

# Advantages Chess

## Fields

Intellectual

Personality

Social

Sports

Health

Chess is one of the most important playful and pedagogic tool due to the advantages that involve the learning and practice of this game for the complete education of the persons.

Hereafter, there are presented, in a brief and schematic way, the intellectual capacities which are stimulated, the values which are learned and the habits acquired through the study and the practise of this game.

The advantages can be grouped in five fields: the intellectual one, the personality one, the sports one, the health one and the social one.

## Intellectual field

With regard to the intellectual field, it is worth mentioning, mainly, that the increasing of the capacity of attention and concentration, the improvement of the memory and the logical reasoning and the fact of learning to be in silence are suitable to promote and step up a good acquisition of studying habits and, therefore, positively influence in the improvement of the school performance.

Furthermore, the capacities of calculation, analysis and synthesis are substantially strengthened; there is an improvement of perception, discrimination, creativity, imagination and intuition; the spatial-temporal orientation is worked on and the verbal expression gets better.

Chess, in short, is really important in order to stimulate the mind, since its practise shares two types of reasoning: the convergent, that consists in knowing to apply the appropriate methods and logical reasonings in order to achieve correct solutions (the convergent reasoning can be though and learned), and the diverging or creative one, where, a different answer (creation) is given depending on the previous knowledge and/or experiences, according to the person and the circumstances at a given moment (this capacity of creation can be stimulated but is really difficult to teach because it is mainly based on the intuition).

When resolving problems, is very important, firstly, to have the capacity to recognize them, secondly, to select the important elements and discriminate the ones which are not and, thirdly, the fact to compare different situations and do the necessary calculations in order to reach the most suitable solution.

## Personality field

With regard to the personality field, there is a stimulation of the initiative, the self-control, the discipline, the effort, the reflection, the critical reasoning and the responsibility; there is an improvement of the organization and the planning and the self-esteem and the autonomy are strengthened.

When playing chess, the players are making decisions constantly without any external help, in order to achieve a winner strategy in such a way to overcome the difficulties which are raised by the adversaries during the game. These decisions need a previous reflection and analysis to find the best solution in each moment and also foresee the future answers of the adversary.

The player, insofar as he improves his capacity of self-control and increases the effort and the tenacity in the processes of analysis, synthesis, reflection and evaluation of the situations, he would achieve better results. So that, the player is responsible of his own decisions, because, in this game, nothing happens by chance.

Regardless of whether he wins or loses, the chess player increases his self-esteem, since he sees how their intellectual and self-control capacities are improving. Therefore, there is not only the fact of win or lose, but also the capacity to play artistic and brilliant combinations, the improvement of the level of the game. Moreover, the fact of making progresses, being recognized and appreciated inside the group contributes to the increasing of the self-esteem of the player.

People who learn to choose the best solution in front of some problem, will be more autonomous and more responsible.

## Social field

With regard to the social field, chess could help in the integration of the immigrants in the society, fighting against the racism and the gender discrimination, as it has been said in the sports field.

That is because it is a game or a sport which allows the fact that players of all ages, men or women, could compete in equal conditions.

Being chess not an elitist sport, but familiar and with social prestige, makes possible the personal relation between people of different countries or social levels. Furthermore, the big recreational component of this sport turns it into an ideal practice, giving a good use of the free and leisure time.

## Sports field

With regard to the sports field, chess promotes respecting the rules of the game, the acceptance of its result, the solidarity, the tolerance and the consideration to people and the cooperation. That is to say, that chess is an element which could help in people socialization.

In the game of chess, as well as being penalized when breaking the rules of the game, trying to cheat is considered as a gross misconduct, unlike other type of sports, where the fact of making tactical faults, feign them or attempting to trick the referee are part of the game.

Usually, the fact of winning and losing games helps us in order to assume our own successes and failures throughout our lives.

Chess is one of the few sports in which, when the game has finished, the players comment on the different strategies and the possible solutions to the wrong moves, with the aim of learning and improving.

The fact of being one of the three sports that have more players around the world, with worldwide well-known people, where the force capacities are not the ones which predominates, but the mental ones, contributes in fighting against the racial, social and gender discrimination. On the other hand, chess is compatible with the practise of other sports disciplines.

Regardless of whether it is an individual or a team competition, the player must learn which pieces have to be moved in such an harmonic way, in order to work as a team and win a game.

## Health field

With regard to the health field, chess promotes the development and the upkeeping of the intellectual capacities and it also helps in the way of finding an emotional balance that contributes to the contentment and the happiness of people and learn to coexist, too.

Through the game of chess, we can fall into the emotional education of children and teenagers, in order to avoid or lead many of the antisocial and aggressive behaviours that are present in our society.

For children, the stimulations of these capacities is necessary to achieve the development of their intelligence and help them to be better people.

On the other hand, for elderly people is essential to practise mental gymnastics, with the aim of preserving their intellectual capacities and reinforce their memory with its consequent better personal contentment.