



ISSN: 2456-0057  
IJPNPE 2021; 6(1): 179-181  
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[www.journalofsports.com](http://www.journalofsports.com)  
Received: 12-11-2020  
Accepted: 15-12-2020

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## A study of recreational use of water resources

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### Abstract

Rightly it is said,

“If there is magic anywhere on this planet, it is contained in water”.

In today's world where life is filled with stress and monotony, adopting water sport as a recreational activity can do wonders to our health considering the incredible refreshing energy it provides us with. The remarkable beauty of nature in the laps of water not only lays out mental peace, joy and contentment but also has astounding health benefits accompanied by heart-pounding thrill and excitement.

Water sports, out of which the most prominent are Paddle sports like Kayaking and Canoeing, are the best forms of exercise actively engaging almost every part of our body, consequently reducing the risk for many dreadful and chronic diseases.

The present investigation has been conducted with an objective to illuminate the importance as well as to highlight the delightful and joyous impacts of embracing the recreational use of water resources in our lives. It would give an insight into the positive changes brought in the physical, psychological and social lives of individuals who engaged in watercraft.

The Research study brings into light the astonishing results of indulging into various adventurous water sports and also aims at popularizing water sports at national and international levels.

**Keywords:** Recreation, water resources, paddling, kayaking, dragon boat

### Introduction

In today's era of science and technology, where most of us are spending the major portion of our day working sitting in front of laptops or computers, seeking a peaceful, stress-free but active environment for both our mental and physical well being has become a major challenge for almost everyone of us. Wherein happiness is believed to be the ultimate aim of living, it is preceded by controlling an individual's level of stress and what could be better than nature to make one happier and less brooding.

As it is said - '*Happiness lies in waves*', apart from various land sports, water sport, over the past few years, has emerged as a great stress-buster around the globe which not only provides an immense adrenaline rush but also is a great way of carrying out a full body workout. Water craft activities involve limitless options like Kayaking, canoeing, paddling, rowing, surfing, water skiing, Dragon Boat Racing and many more all of which have a great potential to improve the flexibility, strength and endurance in an individual. Though not many researches have been carried out in the same direction, but the therapeutic benefits of water-based recreational activities are quite evident in a few research studies from the past.

In addition to the tremendous health benefits it portrays, organizing or indulging in the adventurous water sport also proves to be of higher values and concern for the environment, specifically the water resources. Recreational water activities not only encourage the existence of pollution-free water bodies but also provide a platform for spreading the theme of valuing and saving water to a wide population at once. Consequently, it becomes profitable not only for the people but also as a major concern towards the environment. Such a recreational use of water resources would not only bring in healthier effects but also provide a wonderful platform for socializing with friends and family.

A few research articles were also studied which revealed that participation in water craft like Dragon Boat has proven to be of much benefit for Breast Cancer Survivors. A few factors contributing to the same included the optimistic weather, a joyful company of the team members, cheerful music along with a rejuvenating feeling of power and strength.

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This undoubtedly justifies the statement, '*Exercise is one of the best medicines*'.

This qualitative study has been carried out to carefully examine and highlight the positive health effects of opting Water sport as a recreational activity as an attempt to maximize its popularity around the world and also to aware people of the social, physical, psychological and environmental benefits of the same.

### **Methodology**

Projective techniques used for the current study on recreational use of water resources include close reading of Literature, qualitative studying and effective observation as a research tool. A proficient study was done to acknowledge various changes brought about by participating in water sports in both the individual and social lives of people. A descriptive research was done that also included a detailed analysis of the positive effects of conducting water sports events to both man and the environment.

The most prominent of all the primary literature studied was the origin of an international movement on the survivors of Breast Cancer through Dragon boat racing inspired by the research of Canadian Sports Medicine specialist Don McKenzie, which emerged as whole significant scientific research in 2003. It concludes that the water sport played a key role in the improved Health-related quality of life and as a matter of fact, removes the myth of prohibiting intense upper body exercises for cancer patients around the globe. Considering the magic in the physical, functional, emotional and spiritual health of participants, it indeed paved the way for the construction of International Breast Cancer Paddler's Commission (IBCPC) in 2007.

Many articles were considered with an aim to furthermore observe the astonishing results of such adventurous and competitive recreational water sport out of which Kayaking has been found to be most relaxing and fun water sport. Rowing a Kayak (a small boat) smoothly over the rushing waves of water is the best way of relaxing releasing all the stress of everyday-life. Kayaking engages all the upper body muscles which builds a strong musculature and also improves our cardiovascular activities. The cadence with which the boat moves forward improves the functioning of heart and gives great therapeutic results.

Apart from reviewing the literature, the basic idea of the research originated from the close and active observation at a watercraft event which prompted the idea of further promoting the healthier way of using water resources all around the world. The 8<sup>th</sup> National Dragon Boat Racing Championship held by Dragon Boat Federation of India at Darbhanga, Bihar in 2016-17 had successfully been a highly effective way for promoting the theme of Clean Water Bodies conveying the message to a mass population at the same platform. It would also help to draw the attention of the concerned government and non-government organizations to accomplish their goal of maintaining the water resources in a healthier manner. Another observation was made according to which the water bodies where water sport was hosted were found to be more clean and clear as compared to those with stagnant water which might cause occurrence of Algae or Bacteria.

