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## Roll of chess game to improve mental ability

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### Abstract

The purpose of the study was to explain the benefit of Chess for students. By this study we wanted to know the role of Chess game to improve mental ability. More studies are being conducted every year, but this research paper is a compilation of the same of the past research and experience done with chess, and a research studies of the findings. This study was based on observational and experience methods. This study shows that Chess players greatly outperformed the non Chess persons in increase in creativity. This study shows how Chess has been proven to enhance creativity, problem solving, memory, concentration, intellectual maturity, self esteem and many other abilities. This study shows that the players who play Chess more creative than others in average. He/ She have been more efficient in problem solving and to think positive. After this study we found out Chess improved brain growth of both sides of brain.

**Keywords:** roll of chess, improve mental ability, benefit of chess for students

### Introduction

Chess was originated in India before the 6<sup>th</sup> century AD. Grandmaster and world chess champion Bobby Fischer is famously quoted as saying, "Chess is life." But can this two-player game, consisting of a square checkered board and playing pieces that are moved in different ways depending on their royal or military designation, benefit your mental and physical health? The Game of Chess is not merely an idle amusement; several very valuable qualities of the mind, useful in the course of human life, are to be acquired and strengthened by it, so as to become habits ready on all occasions; for life is a kind of Chess, in which we have often points to gain, and competitors or adversaries to contend with, and in which there is a vast variety of good and ill events, that are, in some degree, the effect of prudence, or the want of it. Often known as a game for the intellectually gifted, chess is the best sport to exercise the most important organ in our bodies: the brain. While Chess Grandmaster Bobby Fischer made it popular in the 1950s and 1960s, the game is still widely played around the world today among participants of all ages, from the young to the elderly. The game of chess might not help you build your biceps or tone your abs, but your lifelong mental health can certainly benefit from it. There are efforts to use the game of chess as a tool to aid the intellectual development of young people. Chess is significant in cognitive psychology and artificial intelligence (AI) studies, because it represents the domain in which expert performance has been most intensively studied and measured

A lot of people are talking about it, but in some places – and the most unlikely as such – it's a reality. In the SYNA International School of Katni, northern India, chess is a compulsory subject, same as math, geography or English. They believe that it directly contributes to the academic performance. Chess makes kids smarter, sharper and more active. The school sends large numbers of students to national tournaments, and they bring home excellent results. Most are academic toppers too! We want to find out Chess players greatly outperformed the non-Chess persons in increase in creativity. This study shows how Chess has been proven to enhance creativity, problem solving, memory, concentration, intellectual maturity, self-esteem and many other abilities.

### Research Methodology

this paper is based on secondary data collected from reputed books, journals, magazines and newspapers. Facts and data collected from these sources have been supported by the observational facts by the researcher.

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## Objectives of the Research

The present research paper aims at the followings:

- To understand the need of chess in curriculum.
- To know about the importance of Chess
- To investigate the role of Chess in promoting health.

## Hypotheses of the Study

In present research paper it is hypothesized that Chess plays an important role to improve mental ability.

## Chess's Key Benefit for Mental Ability

Chess prevents anxiety and depression by encouraging self-improvement, improving self-esteem and self-confidence. Chess improves visual memory and visual perception in addition to this; it improves caution/attention and awareness

- **Promotes brain growth:** Games like chess that challenge the brain actually stimulate the growth of dendrites, the bodies that send out signals from the brain's neuron cells. With more dendrites, neural communication within the brain improves and becomes faster. Think of your brain like a computer processor. The tree-like branches of dendrites fire signals that communicate to other neurons, which makes that computer processor operate at a fast, optimal state. Interaction with people in challenging activities also fuels dendrite growth, and chess is a perfect example.
- **It activates both sides of the brain:** A German study indicated that when chess players were asked to identify chess positions and geometric shapes, both the left and right hemispheres of the brain became highly active. Their reaction times to the simple shapes were the same, but the experts were using both sides of their brains to more quickly respond to the chess position questions.
- **Improve IQ ability:** Do smart people play chess, or does chess make people smart? At least one scientific study has shown that playing the game can actually raise a person's IQ. A study of 4,000 Venezuelan students produced significant rises in the IQ scores of both boys and girls after four months of chess instruction. So grab a chess board and improve your IQ!
- **Sparks your creativity:** Playing chess helps unleash your originality, since it activates the right side of the brain, the side responsible for creativity. One four-year study had students from grades 7 to 9 play chess, use computers, or do other activities once a week for 32 weeks to see which activity fostered the most growth in creative thinking. The chess group scored higher in all measures of creativity, with originality being their biggest area of gain.
- **Increases problem-solving skills:** A chess match requires fast thinking and problem-solving on the fly because your opponent is constantly changing the parameters. A 1992 study conducted on 450 fifth-grade students in New Brunswick indicated that those who learned to play chess scored significantly higher on standardized tests compared to those who did not play chess.
- **Teaches planning and foresight:** One of the last parts of the brain to develop during adolescence is the prefrontal cortex, the area responsible for judgment, planning and self-control. Because playing chess requires strategic and critical thinking, it helps promote prefrontal cortex development and helps teenagers make better decisions in all areas of life, perhaps keeping them from making an

irresponsible, risky choice.

- **Improves reading skills:** In an oft-cited 1991 study, Dr. Stuart Margulies studied the reading performance of 53 elementary school students who participated in a chess program and evaluated them compared to non-chess-playing students in the district and around the country. He found definitive results that playing chess caused increased performance in reading. In a district where the average students tested below the national average, kids from the district who played the game tested above it.
- **Optimizes memory improvement:** Chess players know that playing chess improves your memory, mainly because of the complex rules you have to remember, as well as the memory recall needed when trying to avoid previous mistakes or remembering a certain opponent's playing style. Good chess players have exceptional memory performance and recall. A study of Pennsylvania sixth-graders found that students who had never before played chess improved their memories and verbal skills after playing.
- **Improves recovery from stroke or disability:** Chess develops fine motor skills in individuals who have disability or have suffered a stroke or other physically debilitating accident. This form of rehabilitation requires the motion of chess pieces in different directions (forward, backward, diagonally forward motion, diagonally backward motion), which can help develop and fine tune a patient's motor skills, while the mental effort required to play the game can improve cognitive and communication skills. Playing can also stimulate deep concentration and calm, helping to center and relax patients who are experiencing different degrees of anxiety.
- **Helps prevent Alzheimer's:** As we age, it becomes increasingly important to give the brain a workout, just as you would every other major muscle group, in order to keep it healthy and fit. A recent study featured in *The New England Journal of Medicine* found that people over 75 who engage in brain-games like chess are less likely to develop dementia than their non-board-game-playing peers. The saying "use it or lose it" certainly applies here, as a sedentary brain can decrease brain power. All the more reason to play chess before you turn 75.

## Conclusion

Chess is extensively healthy activity or game. It should be encouraged to a great extent to ensure a happier and healthier life on planet as it degrades or eliminates disability, inflates growth in various aspects of routine functioning, improves independent functioning and quality of life. This study shows that the players who play Chess more creative than others in average. He/ She have been more efficient in problem solving and to think positive. After this study we found out Chess improved brain growth of both sides of brain. This study shows that Chess plays an important role to enhance creativity, problem solving, memory, concentration, intellectual maturity, self esteem and many other abilities.

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