

Neuropsychological Perspective of South Indian Folk Games - Insight

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ABSTRACT

Today television, facebook, videogames and mobile phones are becoming mandatory in everyone's life especially in children. All the children are widely using the gadgets. Because of the social change in the society and family structure the children depends on gadgets. The usage of the gadgets makes the children lethargic which leads them to become obese and further consequences in their physical health and related behavioural issues. There are some Indian games (Tamil origin) which helps in focusing on improving the children attention and concentration, memory, problem solving and improves their physical health along with team co ordination. It is an exploratory study which helps a new gateway for our field of Clinical Psychology. The present study attempted to explore the Indian culture games (Tamil Origin) on improving the children cognitive functions and associated functions which make them to excel in their curricular and co-curricular activities.

Keywords: *Tamil Origin Games, Attention and Concentration, Memory, Problem Solving, Gadgets, Academic Activity.*

A game is a system in which players engage in an artificial conflict, defined by rules, those results in a quantifiable outcome (Katie Salen, Eric Zimmerman (2003)). Games are different from work. In work you are supposed to work in the condition which will be the ultimate source of living. But in games there is no such condition were the individual can play for their relaxation, satisfaction and personal interests. Moreover in games the aesthetics sense of ideology plays an important role. That helps a person to choose in which games he has to enter in it.

The main key concept of games is stimulation, hard work, challenge, relaxation, satisfaction, will power, dedication. Mainly games are in beneficial of two areas like Physical and Psychological. The game will teach you a lesson like executive techniques, problem solving ability, attention and concentration, abstract reasoning, physical balance, team co ordination and mainly it develops mind body connection.

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Attested as early as 2600 BC, games are a universal part of human experience and present in all cultures. The Royal Game of Ur (Catherine, Soubeyrand), Senet, and Mancala are some of the oldest known games.

“*What the player does*” is the main characteristics of games Chris, Crawford (2003).

Rules

Rules are mandatory in all the areas. In games rules are the one which makes the game interesting and reliable. Rules teach us discipline and that makes a man to be perfect in their areas. In a game if there is no rules imagine the scenario there will not be any clarity or there will not be anything to rely on the game. But rules make the game to appeal a good and strong one to play alone and to play with team mates.

Rules are the main source for forming a game. Rules give the clarity to play a game. Rules shows the essence of the game and the perfection of the game which makes the player to hold the discipline not only in games in their personal life too.

Skill, Strategy, and Chance

A game's tools and rules will result in its requiring skill, strategy, luck, or a combination thereof, and are classified accordingly.

Games of skill include game of physical skill like wrestling, tug of war, running, swimming and cricket. In those games the physical effort will be more and our own style will be developed and that skill will give you an identity to who you are in that game.

Games of strategy include playing chess, cards. Here the players have to think for them as well as they have to think on the defender side also. Because here the winning is more decide by how you use the strategy to win the defender. And the gamer has to think deep down and build a strategy to make the game on his side. It is like a man playing on the both sides.

Modern Games

Now the games are brought into a small mobile phones, laptops and computers. The improvement on the advanced technology is very speed were all the games were easily accessible. The usage of the gadgets makes the children lethargic which leads them to become obese and further consequences in their physical health and related behavioural issues. There are some Indian games (Tamil origin) which helps in focusing on improving the children attention and concentration, memory, problem solving and improves their physical health along with team co ordination.

NEUROPSYCHOLOGY

Neuropsychology is the study of the structure and function of the brain as they relate to specific psychological processes and behaviours. K.W Walsh(1987). It is an experimental field of psychology that aims to understand how behavior and cognition are influenced by brain functioning and is concerned with the diagnosis and treatment of behavioral and cognitive effects of neurological disorders. Whereas classical neurology focuses on the physiology of the nervous system and classical psychology is largely divorced from it, neuropsychology seeks to discover how the brain correlates with the mind. It thus shares concepts and concerns with neuropsychiatry and with behavioral neurology in general. The

term neuropsychology has been applied to lesion studies in humans and animals. It has also been applied to efforts to record electrical activity from individual cells (or groups of cells) in higher primates. M.I Posner; G.J Digirolamo (2000) It makes use of neuroscience, and shares an information processing view of the mind with cognitive psychology and cognitive science.

Tamil Origin Folk Games and Neuropsychology

There are some known popular games all around the world has initially originated in South India. In olden days the children used to play outside the house with all friends and family members even some times their parents also involve in the game and play along with their children. On those days the productivity of the children was very good they gave importance on both physical and psychological. And some games have been modified by the other people and it has been introduced in another name.

There is a strong connection between Tamil origin folk games and the children which helps in focusing on improving the children attention and concentration, memory, problem solving and improves their physical health along with team co ordination. Here some games are listed below which explains the connectivity and the importance of the games and executive functions and other areas in children.

TAMIL ORGIN FOLK GAMES

OUTDOOR GAMES

Gilli Dhandu

Gilli Danda is a amateur game played by the rural people of various areas. The game is played by two sticks respectively. A large stick and a small stick. The large stick is called “Danda” which is used to hit the small stick “Gilli”. Gilli Danda is an ancient sport of India with the origins of 2500 years ago (Steve Craig(2002). It is believed that “Gilli Danda” is the origins of western games such as cricket, baseball and softball.

Main Functions of Gilli Danda:

1. Eye Hand Co ordination
2. Team Co ordination
3. Concentration

Golli Gundu

Golli is one of the popular Indian traditional game played majorly in India and other countries. It was known as street games.

Main Functions Of Golli Gundu

1. Aiming/Focusing
2. Concentration Skills
3. Spatial Ability

ELLU KALLU (SEVEN STONES)

Seven Stones is a traditional Indian game, boasting of a special place in the Indian Culture, spread over a wide region even today. It is also called as Lagori , saat-pathar (seven stones), pittu and several other names, is the most complex popular children’s game in India, and is rather like Dodge ball, but more aggressive.

