Coronavirus (COVID-19), folk games as recreational activity at home as preventive measure: A historical perspective

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Abstract

“Saving of good days is a waste of bad days”. The growth and development of children means national growth and development. At this time of (COVID-19) epidemic, worldwide everyone including children, is almost under house arrest. Therefore, it is important for everyone to take full advantage of their valuable resources like folk games. It is possible to achieve normal growth and development of children through this. Just as plants need light, air, water and soil for growth, so sports and exercise are essential for the growth and development of children. If children of any age do not grow and develop properly, it will affect the next generation. So children must be involved in sports and exercises invariably especially in babyhood, early childhood, late childhood, preadolescence and adolescence.

Keywords: Babyhood, early childhood, late childhood, preadolescence, adolescence

Introduction

Coronavirus (COVID-19) has created the greatest threat for today’s world. According to the World Health Organization (WHO) or in general sense “the battle of life and livelihood is going on”. The existence of all classes of society is under threat today. Health scientists around the globe are busy like a rabbit. The people of the world are helpless today. In the midst of this helpless situation, people are standing by the people. The heads of the governments of all countries are with the people of the country. The government and the rich people of the country are playing an effective role in the welfare of the common people. Out of a sense of responsibility someone is benefiting from religious consciousness and someone is from humanity. Some of those working out of a sense of responsibility, they are doctors, health workers, police, army, journalist, bank officers who have been working day and night. They are looking for a permanent solution. Health scientists are trying to discover specific vaccines to save the human being. This human catastrophe is as ancient and diverse as human civilization. It a threat for human existence. It comes seldom. Coronavirus (COVID-19) has spread worldwide as a result of advances in science and civilization. Now it is almost impossible to get rid of it. According to Health Scientists “Exercise is one of the best way to get rid of coronavirus (COVID-19). The world is for the fittest. From the earth to the sky nowhere is to go without proper fitness. Fitness is the keyword in the history of human existence, more specifically, of the nature. The concept of fitness is not new in human race. From the very beginning men had to struggle against their surroundings which were not in their favor. Their commitment to life made them fit for their livelihood. They had to run behind and forward an animal which they wanted to hunt or wanted to get released from their claw. They had to jump over fire and water. They had to throw stones or arrows to save their lives from the clutches of a number of beasts. For their survival, amusement and pastime they did some physical activities. Actually different community had different physical activities. These are generally termed as Games. The key concepts of games are stimulation, hard work, challenge, relaxation, satisfaction, will power, dedication. Mainly games are beneficial in two areas -- Physical and Psychological. The game teaches a lesson like executive techniques, problem solving ability, attention and concentration, abstract reasoning, physical balance, team co-ordination; and it also develops
mind-body connection. Games are universal part of human experience and present in all cultures.

Life is a process of constantly rebuilding life in an effort to adapt to the environment through the process of action. With the change of time comes all kinds of changes in life and its related affairs. The concept of physical education is changed with the change of space and time. But folklore remains unchanged. The definition of folklore is as follows:

Folklore is defined as stories, customs and beliefs in a culture that are unwritten and passed down orally from generation to generation. An example of folklore is a story told to a grandchild by his grandma about their family descendants. Folklore is a combination of the words folk and lore which dates from 1846. The former refers to a community of people, and the later comes from the English lore, meaning learning or knowledge. Folk in this sense, is also used in terminologies like folk music, folk dance, folk games and folk tale.

The branches of folklore are
1. Ballads
2. Fairytales
3. Folk Art
4. Folk Dance
5. Folk Song
6. Jokes
7. Legend
8. Myths
9. Riddles
10. Superstition
11. Urban Legend
12. Folk Games

Folk Games defined generally are those forms of individual or team competition, played to a decision according to the agreed upon rules. They are voluntary and nonproductive and are played outside everyday reality, in their own territories by their own characters. Folk games are always outstanding in terms of physical fitness, mental recreation, and above all, social interactions. Folk games are not only fun to play, but also contain rich cultural values and traditions. Folk games work like medicine. They help build muscle, develop acute flexibility, improve balance and coordination in social affairs, lose weight accordingly and increase endurance. Besides, the players develop leadership, self-esteem, and most importantly, teamwork spirit among themselves. Folk games make a great change inside the players by increasing energy and confidence. The players become more habituated of hard work. They realize the fact that even the hard work is fun when they work together. They develop sound friendship, empathy, helpfulness and the sense of togetherness.

