**Do you agree or disagree with the following statement? Sports teach people lessons about life.**

Various effects of sport in people’s life has been a topic of much thought and discussion. Research on the link between doing sort and people’s personal life has come up with some astonishing facts. Although some assert that sport’s impact is just limited to one physical health or winning or gaining fame, others have an opposite idea. If I were to ask, I would definitely believe that there is a positive correlation between playing sport and mental health and people’s attribute towards their colleges in the workplace or their households and friends in their personal life. In the following essay, I will elaborate on my perspectives.

First of all, as pointed out in the paragraph above, expresses that nowadays, people lead a hectic life. they are usually busy with their job to cope with their financial issues or spending a sizeable chunk of their time in virtual worlds and have a modest amount of interaction with their peers. However, most of these people incline to allocate some time to do sports. Since it provides them an opportunity to meet people and get along with their friends. Recent research demonstrates that individuals with a higher level of happiness and fewer level of depression were those with a strong friendship. Also, having physical activity can help people to concentrate better and relieve their anxiety. My own experience is a compelling example of this. After my graduation, I got back home and since I studied in another city I had no friends in my town. After a couple of months, I was so sick of being alone and decided to go to a gym. I met and found incredible and kind people there. They helped me to find my interest in sport and supported me to become skillful. I spent an inordinate amount of my free time there. Although it was enjoyable for me and kept me strong, healthy, and fit, the prominent reason that I was doing that was not only to hang out with my friends but also it has shrunk my depression and boost my self-confidence.

Secondly, there is some team sport like volleyball or basketball in which members of a team purchase a similar goal and these sports require strong commitment to tackle challenges and accomplish goals. In pursuing success individuals will learn how to deal with others with different characteristics, how to communicate with them effectively, and how to express their diverse idea and also have active participation. By doing these kinds of sports people learn valuable lessons about teamwork which will be useful for them whether they are part of a team in a university or part of a team working on a project at work or as a member of a family. For instance, my sister was a member of the university’s volleyball team for almost four years and she has more interaction with others in comparison with me playing chess. She has a flexible attitude while I am stubborn and shy.

All in all, I strongly believe that sport plays a pivotal role in teaching lessons about life. This is because by playing sports, people can have regular and supportive engagement with friends. Besides, they will learn crucial points about working in a group.

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