Impact of Indoor and Outdoor Games in Personality Development

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Abstract

Background: This study is about how gaming has been evolved over some time and what kind of changes gaming has had on the subject. Such studies not only help subject in understanding the importance of the topic but also in clarifying all the doubts they have in their minds. Games have been in there for quite a long time and have been misunderstood. Since early 1980's games have been used to help subject in their overall development. The main objective of this research paper was to understand whether games have helped in the development of a subject and what kind of games they prefer playing. Methods: The methodology used in this research by the researcher to obtain results is through a questionnaire given to the subjects. Conclusion: The researcher concluded from this study is that subjects have changes in their personalities while playing games.

Keywords: Games, Management, Personality development

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1.Introduction:
Games, be it virtual games/indoor games/outdoor games, what kind of effect they have on our lives. Individual have often heard that playing games can make students drift away from their studies and are making them lose track of what is going on, in the classroom as they are always busy thinking about the type of game/s they will be playing once they get back home. Well, in-fact the things mentioned above are true. But do you do know that games also help in understanding, increasing concentration, thinking outside the box, being creative, etc. These are some of the things, games are not known for. So, let's try to dig more into it by understanding what are the different aspects that have been improved by while playing games at home or outdoor.

Now the main question is that do games help in the education and overall development of a human being? This question will be answered in the topics covered in this paper. But how are games and overall development of an individual are correlated? Certain things can never be avoided by the individuals, because they are so into gaming now-days that, it all they think about. Normally, an individual would like to get himself/herself engaged in a game more often than for a couple of hours, but what happens when he/she can't get out? When he/she are made to sit at home and not by their will? During this pandemic, individuals are made to sit at home and that too completely against their will, but then what can do, while sitting at home? How can they get themselves engaged in doing something which they like or something that will help them grow? They are only left with playing games. Individuals, should not kick out the possibility that games can be of several types which include board games, video games, and outdoor games. But can individual go out during this pandemic and play outdoor games? Well, the answers to that question are YES! Jogging, running, and walking may seem like a normal exercise but then they are sports in themselves. They are a type of game that does not involve any other person to be around. So, yes students, teachers and parents can still play games irrespective of the situation.

Using games as a medium of understanding and improving your understanding and concentration have proved to be effective by various studies world. It doesn't matter where
individuals playing the game (indoor/outdoor/video games) but all that matters is that whether or not it has improved individual's understanding, concentration, competitiveness, skills, etc. while playing games. Games which had a major impact on the individual in developing their personality were the sports games, board games and physical activities. Building a character of students through is important because that will help students in better understanding and bring competitiveness in them, to shine\(^{(2)}\). Focusing more on the competitive aspect of nature and developing students in every form is yet important and helps them to grow in every way.

Moreover, everyone should also focus on understanding the need of the sport as games as sports would make a student think otherwise and be more creative in his or her outcome. In this research paper, you will get to know through the survey which has been conducted that individual have become creative while playing games and sports. Games help in finding out the best in you by making you capable of thinking out of the box\(^{(3)}\). Games have always impacted individual, irrespective of age. Currently, live in an era where the individuals thinking about playing games that are making them do things that they normally won’t and can think out of the box. Games aren't only helping students in their studies but also individual who are working, they can think of doing things which they would normally. Therefore, games have proven to be of immense benefit to individual of all age groups and gender.

When individual talk about the mentality of a student when it comes to studies, universities, and schools have started virtual games or simulations are proving beneficial to individual in their long run and what are they able to infer from that\(^{(3)}\). Talking about games, individual generally think of it from the entertainment purpose. But what are the other aspects of the same? Do they help in overall development as well such as hand-eye coordination, balancing, concentration? The answer to all those questions is yes\(^{(4)}\). Therefore from this, individual can see that games have a positive impact on individual. But what kind of games are most useful when it comes to these scenarios? The answer is Sports games. Games like FIFA, NBA, NFL, Cricket, etc. Sports games, in particular, helps in all these aspects because a person tends to be more engaged and more competitive as those are fast-moving and individual have to pay attention to every other thing which is happening\(^{(3)}\).

Therefore, these games which a person plays have somehow proved to be good in some way or the other. Games can bring a lot of change in humans. And not only in studies but also at the managerial level. Individual in universities and schools are being given to play simulation games which have further proved to be of benefit when they go outlook for jobs and try to implement what they have learned by means okay a simulation games.

