

Promoting Indigenous Games: Urgent Need of the Society

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ABSTRACT

For everyone of us, growing up has always included wonderful times spent playing games. We joyfully recall our early years spent without electronics and playing games. Playing a sport is a fantastic way to meet new people and stay in shape. Playing games is an essential aspect of growing up. Kids can engage in recreational activities on the common spaces of their homes or in schoolyards. Every family should have access to games. It is recommended that parents teach their children how to play Indigenous Games for approximately thirty minutes.

Indigenous Games:

Games that have been played for generations and passed down from one generation to the next are referred to as indigenous games. These games often require physical activity, social interaction, and the use of imagination and creativity. Indigenous Games, a common childhood memory of many generations, people are gradually fading in modern society. The majority of the games are played on holidays and significant occasions. They test people's physical and mental capacities and call for a large number of participants.

One of the greatest advantages of indigenous Games is the social aspect they offer. Many indigenous games require multiple players, which encourages face-to-face interaction, communication, and cooperation. Playing indigenous games with friends and family can create lasting memories and



strengthen relationships. Moreover, indigenous games often promote the development of various cognitive skills. For Ex: kho-kho enhance critical thinking, problem-solving, decision-making, and strategy development. On the other hand, its improve concentration too. These games also encourage creativity, as they often allow for personalization and improvisation. Indigenous Games were popular during the times when there were no mobile gadgets and computers as is today. Indigenous Games were played with friends and relatives in indoor or outdoor, making social interactions and developing the sense of togetherness when played along.

Due to social shifts, technology advancements, urbanization, and industrialization, many games are becoming less and less popular. Indigenous games are no longer as popular among kids as computer games and internet amusement. "We need more appropriate solutions and management ways from concerned agencies to preserve our many Indigenous Games.

More attention has been given to revitalizing Indigenous Games over the years. Indigenous Games are being introduced more at children palaces and clubs, schools, and festivals. Indigenous games not only provide entertainment value, but they also assist players in enhancing their physical and mental health. They give kids fantastic chances to hang out with their pals from school and the neighborhood."

In addition to their educational benefits, traditional face-to-face games promote more ecological and healthy patterns in a child's growth. While playing these indigenous games, we observe that the cultural journey instills in the pupils a new sense of vividness, passion, energy, and a positive "I can do that" mentality.

Here are four reasons why we believe that children should play indigenous games.

1. Does not require expensive gear

The only necessities for playing Indian indigenous games, such as Kho-Kho, Kabaddi, Langadi (one-leg jumping), Skipping, Sagar-gote (five stones), and many more, are players and a space to play. No fancy gear or special shoes or accessories are needed.

2. Builds life skills

Kids have traditionally gotten together to play traditional games, which promote social interaction and teamwork. The majority of old school games required quick reflexes and arm swinging and hopping. This enhances physical activity and enhances hand-eye coordination. Kids must devise strategies to defeat their opponent in team games like Kho-Kho and Kabaddi, which helps them strategize and work out their differences.

3. Pass our heritage

It is equally important to teach our kids about our culture and tradition as it is to teach them new age concepts. It is vital that they know their roots and have a sense of pride about it. By playing Indian Indigenous Games, children can connect with their heritage through sports and this has a deep lifelong positive impact on them.

4. Bridge generations

Sports are a great connector – across countries, ages, religions and even across socio economic statuses too. No wonder sports bridge all gaps pulling people and connecting them emotionally. Playing Indigenous Games as a family brings the family closer, and the bond stronger. Children need unstructured playtime and introducing conventional games to the family routine can be a great bonding activity for all. Children who have strong family relationships fare well at all other aspects of life as well.

Unstructured play has a vital role in developing various aspects of children's growth, behaviour and interpersonal skills therefore, the need to re-establish traditional play in children's lives.

Thus, by fostering a multicultural bridge between educators and students, this study helped to preserve traditional values and cultural heritage. The students were progressively exposed to a variety of scenarios through the games, which aided in the development of their critical thinking skills. These included: evaluating how they could persuade their peers to favor in-person outdoor activities rather than wasting their time in front of computers and social media; identifying the benefits of learning through traditional game play and creating logical connections between each game and the required objectives; interpreting the results, conducting self-evaluation, and honing their ability to pose insightful questions and facilitate fruitful discussions.

CONCLUSION

It is a well-known fact that, Indigenous Games are being side-lined with the introduction of more appealing and fun digital games. The Indigenous Games were very popular once upon a time. Children today prefer to play computer games now a days. Some educationalists and parents tend to worry about this trend because they firmly believe that traditional children's games do better in terms of developing a whole variety of skills. It is widely accepted that playing indigenous Games contributes to improving young people's social skills. Indigenous Games involve human interactions in real world instead of human-machine interactions in virtual world, thus providing opportunities for children to learn ways of effective communication with both languages as well as gestures. In addition, Indigenous Games are usually played in groups. It allows chances for children to experience different talents, skills and backgrounds from all other players. This experience can help children understand the need to respect others and learn how to cooperate with kinds of people. So it is a urgent need of the society to promote Indian indigenous games to inculcate the children's overall development and variety of skills.

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