

**IDENTIFICATION OF RECREATIONAL GAMES OF SECONDARY
SCHOOL STUDENTS**

A SYNOPSIS

**PRESENTED TO THE VIDYASAGAR UNIVERSITY
IN LIEU OF A THEORY PAPER
FOR THE DEGREE OF
MASTER OF PHYSICAL EDUCATION**

BY

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CERTIFICATE BY SUPERVISOR

This is to certify that **Rimpa Betal** is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University in the session 2021-2023. She is a student of Master of Physical Education, Semester-IV, carried out his research study under my supervision and dissertation titled "**Identification of Recreational Games of Secondary School Students**". This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. The dissertation represent, entirely an independent work on the part of the candidate but the general guidance by me.

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SK 21.07.2023

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1. INTRODUCTION

1.1 General Introduction

A game is recreational activity involving one more participant its main function is to provide fun and entertainment to the players in any case games can fulfil an educational role, help mental and physical stimulation, and contribute to the development of practical and psychological skills.

Recreational games can be incorporated into physical education programs to encourage play and activity among students during their leisure time. Students can play their games during recess, before or after school, during intramural programs, or in their neighbourhood with family and friends. This article describes five such games namely: slap ball, sponge ball, stoopball, Chinese handball, and five boxes. These games are readily adaptable to a variety of playing areas, easy for students to learn and play on their own after initial instruction and practice, and require minimal equipment.

Recreation is "an activity that people engage in during their free times that people recognize as socially redeeming values. People also see recreation as a social instrument because of its contribution to society. The organized development of recreation programs to meet a variety of physical, psychological, and social needs has led to recreation playing a role as a social instrument for well-being and, in some cases, change".

The game is recreational activity involving one or several participations. Its role is to provide satisfaction and entertainment to players. However, the game can also play an educational role, helping mental and physical stimulation, and contributing to the development of practical and psychological skills. In general, the games involve a certain level of competence. Regarding recreational games, the competitive value is minimized (finding out who the winner has no importance; the key is the playful side of the activity). That said, the games do not take into account productivity and should never be mandatory for participants.

As a purely recreational activity, the game wants to be quite deliberately, in a relaxed and enthusiastic atmosphere. The goal here is to bring satisfaction to the players, so relaxed and thus get rid of the daily tension states. In recreational games, one should not expect a score, the aim being rather of participation not only for fun.



Recreational games can take place also in the open air or in spaces that are closed in non-fenced fields or delimited areas. Each game can be designated depending on which players want to achieve or according to the set of that determine what they can do in the context of entertainment.

Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".

Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interests but also by the surrounding social construction. Recreational activities can be communal or solitary, active or passive, outdoors or indoor, healthy or harmful, and useful for society or detrimental. A list of typical activities could be almost endless including most human activities, a few examples being reading, playing or listening to music, and watching movies or TV. Gardening, hunting, sports, studies, and travel. Not all recreational activities can be considered wise, and healthy. Or socially acceptable or useful examples are gambling, drinking, or delinquent activities. Recreational drugs are a recreational experience, a wide-ranging and controversial subject as some drugs are accepted or tolerated by the society within limits, other not and declared illegal. Public spaces such as parks and beaches are essential venues for many recreational activities. Tourism has recognized that many visitors are specifically attracted by recreation offerings. In support of recreational activities, the government has taken an important role in their creation.

Leisure time has always been a great time for various indulgences for everyone. It is a point of when each individual would pursue areas of fun that he is specifically interested in or at times even choose what the social construction demands too. Activities of recreation also vary from community to community and from individual to individual. They could either be held outdoors or indoors, remain active or passive and could either serve as a positive force or have a negative bearing upon society. However even in this, there are two identifiable effects-that which could be considered as wise and healthy such as reading, playing, listening to music, movie or T.V watching, gardening, hunting, and likewise hobbies such as sports, studies, and traveling. While on the other hand, such pastimes as drinking and other delinquent activities are detrimental. Drugs are used to



promote a recreational sensation and distinct controversies are on in society about those that are acceptable or tolerable forms of drugs and others that are not.

