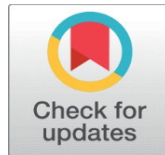
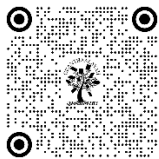


# A VALUE OF BADMINTON GAME IN HUMAN LIFE

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## ABSTRACT

In ancient times, food, clothing and shelter were considered basic needs for human life. Nowadays the most important part attached in basic needs changes that are the basic needs include health and education. Game is considered to be a unique element in human life because of it helps in maintaining physical balance, controlling heart and cardiovascular diseases, controlling diabetes, maintaining wellness, improving blood circulation, relieving fatigue and reducing lack of control. Individuals who participate in sports can balance physical and mental development, keep their health and strengthen their bones. As soon as the word game or competition is uttered, it is considered as a true sportsman who gets excited because the sportsman has certain qualities, such words, materials, field etc. are seen that the body is ready to play and a new spirit is created in them. Sports and competition play an important role in a person's life to achieve personal, academic, social and intellectual development of the athlete as well as physical health, mental abilities and social skills. Athletes are not only playing sports, but sports also help maintain a healthy body by improving cardiovascular fitness, strength and flexibility, reducing the risk of chronic diseases, improving physical parameters, developing qualities such as speed and agility, muscular strength, agility, and strength.

**Keywords:** Value, Games, Sports, Competition, Human Life, Player, Badminton, Disease, Post or Chronic Endurance and Performanace Etc

## 1. INTRODUCTION

The game of badminton involves movement of the entire body and improves vision, judgment, speed and velocity, and the ability to make quick decisions to response a particular situation. All over things are coming not only came from this particular game but like some components are definitely improve only in this game that's why the researcher came on this research paper topic. One of the important benefits of playing badminton is that it increases muscle strength which keeps the athlete or person strong and fit. Constant movement strengthens your muscles, and they grow into a perfect structure. Playing badminton strengthens a player's core muscles, the pectoris, the thigh muscle power and to fit the backbone and improve flexibility with lot of strength and performance. Due to the constant movement and hitting that occurs while playing badminton, these results in strengthening your heart muscles. Playing badminton improves the blood flow through your veins and increases the pumping capacity of the heart. Badminton lowers cholesterol levels and reduces the risk of heart attack or stroke. Badminton also opens up the blocked walls of the heart and helps increase

blood flow. Playing badminton helps to keep the stress hormones in the body at bay and is a healthy and relaxing habit. Stress has emerged as a pressing issue in recent times. Stress is something that helps you to make your body sick day by day. It reduces both your physical and mental capacity and makes you a living patient. But by practicing badminton as a daily sport, your body reduces stress hormones and increases happy hormones which make you happy and stress free. Looking at the situation after Corona, they are facing problems like sugar, BP, stress, digestive diseases or problems, cholesterol problem, obesity, increasing weight, thyroid etc. Having a good metabolism with a high metabolic rate is essential for a healthy life. Badminton is an active sport that makes you sweat from head to toe i.e. full body movement and helps or causes sweating in the body. Our body's natural sweat burns calories and flushes out toxins and helps in weight loss. Therefore, badminton is not the only game that solves the above problems, but this game helps to remove sweat and bad and toxic substances from the body by moving the entire body. An increased metabolic rate sustains your body and keeps you fit and healthy. Badminton sports involve a lot of movement and sweat, which flushes out toxins and fat from the body which reduces diabetes in the body. It is dangerous to eat a large amount of food in the stomach while playing, or it is necessary to eat food or essential ingredients at least four hours before the competition. Fasting is then done by the athlete and fasting controls the production of sugar by the liver and fasting lowers blood sugar.

## 2. OBJECTIVES OF THE STUDY

- 1) To find importance of Badminton.
- 2) To find importance of game Badminton in Human life.
- 3) To find which factors in Badminton game effects on Human body.
- 4) To find particular components which improve the stamina and performance of players through Badminton game.

## 3. RESEARCH METHODOLOGY

In this Research, To Describe Present situation in all over kind of human being so, Descriptive Methodology was used.

## 4. DISCUSSIONS

### Importance of Badminton

When playing a game of badminton can help you burn around 450 to 500 calories an hour from your body. The varied movements provide a powerful cardio workout by engaging the entire body, including the hamstrings, quads, calves and your core. While you're breathing, lunging, warming up, diving, running and getting your heart pumping you can do this activity but then from your body a lot of activity improve good things going on such as burn of calories, sweating, pulse rate, heart beat etc. Badminton is a form of physical exercise, which keeps the human body fit and healthy. Regular participation in this sport helps a person or athlete to improve stamina, agility and overall physical strength. Additionally, playing badminton helps reduce stress and refresh the mind, helping to improve decision-making.

02) Individual physical combat or an all-out Badminton game helps strengthen the heart and lowers my risk of bleeding. Playing badminton is also considered a moderate-intensity activity, so experts recommend at least 150 minutes of physical activity or playing badminton a week. So badminton is a good way to gain fitness and physical strength.

03) Badminton is a random sport that allows you to work on strength, coordination, joint mobility, physical alertness and flexibility. Regardless of whether you play recreationally or professionally, badminton is beneficial for your body and general health. So playing this game continuously is essential for health on every day.

