

## VALUE OF SPORTS

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### ABSTRACT

*Napoleon has appropriately put it, "The Future of nation is shaped on its playing field". It is evident that the progress and prosperity of a nation depends on its people. Healthy and happy people make a healthy and happy society which in turn leads to desired destinations and proper direction. Diseased and defective people rot a nation and retard, its progress. It simply implies that health and happiness is the centre round which the circle of society revolves. Happiness is the off shoot of health and health itself depends on sports.*

**Keywords:** Sports, International Aspects, Matches and Ability.

### INTRODUCTION:

Sports provide a good physical exercise. The blood circulates and repairs worn out limbs. Appetite increases one becomes active and smart and develops good habits.

Sports display unity in diversity. The various members of a team belonging to various homes and habitations work in unity like an organic whole and put in their best efforts to defend their side and to win, which in turn develops the golden principle of National Safety and Security.

Sports give rise to cultural upliftment. During national or international sports festivals the players of different countries having varied and variegated cultures, creeds and colours come across one another, share one another's views and values and understand one another in a comparatively better, mood and manner. Thus by personal contacts during such meets scales of negligence and ill-will based on biased aspects and attitudes are removed and bilateral good relations develop giving rise to internal understanding and amity.

Sports teach discipline, practically each and every player of the team to adhere to rules and regulations of the game. Refrees words are final and every player has to submit and surrender to them. This discipline imbibed on a playing field is helpful in the practical life and helps a person to inculcate sense of responsibility and respect for law of the land.

Sports develop sense of victory in a person. The members of the team put in their best efforts to win and achieve victory over the rival team. This leads to struggle for survival in actual life which gives vigour and vitality to a nation.

Sports develop communal harmony and healthy social set up. The players of a team from different creeds, colours, communities and cultures share a common code of unity and oneness like the family members of a family and work with equal zeal and zest to perform the best.

In short, sports are an essential part of our schools and society without which our all systems will deem a body withoutsoul.

### NECESSITY OF SPORTS:

Sports have their great utility.

1. Sports are the sources of recreation. They provide relief and a sense relaxation in a life of monotony of routine marked by miseries, hardships and hurdles.
2. They instill or infuse a sportive spirit to take up the heavy burden of life in a lighter vein and not to think of life either as a tragedy or a comedy but as the ordinary business of living.
3. It is very essential to maintain health and physical fitness.
4. It encourages the growth of team-spirit.
5. Sports and games bring about various methods of diversions.

**Outdoor games:** Among the outdoor games football, volley, cricket, basket ball and tennis etc. are very popular all over the world. Recently, World Cup Football Games were the focal point of attention for all sports lovers.

Gold and Table Tennis are played in many parts of the world. The Olympic Games, held with an interval of 4 years, foster the sense of oneness and the true sportive spirit among nations.

**Students:** It is argued that sports should be made compulsory right from the primary classes and form a part of educational curriculum.

Children from their start must realize the utility of sports and games. Drills and other methods of physical fitness should be introduced from the beginning by well trained teachers and coaches.

#### EDUCATIONAL VALUE OF SPORTS:

The necessity of sports is felt to be so great in life that there is ample justification for them to be introduced in the schools compulsorily.

- Sports and games impart a sense of discipline, fellow-feeling and togetherness.
- They teach the value of time and how it is important to note how a minute, a fraction of a minute and even of second decides the fate of a young sportsman in the field of competition.
- With proper training in sports and games, students become active, sportive, dashing, daring and adventurous capable of meeting the challenges in future life.
- Sports and games are the right avenues to channelize the energy and vitality of students and make their leisure hours worthwhile.
- The spirit of competition is inculcated in most cases by sports and games.
- A forum is made available for physical fitness.
- The greatest educational value of the sports and games is to provide stimulation for study and for hard work.

**CONCLUSION:**

It is not the sound and the fury that counts but effort in the right direction to make a mark. Keeping this in view, it is high time that we spot out our sports talents and provide all necessary facilities to train them properly so as to enable them to compete with world champions with no feelings of diffidence.

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