

## Impact of technology on sports

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### Abstract

The increasing use of video games is often blamed for children's lack of interest in physical activity. Active video games may actually be a source of moderate or intense physical activity in children five to eight years old. Playing in the mud, making daisy chains and climbing trees are simple pleasures that have defined childhood for generations. Traditional childhood activities, such as building sandcastles, are in danger of disappearing as youngsters are choosing to stay inside and play computer games rather than take part in outdoor activities. A study found two thirds of today's screen-addicted children had never made a daisy chain and more than 40 per cent had never squelched through mud. According to the research, the average child spends just under five hours a week playing outside. Experts believe the lack of outdoor activity is having a significant impact on children's health, with exercise low in their priorities. It is also found that a lack of outdoor play could be affecting their education and personal life. These traditional activities can be a great way of encouraging children to spend more time outdoors, get more exercise and create more memories than they will get from simply sitting in front of a computer or TV screen.

**Keywords:** video games, traditional activities, exercise, outdoor activities, physical activities

### Introduction

Nehru once said 'play the *games* with the spirit of the *game*'. Life is full of failures and success. When we play a *game* too, we may either win or lose. "Sportsman spirit" is the spirit of accepting one's success with humility. One of the main advantages of playing any sport is that it teaches us to cope with these failures and disappointments that come our way and to make renewed efforts to achieve success next time. Outdoor games are the athletic or sporting games that involve physical activity and are generally played outside in the open. Generally, there is a spirit of healthy competition in outdoor games. Some examples include lawn-tennis, football, cricket, hockey, soccer, etc. We play by nature. We have an instinct to play as we have an instinct to work. We work in serious mood and play in light mood. So, play and work are complementary to each other. Man cannot always be in a serious mood. Sometimes he requires relaxation. We should play outdoor games as they recharge our battery of energy. We all know the well said proverb – All day work and no play makes Jack a dull boy.

### The Bitter Reality

Our busy lifestyle leads us to be satisfied entertaining our kids with electronic media like tablets or television. But every child needs to play outdoors for his or her physical, social and emotional wellbeing. Find tips to encourage your children to make outdoor play a part of their routine here. The world is changing so quickly. When we were young, our parents found it tough to get us to stop playing and come into the house; and today we find it difficult to make our kids go and play out of the house. Our kids are as attached to electronic tablets, computers, mobile phones, video games and television shows now, as they once were to the umbilical cord in their mothers' womb! What with 40 to 60 hours a week spent with the hypnotic entertainment of media and the rest of their time spent with school activities; outdoor play has become a nonentity in their lives.

### Aim of the Study

This study aims to study the impact of growing technology on sports and its impact on children.

### Objectives of the Study

- To study the impact of video games on children and their choice of playing outdoor games.
- To study the preference of children between outdoor activities and video/ mobile games
- To study the positive effects of outdoor sports.

### Hypothesis

- Technology has an adverse effect on the health of students.
- Outdoor activities are important to keep children physically and mentally fit.
- Children do not prefer outdoor activities.

### Sample

250 students were analyzed to find their preference of outdoor activities over video games, T.V.

### Method

Bisht Battery of Stress Scale (BBSS) was constructed and standardized by Dr. Abha Rani Bisht (Almora). The battery has been designed to find out the stress. The battery contained the different thirteen scales of the stress.

### Value of Outdoor Games

Outdoor Games are a necessity for maintaining good health. If taken in the right perspective, they are a source for exercise, recreation as well as adventure. Unfortunately, this fact is hardly realized by the majority in our country. There are a variety of outdoor games to suit the taste and stamina of each and every individual. However, outdoor games can generally be named as Hockey, football, Cricket, Tennis, Volleyball, Badminton, etc., to name a few. Indigenous outdoor games

such as Kabaddi, Gulli-Danda, Kho-Kho etc. are also being revived. They have been revived recently and were at the point of obscurity. They have been classified and are looked down upon to some extent by the urban population, as native games. However, in the rural areas, these native outdoor games still predominate, because they are quite in-expensive and suited to the robustness of our village brethren. The value of outdoor games are varied and many. They are in the formation of character, creation of team spirit, the power of organization, self-sacrifice and self-respect.

