

**INFLUENCE OF RECREATIONAL ACTIVITIES ON PHYSICAL
FITNESS VARIABLES****YENUMULA MANI KUMARI, DR. SANJEEV KUMAR GUPTA**DESIGNATION- RESEARCH SCHOLAR OPJS UNIVERSITY CHURU RAKJASTHAN
DESIGNATION- ASSOCIATE PROFESSOR OPJS UNIVERSITY CHURU RAKJASTHAN**ABSTRACT**

A person is considered to have a disability if they are unable to execute a function that is considered to be typical for that person in the general population (based on criteria such as age, sex, and social and cultural context). The term "disabled," who is often used to refer to these individuals, simply means "differently abled." The World Health Organization (WHO) defines the term "disability" as "an umbrella concept, covering impairments, activity limitations, and participation restrictions." The term "disability" may be broken down into a number of different primary sub-categories, some of which are as follows: Impairments, both physical and mental, that may make it difficult or impossible for a person to carry out the activities required of him on a daily basis. The word "Deaf" is widely used to describe those who have any degree of hearing loss, no matter how little, as well as those who are unable to use their auditory organs to detect even the loudest noises. It is difficult to establish a clear distinction between the hearing and the deaf at any one time. Long while it is true that many deaf persons may legitimately be labeled "stupid" even after they are supposed to have learned to talk, "dumbness" in the conventional sense that we interpret the term does not exist. This is because deafness prevents the brain from processing sound.

KEYWORDS: Recreational Activities, Physical Fitness Variables, social and cultural context, World Health Organization

INTRODUCTION

The most fundamental need for human motor activity is the possession of these five motor abilities in both their most basic and most complex forms. Because of this, these talents play a significant part in the degree to which athletes are successful in each and every sport. Maintaining or improving one's level of physical condition or fitness is one of the primary purposes of participating in sports training. Enhancing an athlete's performance is the purpose of participating in physical training. There are several factors that might affect an athlete's performance in their sport. The ability of a sportsperson to perform, which may be broken



down into five distinct categories of factors, is the primary factor that determines how well he or she competes. Consequently, the primary benefits of regular physical activity consist of all of these characteristics. Both the constitution and the physique are almost totally controlled by genetics, making it impossible for training to alter either one. But physical fitness or condition, technical skill, tactical efficiency, and knowledge are all things that may be learnt to a greater or lesser degree depending on the situation. As a direct consequence of this, the aforementioned four aims are often considered to be the purposes of sports training. The basics of training haven't changed all that much over the years, but the systems on which they are constructed are now more complex and science-based, which necessitates training that is both longer-lasting and of a better quality.

Psychology is the study of thought and behavior. the traits of a person or group that are mental or behavioral. The examination of the human mind and behavior in connection to a certain subject or activity.

Psychology is the study of feelings, thoughts, and both conscious and unconscious events. It is a field of study with broad application. Psychologists seek knowledge of the brain's emergent qualities and all the other events connected to those emergent properties, joining the larger neuroscientific community in doing so. As a social science, it seeks to comprehend people and communities by formulating broad concepts and investigating particular situations. A professional practitioner or researcher in this discipline is referred to as a psychologist, and they might be social, behavioral, or cognitive scientists. While simultaneously examining the physiological and biochemical processes that underpin cognitive functions and behaviors, psychologists work to understand the role of mental processes in social and individual behavior. Psychology examines attitudes and actions as well as mental functions such as perception, cognition, attention, emotion, intellect, subjective experiences, motivation, and brain function. This includes interpersonal interactions, such as connections with others, as well as psychological and familial resilience and other areas. Diverse perspectives on psychology take into account the unconscious mind. To infer causation and correlation links between psychosocial variables, psychologists use empirical approaches. Some people, notably clinical and counseling psychologists, sometimes use symbolic interpretation and other inductive approaches in addition to, or in opposition to, using empirical and deductive methods. Psychology has been referred to as a "hub science" since social sciences most often draw directly from sub-disciplines within psychology, while medicine prefers to draw psychological studies through neurology and



psychiatry. While psychological knowledge is often used to diagnose and treat mental health issues, it is also focused on comprehending and resolving issues in a variety of human endeavors. According to many views, psychology eventually serves society. Most psychologists work in clinical, counseling, or educational settings and play some kind of therapeutic function. Many work in university psychology departments or teach in other academic contexts, doing scientific study on a variety of subjects relating to mental processes and behavior (e.g., medical schools, hospitals). Some work in businesses and organizations, while others work in fields like forensic science and other branches of law, human development and aging, sports, health, and the media.