Changing conditions of modern living have greatly increased the need for recreational activities. Today people do not engage in a wide variety of activities in their in their work, but often repeat the same movement to distraction. Body and minds require change not only for pleasure but even more to recreate their vitality and capacity for enjoyment.

The development of numerous skills, of course, is a prime function of physical education in the realization of its objectives. Physical activities differ in their educational contents and the contributions they make to specific objectives. Some activities may be utilized best to improve the various physical fitness components; other to enhance neuromuscular coordination; still, other to promote personal-social development. Future, as relevant to this section, some activities have a special value for recreational competency. In recent years, participation in sports and other and physical activities has increased tremendously, to the point where millions engage in single activities.

There is a slight ambiguity in the expression of the word "recreation". This can be analysed from two different stances. One wherein it is a socially acceptable practice that is admissible to the general social tolerance levels. They range from sports, music, games, travel, reading, art craft, and dance and quite often recreation I the outcome or results of indulgence than the activity itself as recreation is based on it's refreshing impact on individuals and exploited as relief from everyday routine and chores such as cleaning and child-rearing.

1.2 Aim of the Study:

The aim of the study is to find out the extinct recreational games played by secondary school students during the afternoon time in their locality.

1.3 Importance of the Study:

- To remind the recreational game for the preservation.
- To documentation of recreational game for future generation.
- To build the culture of recreational game in modern era to avoid mental diseases.



1.4 Methodology:

Subject: The secondary school student was the subjects for this survey study.

Area: Surrounding the secondary school area was selected.

Age: The age of the subjects ranges from 9 to 15 years.

Number of Students: The scholar has covered 4 secondary school locality & school area of Bhagwanpur-II block.

Class: Class VI to X boys and girls students.

Duration: The scholar collected the data in six week during the leisure time activity.

1.5 Limitation of the Study:

- The socio-economic status is considered as limitation of the study.
- The food habit of the secondary schools students considered in limitation.
- The daily life style considered as the limitation of the study.

1.6 Delimitation of the Study:

- The study is delimitation to Bhagwanpur-II block only.
- School location area covered by the scholar.

2. METHODOLOGY

In this the researcher have discussed about design of the study, collection of data, videography, photograph, interview.

For documentation, the researcher was taken photos, videos and some interviews with Bhagawanpur II block secondary school students. Finally, the researcher was set up a series of recreational games along with methods or procedures.

2.1 Design of the Study:

The survey study was designed to investigate the documentation of secondary school recreational games by the use of photography and videos and described accordingly.



2.2 Collection of Data:

The data are collected from all over the Bhagawanpur II block. The investigator covers all the regional parts of the Bhagawanpur II block.

2.2.1 Videography

The scholar has recorded of a performance by the secondary students by the use of a video camera.

2.2.2 Photograph

Photograph was taken for the documentation of the recreational game.

2.2.3 Interview

To confirm the name and method of the recreational game an interview with conversation was taken by the scholar.

3. SUMMARY, CONCLUSIONS & RECOMMENDATIONS

3.1 Summary:

The scholar has covered four different school's area in Bhagabanpur-II block of Purba Medinipur for the fulfilment of the survey study and identified 11 different recreational games, along with the methods and preserved through the geo tag photograph. The scholar has observed the students of different secondary school playing game as foot tennis, esti biti be fighting, rumal churi, pintu, tukka, kit kit, ball pass, baraf pani, bou basanti, abdul, kanamachi after the school time in different way along with their school friends and locality friends.

3.2 Conclusions:

- In Bhagabanpur-II 11 recreational game are identified in this survey study.
- The scholar marked some special time where the students playing recreational game with friends specially at 4.00 pm to 6.00pm.
- The scholar identified two types of recreational game according to availability of equipment the students are playing:
 - i. With equipment recreational game- foot tennis, rumal churi, pintu, tukka, kit kit, ball pass, abdul, kanamachi.



- ii. Without equipment recreational game- esti biti be fighting, baraf pani, bou basanti.

3.3 Recommendations:

1. All school should arrange one hour recreational game period.
2. Apart from school time the parents should allowed for playing recreational game.
3. The government take some initiated to take our sports culture through recreational game which is less expensive.
4. The society should aware regarding the about recreational game and arrange the local club, institution for avoiding hyperkinetic disease and modern era in the children.

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