

## IMPACT OF ART, MUSIC AND SPORTS IN HUMAN LIFE

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**Abstract:** In today's world sport, art and music education plays an important role in human development. These all things play a lead role in keeping are mind, body and soul fit and fresh. In coming future and in the present these three fields are growing touching the minds of youths. All the three fields are unique and different in their own. Lesson taught in art and music classes could equip them with essential consciousness that would motivate them good things in the world. Therefore, it is necessary that every student should study art and music. Sport has become a world language, a common denominator that breaks down the entire wall, revelry and all the barriers. It is a worldwide industry whose practices can have widespread impact. Most of all, it is a powerful tool for progress and for development.

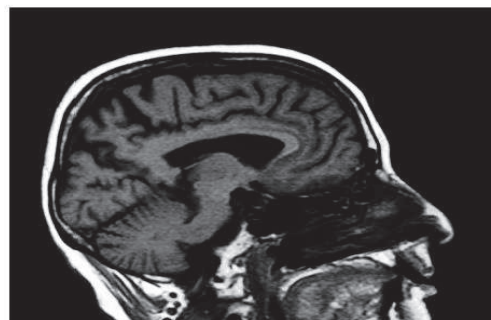
**Keywords:** Sport, Art and Music for Human Development.

**Introduction:** Before understanding the role of art, music and sports' in human life we should understand that what are art, music and sports activities? Art is defined as the arts to include the fine and performing arts – painting, sculpting, writing poetry, playing an instrument, singing, dancing, acting, creating mixed media productions, and film-making. Indeed the arts are much broader than this definition, but the fine and performing arts reflect the more narrow interpretation contained in the Ontario Arts Curriculum. Each of these arts activities engages the learner wholly – intellectually, socially, emotionally, and physically. Learning in, about, and through the arts involves active engagement in learning that unites mind and body, emotion and intellect, object and subject. Music is singing song and rhythms. That can be classical, rap, instrumental, Sufism, contemporary etc. While sports is related to games and adventurous activities like football, volleyball, cricket, basketball, athletics, river rafting, sky diving, paragliding etc.

**Meaning of art:**The connections between feeling, making and learning have been espoused for centuries. We would do well to take to heart is known as art. To feel the meaning of what one is doing and to rejoice in that meaning; to unite in one concurrent fact the unfolding of the inner life and the ordered development of material conditions that is art.

**Art in early childhood:**The growth of the human brain during early childhood is remarkable. By age three, a child's brain is 90 percent of its adult size. In these early years, young children reach developmental milestones that include emotional

regulation and attachment, language development, and motor skills. When young child experiences environmental stressors and other negative risk factors, all of the milestones can be significantly delayed and may seriously compromise the child's growth and development. Three stages of child development are early childhood, middle childhood and adolescences early childhood is increasingly recognized as providing the foundation for lifelong health, learning, and well-being. Usually defined as birth of eight year, early childhood is not only a time of tremendous physical, cognitive, and social-emotional development—it also strongly influences school-readiness and later success in life. Evidence also suggests that the arts can improve learning for children most at risk for poor educational outcomes. At the same time, research about the benefits of the arts in other important areas, such as helping children cope with normative stressors and those associated with illness, injury, disability, and healthcare experiences, is relatively scarce.



**According to a research:**Cognitive neuroscience research has informed our understanding of the role

of arts education in cultivating creativity. In a study published in 2008, Ansari and Berkowitz used functional magnetic resonance imaging (fMRI) to examine musical improvisation in university-level music majors.<sup>7</sup> Participants played melodies—both rehearsed and improvised—on a fiber-optic keyboard. The study found that during improvisation, the highly trained music majors used their brains in a way the non-musicians could not: they deactivated their right temporoparietal junction. Music majors were able to block all distractions, allowing them to concentrate to a greater degree and create music spontaneously.

**Art in youth and adolescences:** Adolescence represents a critical transition period that includes profound biological changes associated with puberty as well as important developmental changes such as the need to explore normative behavior and to establish increased levels of independence. Teenagers are preparing to assume greater levels of responsibility, including entering the workforce and considering building families. Their preparedness for these adult responsibilities (or lack thereof) will have a profound effect on their own happiness and well-being, and on their ability to contribute in significant ways to the vitality and stability of the larger society. Teenagers are acutely sensitive to environmental influences. Factors such as family, peer group, school, neighborhood, policies, and societal cues can either support or challenge a teen's health and well-being. Promoting the adolescent's positive development will facilitate the adoption of healthy behaviors and help to ensure a healthy and productive future population.