The most efficient kind of training is one which involves movement of the body. These types of physical activities may be grouped into one of three categories: general, specialized, or competitive. The load is determined in a more accurate manner by doing various exercises. The term "physical fitness" refers to a state of health and well-being, and more specifically, the ability to participate in certain activities that are connected to sports, occupations, and day-to-day life. Diet, exercise of a moderate intensity, and enough rest are the three essential components of a physically fit lifestyle. A person's fitness level was formerly thought to be measured by their ability to do all of the day's activities without getting too weary. Physical fitness, on the other hand, is viewed as a measurement of the body's capacity to perform effectively and efficiently in work and leisure activities, to be healthy, to combat hypokinetic disorders, and to deal with emergency situations as a result of changes in lifestyle brought about by automation and other factors.

Fitness may refer to either the state of being fit or the quality of having the condition of being fit. The phrase "fitness" became much more common in Western slang around the year 1950, increasing its use by a factor of ten. This may have been a reaction to the Industrial Revolution and the aftermath of World War II. The present definition of fitness relates to a person's or a machine's ability to carry out a certain job, or, more generally, to a person's capacity to adapt to a variety of settings. This definition of fitness has been around for quite some time. The global markets for fitness and fitness equipment have been boosted as a result of the correlation that exists between physical attractiveness and physical fitness. Possessing significant aerobic or anaerobic skills, such as strength or endurance, is one definition of fitness. When it comes to a specific role, fitness is described as having these qualities. When compared to a program that focuses on only one aspect of physical fitness, such as weight

training or cardio and respiratory endurance, a fitness routine that is well-rounded improves a person in all aspects of physical fitness.

1The Physical Health Benefits

- (a) “Decreases Obesity”
- b) “Diabetes”
- c) “Osteoporosis”
- d) “Reduces Risk of Chronic Illness”
- e) “Cancer”
- f) “Heart disease”
- g) “Strengthens Immune System”
- h) “Raises Expectancy of Life”

The Mental Health Benefits

- 1) “Fights Depression”
- c) “Stress Relief”
- “Improves Life Quality” (Criteria)
- d) “Self-Esteem”
- g) “Spiritual and Personal Development”
- g) “Life Contentment”

The Social Benefits of Recreation

- a) Helps to Construct More Stable (Communities Helps Lower Crime Rates, Boosts Volunteerism, and Advances Stewardship Efforts)
- b) Encourages the Development of Social (Connections Brings Families Together, Promotes Cultural Diversity and Harmony, Offers Support to Those Living with Disabilities, and Offers Support to Senior Citizens)

c) Encourages the Development of Youth Encourages the Development of Youth, Enhances Education, Deters Negative Behaviors, Decreases Drug and Alcohol Use, and Early Sexual Activity, and Contributes to the Prevention of Crime

According to research published in 2008 by the United States Department of Health and Human Services, persons with disabilities engage in less physical activity than those without impairments, despite the fact that both groups are at risk for the same chronic health problems. People who already have a disability have an increased risk of developing additional impairments, known as secondary impairments. Disorders in the areas of medicine, society, or the emotions are all instances of secondary ailments. Many of these conditions, including weariness, obesity, and social isolation, among others, have the potential to be alleviated or healed with changes in physical activity.

Muscular Strength:

The maximum amount of force that a muscle or muscle group is able to produce in a single workout session is what we mean when we talk about muscular strength (Kenny, Wilmore, & Costil, 2015).

1.9. 6 Flexibility:

Flexibility may be defined as the ability to move joints effectively over their whole range of motion, as well as the range of motion that a joint or set of joints are capable of moving through. Activities such as yoga and tai chi are great examples of flexibility training exercises that may be utilized to stretch the muscles. By improving your flexibility, you may find that your day-to-day movement is less uncomfortable.

According to the study on the relationship between physical activity and health that was compiled by the United States Surgeon General, flexibility is defined as "a health-related component of physical fitness that corresponds to the range of motion available at a joint."

