

Preeminence and substantiveness of sports For literature students - A survey

Maheswaran G^{1*}, Dr. M. John Suganya ²

² Department of English

^{1*,2} PSG College of Arts and Science, Coimbatore.

^{1*} sardarmahesh07@gmail.com

² suganyajohn@gmail.com +91 9994924381

Abstract

This paper aims to prove that the involvement of literature students in sports can improve their physical and mental state which could increase their level of focus and concentration in a better way. More than a profession, passion, hobby and exercise activity, sports and games plays an important role in maintaining a healthy mind, body, and soul. Sports give us a lot of exercises in forming our body as well as mind. It is considered as the most essential for the physical and mental wellbeing of an individual. It is a great way for a person to get active and focused on life. Most probably, literature students have the habit of reading and writing as their major component and fail to indulge in any of the physical activities like indulging in sports. It's not the case that reading and writing alone improves the state of mind of a person, sports has also got its major part in equipping their both mental and physical growth. Hence, Sports should be necessary for all students especially literature students because they are engaged in mind & simultaneously, they should be engaged physically also.

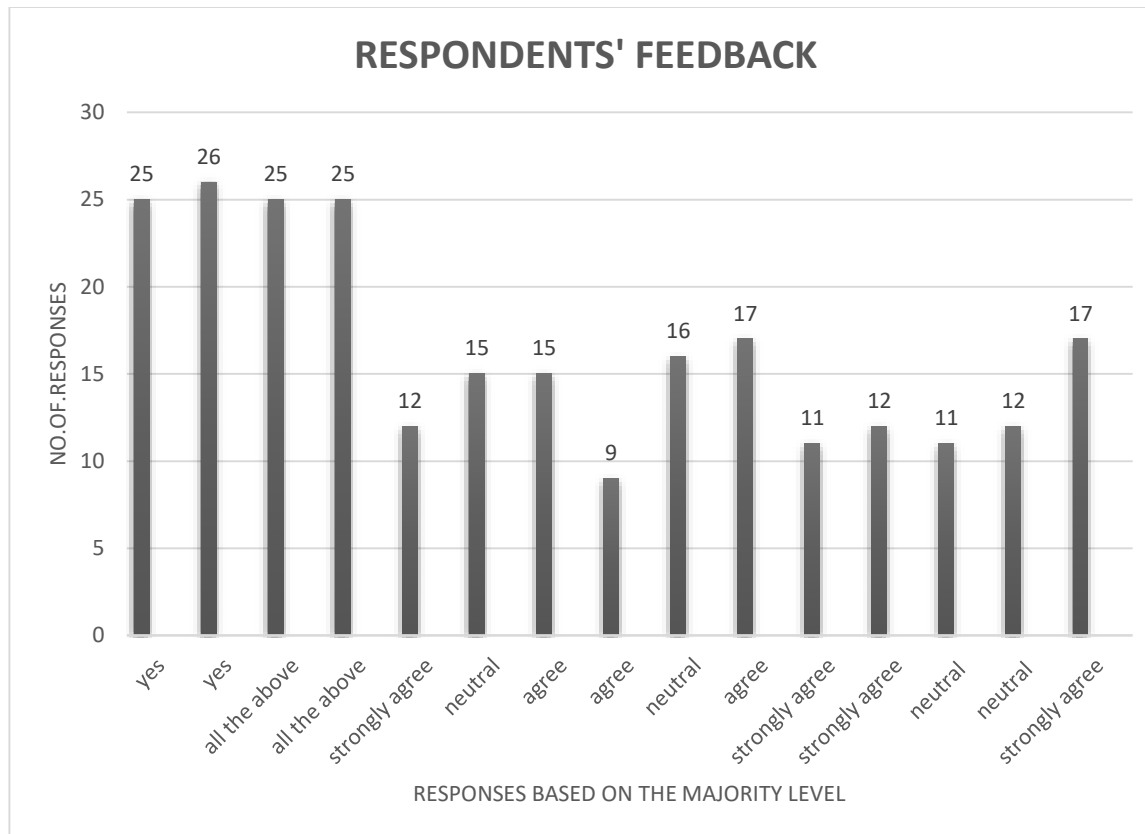
Introduction

Sports and games are not mere physical activities alone. They play a more significant role in making people confident, adaptable, alert, and happy. This project aims to prove that the involvement of students in the sports activity could surely help to increase their physical health as well as the mental health. As the classes have gone virtual because of the pandemic, the students have no other go rather than sitting in front the smart phones and other gadgets and looking at them all through the day. This has made the situation complicated as the students have got so many physical and mental health issues. So, the students can do any other extra activities to relax themselves but after the long tiring day they refuse to get out of their comfort zone and feels lazier to do any physical activity. For students, sports are a source of recreation. They help in breaking the monotony of academic studies. To justify the concept, a survey was taken from MA and BA English students. Based on the questionnaire and survey the following table and graph was crafted. The result of the survey clearly mentions the need of the hour- importance of sports.

Table

Q. No	Agree	Strongly agree	Neutral	Disagree	Strongly disagree
5	9	12	9	-	-
6	7	7	15	1	-
7	15	7	8	-	-
8	9	7	11	3	-
9	5	2	16	4	3
10	17	3	7	2	1
11	5	11	9	3	2
12	11	12	5	2	-
13	8	9	11	2	-
14	9	7	12	2	-
15	4	17	4	3	2

Graph



Analysis of questionnaire

1. Majority of the respondents (83%) have responded that they like to engage themselves in the sports activities.
2. Majority of the respondents (87%) have responded that they believe engaging themselves in sports activity could be the good relaxation after the online sessions.
