



Discussion

THE IMPACT OF RECREATIONAL GAMES IN OUR SOCIETY

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ABSTRACT

Recreational Games are these activities where the primary purpose of the activity in participation, with related goals of improved physical fitness, for and social involvement often prominent. It is less stressful, both physically and mentally on the participants. These are lower expectations regarding both performance and commitment to the sports in the recreational games in one of the most important area and it also create positive inter-relationship to every person. Recreational games are often done for enjoyment, amusement or pleasure and are considered to be 'fun'. In our busy schedule, recreational games gives us oxygen and in this way our new generation can explore many things for the development of society.

Introduction

The significance of the saying has increased many and various side in today's fast life and competitive world where students are forced by both their guardians and the conglomerate of society and situations as a whole to devote increasing hours in academic study whether theoretical or practical and knowledge enhancing activities, so that they can stay ahead in the rat race. Add to that the present way of life where people mostly stay in small nuclear families and with parents working the viability of our own home as a place where we can have recreational time has diminished.

Recreation and Recreational Games

Recreation is the refreshment of strength and spirit after work. It is also leisure time activity. The "need to do something for recreation", is an essential element of human biology and psychology when we continue doing a work or performing an activity regularly and continuously for some hours, it gives us physical and mental fatigue and strain. Recreational activity relieves us of the feeling of fatigue, restores our energy and

promote a sense of joy. Without recreation, life would be dull and miserable. Leisure activities mood, reduce stress and enhance a sense of wellness. In an increasingly complex world, more and more people are placing a high value on achieving the feelings of relaxation and peacefulness that contact with nature, recreation and exposure to natural open spaces bring. Recreational game involves participants in which the main function in providing fun and entertainment to participant. Recreational is a source of joy and provide relaxation for one's body and mind. Recreational games playing a very important role for all over age groups. The quality of life is determined with objective factors and also with subjective perception of factors which influence human life. Recreational actively play a very important role in subjective well-being because they provide opportunities to meet life values and needs. Through participation in leisure activities people build social relationships, feel positive emotions, acquire additional skills and knowledge and therefore improve their quality of live. Both physical & psychological benefits of leisure times with reduced level of stress, anxiety and depression,

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improved mood and higher levels of positive emotions. Engaging in recreational activities can also lower blood pressure and heartbeat. It can improve the mental health of individuals and have the significance of regulating the body and mind, alleviating the stress of life and providing a pleasant experience. It encourages people to experience freedom, which often leads to feeling of control, competence and improved self-esteem. Engaging in pleasurable activities stimulate the production of neurochemicals that in turn improve physical health.

Physical Activity and Recreational Games

Exercise is a body activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth, improve strength, develop muscles and the cardiovascular system, weight loss or maintenance, improve health or simply for enjoyment. Recreational game takes most important place in our present and future life. We all know that leading an active life style is good for us. If you participate regular moderate physical activity – running, jumping, throwing, walking you can expect to enjoy numerous health & social benefits, including:

- Encourage social inter-relationship
- Improve concentration and learning
- Increase personal confidence and self-awareness
- Reduce feelings of depression and anxiety
- Enhance self-esteem
- Improve quality of life
- Improve a more positive educational environment
- Reduction of antisocial behavior

Those who are engaging different types of physical activity and recreational games, they have less time to enjoy the negative or unnecessary situation. All time they think the positive effects of society and try to increase the awareness of different types of values in human mind. Recreational games are developing a good mental attitude, which is very much essential in our positive thinking. Emotion, both happy and sad, can effect cognitive function along with your energy level and other aspects of your physical performance. On the other hand recreational game improves the life skill such as:

- Focus and self-control
- Critical thinking and problem solving
- Empathy & perspective taking
- Patience and confidence
- Communication & listening
- Creativity and connecting ideas

It also helps in boosting memory as there is more practical experience and the information can be soaked up wholly by the brain in a fresher and fascinating.

Group games and individual games also help moral development of students. One way to encourage moral development is to teach students to play fairly. In educational situation moral development plays an important role for the future endeavor of every human being.

It also enhances peer relationship and inter-personal skills. Student can also excel in areas other than academic where they have an interest. Recreational activity can give a chance to discover talents other than academic excellence which can later help on the career and life as a whole.

Conclusion

Without any doubt it can be said that recreational activities help in overall development of a student's physical, mental, social and emotional. Recreational activity is not only helps to gather knowledge but also to use it ethically to lead a healthy and better life in future. It teaches one to think with reason and line with more practical approach to life. It also enhances one's all round development, thus helping to achieve success in one's endeavours.

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