

Polyhedron analysis of traditional games of Khyber Pakhtunkhwa, Pakistan

Junaid Bashir *, Zain-Ul-Wahab, Bashir Ahmed

¹PhD Scholar, Conservation Studies Department, Hazara University, Mansehra, Pakistan

²Chairperson, Conservation Studies Department, Hazara University, Mansehra, Pakistan

³Assistant Professor, Sociology, Balochistan University of Information Technology, Engineering and Management Sciences, Quetta

Abstract: Traditional sports and games are the backbone of a community and it is also a motivational factor of a society. These practices bring people together and initiate a sense of pride. Games have not only been a source for entertainment but it has also been a great source of learning since the mankind has existed as it is considered a natural trait. Games are an important and integral part of all cultures and games are also the most ancient way of social interactions between people of different or same tribes. Traditional practices emphasis common activity in large area with different ethnic groups of people. They perform same cultural activity but it can be under different name or rules according to the atmospheric condition.

Key words: *Traditional games of Khyber Pakhtunkhwa; Comparison of games; Relationship development through traditional games*

1. Introduction

The culture penetrated in the lives of Khyber Pakhtunkhwa folks and for sure it is not possible for human beings survive without culture. It represents the entire achievements of mankind. Cultures preserve knowledge and help its transmission from generation to generation. Traditional Games give a new vision to individual by providing him a set of rules for co-operation. People follow similar customs and values fall into one culture, thereby bonding them together. The traditional sports are not only which can resolve society need or requirements but it is the conjunction with sport and traditional behavior in our society. This has the prospective to supply in all-purpose and feature of community-planning at large. The physical immobility can be said a major public health challenge in the developed world. It is also known as a universal epidemic. (Mughal 2009).

The documenting and analyzing to conserve intangible activities of Khyber Pukhtunkhwais a step to revival of norms and customs by providing connection to future. The oral tradition is attaching environment and traditional expertise in expansion. Language or communication is one of the powerful tools to pass traditional heritage to the generations to come.

The people of Khyber Pakhtunkhwa are celebrating their festivals with folk music of *Pushto*, *Chatrali*, *Kohistani* and *Hindko*. The traditional *Khattak* dance is very popular and these memories

are celebrated with culturally accepted dance (Rana, 1988).

Research question

What is the importance of Traditional Games in social and cultural context?

Aims and objectives

- To document and analyze traditional games and the role of Traditional Games in social and cultural framework.
- Comparison of games as per divided boundaries of linguistics, which are commonly known.

Significance

The amalgamation of traditional games and cultural deeds has vital responsibilities supporting rational health and happiness which helps in following categories:

- a) The cultural behaviors by analyzing of their operational areas.
- b) The significance of behaviors uncovers the beauty of the region.
- c) By revitalization of traditional games will benefit to control emotions.
- d) Boost in personality building and to face problems.
- e) To set goals for practical lives.
- f) Organize a plan for achieving goal.
- g) Improve self-confidence.
- h) Working as team and collaboration.
- i) To have traditional games in everyday life.

* Corresponding Author.

2. Literature review

Pakistan is extremely rich in folk music. It includes folk songs, folk dances, folk tales, epics, folk romances, children's songs, lullabies and children's game songs. The children's songs vary from region to region and from community to community with the same region and encompass many game songs. One finds here a remarkable continuity of traditions, some of which date back thousands of years to ancient civilizations of *Mehergarh*, *Moenjodaro*, *Harappa* and *Gandhara*. (Khalid, 2011).

In prehistoric and ancient times some tools were used to practice the game. For example a bone which is found in the lower part of the human feet known as the *Talus* bone which is used to support the human weight. This bone in ancient times was used as a dice (Knutson, 2010).

Mesoamerican is one of the oldest ball game was played in 1400 BC this game was also known as *Ollamaligti*. This game also had a religious effect on the Mesoamerican people. (Mark, 2013)

The *Gandharian* civilization we see the sports expressions, in the scan the combat games appearance in three different styles (Behrendt, 2007).

The dance is shown along-with other two figures playing music. It is one of the fantastic captures of that time. The foot work and hands gestures are notable with face expression (Behrendt, 2007).