3. Majority of the respondents (84%) have responded that they face several mental challenges like lack of concentration, stress during the online sessions
4. Majority of the respondents (84%) have responded that they do face some physical challenges during the online sessions
5. Majority of the respondents (40%) have strongly agreed that, "Reality is to the mind as exercise is to the body"
6. Majority of the respondents (50%) have given a neutral response for the thing that a sports person being a Literature student can write a better article
7. Majority of the respondents (50%) have strongly agreed that a person who possess knowledge in both sports and literature will work passionately
8. Majority of the respondents (37%) has given a neutral response to," Advantage the of utilizing scholarship of sports quota will make a person physically and mentally healthy"
9. Majority of the respondents (53%) has given a neutral response to," Sports students are easily deviated from their regular studies
10. Majority of the respondents (57%) have strongly agreed that Literature students can concentrate in their reading after doing a small physical activity
11. Majority of the respondents (36%) have agreed that students facing sleeping disorder may come out of it by doing small sports activity
12. Majority of the respondents (40%) have agreed that sports students are healthier than non-exercising students
13. Majority of the respondents (36%) has given a neutral response to," Sports students can easily handle depression and stress than non- exercising students"

14. Majority of the respondents (40%) has given a neutral response to, “Disk prolapse problems occurs to non-exercise students who mainly sit and work with computer and mobile”
15. Majority of the respondents (57%) have agreed that exercise makes perfect human being

Conclusion

The present research is an attempt to study the importance and impact of sports/games that could create dramatic change within us both physically and mentally. Many of the respondents have answered that they have undergone a lot of physical and mental pressures after engaging themselves in online sessions. So, sports could be the best relaxation to get rid of all those physical and mental challenges. As the students possess the habit of settling them around the electronic gadgets for hours and hours could make the case more complicated whereas involving themselves in sports/games could reduce those complications. Sports give us a lot of exercises in forming our body as well as mind. The study finds that the involvement of students in the sports activity could surely help to increase their physical health as well as the mental health.

Works cited

<http://insportscenters.com/15-health-benefits-of-sports/>

<https://appliedsportpsych.org/resources/health-fitness-resources/psychological-benefits-of-exercise/>

<https://www.activenorfolk.org/2021/05/mental-benefits-of-sport/>

<https://www.sportsuncle.com/blog/article/sports-reduce-stress>

<https://www.webmd.com/mental-health/benefits-of-sports-for-mental-health#:~:text=Sports%20help%20you%20manage%20stress,can%20make%20people%20feel%20calmer>

