

beneficial aspect of sports can be seen: sociability. Sports which require teamwork makes people learn how to succeed as a team. Distributed jobs throughout the team makes people understand the importance of others' contributions to success as a team. That way people's relationships develop in a better way. People gain empathy and solve problems between them in a more essential way. Competitions through teams make people get desire to be successful and work hard. It also lets people make new friends by tournament, etc. Contributing to a team may also give the feeling of satisfaction and joy. Scientifically, a secretion during sports activities also provides increased mood and state of joy.

If we think in a more professional way, the financial income sports provide to sportsmen cannot be underestimated. A person could make a living just by doing sports.

In conclusion, doing sports has a lot of benefits from sociability to health and definitely increases a person's quality of life.