The bull fight is enjoyed by the group of people; it is Buddhist art of Myanmar. The view is captured by the artist fantastically. Enjoyment through bullfight in ancient times and in present time it is still popular. The bulls have long been regarded as a sacred creature which is the symbol for violent strength and potency. The ancient Egypt considered bull is the rebirth of the gods Osiris (Behrendt, 2007).

Tug-of-war is still popular, the above relief is found on the Sun Temple of *Konark* which is dated 12th Century AD. (<http://www.phenomenalplace.com/2017/06/sun-temple-at-konark-india-it-is-not.html>)

The traditional games were introduced in different phases, not at once all the games were included. As running contest, 776 BC, was the first game initiated of 200 yards and later long distance race competitions were arranged (Homosex, 2005).

Chariot Racing, 680 BC, event was unique because women could participate as horse owners. Their charioteers were paid professionals, but the prize went to the owner (Hemingway & Sean 2000).

Pandration or wrestling 648 BC, it combined wrestling and boxing into a no-holding barred sport with arm-twisting, finger breaking and biting (Miller & Stephen, 2004).

Races-in-armor 520 BC, the competitors carried a shield and wore a helmet and lower leg armor (Yalouris, 1976).

Pentathlon wrestling, 708 BC, it had five events, which tested an athlete's versatility and all-around athleticism. All events were held in one afternoon, on

the first day of competition. The order of events was running, discus throw, long jump, javelin throw and wrestling. The athlete who won any three events was the victor. (Norris, 2000).

Boxing, 688 BC, in these event athletes could use all kinds of blows except eye-gouging. There were no rounds or time limits. Victory was declared when a boxer could not continue. (Swaddling, 1980).

In the Archaic period (660 to 480 BC) two types of human sculptures were made. *Kouros* – nude sculptures of men were made for those who were the competition winners. They have the influence of Egyptian art work – standing position with right foot on the front and arms kept straight. Secondly *Kore* – standing women sculptures (Hasn, Arfan, Khalid & Rasheed, 2008).

Roman invasion, 146 BC, after conquered Greece and games began to decline. The games were abolished under emperor Theodosius I who was a covert to Christianity and did not tolerate the paganism of the festival in 393 AD. (Gardiner, 1930)

3. Methodology

Different communities of Khyber Pakhtunkhwa evaluated with their interests in traditional games and consulted total 464 of age group nearly sixteen, seventeen and eighteen years. The boys were 318 that made up 69% and the girls were 146 that made up 31% of the total strength. The first session of questions was held before giving the assignment of playing the given games and the second session was held shortly after the activities.

The first set of questions enquired the basic information about the society and relation with other fellows and the situations they are facing and bullying.

The second set of questions was asked after the activities but in this case, they were asked extra questions related to the activities they did. These questions helped to determine the influence of games on their personalities.

Data from the result of the first session of interview was collected from the age of sixteen, seventeen and eighteen year old community members of Khyber Pakhtunkhwa. After the question session, they were asked the rules and regulations of the game. These games had simple rules hence didn't find any difficulty. After understanding the rules they were allowed to play that game by them self. The main purpose was to observe the influence of those games behavior on their personality. Then they played games when they would get free. All the playing sessions were marked by keeping a check on the routine. Not all the community members played at once, they were given turns so that each and every member could get equal chance. They were also given such assignments that were related to those activities. After all the activities were done, the second session of questions was conducted to examine the change in personalities of the players and to see the impact of those games on community member's behavior.

4. Results

Table 2 tells the difference in age group behavior before and after conducting those traditional games.

Table 1 shows the comparison of games played by different communities and the names they called in their languages.