**Art helps the child and youth to develop:**

**Physical Development:** When anyone offers art activities, they are supporting children's large and small muscle development, as well as their eye-hand coordination. Using crayons, markers, and paintbrushes helps children practice the fine motor control they will need for writing later on.

**Social Development:** When children work together in the art area, they learn to share, to interact with others, to be responsible for cleanup, and to put materials away. These are positive and important changes for social learning.

**Cognitive Development:** Young children can learn the names of colors and shapes through creative art activities. They find out what happens when they mix two primary colors together and get a secondary color. Sending older children outside to carefully

examine a tree, feel its bark, and study the shape and color of its leaves, and then asking them to draw or paint trees helps them develop observational skills needed for science.

**Emotional Development:** Through creative art, children may be able to represent experiences that they cannot verbalize. They may draw pictures out of proportion, exaggerating things that are important to them. When we value children's creativity, we help them feel valued as people, raising their self-esteem.

**Imagination and Experimentation:** Children's active imaginations can take form through art. For example, Gene wonders what will happen if he uses three paintbrushes at one time. He asks his teacher to help him tie a rubber band around three paintbrushes. Through active experimentation, he invents a new way to paint. Although tying three paintbrushes together may not be earthshaking, Gene is learning skills that could help him invent something new, like a car that runs on solar power or a cure for cancer, when he grows up.

**Art is a process not a product:** Where art is concerned, it is the process of creating – exploring, discovering, and experimenting – that has the greatest value for young children. The process is what's most important, not the thing they actually create. Learning takes place even when children do not make a finished product to take home at the end of the day. Sometimes when children are asked to focus on an end result, or to finish something, it can limit the type of learning that can take place. Through self-expression and creativity, children's skills will develop naturally.

**Why do art matters in our life and in our education?:** Experiences in the arts offer many intrinsic and extrinsic benefits to elementary children. Intrinsic benefits include opportunities to develop creativity and imagination, and to experience joy, beauty, and wonder. The arts also present occasions to make the ordinary special, to enrich the quality of our lives, and to develop effective ways of expressing thoughts, knowledge, and feelings. There is also evidence of extrinsic benefits, as learning in, about, and through the arts contributes to increased engagement in learning in other subject areas, and to the development of students' self-confidence, social skills, and met cognition. But the research evidence linking arts and achievement in other subjects is, at best, mixed. Fundamentally, one needs to ask – why would music teaching increase math scores better

than direct teaching of math itself? And for that matter, who takes classical ballet lessons to improve their geometry scores. The Canadian workforce requires employees to think critically and creatively, solve problems, communicate well, adapt to changing circumstances, and continue to learn throughout their careers. An education rich in the arts nurtures precisely those skills and attitudes that are required in the contemporary workplace.

#### **Role of arts and education in human development:**

**Allows them to establish relationships with peers:** Most children need emotional and social support from kids their own age. They need it as they attend school and as they realise their roles in the community.

Art camps and workshops are the perfect setting for making friends, bonding with other "artists", and interacting with their own social group. Such facilities inculcate the significance of art to society. Additionally, things as simple as balloons, accessories, toys, books, and party bags in UK will go a long way towards helping them socialise with their groups. This is why organising parties for kids is important too.

**Helps develop lasting skills:** Initially, painting, sketching, and other artistic outlets may seem like all fun and games, but they're actually highly educational. These teach several children to explore their capabilities by honing their imagination and creativity. In fact, even as children who are as young as four or five year old should be taught to express themselves through artistic mediums.

**Imparts excellent communication skills:** Verbal and textual forms of interaction aren't the only legitimate ways to talk to people. There's a thing called visual communication in which a person expresses his/her thoughts through intangible mediums. This is where art comes in.

It allows the little ones to explore their imagination and, at the same time, communicate their ideas via sensory perceptions. They can do so through abstract or portrait painting and origami making (using recycled materials); the list is endless.

**Enhances inspiration:** The best thing about art is that it uplifts the soul. This is a wholly subjective perception that is true nonetheless. There's a reason why arts and crafts are a great hobby or pastime—it improves the kids' mood, affects their perspective in life, and influences their lifestyle in subtle ways.