#### **Value of these games**

These outdoor games have great value. Our brain is worked for a long time. If we play in the afternoon, we inhale fresh air and feel refreshed. Our body is also exercised. Thus our health is improved. These games help us to form our character too. They help in developing our personality. We learn many things from these games. We have to form a team to play the games. We learn the value of cooperation and unity. We have to obey the orders of the captain. Thus we learn obedience, discipline and order. We become generous and imbibe fellow-feeling. Outdoor games save us from evil temptations and guide us to walk in the path of virtue and duty.

- The formations of characteristics like sportsmanship lead to a very healthy viewpoint of life where a person learns to take the wins and losses in the same spirit. Team spirit leads to the trait of bonhomie and a person learns to play for the benefit of the team. In a broader perspective he becomes a better person, who is not selfish and thinks about the society and his country as a whole.
- The quality of organization leads to better management qualities and hones his abilities as a manager, be that for his home, his career or even his country.
- The quality of self-sacrifice and his self-respect makes him a better husband, a better father and raises his status socially. All these combined together raises the level of his thinking a healthy mind and concept.

Outdoor activities help us stay fit and active which will benefit us in the long run. We can ward prevent problems like obesity and heart ailments later in life. Some of us frequently fall ill; being active in life will help to stay healthy; we will feel hungry and have meals on time. Since we will feel tired by the end of the day, we will sleep on time too. Make us competitive. When we play outside, we gain a sense of mastery and competency skills. We try climbing, running; throwing and we feel we can do it, which in turn builds up our confidence level. Even when we are playing any game and we win the game, it helps us to develop our winning spirit. It's a best way to boost our self-esteem as well.

When we play with other kids, we learn to interact in groups; we learn building strategy to win. We learn to adjust with kids of different nature. Gives us a sense of freedom. When we play outdoors, adults are generally more tolerant with them. We feel a sense of freedom. We feel more enthusiastic and energetic. Often when we play, we have a lot of loud interactions and physical movements with other kids. At times we might not know the other kids we have to play with, and that helps us to develop social skills. We learn to be cordial and try and work well in groups often developing qualities like leadership and co-operation. We learn to interact with other children, often

bonding over games and developing long lasting friendships. Outdoor games are particularly recommended for mental and sedentary workers, the latter specially need this sort of healthy exercise after spending day in and day out.

Schools boys do not need any incentive to play outdoor games, they simply love it. Our educational institutions should not neglect the importance of outdoor games – they should lay stress on allowing the boys and girls to choose whatever game they are inclined to. They should also make it compulsory for them to play outside during specified hours. This would definitely lead to a healthy physique and would prove the statement that 'Outdoor Games lead to a healthy mind in a healthy body'.

#### **The Public, our Government and Games and Sports**

There are also All India Organizations for games and sports. Our Government at the Centre as well as at the State level spends money to encourage young boys and girls to be good players and sportsmen and sports-women. Those who show exceptional skill in games and sports now earn a lot of money. So if some students cannot be successful in general education, they may try to be successful in games and sports and earn a lot of money and thus attain success in life. Following the examples of the British Government, our Government also is now conferring titles on those who show exceptional skill in games and sports and thus they are honoured.

#### **Outdoor Time Improves Curriculum**

Research clearly indicates staying inactive indoors carries great risks. Sometimes, though, outside time is seen as playtime and not as educative as the "real teaching" that takes place in the classroom. In actuality, getting children outside helps to stretch their thinking and challenge them intellectually. According to the National Association for the Education of Young Children (NAEYC), "Children's attempts to make their way across monkey bars, negotiate the hopscotch course, play jacks, or toss a football require intricate behaviors of planning, balance, and strength—traits we want to encourage in children. The time children spend outdoors every day is just as important to their learning as the time they spend in the classroom. For teachers, the outdoors offers many ways to enrich the curriculum and support children's development and learning.

#### **Outdoor Play Contributes to Learning**

The outdoors has something more to offer than just physical benefits. Cognitive and social/emotional developments are impacted, too. Outside, children are more likely to invent games. As they do, they're able to express themselves and learn about the world in their own way. They feel safe and in control, which promotes autonomy, decision-making, and organizational skills. Inventing rules for games (as preschoolers like to do) promotes an understanding of why rules are necessary. Although the children are only playing to have fun, they're learning

- Communication skills and vocabulary (as they invent, modify, and enforce rules).
- number relationships (as they keep score and count)
- Social customs (as they learn to play together and cooperate).

