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**Special Issue of Department of Physical Education**  
**Lokmanya Mahavidyalaya Warora, Dist. Chandrapur, (MS)**

# **Effect of Corona Pandemic on Various Sports Sectors**



**Chief Editor**

**Dr. Subodh Kumar Singh**  
Principal

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**Assit. Prof. Uttam R. Deulkar**  
Head, Dept of Physical Education





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## PHYSIOLOGY OF RECREATIONAL ACTIVITIES AND WELLNESS

**Hemant Trimabakrao Shinde**

Toshniwal Arts, Commerce and Science College, Tq. Sengaoon. Dist. Hingoli (M.S.)  
Htshinde2014@gmail.com M.:9421385795

### **Abstract**

Living a healthier life can not only extend our life, it can also improve the quality. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although there are some aspects of physical and mental health that are beyond an individual's (and science's) control, there are many things that people can do to improve their quality of life. Good health has traditionally been viewed as freedom from disease. While everyone agrees that the absence of illness is one part of being healthy, it doesn't indicate whether you are in a state of well being. Lack of recreational activity is mainly responsible for much health complication in children young and old age persons. To prevent these health troubles, a proper fitness is essential for everyone. Fitness should be a key component in anybody's life simply for the fact that it makes you feel better.

**Key words :** Physical education, Sports, recreational activity and wellness.

### **Introduction**

#### **Meaning of recreational activity**

Barrow defined recreational activity as an physical activities of and through human movement where many of physical and educational objectives are achieved by means of big and small muscles activities involving sports, games, gymnastics, dance and exercise.

#### **Health and wellbeing**

Personal growth is also important to our overall wellbeing. Well being has objective and subjective components. The objective components are relative to such concerns as slandered of living and level of living. The subjective components of well being are referring to as quality of life.

#### **Need of recreational activity**

1. Recreation activity is needed because due to advanced technology the lifestyle of proper becomes sedentary and they become passive entertainer.
2. Recreational activity is needed throughout the life for proper growth and development.
3. It is beneficial during adulthood to maintain good health and fitness.
4. During old age, recreation activity is important to prevent and treat various ailments and disease.
5. It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view.
6. Recreational activity teaches us various physical actives that can be practiced now in later life such as motor skills for the games and sports of volleyball, tennis, swimming and so on.
7. Recreational activity also teaches us the value of ethical behaviour in sporting situations.
8. Recreation activity teaches us the value of physical fitness and how to become physically fit.



9. It is important for aesthetic reasons as by participation in physical fitness programmes like gymnastics and dance, beauty and grace is cultivated in the movement.
10. It is also important for catharsis reasons with mean releasing of energy, emotion, tension or frustration and some people let off their extra steam by participating in various games and sports which are part of physical activity.

### **Importance of recreational activity**

Recreational activity provide a unique opportunity for individual to acquire physical, social and personal benefits that can help them throughout their lives., individuals athletes generally do better in schools.

### **Playing recreational activity can**

1. Improve physical fitness.
2. Improve confidence through learning skills and success
3. Help individuals learn to control their impulses this is necessary for success in sport as well as social relationships.
4. Help build friendships
5. Start lifetime interest
6. Help individual learn about rules and fair play
7. Help individual to cope with winning and losing
8. Help individuals do better at school work.
9. Children and young people can enjoy the competition and still be learning skills. Some children at 11-12 years age are showing special talent at and interest in a particular sport and can benefit from individual coaching.
10. Children young people need to learn about how to behave when playing winning and losing.
11. Recreation activity at the 10-12 years stage can involve trips away with a team and opportunities for team leadership.
12. It is important not to push any young people beyond what they are physically ready for and to find out about what is appropriate in relation to their age and the sport they are playing.

### **Benefits of recreational activity**

It is widely acknowledged that recreational activity is essential to individual's growth and development. Regular recreation activity can have a positive impact on individual's physical, mental, and social well-being. In particular, recreational activity is likely to have an impact on individuals achievement, readiness to learn, behaviour and self esteem. Positive experiences with recreation activity at a young age also help lay the foundation for healthy, produce lives. Research also indicates that individuals are in danger of developing serious diseases associated with obesity, which can result from a lack of recreation activity. The following are benefits taken from the research on this subject.