The folk games like the games of today which we broadly term as sports had the same functions that games have had from the beginnings of the human race: they amuse, instruct, and inspire. They reflect the values and beliefs of their parent cultures. These games help small minds and imaginations mature, providing children with a chance to act out roles, make choices, and experience the thrill of winning and the disappointment of losing.

These games are usually played by children between the ages of 7 and 12 with some latitude on both ends of age range. Children’s folk games are those that are passed from child to child, generation to generation, informally by word of mouth and most children’s games include at…

Folk Games are traditionally played for amusement and entertainment. Folk Games are divided into three groups based on the environment in which the games are played; Land, Water and Sky. Games on land predominate and include games that are played by both boys and girls and those that are played by only one gender.

This human catastrophe is very ancient and diverse in human civilization. Coronavirus is a form of it. Sports as well as the growth and development of the children are intimately involved. In the current corona situation, everyone, including children are almost under house arrest. In this captivity folk games are able to play a significant role in the growth and development of all, including children. There are folk games in almost all the languages of the world. In terms of living, the lifestyle of people in all countries of the world can be divided into two parts. One is rural life and the other is urban life. In the rural life, people live in joint family, surrounded by room, courtyard, compound and vegetation. In the urban life, people are confined within four walls and live in single family. It is important to choose folk games considering this type of living. In this way children will develop normally and other family members will be healthy. Individual, society, country and world will be prosperous. Considering all the advantages of rural life, it is necessary to select folk games that take a moderated place in the covid-19 situation.

In the urban life there are small bed cot, sofa sets, dining table and a small amount of open space. It is important to maintain fitness. Minimum physical activity is essential for the growth and development of children. Therefore, considering the existing advantages, it is necessary to select some folk games and practice it regularly. In this way children will enjoy the captivity and everyone will be benefited as well as pass their time smoothly.

Objectives of the study
There are two objectives are found in this present study they are Primary and Secondary objectives:

First one is Primary objectives
1. To assess the Physical Fitness level of the different age groups of different boys and Girls.
2. To maintain the Physical Fitness level of the different age groups of different boys and Girls.

Second one is Secondary Objectives
1. To utilize the indigenous folklore games as recreational activity during leisure time at home.
2. To utilize regular practice of indigenous folk games as assial measure of coronavirus (COVID-19) at home, village and Country.

Methodology
Literature search
A literature search was conducted by using the following databases: Academic published books, amusing games, Bangla folk literature, folk game modified and hand search was also conducted on reference lists of selected articles to augment the literature.

Inclusion and Exclusion criteria
The inclusion criteria studied comparison of children’s of different competition levels of different folk games using their fitness performance parameters. Studies which are not directly matched with the concept of analysis were excluded from the process.

Regular practice of the following selected folk games for assial of the Coronavirus (COVID-19) by different levels of different age of boys and girls at rural and urban area are:
Game-1: Openti Bioscope  
Number of players: 10 to 20±  
Playground: Yard/Field/House  
Timetable: Unlimited  
Rules: The two children will stand face to face and raise their hands. The raised hands will make a gate. The rest of the children will stand with their hands on others shoulders in the form of file. Then they will go through the gate built by those two children. The two children who built the gate will then recite a rhymes. That is: Openti bioscope/ Nine ten telescope/ Sultana bibiana/ Saheb babur baithak khana/ Chhoto chhoto jadu moni/ Jata hobby onak khane/ Jar nam Ballard Bala/ Taki debo fuler mala. When the word “Mala” will be pronounced he/she will be just under the gate, the gate men will garland him/her. In this way those who will be garlanded will come out from the file. Thus the game will continue.

The game goes on rhythmically. All the children will get pleasure. Through this game children will have a good time and light exercise. This game can be played in rural and urban areas.