Do children need this kind of bolster? Definitely! Many kids, who are as young as five years old, may feel severely depressed or anxious. As a result, they have a tendency to become anti-social. Artistic expressions will help them cope. In fact, they may be able to find inspiration from the smallest things, like toys, books, nature, and people.

**Art & Music in early childhood development:** The growth of the human brain during early childhood is remarkable. By age three, a child's brain is 90 percent of its adult size. In these early years, young children reach developmental milestones that include emotional regulation and attachment, language development, and motor skills. When young child experiences environmental stressors and other negative risk factors, all of the milestones can be significantly delayed and may seriously compromise the child's growth and development.

Of Erik Erikson's three major stages of child development (early childhood, middle childhood, and adolescences), early childhood is increasingly recognized as providing the foundation for lifelong health, learning, and well-being. Usually defined as birth to year eight, early childhood is not only a time of tremendous physical, cognitive, and social-emotional development—it also strongly influences school-readiness and later success in life.

Traditionally, the arts have been an important part of early-childhood programs. Friedrich Froebel, who developed the concept of kindergarten, believed that young children should be involved both in making their own art and enjoying the art of others. To Froebel, art activities were important not because they allowed teachers to recognize children with unusual abilities, but because they encouraged each child's "full, all-round development."

Today, although most scholars and practitioners agree that arts education enhances artistic skills and development of the "whole child," others propose that it contributes to the development of specific skills and behaviors. Mounting evidence suggests that the arts prime or stimulate specific cognitive skills. Music instruction, for example, seems to develop specific spatial-temporal skills. Other research indicates that the arts may advance children's school-readiness.

Evidence also suggests that the arts can improve learning for children most at risk for poor educational outcomes. At the same time, research about the benefits of the arts in other important areas, such as

helping children cope with normative stressors and those associated with illness, injury, disability, and healthcare experiences, is relatively scarce.

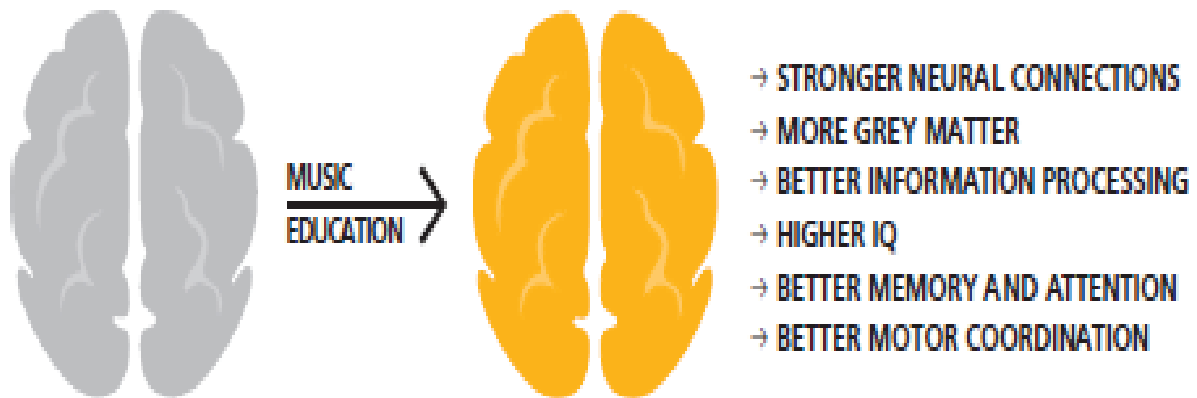
**Benefits of arts:**

1. Arts teaches us to think creatively, with an open mind
2. We learn to observe and describe, analyze and interpret
3. We learn to express feelings, with or without words.
4. Your kid practices problem-solving skills, critical-thinking skills, dance, music, theater and art-making skills, language and vocabulary of the arts
5. Children’s discovers that there is more than one right answer, multiple points of view
6. School can be fun – playing can be learning
7. Your kid learns to collaborate with other children and with adults
8. Arts introduce children to cultures from around the world
9. Your child can blossom and excel in the arts. Even with physical, emotional or learning challenges can experience success in the arts.
10. Arts build confidence. Because there is not just one right way to make art, every child can feel pride in his or her original artistic creations.