Now looking at what authors have to say about what they think that whether or not games are helping in developing of individual or not. Let’s look at what the authors of different journals have to say regarding the topic. Educating students through sports has helped them in character building, grasping the opportunity that came their way, finding new ways to do things to gain knowledge, and leading from the front. Therefore, students are now being more active when it comes to participating in games and physical education, as it is helping to be the leader whenever any task has been assigned to them and also in a better understanding of the other individuals\(^{(5)}\). There are multiple ways of finding out as to how can the studies of the authors prove to be beneficial, another way of finding out was by examining 25 preservice teachers that those teachers are performing above average, they are committed to the task assigned to them and also they can showcase their creative skills\(^{(1)}\). Specifically talk about the types of games that are being played by an individual which have been proving good for them are sports games such as NFL Madden, NBA Live, FIFA so on, and so forth. These games have not only increased the participation of the individual and athletes but have also helped them in their off-field training because of the realistic experience they have\(^{(5)}\). Also, some studies prove that games aren’t only for entertainment but also impart knowledge/skills such as concentration, hand-eye coordination, and balancing. This has helped students to understand and pay more attention during classes and to do any task using those skills which he/she has acquired while playing video games\(^{(4)}\).

Games are not only used at homes but also several universities are using them for testing and analyzing, how these games are proving good for the individual when it comes to learning. According to the results, it was found that individual who lies the bracket of 18–41, it showed immense participation and engagement from that bracket irrespective of age or gender\(^{(5)}\). And if we look into how games will help in building certain things or skills in an individual a researcher can

say that gaming helps in building motivation. There are majorly six subscales which are intrinsic motivation, integrated regulation, identified regulation, introjected regulation, external regulation, and amotivation. Gaming motivation has helped individuals in all these aspects of their life. Also, they have touched upon the topic where they have talked about the need for a multidimensional scale for the development of research papers or articles related to gaming motivation.

But now let us look at the process and method, students would not only like to play games to help them making their skill better but also certain simulations too. Simulations can help in the developing every student when it comes to making decisions in the managerial level, by giving them certain tasks and accounts by dividing students into group of four and five depending upon the class strength and asking them to manage the scenario with the amount of money they have been allocated. Simulations can be in the form of games that allow students to play a particular role, in a game. Playing online games which are role-playing games helps in the development of the individual. They looked at two major role-playing games which are Defence of The Ancients (DOTA) and Heroes of Newerth (HON). These games have particularly impacted individual in various aspects name leadership, behavioural, linking, etc.

Coming to how games help in a person in his life would be when an individual is given chance to play games which majorly focusses on organizational development that lets individual access and give them a chance to analyze the current condition of an organization and how it should be according to them. Such real-life analysis helps individual in developing good and effective organizational behaviour, improvements in their quality and efficiency of their work, and its process. Everyone should not look at the development of an individual from the way of what kind of games he/she plays. Individual will play different types of games now and then, therefore to look at how an individual has developed while playing a game is through validated taxonomy and robust measures which will prove to be a bridge between what kind of game a player is playing and what kind of development a player is having.

The main objective of this paper is to find out whether Games helps in the education and overall development of an individual, irrespective of the age. With the responses, the researcher have collected to conclude this research, the researcher will find out what are the benefits of playing games(indoor/outdoor/video). Such studies would help in better understanding of the topic for individual and what do they think about the topic in general and how it has helped them in any way possible or not.

Therefore, these games which a person plays have somehow proved to be good in some way or the other. Games can bring a lot of change in humans. And not only in studies but also at the managerial level. An individual in universities and schools are being given to play simulation games which have further proved to be of benefit when they go outlook for jobs and try to implement what they have learned by means okay a simulation games.

2. Material & methods:

2.1 Selection on Subjects

Subjects were selected at random. The total number of subject that was selected was 72. Selecting such random samples/subjects would help the researcher in understanding what a subject thinks about the topic and how it has helped them be it in their life, education, work, etc.

2.3 Data Collection

A questionnaire was used for this research paper to collect data. A questionnaire was given to subjects through emails and text messages. Also, games have been broadly divided into three sections, which are Indoor Games, Outdoor Games and Video Games.

Questionnaire format allowed the subjects to take more time to answer a particular question according to their preference. In such a method, subjects are being tested on their own on choice and question themselves as to what they think is suitable and how that question makes them think about their knowledge. Reliability of such collection of the method is more as authentic as subjects tend to take their time to answer a particular question which provides the researcher with an insight about the thinking or a subject. Therefore, for this research, the research got an insight into subjects as to what they think about games and how it has helped them in gaining certain knowledge.
The data collected was looked at and was divided into two main categories Indoor Games (board games and video games) and Outdoor Games (Sports activities). Such classification was needed to see whether or not there is any significant difference between the two. To find out whether there was any difference, the software was used. The first author set certain standards and levels on which the data is looked at. Such sorting, categorizing, and setting up the standard, made it easy for the author to get the desired for the research and was able to conclude and after looking at the results and discussions.

