Advantages and disadvantages of Indoor games

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**Introduction**

This essay is based on the article by Roxane Gay in which she narrates her story of playing Scrabble. In the first place, the author started playing the game out of boredom and with the passage of time she grew in confidence. After some time, she became overconfident and lost to some underrated player. This is described in the essay as,

“We are champions may have been on an infinite loop in my head”

She had not prepared well enough for the match out of her overconfidence. The main factor that motivated her to play was her boredom. She started to play and experiencing certain benefits of indoor games. She was a part of a scrabble community that allowed her to play. She has made a comparison of various scrabble clubs located in different communities. Further analysis has allowed her to see the difference in the treatment of new players in different communities. The competitiveness is also developed among players participating in the tournaments. All these aspects not only help the person to develop various skills but also the community by developing interaction between these players.

**Thesis Statement**

What are the advantages and disadvantages of indoor games for individuals and the community?

There has been much research on the various topics concerning indoor games. There have been certain advancements in technology that have increased the number of people playing indoor games. There is no age limit to people playing these games which means a much larger number of people are involved in these games. Another important factor affects the adoption of these games is globalization and within it, the internet has played the most important part to spread the indoor games to almost all parts of the world. It is about time that the indoor games will become such a part of the daily lives of the people that they will not be able to quit them. However, just like every other thing in this world, indoor games also have some negative aspects. In the next section, the positive and negative aspects of indoor games will be discussed.

**Main points**

There are certain prerequisites for playing indoor games. One of the most important factors is that the person has a fresh and free mind before starting the game. The essay briefs that the person who lost to a lower rated player was no mentally prepared to play the game. A single mistake was repeated twice by that person while checking on a single word twice. Thus, the mental state does actually affect the ability of a person to play the game well.

There are certain indoor games which are time bound and players have to finish them within that particular time period. This helps the person to manage other things within the stipulated time period. This is also applicable to scrabble as there is a limited time in which game has to be completed. When some tournament is going on, the administrators make sure that the players reach in time to play the games. This ensures that people develop a habit of reaching places in time. This will especially help youngsters and students in particular. This time management will help people over a longer period of time.

Various indoor games increase different types of knowledge gained by the people. In particular, if we talk about Scrabble, it helps develop the vocabulary of the players. Chess helps to develop the tactical abilities of the players. Thus, the choice of the game will depend upon the set of abilities that a person wants to improve. In all the indoor games, the players have to carry on practicing to improve their body of knowledge. Any person who is affected by the feeling of overconfidence about his playing ability or knowledge will be defeated. This is evident in the essay as well where the person was overconfident against a lower ranked player and lost the game.

Competing against different people helps a person to develop various competitive skills. In a club offering indoor games, a person comes across a variety of players. This develops competitive skills in the people. The thoughts of being competed help them to achieve their targets in all fields of their lives. This especially helps them in improving their performances in their work fields. These skills are especially useful for younger people who will then use these in all areas of their future lives (Fraile, 2017).

These indoor games provide a good way to pass leisure time. This is especially useful for youngsters in healthily spending their vacations. The other aspect of this relates to the old age people who have retired from work. In both cases, these games not only provide a good pass time but also helps these people making new friends. The clubs offering indoor games are a good source of passing leisure time and making new friends.

The clubs have a large number of members from all age groups. These members also differ in the level of expertise regarding the game. There are generally no restrictions in these clubs on who can play against whom. This develops a sense of equality in the people. Certain senior players have been assigned the duties of teaching the youngsters thus developing a habit of learning among the latter. This also develops a mindset among these youngsters that they will have to teach others in the future.

The biggest disadvantage of indoor games is the lack of physical activity within the participants. This is particularly important for youngsters who become obese due to a lack of physical activity. This can also be dangerous for old people who can develop some issues of BP due to these games. These games will also detach the players from the outside environment as these games are played within certain vicinities. These games restrict the intake of vitamin D which is primarily gained from the sunlight.

There are no specific set of rules in some indoor games which may develop a habit of being carefree among the people. They may find it difficult to follow any rules and regulations imposed by the government or any other institution.

**Conclusion**

There are benefits and drawbacks of playing indoor games for individuals but the advantages are more than their drawbacks. The players should keep these games in a balance with all other aspects of their lives because an excess of everything is bad.

# Reference

Fraile, L. (2017). *https://jyx.jyu.fi/bitstream/handle/123456789/53785/URN-NBN-fi-jyu-201705042189.pdf?sequence=4&isAllowed=y.* Retrieved from https://jyx.jyu.fi: https://jyx.jyu.fi/bitstream/handle/123456789/53785/URN-NBN-fi-jyu-201705042189.pdf?sequence=4&isAllowed=y