Table 1: Different communities participating in traditional games and recognize traditional games with dissimilar names

S. No.	Common Name	Hindko	Chatrali	Gojri	Kohistani	Pushto
1	Tip Cat	Itti Danda	Janty	Itti Dando	--	Deeye Lawarh
2	Geetian	Panj Geet	Pydrek	Panj Gethal	Meergot	Takey or Meergati
3	Kho Kho	Ready Go	--	--	--	--
4	Hide and Seek	Chupa Chupai	Koshnabily	Chapra Chuparan	KukruQu	Pat Patawani
5	Dog Fight	Kuta Kul	Renixebek	--	--	Spee Jagaraha
6	Cock Fight	Bangi Kulana	Narkokoxebek	--	--	Chargonay Jagarha
7	Seven Stones	Pittu Garam	Rontha	--	Samatis	Pittu Garam
8	Machi Langota	Machi Langota	--	Tanka	Khuson	Chargone
9	Marbles	Bloran	Bloor Dik	Bloor	Belory	Belory
10	Wrestling	Kushti	Ghach Chokik	Chambi	--	Parzawal
11	Spinning Tops	Lattu	Torpicchu	Kurkran	Batoo	Bahganday
12	Kabadi	Kabadi	--	Kodi	--	Kabadi
13	Stone Lifting	Gohri	--	Butkur	Baat Uthai	Kana Chagawan
14	Ludo	Ludo	Ludo	Ludo	--	Ludo
15	Mazaray	Sein Bakri	--	--	Geeti Kha	Mnzaray
16	Dosay	Qat	--	--	Qat	Katoor
17	Karupay	Aku Baku	--	--	--	Karupay
18	Krora Krora	Krora Krora	Osoyuni Pesik	Krora Marora	--	Shapandra
19	Tormakhi Baba	Zari Zar	--	Zari Karno	Zari	Tormakhi Baba
20	Gudi Guda	Gudi Guda	Karhboki Ishtokek	BotiShawala	Gudi Guda	Gudigaane
21	Nakha	Tamr	ShitriphyDik	Taman	Nukh	Nakha
22	Koti Lal	Krora	--	--	--	Sheni Shenigai
23	Horse Racing	Tatu Dor	--	Cordor	--	Aspo Zath
24	Gadha Halal, Gadha Mardar	Gadha Halal, Gadha Mardar	--	--	Shuba	Khar Halal, Khar Mardar
25	Kis Ki Gali Ki Khak	Kis Ki Gali Ki Khak	--	--	--	Cha Da Kussy Khwara
26	Nan Kotri Bilo	--	--	--	--	Nan Kotri Bilo
27	Tap Kay	--	--	Thapa	--	Tap Kay
28	Tap Tapani	Dadiama	--	--	--	Tap Tapani
29	Gatka	Gatky	--	Gatky	--	--
30	Polo	--	Storghar	--	--	Polo
31	Lakhtar Laba	Lakhtar Laba	--	--	--	Shaway Chigawan
32	Londay	Londay	--	--	--	--
33	Aku Baku	--	--	--	--	Aku Baku
34	Akhrot	Akhor	Bakh Bakho Pesik	Akhor	Chon Tag	Achonka
35	Iksmtay	--	--	--	--	Iksmtay
36	Kite Flying	Guddian	Patang Oluek	Patangri	Patng	kantawak/ Patang
37	Archery	--	--	Morcha	--	Mukha
38	Khandak	--	Patidik	--	--	Chanch Garay
39	Darray Mar	Darray Mar	--	Muky Mar	Volleyball	--
40	Tabergi	--	--	--	--	Tabergi
41	Hoop Rolling	Gad	Cycle	Gaddi	Gadi	Gade/ Raghrawl
42	Garam Pather	Topi Chupri	Osoyini Koshtek	--	--	Tod Kanray
43	Skiing	--	--	--	--	Skiing
44	Rahra	Rahra	Baringi	Rahri	Rahri	Rayra/ Berangade
45	Tit Pa Tit	Kundara	--	--	--	Tit Pa Tit
46	Khara Dublay	--	--	--	--	Londay
47	Sakhay Sakhay	--	--	--	--	Sakhay
48	Cheenzogha	Khuban	Palaman	Khubari	--	Chenzogha
49	Hopscotch	Chanto	Chandrakhy	Chanta	Chandri	Chandro
50	Dance	Kumber	Phunik	Nachan	Nat	Khattak
51	Bandar Keela	--	--	--	Bandar Keela	--
52	Cards	Paty	Jool	--	--	Paty
53	Arm Wrestling	--	Bazu Chakek	Punja Mror	--	Panjja Zor Lagowol
54	Seesaw	Tian Takola	Jinjalaqu	Chian Takola	--	Dandse
55	Swing	Peeng	Quchumbix	Chutani	--	Zango
56	Dahr Gu	--	--	--	Dahr Gu	--
57	Drably	--	--	--	--	Bandy Chagh
58	Qaidi	--	--	--	Qaidi	--