**Benefits**

1. Along with the diabetic diet, regular recreation activity will decrease the lipid levels in blood circulation.
2. Regular aerobic activity, will strengthen the cardio vascular system.
3. It restricts the acidosis which is a dangerous sign for diabetic coma.
4. It causes for more oxygen supply and nutrients to the pancreas for better function.
5. It decreases the adhesion nature of platelets and regulates the heparin secretion in blood vessels.
6. It controls hypertension and plaques in coronary arteries causes for atherosclerotic injury may lead to myocardial infarction.
7. Micro-vascular diseases can also be avoided by regular recreation activity.

**Social acceptance**

Participation in recreational activities can help young people make friends and gain acceptance from their peers. Regular recreational activity, fitness exercise and critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular recreation activity, whether they participate in vigorous exercise or some type of moderate health enhancing recreational activity. Even among frail and very old adults, mobility and functioning can be improved through recreational activity. Therefore, physical fitness should be a priority for all ages. Regular recreational activity has been shown to reduce the morbidity and mortality from many chronic diseases. Millions of people in the world suffer from chronic illnesses that can be prevented or improved through regular physical activity. Despite the well known benefits of recreational activity, most individuals lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as engaging in no leisure time recreation activity.

**Enjoyment of recreational activity**

If recreational activities are fun, young people are more likely to participate in them. Also, an enjoyable recreational activity can be more appealing to young people than a less engaging sedentary one.

**Development of competence in recreational skills:** Young people enjoy and gain confidence from developing and demonstrating physical fitness and movement skills.

**Wellness**

The term wellness was first used by a physician named Halbert L. Dunn, who published a small booklet entitled "High Level Wellness" in 1961. Dr. Dunn saw wellness as a lifestyle approach for pursuing elevated states of physical and psychological well being. He described it as a disciplined commitment to personal mastery. Wellness, as a state of health, is closely associated with our lifestyle. Each person has a responsibility to provide for such health essentials as good nutrition, proper weight control, exercise and controlling of risk factors such as smoking, alcohol and drug abuse.



**Benefits of wellness**

1. High self esteem and a positive outlook
2. A foundation philosophy and a sense of purpose
3. A strong sense of personal responsibility
4. A good sense of humor and plenty of fun in life
5. A concern for other s and a respect for the environment
6. A conscious commitment to personal excellence
7. A sense of balance and an integrated lifestyle
8. Freedom from addictive behaviours of a negative or health inhibiting nature
9. A capacity to cope with wheatear life presents and to continue to learn
10. Grounded in reality
11. Highly conditioned and physically fit
12. A capacity to love and an ability to nurture
13. A capacity to manage life demands and communicate effectively

**Components and determinants of well being**

1. Physical : movements
2. Spiritual : belief
3. Social : interaction
4. Intellectual : knowledge
5. Occupational : Work
6. Emotional : feeling

**Conclusion :** The benefits to fitness and wellness make us to live much healthier life. It helps us to deal successfully with the difficult situations arising in our day to day life. Today everyone knows that life because more faster and if we want to go with that speed we should be fit physically as well as mentally. Stress, obesity, diabetes, acidity and much more diseases are the gift of our unhealthy lifestyle. Due to lack of recreational activities not only elders but youngster are also facing plenty of problems in their life. If we want to avoid it then the only answer is recreational activities and wellness.

**Recommendations:** Regular physical activity is a life saving activity.; it keeps the cardiovascular system always healthier and protects from the effect of hyperglycemia or hyperlipidemia in diabetics patients. Daily quality and quantity of recreational activity is an important part of a citizens comprehensive, well rounded program and a means of positively affecting life long. Health and well being. Daily recreation activity may be incorporated into the whole day in a variety of ways. For instance, twenty minutes or more of recreation activity during a scheduled health would meet the daily recreational activity requirement. Since recreational activity is only one component of a complete health program. Integrating recreational activity into other working areas is one appropriate strategy.

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