11. Arts build community. Schools with a variety of differences can celebrate the arts as one community.

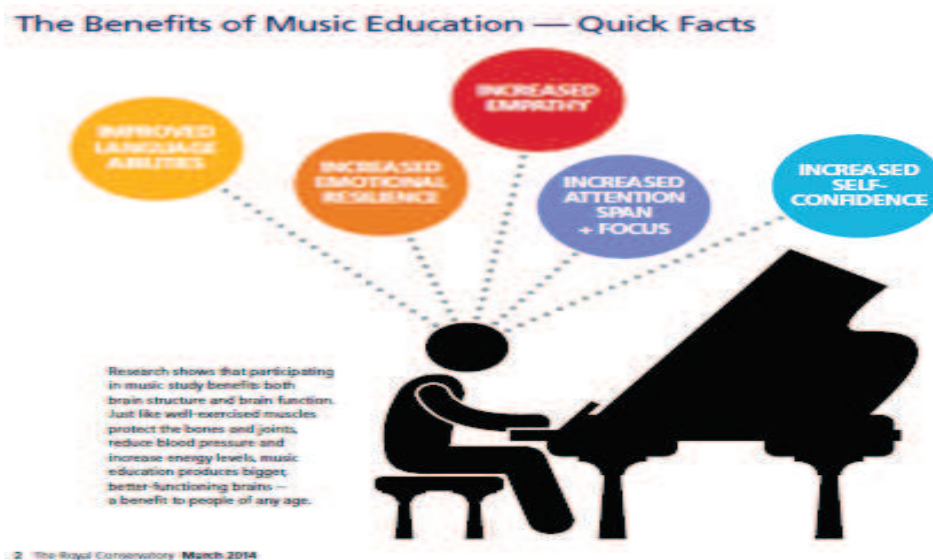
**Music:** Researches have proved in the last 20 decades that music education is a powerful tool for attaining children’s full intellectual, social, and creative potential. It speeds the development of speech and reading skills. It trains children to focus their attention for sustained periods. It helps children gain a sense of empathy for others Music study requires a high degree of precision in auditory processing: being almost in tune is not good enough. This means that musically trained children are better able to distinguish subtle details of speech, leading to improved reading, better comprehension, and also a greater ability to interpret what other people – children and adults – are really saying.

Musically-trained children develop to their full potential because participation in music is inherently rewarding, making children more likely to devote the time and practice necessary to develop strong cognitive and social abilities. Most importantly, music gives children a means to express themselves, to unleash their creativity, and to be inspired by their own boundless capacity for personal growth.



**Musically trained Brain of an individual**

Research Shows that participating in music study benefits both brain structure and brain function.



**Music education prepares a student or an individual to learn:** Music education readies students for learning by helping to develop their basic mental skills and capacities. Music instruction impacts learning in the following ways:

- Enhances fine motor skills. Motor function is the ability to use small, acute muscle movements to write, use a computer, and perform other physical activities essential for classroom learning. The parts of the brain associated with sensory and motor function are developed through music instruction, and musically trained children have better motor function than non-musically trained children.
- Prepares the brain for achievement: Complex math processes are more accessible to students who have studied music because the same parts of the brain used in processing math are strengthened through practice in music. For example, students who take music in middle school score significantly higher on algebra assessments in ninth grade than their non-music counterparts, as their brains are already

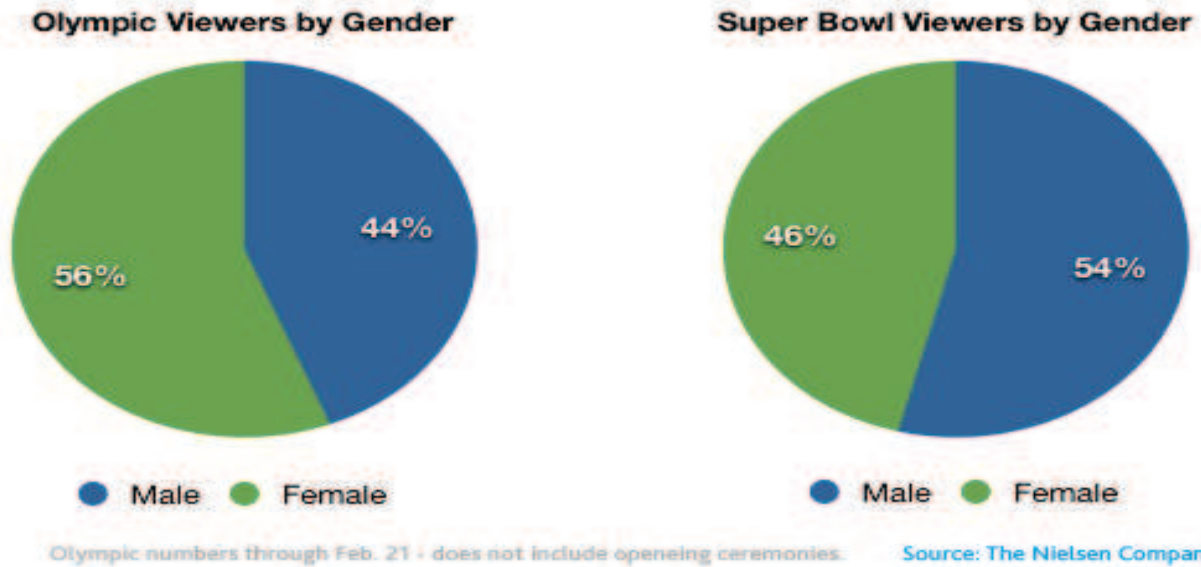
accustomed to performing the processes used in complex math's.