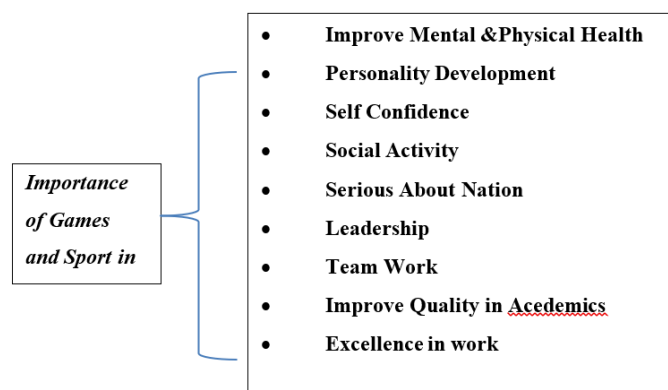
04) Particular components which improve the stamina and performance of players through Badminton game or sport as follows-

- |                        |                                  |
|------------------------|----------------------------------|
| a) Total Body Workout, | b) Heart Health,                 |
| c) Child Friendly,     | d) Improve good Behavior,        |
| e) Socializing,        | f) Mental Health and Well-being, |

- g) Reduce Health Risks, h) Self- Confidence,  
 i) Increased Life Expectancy, j) Flexibility,  
 k) Improving Mobility.

## 5. IMPORTANCE OF GAMES AND SPORTS IN STUDENTS LIFE

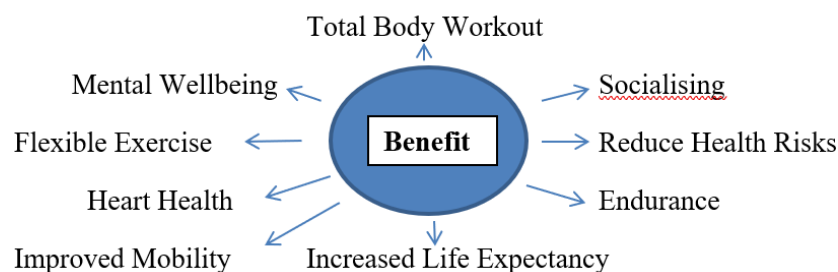
In the present scenario in India, academic achievement is highly valued and prioritized by parents. Parents believe that academic excellence is the key to their child's bright future. Performance in academics is paramount because from childhood he is instilled with anxiety about his future success without understanding the importance of sports or competition. As a result, children are encouraged from an early age to excel in academics, with sports being considered secondary. Because the environment of the game is not available to him or the game is only a means of entertainment or entertainment, it is misinterpreted and impressed on the minds of children. But this is wrong and if the importance of sports is given to the children at the right time, then there is children among us who work with the aim of getting an Olympic medal. If students are introduced to sports at an early age, sports in schools provide students with the necessary preparation to face life's challenges. They help to increase both physical and mental abilities and strengthen the child's body and mind. Make students strong and independent to reach their goals. The importance of sports is reflected in the numerous national and international sporting events held around the world, where athletes proudly represent their countries and perform in a way that enriches the nation and the human race. Playing a game of badminton every day reduces the risk of bone fractures. Back-and-forth movements of arms, legs, and hands help develop calcium matrix in your bones and strengthen bones. It also enhances the physical appearance, as the human body is only a skeleton and regular exercise gives it an attractive appearance.



## 6. WIN OR LOSS MOMENT KEEP A GOOD LESSON FOR LONG LIFE

Just as in sports, when there is competition with others, the player competes only for the sake of competition, and again, losing or winning, he shakes hands and maintains a relationship of love and affection, in the same way, social interaction and relationships are essential to life. A principle from competition that can be applied to personal development involves learning from failure and success. We can approach life with the same strategy and mindset we use in competition and create a bond of affection and love with the human race.

## 7. BENEFITS OF BADMINTON



## 8. RESULTS



- Badminton is not just a sporting activity but the health benefits of playing badminton are far reaching and sustainable.
- Several studies have found that badminton increases the heart rate and slows breathing, with a 23% risk of death for a regular player over 20 years.
- It gives you at least 2-3 years extra life than normal to add to that as a reward for your hard work.
- It is interesting to see the mental benefits of playing badminton. Most of the physical health benefits of playing badminton are obvious and predictable.
- But, playing a game that makes your brain feel good and happy is a rare case or example. But due to this game one can get rid of stress by coordinating between brain and body.

## 9. CONCLUSION

Since badminton is a fast game, it requires lightning reflexes both physically and mentally. Physically you have to decide to act from one to the other within seconds, mentally you have to ideally react and react accordingly. These quick reflexes improve the way you think and live in everyday life because when you are in the habit of making quick decisions by playing the game, you will make some mistakes but you will learn from your mistakes and improve your decision making. This benefit is seen in badminton as well as other sports but badminton seems to be more prevalent. Badminton being an active game, backhand smashing and forehand smashing requires high flexibility and strength in the player. By getting used to it, the goals of making your muscles flexible and strong can be achieved through this sport. Muscle flexibility helps you maintain a healthy smart life.

## 10. END NOTE

Badminton is not just a one-man game but a two- or four-member game. It is a healthy competition between the two members. You will either win or lose in this competition, but this competition shows that you are always ready to maintain good social relations. The advantage of playing badminton is that it is an outdoor sport that can be played as a fun pastime with your family or friends when you are together. It connects people and creates love, affection, intimacy in their relationship instead of drowning them in today's computerized world.

## CONFLICT OF INTERESTS

None.

## ACKNOWLEDGMENTS

None.

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