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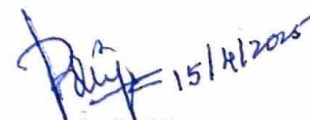
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### I. INTRODUCTION

Play is a recreational original and flexible mental or physical activity that a child does on their own initiative, sometimes for the sake of play and other times just for enjoyment. Young children's play has been described as an impulsive, self-initiated, self-regulated activity that is generally risk-free and not always goal-oriented. Children use play as a means of bridging the gap between their real and imaginative worlds and express their freedom through play (Kocer, 2021). Yavuz (2016) believes that play facilitates social connection, role-playing, problem-solving, and the release of excess energy. It is the most crucial activity a child can do to make life secure, fulfilling, and enjoyable as they develop in both natural and structured settings. In simple terms, play is a complex behaviour of children that is dynamic, ever-changing, and contains a variety of behavioural patterns (Kocer, 2021; Tugrul, 2016). In fact, play serves as the language and most efficient means of expression, where children may construct and explore the world they can master, helping them acquire new skills that boost their confidence and give them the resilience they need to overcome obstacles in the future (Filliozat, 2020). Children deprived of play opportunities face detriments in the present and long-term (Veiga et al., 2016). Therefore, providing adequate play spaces, diverse play materials, and supportive adult guidance gives children the optimal conditions to develop into healthy, content, and productive members of society. It also serves as a coping mechanism that can alleviate anxiety, stress, and irritability in children, ultimately enhancing their happiness and self-esteem (Raval 2023).

The phase of cognitive and social maturity is a critical stage in a child's development. A child's cognitive, social, and overall development trajectory are greatly influenced by their early play experiences (Fadda et al., 2017). While social development includes behaviours, social skills, and relationships, cognitive development includes intellectual dexterity and problem-solving ability (Kaizar & Alordiah 2023). Play serves as a multifaceted tool for young children's development, offering valuable learning opportunities that foster their tactile, sensory, motor, cognitive, social, emotional and verbal abilities, enabling them to better understand their surroundings. Through these experiences, children learn how to build relationships and engage with others, which helps them develop their social communication skills, problem-solving ability, creativity, and imagination (Baradaran et al. 2018, Suminar et. al. 2016, Jafari, 2014). So, children engage in interactions that fosters their social communication skills, enabling them to express themselves and connect effectively with peers and adults. Children who consistently engage with their peers grow more outgoing and skilled at forming friendships (Yavuz, 2016). By participating in play, children learn to initiate

# Effectiveness of Traditional and Modern Games on Socio- Cognitive Development of children in Biswanath, Assam

*by Central Library Avinashilingam*

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