

SPORTS AND GAMES ESSAY

Games and sports are competitive physical activities that follow set regulations. Games are distinct from sports in the sense that games are played for enjoyment whereas sports are typically professional. While chess, checkers, and card games are examples of games, football, basketball, and tennis are examples of sports.

Being active in sports comes with a number of benefits. The main advantage is the physical advantages it provides to humans. Sports can help in maintaining a healthy weight, enhancing cardiovascular health, developing strong muscles, and enhancing flexibility.

Another major benefit sports and games provide concerns mental fitness. With the advent of computers and smartphones, people have started to suffer a lot of mental illnesses. Being active in sports reduces mental problems, reduces dullness and makes one feel energetic. Additionally, it helps us recover from depression, manage stress, and reduce anxiety. Moreover, it helps in developing a positive attitude towards other things and life in general.

Sports also help in improving the educational performance of students. It helps in fostering imperative skills such as teamwork, leadership, communication, and problem-solving. Moreover, it helps develop discipline, accountability, and time management in a person, all of which are necessary for success in professional life.

Sports play a major role in community development. Various regional, national and international sports events provide excellent opportunities to interact with players and share their experiences. A team winning a particular match can be a moment of pride for the people of that nation.

To conclude, sports and games are an essential part of the human life. It has a number of benefits, such as health, mental and social. It fosters community development and helps in an overall personality development of a person. It also helps in improving educational performance. However, it can also cause injury and increase stress on the players since it places huge importance upon winning.

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