**Role of sports in our life:** Sport is very important in our life. It is popular among people of all ages because it helps them to keep physical fit and mentally fresh. There are a lot of peoples in our country who jog in the morning or in the evening and train themselves in clubs and take part in various sports competitions. Many people who go in the field of sports have a lot of advantages in comparison with those who don't like sport. First of all, all sportsmen become healthy and strong, sport helps them to keep fit, not to catch a cold.

There are some popular kinds of sport in the world like: football, ice-hockey, gymnastics and figure skating, cricket, basketball, baseball, hockey, taekwondo, kabbadi etc.

To take sports and sportsmen at international level Olympics, Common wealth games, Asian games plays a major role in human development.

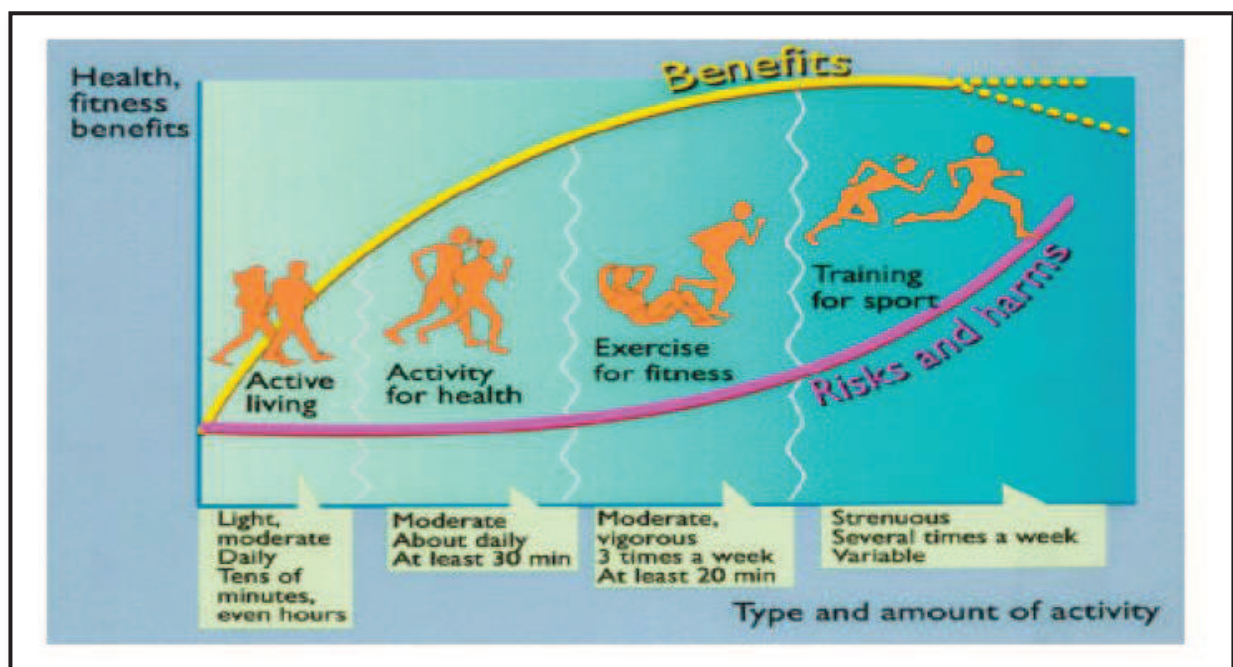
In today's world women's are giving a tough fight to mens.



