THE ADVANTAGES OF SPORTS

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In the past, extra-curricular activities in school played a huge part in the deliberation of honors. However, the recent changes in the curriculum excluded co-curricular activities in the computation of the final grade. Nevertheless, this move did not stop the pupils from joining various school activities such as sports. Many believed that there is more to sports than being physically active.

Here is a list of psychological and social benefits of being a sport enthusiast:

Camaraderie. Being into sports makes the child involved into circle of friends. This brings them opportunity to feel the sense of belongingness. They may develop friendship and may avoid bullying thus preventing them to become loners for life.

Learning to Lose. Sportsmanship is the name of the game. They may learn to accept defeat with grace and poise. Although it is not also bad to express frustration in losing, losing with integrity is better.

Respecting Authority. Learning to lose could impose self-discipline. It is an indication of respect to authorities such as coaches, referees and officials. One does not want to be penalized for a bad behavior. Therefore, children may develop respect especially in sports.

Self-Esteem. Support from team matters, coaches, parents and co-players’ encouragement can positively affect players’ self-esteem. It would be hard to uplift children’s spirits in losing. However, words such as “did you enjoy the game?” is better than “did you win?”
The above-mentioned benefits are just some of the many surprising good points that children can get from sports. These profits them as they grow older for they may develop good physical posture and be away from drugs and other addiction which are rampant in the society nowadays.

Therefore, parents must encourage their children to join sports activities even if it does not count in honors deliberation. They may not top the class, but they may become a good person who could be a better and productive citizen of our nation.

Reference: