

Effects of Narcotics on the Sports Ability

Man has been making use of intoxicants right from the early times. Whether its use was for activating the mind or getting rid of the diseases. But whenever its use was made, deadly effects were visible. With the advancement of science and new inventions, different types of intoxicating drugs came into being and their use put the sports world into a problem. Although the use of these drugs accelerated the working power of the body for a short period of time yet because of the over use of work, the human body got diseased and player went into an eternal sleep. Among these killer drugs are alcohol, tobacco, opium, hemp, hashish, snuff, caffeine, adernvine and nicotine. The use of which weakened the human body and consequently, the player became disabled to give a good performance of the game.

Playing is such a desire as is present in a child as well as in an elderly person. Man gets pleasure by entertainment through games and maintains cordial relations and good will with his neighbours like a good citizen. On the contrary, a person who takes narcotics cannot think what is good or bad for him what to talk of helping others, Instead he becomes a burden on society. To live in a society becomes a problem for such a person. He not only makes his own life miserable but causes problems for others too. If we give a serious thought to it, we come to know that the use of narcotics causes many diseases to man's intellect, digestion, muscles, heart, blood and lungs.

A player who uses drugs looks out of place. He does not have any glow on his face. His feet stagger and he cannot maintain his mental balance. He does not make use of his intellect, instead he indulges in illogical argument. Such a person comes to blows instead of logical reasoning and consequently invites trouble in the playground instead of playing a fair game. Because of such type

of activities, he does not only become miserable himself, instead he becomes a headache for others.

The intake of narcotics affects the digestive system the most. Because the Narcotics have excessive ratio of acid and the presence of acid deteriorates. The digestive power and that gives rise to diseases of the stomach. Because of narcotics, the body muscles get poison in place of nutritious diet and consequently the muscles lose power to do work due to the presence of acidic particles. A player who is in such condition, when he comes into the playground is in a state of indisposition. His body gets lethargic and consequently he is unable to play a good game.

A player who uses tobacco inhales smoke of tobacco. This smoke carries tar which can cause breathing problems, asthma and cancer. The player who is in such a condition cannot do deep breathing while playing games of basketball, football, kabbadi etc. and cannot perform well as he gets exhausted very soon.

The temperature of the feet of a player who uses narcotics, is 1.8 centigrade lower as a normal person. Many times due to this low temperature, there occurs sudden blockage in aorta and can cause death.

The use of narcotics affects the mental capability of a person. He cannot speak properly and stammers. He cannot restrain himself. A player under the effect of narcotics can neither think about the opportune movements in a game nor can he make best use of them. Basket ball and Volleyball are such games in which you are to prepare your team in accordance with the game of the opponent team. A player who is under the effect of intoxicants remains devoid of such techniques and becomes a source of defeat for his team

For a good game, it is essential that a player must have coordination and alertness. He should remain balanced and active during the game but a player who uses narcotics doesn't possess these qualities. Hockey, football, Table Tennis etc. are such games in which missing a timely pass or a timely volley may pass the

game into the hands of the opponents. A player under the effect of intoxicants cannot concentrate and so he commits such blunders while playing as force the team to face defeat.

The condition of the player who is under the effect of narcotics is that of semiconsciousness and so does not have proper mental balance while playing, he gives his own justification and would not listen to others. He is also dissatisfied with the decisions of the referee. Instead of obeying them, he disobeys and consequently invites trouble.

A player under the effect of drugs is careless and care free. He does not have any estimate of his power. He makes use of high spirits in place of intellect and activates the game because of high spirits often, he gets himself injured because of this and becomes handicapped. Such a player is compelled to stay away from the play ground.

The use of intoxicants raises the blood pressure of the player and consequently, he becomes irritable. He doesn't listen to others but becomes high headed. In this way he loses respect among the fellow players.

The use of narcotics has been banned by International Olympic committee while playing. If any player is detected having made use of narcotics while playing, the prize won by him is confiscated. It is a must for every player to keep himself away from intoxicants. Instead of narcotics, he should support on hard work, so that his healthy body is able to give a presentation of a good game.

EXERCISE

1. What are narcotics ? Describe their ill effects.
 2. Give a description of the ill-effects of narcotics on the game of players.
 3. Defeat in a game can be caused by the use of narcotics.
 4. Write any one name of narcotics.
-