**Benefits from sports in our daily life:** Sports are good for mind, body and spirit. Furthermore, team sports are good for learning accountability, dedication, and leadership, among many other traits. Putting it all together by playing a sport is a winning combination. Exercising is a natural way to loosen up and let go of stress. Also, you will most likely make many new friends on the team who can be there for you as a support system. When you find you are having a lot of stress, you can call up teammates and head to the gym to talk it out and play it out.

For all of these reasons, it is always a great decision to get involved in the sports arena.

- It teaches us a healthy team spirit.
- It teaches us lessons like hard-work, playing with rules and regulations.
- It built self confidence in us.
- It teaches us the meaning of responsibility.
- It increase blood flow to the brain.
- Increase concentration and enhanced memory.



**Human growth through sports:** We can observe the human growth through sports in the following terms-

**Muscle Strength and Tone:** Whatever your sport-of-choice, participation is likely to enhance your muscular strength and tone. Muscles respond quickly to use or lack thereof. Ongoing sports participation helps you retain muscle mass as you age, thereby maintaining your metabolic rate. Regular use of your muscles during sports play also enhances coordination and balance.

**Bone Strength:** The muscular workout that accompanies playing sports confers a secondary benefit: Bone strength. Your muscles attach to your bones, enabling movement when they contract. The pull of contracting muscles on your bones helps them maintain their mass and strength. Just as your muscles lose strength if you don't use them, your bones weaken in the absence of regular, weight-bearing exercise.

**Cardiovascular Fitness:** Sports that keep you moving, such as basketball, soccer, football, lacrosse, rugby, distance running, cycling, tennis, racquetball, swimming, boxing and cross-country skiing, enhance your cardiovascular fitness level because they involve aerobic exercise. With ongoing participation in an aerobic sport, your heart grows stronger and your stamina increases. Regular participation in a sport

that involves aerobic exercise reduces your risk of heart disease, Type 2 diabetes, high blood pressure and stroke.

**Healthy Body Weight:** Playing sports can help you achieve or maintain a healthy body weight. When you participate in athletics, you burn calories that may otherwise be stored as fat. For example, a 150-pound person playing football, basketball, tennis, soccer or lacrosse burns roughly 400 to 475 calories per hour. Dr. Dariush Mozaffarian and colleagues reported in a 2011 study published in the "New England Journal of Medicine" that increased physical activity protects against weight gain that commonly occurs during adulthood. Maintaining a healthy body weight reduces your risk for chronic diseases, including high blood pressure, Type 2 diabetes, degenerative arthritis and heart disease.

**Mental Acuity:** Sports and other forms of exercise enhance your brainpower. The movement and coordination required to play sports stimulate multiple brain centers and promote brain cell cross linkage. Duke University neuropsychologist Patrick Smith, and colleagues reported in a 2009 article published in "Psychosomatic Medicine" that regular aerobic exercise, such as that which occurs with many sports, leads to improved memory, thought-processing speed and attention.

|                         | No Sports   | Sports       | Sports - No Sports |          | Obs.        |
|-------------------------|-------------|--------------|--------------------|----------|-------------|
|                         |             |              | Difference         | p-val. % |             |
| <b>Well-being</b>       |             |              |                    |          |             |
| <b>Total Well-being</b> | <b>0.03</b> | <b>-0.02</b> | <b>-0.05</b>       | <b>0</b> | <b>5632</b> |
| Well-being: body        | 0.04        | -0.03        | -0.07              | 1        | 5632        |
| Well-being: soul        | 0.01        | -0.01        | -0.02              | 42       | 5632        |
| Well-being: self        | 0.00        | 0.00         | 0.00               | 87       | 5632        |
| Well-being: family      | -0.07       | 0.06         | 0.13               | 0        | 5632        |
| Well-being: friends     | 0.04        | -0.03        | -0.06              | 2        | 5632        |
| Well-being: school      | 0.08        | -0.06        | -0.14              | 0        | 5091        |
| <b>Health</b>           |             |              |                    |          |             |
| BMI                     | 0.00        | 0.00         | 0.01               | 75       | 5632        |
| Overweight              | 0.18        | 0.15         | 0.03               | 0        | 5632        |
| Obese                   | 0.04        | 0.03         | 0.01               | 8        | 5632        |
| Skinfold                | 0.05        | -0.04        | -0.08              | 0        | 5632        |
| Pulse                   | 0.20        | -0.16        | -0.36              | 0        | 5632        |
| Subjective Health       | 0.07        | -0.06        | -0.13              | 0        | 5632        |