Main Functions of Ellu Kallu

1. Physical movements
2. Body flexibility
3. Team co ordination
4. Reflex action
5. Spatial ability

NONDI (PANDI)

Paandi, also known as Pandi or Nondi, is a regional hopscotch game played in rural parts of India (such as Tamil Nadu), Sri Lanka and also in certain other countries with large numbers of immigrant Indians.

Main functions of Nondi

1. Analytical Thinking
2. Body Balance
3. Increased Leg Muscle Movement

UNDI VIL

Udi Vil is a Tamil ancient game which was initially used to take the fruit from the tree. There is no basic rules and regulations for this game. Children used to play by keeping one particular object as a target and they have to hit through the stone from the socket.

Main Functions of Udi Vil:

1. Attention and concentration
2. Hand eye co ordination
3. Spatial ability
4. Aiming/Focusing

INDOOR GAMES

THATTANGAL (5 Stones) Thattangal is an ancient game which is played mostly in areas of Tamil Nadu by the girls. It is known as five stones in English. In this game two or more participants can participate. Very simple and effective game. 5 stones enough to play this game.

Main Function of Thattangal:

1. Concentration
2. Eye hand co ordination
3. Hand reflex
4. Fine motor movements

Paramapatham (Snake And Ladders) Paramapadham (Thayam) is Snakes and Ladders in English; it was created in ancient India before 1892. It is also known as Parama Pada Soplanam means Steps to the Highest Place (where Parama Pada means highest place and Soplanam means steps). Paramapadham was inspired by religion; and was believed to be symbolic of a man's attempt to reach God. The ladders represent virtues and the snakes represent vices. The snakes carry names linking them to stories from our epics.

Main Functions of ParamaPadham:

1. Fine motor Movements
2. Sustained Attention
3. Counting Skills

Things Required:

- o Paramapadam Board or any Snake and Ladder Board
- o Dice
- o Markers (Game Pieces)

Pallanguzhi Pallanguzhi is an urban board game, once patronised by women in Tamil Nadu, Pallanguzhi is played by dropping seeds into pits on a board, It has been a women's pastime, also an entertaining way to improve math and motor skills or a marathon affair

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during festivals like Sivarathri and Vaikunda Ekadasi and is also played during the break at workplace. The game has fascinated researchers keen on unraveling its many anthropological and social aspects. Scholars have conducted researches on the game to find out the various skills of students at various levels. Pallanguzhi is mostly played by Tamil women, both in Southern India and Sri Lanka.

Main Functions of Pallanguzhi

1. Mathematical ability
2. Fine movements
3. Mental Calculation
4. Problem solving
5. Sustained attention

REVIEW OF LITERATURE

Dr. Suppiah Nachiappan et.al (2014) in this study they examine the using of snake and ladder game as a learning medium for those students with learning difficulties. This study is using qualitative methods. Data was collected by observation of the game that has been conducted. The respondents for this study involve five students in the school A which have learning problems. The finding of this study showed that the usage of snake and ladder game enhances the cognitive development of the student with learning difficulties in learning Mathematics.

Objective of the Study

The main objective of the present study is to explore the connections between the south Indian folks games and focusing and improving the children attention and concentration, memory, problem solving and their physical health along with team co ordination.

Research Design

In this research Exploratory Study has been used.

CONCLUSION

All those South Indian folk games will give changes in the perception of the children in gender basis. And it's a great opportunity to bring the good old games as a therapeutic approach to train the children who has problem with their attention and concentration, problem with memory, problem solving and improves their physical health in terms being fit with appropriate to the age, avoiding some problems like overweight, restless, fatigue. And the main need for the children is team co ordination that will be developed in the therapeutic process. By introducing the south Indian folk games as a therapeutic approach will be a new attempt in the field of clinical psychology and neuro psychology.

Suggestions & Implications

If the games are introduced as therapeutic approach there will be an increase in the functions of the children. The children will be physically active and psychologically good and able to put effort in a large scale. And in this scenario in some games both the parents are also to take part as a co = player that will motivate the child to put more effort on the games and they improvement will be easily seen. In the present condition the parents spends their time with children are very less and it's very rare that both parents and children getting involved in the some leisure games which makes the child go for the next options like videogames, cell phones and other gadgets. And one way by introducing the games as therapy the parents will get to mingle with their child more. And the parent child relationship will develop with strong love and affection which helps the child to be more involved and active in the therapeutic process.

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Conflict of Interest

The authors carefully declare this paper to bear not a conflict of interests

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APPENDIX

GILLI DHANDA



GOLI GUNDU



ELLU KALLU (SEVEN STONES)



NONDI (PANDI)



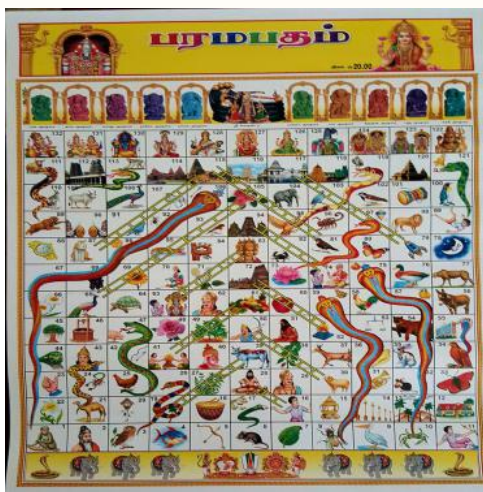
UNDI VIL



THATTANGAL



PARAMAPATHAM (SNAKE AND LADDERS)



PALLANGUZZHI