This suggests that the range of motion (ROM) or degree of flexibility of each joint and group of muscles in your body may be different from one another. You may notice that your muscles are tight and constricted in some areas of your body where there is likely to be a great deal of stress. It's possible that in certain areas of your body that feel particularly flexible, you'll find that some muscles are easier to stretch and move than others.

1.9.7 Cardio Vascular Endurance:

The ability to work out for a prolonged period of time without getting too fatigued as a result of healthy heart, lungs, and blood vessels is referred to as having cardio vascular endurance (CV). A few examples of different forms of exercise are brisk walking, jogging, dancing, running, and riding a bike. Swimming over long distances is a great exercise for your cardiovascular system as well as your stamina and endurance muscles. Medical Corps The ability of your heart, blood vessels, and lungs to pump oxygen-rich blood to your working muscles while you exercise (do an aerobic activity like walking, jogging, cycling, or playing a sport) for an extended period of time or for more than 90 seconds is what is referred to as cardiovascular endurance. While you are at rest, both your heart and lungs are able to perform at a higher level, which may lead to a better lifestyle and a longer life. I hope this information was useful and that you enjoy being active.

It is the capability of the cardiovascular system to provide oxygen for energy and the ability to sustain strong large muscle activity for an extended period of time. Cardiovascular endurance is also known as cardiovascular capacity. If you can improve the capacity of the muscles to extract oxygen from the circulation in order to generate more energy, you will experience an improvement in your cardio-vascular endurance.

1.9.8 NASM Elite Trainer

The term "cardiovascular endurance" refers to a person's ability to keep their heart and respiratory rates elevated for an extended period of time. There are many different ways to accomplish this goal. I find that cross training, in which I perform a number of different exercises in the span of an hour in order to improve my strength, flexibility, and stamina, is the activity that I enjoy doing the most when it comes to getting all of the benefits of good exercise, including the benefits to my CV. The part of Samina's resume that calls for the collective attention of all of us.

1.9.9 Howard Sichel Physical Therapy

The ability to keep one's heart rate and breathing rate raised for an extended period of time is what's meant by the term "cardiovascular endurance." You may improve your cardiorespiratory endurance by participating in consistent activity that lasts for a significant amount of time. The cells of the body will be able to work to their maximum capacity if there is an increase in the availability of oxygen to the cells. In addition, since the heart is a muscle, engaging in cardiovascular exercise allows it to enlarge and get stronger, which in turn

enables it to pump more blood with each beat. If more blood is pushed out with each beat, then the heart does not need to beat as rapidly or consume as much energy as it would otherwise. Organization known as the National Academy of Sports Medicine.

1.9.10 Body Mass Index (BMI):

The Body Mass Index should only be used as a general tool to assess whether or not a person's weight is healthy for their body. In a nutshell, the body mass index (BMI) gives the impression that men and women of average heights and levels of activity will have "normal" body weights. a measurement of body density that is derived from the ratio of an individual's body weight to their height. $BMI = \text{weight (kg)}/\text{height (mt)}^2$. The Body Mass Index and Body Fat Have a Correlation (ADIPOSE TISSUE). Their dynamic is different depending on factors such as age and gender. The Body Mass Index (BMI) ranges for adults are as follows: below 18.5 (underweight), 18.5-24.9 (normal), 25.0-29.9 (overweight), and 30.0 and above (obese). (As reported by the Centers for Disease Control and Prevention and the National Center for Health Statistics)

"NATIONAL PERSPECTIVE OF DISABILITY"

Laws in relation to Persons with Disabilities, 1995

One of the most significant laws in India to deal with the idea of "disability" is called the People with Disabilities Law 1995. This legislation was only passed with the stipulation that it would safeguard the rights of individuals with disabilities while also providing equal opportunity to those with impairments.