2.4 Statistical Technique

The statistical technique that is being used in the research paper is Chi-Square Test (Goodness of Fit), wherein the level of significance is set at 0.05. SPSS version 24 has been used for statistical analysis.

3. Results and Discussion:

<table>
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<tr>
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<th>Chi Square Value</th>
<th>Sig Value</th>
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<tbody>
<tr>
<td>Concentration and attention to detail</td>
<td>6</td>
<td>0.01431</td>
</tr>
<tr>
<td>Concentration and competitiveness</td>
<td>0.2</td>
<td>0.6547</td>
</tr>
<tr>
<td>Attention to detail and competitiveness</td>
<td>0.09091</td>
<td>0.763</td>
</tr>
<tr>
<td>Understanding</td>
<td>0.4</td>
<td>0.5271</td>
</tr>
</tbody>
</table>

From the above table it can be seen that the data is satisfying all the needs and conditions of the test. Previous studies which were conducted, were conducted with the mindset of subjects from a particular organisation, college, school, etc, whereas the study conducted by the research was conducted with respect subjects who are from various fields, hence providing a diverse up to date thinking of subjects. Looking at the results obtained from the above table we could infer the following:-

Concentration and attention to detail: One of the impact games caused on subjects was to improve their concentration and attention to detail, in every other aspect of life, as form the above table we see that effect size is 0.5 and sig value is 0.01431. This indicates that the magnitude of the difference between the observed data and the expected data is large.

Concentration and competitiveness: Second impact games had on the subject was that their competitiveness increased with respect to concentration. As they were able to concentrate on the major things their competitiveness also increased. The sig value is 0.6547 and effect size is 0.2, with the Chi square value 0.2

Attention to detail and competitiveness: Third and foremost thing which was affected majorly because of the impact which games caused was attention to detail and competitiveness with Chi Square value 0.09091, Sig value 0.763 and effect size 0.091

Understanding: Last but not the least, understanding, as it has a Chi square value of 0.4, Sig value of 0.5271 and effect size of 0.2.

Also we can see from the interpretation given in the above table is that concentration and attention to detail which had a major impact because of games is a strong data set as it indicates that the difference between the observed data and the expected data is large, wherein the next three the difference is small between the observed data and the expected data which clearly indicates that the data set for all the particular things were weak, as something which was impacted the most was concentration and attention to detail because of games.

What has been found out from the results is that sports have helped people from different age groups in building their character and grasping the opportunity that comes their way as they find...
new ways to do things to gain knowledge, which has been rightfully said by\(^{(2)}\) in their research paper, that people are being benefitted from sports especially students.

When inquired approximately how sports or diversions have made a difference subjects who are working they said that their attentiveness has increased. Subject begin performing over normal when they play recreations or play any game\(^{(3)}\). Besides, looking at the impact of video recreations within the current era. The researcher can say that it has been monstrous as subject are taking more interest and becoming more competitive in their life. Yes, it is right that computer diversions do influence scholaticaccomplishment.

Presently talking around how diversions have made a difference in expanding inspirations from the test collected through the essential strategy, subjects were inquired to address as to what do they think has moved forward the foremost? The larger part of the answers the researcher got were understanding, attention to detail, competitiveness,concentrationetc. The research cannot deny the truth that video diversions do offer assistance in expanding certain variables and inspiration is one of them\(^{(6)}\).

At the time a subject can converse around administration, there are certain diversions, which do bring an alter in a way a subject is being considered. Such re-enactment of diversions and giving real-life encounter to subjects through recreations have made a difference in subjects as it parcel in displaying their authority qualities. Agreeing to\(^{(3)}\), they have clearly expressed that authoritative quality were being influenced and subjects are progressing towards improving their administration aptitudes.

Also, diversions have not been a fair source of amusement for us from early chilhood, but have moreover made a difference in forming ourselves in a way or the other. Concurring to the researcher, subjects have been able to exhibit their abilities which they procured from playing recreations.

Therefore, subjects shouldn’t see at diversions a fair mode of amusement but moreover as a ghost which would offer assistance to them, in creating certain ability, that would assist them in their every day lives and making a difference to them by having distant and a much better and a higher and stronger but an improved understanding of themselves and assessing themselves to bring about any sort of changes in their lives.

4. Conclusion:

The objective of this study was to find out how has the games impacted the individuals in their personality development. There were several responses which the researcher received from subject and barely any of them had anything in common. Moreover, from the responses received from the subject they mentioned that it had helped them in various ways, as games weren’t just a mode of entertainment for them. 3 things which were improved when they played games and those were: Competitiveness, attention to detail, and concentration. Researcher concluded, that subject are being benefitted and are gaining knowledge and understanding things through games irrespective of the fact whether they are playing an indoor game or a video game or playing an outdoor game. Thus, games are helping subject in overall personality development of subjects.

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**References:**


