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### Why do we Play?

There are many reasons why people play sports. The love of the game itself is sometimes enough, however, there are three **larger** factors that contribute to playing sports. Why people play sports, what motivates them to play, and what is their purpose for playing sports. All of these things contribute to **people's reasoning and motivation for playing sports.**

The first question is why people play sports **in the first place.** The most obvious answer is because **these people find it to be fun and enjoyable.** Most everyone that plays a sport has fun while playing and **have** been playing most of their lives. As kids, playing sports is a very fun activity and is usually **the main reason** a kid plays a sport. As they get older, they start to realize there are **more** reasons why they like to play. For example, people that play a team sport like the fact that they can bond with their teammates and form lifelong friendships. **Oftentimes,** people that you play with when you are older become your best friends for life. Sometimes it can be hard to find a friend group while working and being in college, but by playing a sport, it almost forces you to become close with everyone. **Another big factor in people playing sports is the competitive nature and wanting to win.** Most everyone playing sports likes **to win; it is** always more fun playing the sport when you win and not lose. Winning helps people stay positive and want to keep playing their sport. "If there weren't losers, it wouldn't be a competition."

Americans demand winners. In sports (for children and adults), winning is the ultimate goal, not pleasure in the activity” (Etizen,135). The last reason why people play sports is to get to the next level. When people are playing sports in high school, their goal is to play at the college level. Once they are at the college level, they are now playing to become a professional athlete. Throughout a person’s life, the reason why they are playing is to advance to a higher level and continue playing for as long as they can **while still enjoying what they are doing.**

Motivation is a big factor as to why people play sports. There are many things that motivate people to play, not just because they want to have fun. A lot of athletes grow up in bad areas and can easily get involved in gangs and drugs etc. By playing sports, this helps motivate people to stay out of trouble and stay on the right track. It is easy for kids when growing up to get involved with the wrong crowd, or choice of friends and by playing a sport, it motivates them to stay busy and not have the time to get into trouble. “Exposure to the college experience may open the mind to new possibilities for athletes who are the first from their families to attend college. This has the potential to motivate them to work hard at school and prepare them for life after sports” (Etizen, 3062). This shows that even if a person has a bad upbringing, they can still have goals of becoming successful in life, which is a motivating factor for playing sports. Another motivating factor for playing sports is to further your academic career and get a college degree. By playing a sport, people must take a certain number of classes and maintain a good GPA in order to be eligible, so this alone helps motivate them to continue as a student. In some cases, people would not even be going to school if they were not playing a sport, so this helps people find out what their interests are other than sports. It is always a good thing to have an education to fall **back on just in** case being an athlete does not work out because of something unexpected. The last factor for motivation is to continue a career in the sport you are playing.

Most everyone that is playing a sport, especially at the higher level, has a dream to play professionally, so they are motivated to do the best they can, so they continue to play.

There are several purposes for people to play sports. One purpose is **to improve** as a player in their particular sport. Their purpose to get better will help them improve their skills and excel as a player. Getting better as a player every year helps a player achieve most of their goals. Another purpose to play sports is to grow as a person. In addition to getting better as a player, you are also developing as a person which is one of the purposes of playing. There are many lifelong lessons that are learned while playing sports to help you become successful in life. For example, learning to play as a team will help you in business and **other aspects of your life in the future**. The last purpose of playing a sport is to learn as much as you can about that sport **during the time playing**. As you get older and play at different levels, you continue to learn more and more about the sport which becomes a purpose for playing. This also relates to how learning more about the game can help in whatever you end up doing in life.

**All in all** there are many reasons why people play sports. Having fun, developing friendships and getting to the next level are why people play sports. This starts at a very young age when they are children playing, however, people realize that having fun is not the only reason why they like to play sports. There are also many motivating factors as to why people play sports. Continuing their school and staying out of trouble to continue a career in their sport is a big motivating factor. Also, people are often motivated to stay in school longer and get a college degree if they are playing a sport. This can also lead to them making a career out of sports for the rest of their lives. The purpose of why people play sports is to become a better player, grow as a person, and learn as much as they can about the sport that will help them in

whatever they end up doing in life. This also helps people grow in their lives and become better people overall. For all of these reasons, people love to play sports and will continue to play as long as they can to help them in their future lives.

Work Cited:

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