



**BENEFITS OF PERSONALITY DEVELOPEMNT AND
PHYSICAL FITNESS THROUGH THE GAME OF
BALL BADMINTON:A BRIEF REVIEW**

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ABSTRACT

Ball badminton is a native Indian sport and is a gift from the British. Ball badminton was one of the games played by British when they were in power in India. The main game in India is played in south India. The game has attracted many players from southern in India. Playing this game has a positive effect on the players and their physical fitness, the game now gaining recognition globally. It is great body toning workout it involves a lot of physical activity between the running lunging divide and wall hitting playing this game burns fat and increase fitness of player. It frequently can help increase level of physical fitness playing the game improve coordination flexibility and balance because of the agility. Ball badminton from physical fitness it helps to reduce stress and anxiety as with all forms of physical exercise. It can reduce health problem such as high blood pressure diabetes and obesity. Playing this game keeps your intelligent sharp and process positively with great power comes.

Keywords:-Ball Badminton, , Players, Benefits, Physical Fitness, Personality

1. INTRODUCTION

Every sport is a good for human health and their physical fitness. God gives us positive positively life and everyone should be take benefit from them. Ball badminton originated in India and in a gift from the British, according to some Scholars this game originated in India, countries ago and was later spread to England and then to other parts of the world. Ball badminton is a racket game, played with yellow ball made of wool, on a court of fixed dimensions divided by net. The game was played an early an 1856 by Royal family is Tanjore in Tamilnadu, India. It enjoys the greatest popularity in India. Ball badminton is a combination of speed in rallies and endurance to allow sustained efforts and to promote recovery between 'rallies. Great strength, agility, power, flexibility, are also required all of these fitness. Component should form part of players fitness (Reddy, 2012).

1.1 Nature of Ball Badminton Game

Ball badminton game originated is Tanjore, in Tamilnadu. It became popular commanding the interest of the Maharaja of Tanjore. The game has attracted many players from southern India. Previously ball badminton was an attractive game for ruler boys. Since is required a minimum of equipment. The game drew eloper number of student from South India, result in the formation of the ball badminton federation of India in 1954 (**BBF Website-2010**).

These are benefits common to all Sports. Ball badminton in the perfect sport for health enthusiasts and one heading in that direction, playing a sport has a lot of benefits and two of them in that increase your endurance and stamina. You Gets it as you play and as you need and opponent or a partner there's a highly social element, which creator commitment two playing and a feel- good factor afterwards, ball badminton in is a game in which you struggle hard to get stamina better than a football player hand stronger than a volleyball smash, core strength more than a basketball player, wrist strongest than squash player and agility higher than a table tennis player.

It is fun and exciting sport to pick up if you're looking for an activity that boosts your physical mental, and social aspects of health.(BBF website,2010).There are benefits common to all sports. Ball badminton is the perfect sports for health enthusiasts and one heading is that direction, playing a sport has a lot of benefits and two of them is that increase your endurance and stamens, you get fitter as play, and as you need and opponent or a partner threes a highly social elements. Which creates commitment of playing and a feel- good facture afterwards? Boll badminton is a game is which you struggle hard to get stamina better than a football player hand stronger than a volleyball Smasher, core strength more than a basket ball player ,wrist stronger than a squash player. It is fun and exciting sport to pick up if yours looking for on activity that boosts your physical mental and social aspects of health (**BBF website,2010**).

1.2 Advantages of Ball Badminton

There are so many benefits from the ball badminton and they are good for player personality and physical fitness.

1.3 Good physical fitness

Ball badminton is great body toning workout it involves a lot of physical activity between the running lunging divide and wall hitting playing ball badminton burns fat at approximately 500 calorie per hour in feet 2 to day match professional players run the equivalent of 1 mil so if you start playing ball badminton roughly can help you shade as much as four closing month because of its fat burning and metabolism boosting quality badminton help you to control your weight (**Singh,2001**).

1.4 Develops athleticism

The another benefits of ball badminton increase the speed improve reflex dividing the level of athleticism in the body weighing ball badminton frequently can help increase your level of physical fitness playing the game improve coordination flexibility and balance because of the agility that's required to am correctly and moved to the heat the bride when it comes to your side and the course (Singh, 2005).

1.5 Social health remains good

You cannot play ball badminton on your own you will need at least one upon and but you can also play with a team mate and two other opponent's the social interaction of the game will result in positive feeling after the season on the court it will give you a reason to interact with other people of course it takes more than 1 game to get all of which benefits you have to roughly play the game of you to notice the improvement when you are playing at the ball badminton courts make sure you are having fun with other players. (Siddhartha and Yenyan, 1986)

1.6 Physical benefits

Ball badminton from physical fitness it helps to reduce stress and anxiety as with all forms of physical exercise badminton can reduce health problem such as high blood pressure diabetes and obesity if you are someone who has a very busy routine and the result in excessive trace then you need to square 15 to 30 minutes of your daily time and play ball badminton it is a very in Ten Sport and physical exertion the extra physical activity helps to keep your mind relaxed and unlimited trace on your body (Kamlesh,1991))

1.7 Improve in intellectual ability

Playing ball badminton keeps your intelligent sharp and process positively with great power comes great responsibility and with the ball badminton you will develop lightning need quick reflexes ball badminton is the fastest sport and hence you need to respond quick you need to quickly Swift to reach the shuttle and mentally a guide to work out where to move written it and how so hit it so we the combined agility of mind and body will advance your ability to process throw and accurately e develop a plan of action both on the off the course the fact that one needs to response quickly requires high level of contraction (Grice, 1996).

1.8 Gets inspiration and encouragement

Ball badminton play must play not only with their hands but also the their brains Denis study to weakness of the opponent then it to comes out with the right strategy to heat the opponent's therefore the keep exercise their brain and the will make players to keep send most of the time as a result of all the health benefits ball badminton is for you will have a letter sleep you will feel more as you and perform better of your daily tasks moreover being physically fit and having highly brain function will help you focus better than feel good all the time (Gold, 2016).

2. CONCLUSION

To conclude there are so many good impact and benefits of the sport badminton from building strength balance coordination to improving fitness and reducing the risk of illness therefore if you are looking to get a great workout that is both fans and optimize your physical and mental performance its perfect time to start playing ball badminton.

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