| Age | Sports in General |        | Sports Explicitly in Clubs |        |
|-----|-------------------|--------|----------------------------|--------|
|     | Male              | Female | Male                       | Female |
| 3   | 0.57              | 0.58   | 0.25                       | 0.29   |
| 4   | 0.62              | 0.70   | 0.32                       | 0.42   |
| 5   | 0.71              | 0.74   | 0.44                       | 0.50   |
| 6   | 0.76              | 0.74   | 0.54                       | 0.51   |
| 7   | 0.83              | 0.76   | 0.62                       | 0.56   |
| 8   | 0.83              | 0.81   | 0.67                       | 0.62   |
| 9   | 0.85              | 0.77   | 0.71                       | 0.58   |
| 10  | 0.83              | 0.73   | 0.66                       | 0.55   |
| 11  | 0.95              | 0.88   | -                          | -      |
| 12  | 0.92              | 0.87   | -                          | -      |
| 13  | 0.94              | 0.84   | -                          | -      |
| 14  | 0.92              | 0.78   | -                          | -      |
| 15  | 0.89              | 0.76   | -                          | -      |
| 16  | 0.86              | 0.71   | -                          | -      |
| 17  | 0.83              | 0.63   | -                          | -      |

Sports help children develop physical skills, get exercise, make friends, have fun, learn to play as a member of a team, learn to play fair, and improve self-esteem. American sports culture has increasingly become a money making business. The highly stressful, competitive, "win at all costs" attitude prevalent at colleges and with professional athletes affects the world of children's sports and athletics; creating an unhealthy environment. It is important to remember that the attitudes and behavior taught to children in sports carry over to adult life. Parents should take an active role in helping their child develop good sportsmanship. To help your child get the most out of sports, you need to be actively involved. This includes:

- providing emotional support and positive feedback,
- attending some games and talking about them afterward,
- having realistic expectations for your child,
- learning about the sport and supporting your child's involvement,
- helping your child talk with you about their experiences with the coach and other team members,
- helping your child handle disappointments and losing, and
- modeling respectful spectator behavior.

Although this involvement takes time and creates challenges for work schedules, it allows you to become more knowledgeable about the coaching,

team values, behaviors, and attitudes. Your child's behavior and attitude reflects a combination of the coaching and your discussions about good sportsmanship and fair play.

It is also important to talk about what your child observes in sports events. When bad sportsmanship occurs, discuss other ways the situation could be handled. While you might acknowledge that in the heat of competition it may be difficult to maintain control and respect for others, it is important to stress that disrespectful behavior is not acceptable. Remember, success is not the same thing as winning and failure is not the same thing as losing.

**Empowerment of women through sports:** In recent year, sports and physical activities as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Women Win is the first international organization with a sole focus of providing support for innovative sport and physical activity programmers for empowerment and creating a social movement around sport for the advancement of women's rights.

Sport and physical activity have not yet been used on a large scale as a strategy within women's movements. There are, however, already very positive stories to tell from both our programmer partners and those programmes in our network. Based on the experiences of these partners, we have learned more about how participation in sport and physical activity can empower individual girls and



women. Involvement in sport and physical activity can, for example, Build life skills, confidence and body awareness and may create social networks, which result in dramatic positive life changes for participants. We have seen that involvement in sport and physical activity can positively change existing gender norms and help girls and women move into public spaces. Moreover, sport and physical activity programmes provide opportunities to bring communities together and help realise development objectives relating to such issues as (post) conflict management, reproductive health and gender – based violence.

**Conclusion:** Art, music and sports all these three elements play vital role in human development. Without these we can imagine calm, healthy, wealthy, wise and balanced human beings. To get

balance mind and physical fitness one should opt any art and sports activity. All these three activities in human life are very useful to increased achievement, critical thinking, creativity, decision making, improve visual learning, language development, studying, coordination in the life and society, intellectual development, mental stability, peaceful life and happiness, proper development of mind, positivity in surroundings and life, skill development, health etc. Also help to strengthen students relationships with their peers, reduces stress, improves self-confidence and self-esteem. Music also supports the development of the left side of the brain, which also processes language. In addition to the health benefits these are also useful in psychological and emotional benefits to its inclusion at the elementary level.

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