### Learning to Appreciate the Outdoors

We can't underestimate the value of the aesthetic development promoted by being outside. Aesthetic awareness refers to a heightened sensitivity to the beauty around us. Because the natural world is filled with beautiful sights, sounds, and textures, it's the perfect resource for the development of aesthetics in young children. Preschoolers learn much through their senses. Outside there are many different and wonderful things for them to see (animals, birds, and green leafy plants), to hear (the wind rustling through the leaves, a robin's song), to

smell fragrant flowers and the rain-soaked ground, to touch (a fuzzy caterpillar or the bark of a tree), and even to taste (newly fallen snow or a raindrop on the tongue). Children who spend a lot of time acquiring their experiences through television and computers are using only two senses (hearing and sight), which can seriously affect their perceptual abilities. It can be concluded, what better place than the outdoors for children to be loud and messy and boisterous? Outside they can run and jump and yell, and expend some of the energy that is usually inappropriate – and even annoying – indoors.

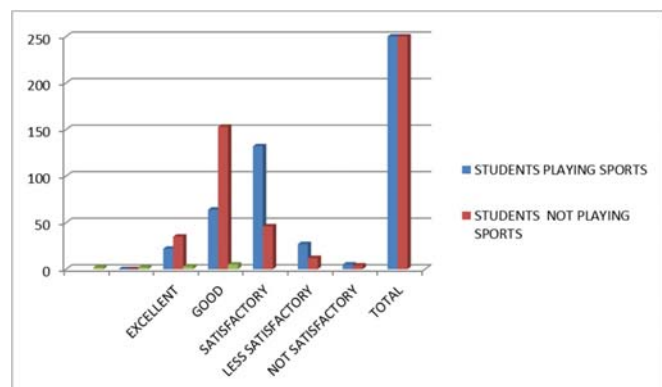
### Data Analysis

**Table 1:** Table Showing Comparison in Social Adjustment between Children Playing Sports and Children Not Indulged In Sports

Level Of Social Adjustment	Students Playing Sports	%	Students Not Playing Sports	%	Z	P
	No. of Students		No. of Students			
Excellent	22	8.8	35	14	-1.8293	NS
Good	64	25.6	153	61.2	-8.0307	< 0.05
Satisfactory	132	52.8	46	18.4	8.0324	< 0.05
Less Satisfactory	27	10.8	12	4.8	2.5015	< 5.05
Not Satisfactory	5	2	4	1.6	0.3364	NS
Total	250	100	250	100		

From the above table it was observed that the social adjustment in children playing sports (< 0.05) was better than the students who did not indulge into sports.

### Graphical Representation



### Discussion

In students life extracurricular activities empower them to make their own active decisions and also help them to gain an accurate experience, skills, and confidence to lead them on the path of their future. It is truly considered that through participation in sports and different games, students learn co-operation, teamwork, leadership methods and time management. Games also help students by discovering their hidden talents, help them interact with different people and make them learn about many things outside their own environment.

### Conclusion

Games are creative and mindful expression of the human spirit which comes out through the creation of activity that has an entertaining, flexible, instructive and competing element. It explores and test people's skills, efforts and invites them to develop new ways in managing the obstacles which stops them for attaining the game's goal. Games are the positive experience which helps in the strengthening of our body and

mind. Some games are also considered as structured activities like cycling, cricket, swimming and football etc. which helps us to take active decisions and sharpens our thinking process also. Games and Sports give us encouragement to face all the hard challenges of life. It provides us physical strength which is always needed for doing our work. It is conducted that without games, people usually becomes dull, boring, pessimistic and failure in life.

### Recommendations

As outdoor sports are essential for physical growth and development of children; they must be encouraged to take part in outdoor sports as it helps to reduce laziness in children. This encouragement will also reduce different types of addiction to TV, video games, tablets and computers. Since outdoor sports help children stay active, fit and healthy, every school should include a sports / games period in their curriculum. Every school should have a recess, which will promote outdoor activities and prevent disorders like obesity in children. Some children may be excellent at outdoor sports, so encouraging them to take-up sports can help unearth and polish hidden talents. Outdoor sports will also reduce stress related to studies and make children experience nature and fresh air.

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