The meaning of the word "disability" is laid forth by the Persons with Disability Act of 1995, Section 2 (T), from a strictly medical perspective. According to this definition, a person is deemed to have a disability if they suffer from at least forty percent of any disability and are also certified as such by a medical authority. In other words, a person is considered to have a disability if they meet both of these requirements (notified by any hospital or institution designated for the purposes of this law by the competent government) If a person has one or more of the following criteria, then they are classified as having a handicap: I am legally blind; II have severely impaired eyesight; III have recovered from leprosy; IV have hearing loss; V have trouble moving about; and VI have mental retardation (vii) Illnesses of the mind The Autism Spectrum Disorder (ASD), Cerebral Palsy, and Numerous Impairments Act of 1999 (also known as the National Trust Act of 1999) are all pieces of legislation that

recognize the disorders of autism, cerebral palsy, and multiple impairments as qualifying as disabilities. Nevertheless, in accordance with this regulation, both the word "disability" and the phrase "people with disabilities" are subject to their very own individual sets of limitations. It is quite difficult to find and measure the number of people who are living with a handicap in a country with a population density as high as India's. India has a population of 1.25 billion people. According to the legislation, the vast majority of persons who have disabilities are oblivious to their rights and benefits, and they make no attempt to get the disability certificate that must be obtained from a physician or other competent authority (NTA, 1999).

1.13 THE CONCEPT OF DISABILITY

A person is considered to have a disability if they have any persistent decrease or impairment in their capability, whether it be physical or mental. Any kind of physical injury, mental sickness, intellectual incapacity, or diminished use of the sense organs might be connected to the insufficiency. It is possible for a person to have it from birth or develop it later in life. It limits an individual's ability to participate fully in a variety of aspects of life and prevents them from making optimal use of their physical structure and functions. It is essential to do an in-depth research on the topic, despite the fact that establishing a definition of impairment is a difficult undertaking that is also fraught with contentiousness. According to Black's Law Dictionary, inability is defined as the absence of the legal competence to carry out an act (Berkin, 1985).

"Disability" is defined as "an umbrella term encompassing three dimensions:

physical structures and function; personal activities; and Engagement in society," according to the second edition of the International Classification of Impairments, Disabilities, and Handicaps (ICIDH-2). "impairments of function and impairments of structure," "activities," [i.e., the nature and extent of an individual's functioning as a result of impairments], and "participation," [the nature and extent of a person's involvement with life situations] are the terms that are used to refer to these aspects of health-related experiences, respectively.

When seen from a more holistic perspective, the definition of disability that was provided by the United Nations seems to be quite comprehensive in its meaning. There are several categories of impairment, including the following:

A disability of the eyes,



A handicap of the ears (deafness),

A disability of the speech (dumbness),

A disability of the mind,

A disability of the body.

According to this definition, a disabled person is "any person who is unable, completely or partially, to assure for himself or herself the needs of a normal individual and/or social existence in his/her physical or mental capacities".

Hearing loss and deafness are both included in the category of impairments that are referred to collectively as deafness; nevertheless, the legal definitions of hearing loss and deafness are not identical to one another. Hearing loss is described under the Education for Persons with Disabilities Act (IDEA) as "hearing loss, whether permanent or changeable, that adversely affects a child's academic performance." This definition includes both temporary and permanent hearing impairments. On the other hand, hearing loss is not considered to be part of the condition known as "deafness." In order to have a thorough knowledge of the idea of deafness, it is essential to have an awareness of the several types of hearing impairments that are grouped together under the umbrella term "hearing loss." Hearing loss that is more than or equal to 90 dB is often considered to be under deafness, whilst hearing loss that is less than or equal to 90 dB is considered to be hearing loss.

CONCLUSION

The purpose of this study was to investigate the effects that deaf and dumb kids' participation in leisure activities have on their mental and physical health. According to research published in 2008 by the United States Department of Health and Human Services, persons with disabilities engage in less physical activity than those without impairments, despite the fact that both groups are at risk for the same chronic health problems. People who already have a disability have an increased risk of developing additional impairments, known as secondary impairments. Disorders in the areas of medicine, society, or the emotions are all instances of secondary ailments. Many of these conditions, including weariness, obesity, and social isolation, among others, have the potential to be alleviated or healed with changes in physical activity. Children and adolescents with disabilities who participate in physical activity have a higher risk of becoming inactive compared to their counterparts who do not have



impairments. Young individuals with disabilities should learn the types and levels of physical activity that are appropriate for them by working together with their healthcare practitioner to determine what is best for them. It is important that disabled children and adolescents follow the Guidelines whenever and wherever it is possible to do so. Young people should be as active as they can and steer clear of inactivity even when they are unable to participate in the kind of physical activities that are advised for their age group.

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