Game-2: Bauchhi  
Number of players: 14 to 24±  
Playground: Yard/Field  
Timetable: Unlimited  
Rules: This game requires two courts outlined on the ground, one rectangular and the other circular, twenty-five to thirty feet apart from each other. Two teams of eight to ten players are needed for this game. One player of the team winning the toss plays the budi (old lady) and remains inside the circle. The remaining members of the team stay inside the rectangular court. The object of the game is for the player of the opposing team to take the ‘old lady’ to the rectangle, without being touched. If he is able to take the ‘old lady’ to the rectangle, the team earns a point and the players he touches become out of the game. Variations of the game are known as budikapati, bau-basanti budir chu etc. This is a very funny game. Children enjoy it very much. It can only be played in a rural area.
Game-3: Eid MobarAK/ Good morning
Number of players: 14 to 24±
Playground: Yard/Field
Timetable: Unlimited
Rules: All the players of team except one will sit in a circle or by place. All sitting players will have their face toward the center of the circle. The other player will run behind the sitting players. At this time he will touch any of the sitting player. Instantly the player will start running in the opposite direction. This time both the running will meet anywhere outside the circle. They will shake hands and say Eid MobarAK / Good Morning etc. Then both of them will try to occupy the void place. Who fails, he/she will again touch other in the same way. Thus the game will continue.

The boys/girls will have a good time and light exercise through this game. This game can be played in both rural and urban area.

Game-4: Skipping Rope
Equipment: Rope
Number of players: 1 to 24±
Playground: Yard/Field /Corridor
Timetable: Unlimited
Rules: The children will stand round/apart. Everyone will have a rope in his/her hand. The children will hold the rope with both hands and the rope shall rotate under the feet and over the head. Children will be able to jump with both feet or one foot. In case, the rope stops spinning in anyway, he/she will be dropped out of the game. Their merit position will be determined by a countdown process. It increases almost all motor qualities of participants. Children get interest in it.

Game-5: Golap-Tagor
Number of players: 6 to 24±
Playground: Yard/Field /Corridor
Timetable: Unlimited
A team game, with an equal number of players on both sides, and played by both boys and girls. The chiefs of the teams are called 'kings'. The teams stand fifteen to twenty feet apart, separated by a boundary. At the start of the game, the king names his players after flowers or fruit. Then the king blindfolds one of the players of the opposite team and calls one of the players of his team by their flower or fruit name, for example, 'Come, my Rose', or, 'Come, my
Jasmine’. Then Jasmine or Rose goes over and flips the player on his forehead and he or she will go back and sit in the previous place. The blindfold is then opened and the player has to guess who touched him on his forehead. If he succeeds, he jumps ahead, and if he fails, the opponent's player does so. The game continues till one team captures the land of the other. The opposing team members then lift the winning king across the boundary. In another variation of the game, the members of the losing team carry the winning players piggy-back across the boundary. The game is also known by other names such as baurani, chadankhela (Murshidabad), tukatuki (Mymensingh) etc.

Fig 5: Golap-Tagor

Game-6: Crocodile, I am in the water
Number of players: 2 to any number
Playground: Bed room/ Drawing room/ Yard/ Field / Corridor
Timetable: Unlimited
Rules: Everyone present will play together. One of them would be considered acrocodile and rest of them be children. Bed, sofa sets and specific spaces will be considered a land. The rest of the places will be considered water. Children will stay on the land. Some time they will go down into the water and they will say “crocodile we have landed into your water. At this time the crocodile will attack them. If the crocodile can touch someone, the crocodile then will become child and that child will be come crocodile. The game will continue like this, until the children are exhausted. The kids will have fun and pass time smoothly.

Fig 6: Crocodile, I am in the water

Game-7: Finding the leader.
Number of players: 3 to 24±
Playground: Yard/ Field / Corridor / Bed room
Timetable: Unlimited
Rules: Apart from one child, the rest will sit round shape or wherever they wish. Confidently one of the sitting child will be the leader. The remaining sitting children will follow the leader. What the leader does, other will do. Then the rest of the child will enter in to the circle. Every two or three minutes the leader will change his activities. At that time the child will try to find out who is controlling this changing. When s/he will be success to find out, s/he will replace the leader. Leader will act as a finder. This is a very funny game and children get a lot of pleasure.