### **Result & discussions**

Observational study reveals the evident positive and healthier results of indulging into some recreational water activities both at individual and social level. The studies portray the remarkable health benefits of water sport especially for the people suffering from dreadful health diseases like Cancer. Opting water sport as a recreation surely imbibes a zestful feeling among the participants and improves their cardiovascular activities. A state of mental peace and happiness also results with the team mates being friends or family members. This surely uplifts the physical as well as the Psychological health and also paves way for a healthy environment.

Various Pollution check and control organizations could also be involved in hosting such adventurous water events and spread awareness in the same aspect. It is also noticeable that the people getting trained for certain water based recreational activity can also serve to be lifeguards and savers to rescue the people in flood-affected regions. Apart from the many benefits discussed, events or competitions of various water sports promote national integration and cultural exchange among the people from round the world. This indeed can be achieved by encouraging the recreational use of water resources.

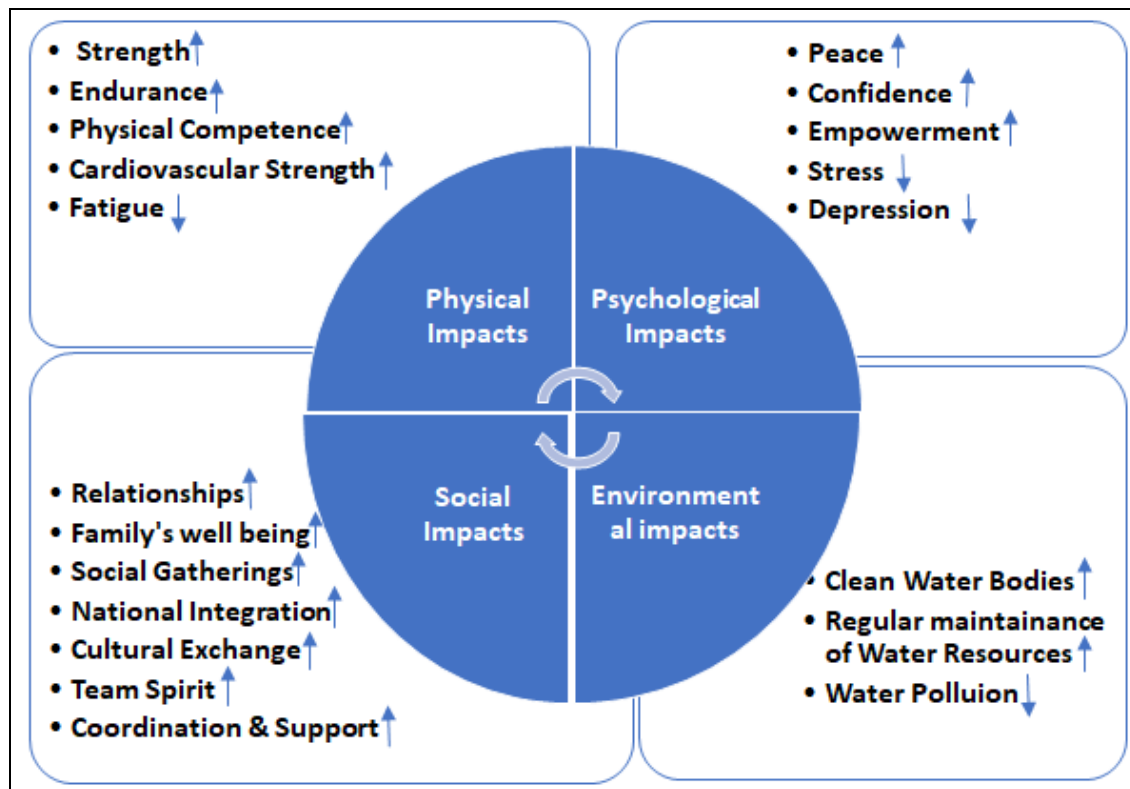


Fig 1: Impacts of Recreational Use of Water Resources

### Conclusion

Based on the study the following conclusions have been drawn: - Though many water based recreational activities have been introduced but the popularity of water sport as compared to land sport still remains low. This calls for a greater work and effort to be done in the same field by the concerned bodies and organizations in order to promote and encourage the amusing use of water resources. More researches need to be done to highlight the positive and productive results of pursuing water sport in the individual and social lives of the people. It must be acknowledged that more recreational use of water resources would be beneficial to both the man and the environment.

### Acknowledgement

I am highly thankful to my mentor, who I believe has enlightened me to the path of knowledge, Dr Sandeep Bhalla, Director of Sports & Physical Education, Indira Gandhi TMS University, Ziro, Arunachal Pradesh. He's always been with me along the Journey of my research work, boosting my morale to make an effort in bringing a remarkable change in the history of water sports. His ideas have also provoked me to encourage the recreational use of water resources which would benefit both man and the environment. His efforts have been highly recognized and treasured.

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