. Leadership qualities automatically develop in the player after participating in team sports. In each group game there is a team leader, he provides efficient leadership to the players of his team, leadership is a aspect that can be achieved through social effectiveness, experience or learning. We can see social effectiveness in the playground, in gymnasiums and in summer camps. A democratic leader does not ignore his colleagues on the basis of human needs and stays away from the tendencies to become an authority and concentrates on the subject matter. Influences the people of the group and interacts with their values. The people of the group want to work according to the wishes of their leader, they know what and what work their leader wants them to do? A democratic leader purposefully guides and supports others in his group, develops a cohesive social group, whether it is a team in football, hockey or any other sport, to represent the maximum potential in all wants.

SIGNIFICANCE OF STUDY

The first requirement of the body is the health of man. Sports have an important and special contribution in maintaining health. If a person keeps playing regularly, then his body will remain strong, strong, beautiful and healthy. If children do not play, their life will become dull. Various types of sports in life play an active role in the physical development of the girl students. Because activity is as essential for development as rest and food. Through play, the child expresses the frustrations and disappointments that arise in his life, as a result of which he gets transformed into mental conflicts and distortions which keep arising in his heart and thus develops additional vitality along with joy in his life. It is also possible. That has said in relation to the game that - "By playing the child can test his abilities and abilities. This English proverb - "Playgrounds are open classrooms. It also explains the importance of the game. On the basis of many researches, it has now been proved indisputably that sport has physical, mental and social importance. Whose brief separate discussion is given in the educational importance of the problem.

PHYSICAL IMPORTANCE

While education and discipline are important for the full development of girl students, sports and entertainment also have their own importance. The physical and mental development of children who are playing and jumping and being happy happens very fast.



MENTAL IMPORTANCE

Aristotle has rightly said that a healthy mind builds up in a healthy body. Along with mental health, character, emotional development is also possible through games because through games, a person expresses internal conflicts and emotions.

EMOTIONAL IMPORTANCE

Through games, children stop daydreaming; develop the power to control emotions, shyness, irritability, cowardice, boyhood, etc. Charles Cowell has said that the ideology of leadership in a distinguished personality does not require any scientific support. Generosity is a primary quality of a person, and the leader must be absolutely adept at it.

SOCIAL IMPORTANCE

Through sports, the following social qualities such as social feeling, feeling of nationality and internationalism, elimination of the feeling of high and low, caste and creed, remain in contact with others. The views of many scholars in this regard are as follows.

PERSONALITY DEVELOPMENT IMPORTANCE

In fact, the physical, mental, emotional and social importance of sports proves that through sports there is a good development of the personality of the child.

MORAL IMPORTANCE

From moral point of view, sports programs inculcate qualities like self-control, honesty, truthfulness, fairness, cooperation and tolerance in the child. The child learns from the game that even a good player does not get discouraged even when he loses, nor does he feel any hatred.

IMPORTANCE IN SELF-EXPRESSION

Psychologist McDougall, who studied the basic instincts of humans in detail, considered play as one of the four general basic instincts of the individual. On the contrary, some other psychologists see the game as a practical result of the basic instincts of curiosity, creation and imitation of the individual, not as a general basic instinct. Still, it is generally accepted that in one way or the other, due to its basic tendencies, more interest in sports arises in the child, but some other psychologists have presented other theories behind the child's or person's sports attitude.

CONCLUSION

Mankind always wants to set new standards of truth for its advancement. Problems come in the process of development, in order to solve these problems and get the truth, he has to go through difficult times. Success-failure is achieved after going through a difficult period of efforts and efforts, the solution of the problem and the permanent standard of truth, that is, the conclusion of the search, on the basis of which the plans for the future development of mankind are made. Therefore, it can be said that the basis of the development of human civilization is research. From the point of view of each problem, the final stage of research is the conclusion obtained from the brainstorming of the problem. The conclusion which is achievement on the one hand, on the other hand the direction of development of mankind.

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