Fig 7: Finding the leader.

Game-8: Ghutikhlla (Game of dice).
Equipment: 5 pieces of stones
Number of players: 3 to 4
Playground: Yard/ Field / Corridor/ Bed room
Timetable: Unlimited
Rules: Chiefly played by girls, this game is played with five small pieces of stone. The largest piece is called dag (the big one). As in the cowries game, the dice are first rolled. If the dice touch each other, the player loses. If the roll is perfect, the player picks up the big one, throws it up and catches it in the air before it falls to the ground. If the player fails, she loses her round. It’s a nice game. It helps to pass the time well.

Fig 8: Ghutikhlla (Game of dice).
Game-9: Baghbondi (Capturing the Tiger).

Equipment: Twenty two pieces cocoon
Number of players: two/four
Playground: Yard/Field/Corridor/Bed room
Timetable: Unlimited

Rules: Baghbondi (capturing the tiger) is a checkers-like game played on a board outlined on the ground. The board has 16 squares. Twenty pieces, known as bakri (goats), are placed in groups of five at four places on the board. Two bigger pieces, known as bagh (tiger), are placed elsewhere. Two players, one taking the side of the tiger and the other taking that of the goats, start moving their pieces. The goats try to block the passage of the tiger, by not giving it two vacant positions in a row so that it cannot advance or jump over. If the tiger jumps over a goat to the next vacant position, the goat dies and is removed from the board. If the tiger kills all the goats, the player with the tiger becomes the winner. If the goats can block the passage of the tiger, the player with goats becomes the winner. This is a brilliant game. It develops talent.

Fig 9: Baghbondi (Capturing the Tiger).

Game-10: Ekka-dokka

Equipment: Piece of flat stone or chada,
Number of players: two to ten
Playground: Yard/Field/Corridor/Bed room
Timetable: Unlimited

Rules: Ekka-dokka (hopscotch) also known as satkhela and chiriya in some regions, is chiefly played by girls across the country. The game is played on a rectangular court drawn on the ground. The rectangle is further divided into four or six rectangular or square cells. At some places, the fourth or sixth cell is split into two and is called the 'rest'. The cells are known in order as ekka (first), dokka (second), tekka (third), chaukka (fourth), pakka (fifth) and lasthi (sixth). Each player has a marker, either a piece of flat stone or potsherd, known as chada, ghunti, diga, khopla etc.

One player at a time tosses her marker into a cell and starts hopping from one cell to the other. The object of the game is to throw the marker into the consecutive cells, pick up the marker and hop through all the cells. If the piece rests on a line or falls outside the boundary of a cell, the player loses her turn. She is followed by the next player. The player who advances her piece successfully through all the cells wins the game.

The rules of the game vary in different regions. In some regions, the player places the stone to her forehead and, with her face upward, hops from one cell to the other. If her foot touches a line, she loses the round. In some other regions, when the player is passing the last cell, she throws back the stone without turning her head or looking back.

Fig 10: Ekka-dokka

These games are highly intelligent based and enjoyable. It is possible to keep children at home easily through these games. In this way they can keep themselves safe and sound, their family and country aloof from coronavirus (COVID-19) spreading.

Conclusion

On the basis of the literatures available in the history of Bangladesh, the following conclusion was drawn:
1. Physical Fitness of the children’s of Bangladesh is based on the regular practices and participate in their folk games at their village.
2. Almost all these folk games are the populist folk game to use for physical fitness by Bangladesh children’s from the childhood.
3. By regular practices and participation of the folk games can protect and controlled from the coronavirus assail communication.

But it can be conclude that folk game participant children’s might have higher strength and endurance. As a result, the intensity of the exercise increase, oxygen consumption also rises. The values of oxygen obtained from nonparticipant. In the light of this study it is suggested that the maximal aerobic power have great influence in child’s fitness.

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