Table 2: The players participation traditional games and their impact

Hypothesis	Category	Before Playing Traditional Games	After Playing Traditional Games	Traditional Games Impact		
Interrelations with Players	Excellent	185	40%	Developed		
	Good	109	23%			
	Average	91	20%			
	Poor	79	17%			
	Total	464	100%		464	100%
Competition with other areas or village	Frequently	92	20%	Improved		
	Seldom	194	42%			
	Nope	178	38%			
	Total	464	100%		464	100%
	Relations of players	Excellent	104		22%	Improved
Good		123	27%			
Average		102	22%			
Poor		135	29%			
Total		464	100%	464	100%	

After playing traditional games 91% of the community members enjoyed it and wanted to play it again. 56% of the players interacted with each other even better after playing the ten traditional games. It was observed that bullying and violence was also reduced after implementation of games by almost 13%. There was no growth or decline seen in the number of friends who played with the certain individual.

Table 3: The socialization of players participating games.

S. No.	Socialization of Community Members	Number of Players	Percentage
1	Low Rate of Socialization	51	11
2	Same Rate of Socialization	275	59
3	High Rate of Socialization	138	30
	Total Assessment	464	100

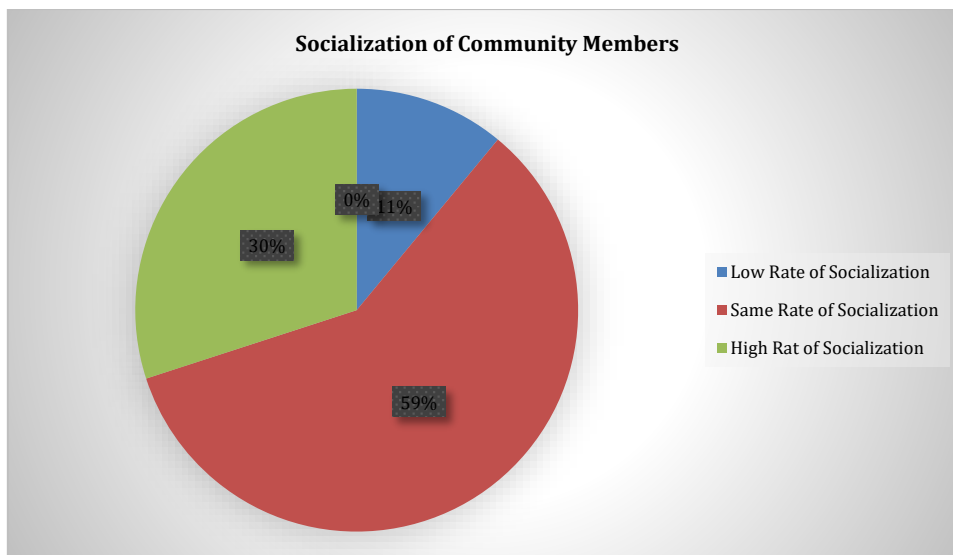


Fig. 1: The increase of communities' socialization, the two different areas developed the associations and friendships

According to the table above there is a big spike in the graph of players socializing after playing traditional games, the numbers and percentage according to this survey are listed below.

However, the second question asked to the youngsters was about the improvement or worsening of the relationship as friends the graph below shows that relation between players and relations after games.

This test was conducted and the question which was put forward was about the general improvement of the relationships between each other. In this test the majority of 83% which is 384 players said that there was tremendous development in between the relationship of community members and with their fellow players. The 62 players which make 13% said that it was

partly improved. And 4% of the players which are 18 players said that it was more or less the same and they saw and felt no improvement. According to this test there is a big improvement and a big spike in the graph of improvement of relations with each other.

Table 4: The relationship impact of players participating games

S. No.	Relationship Perfection Through Traditional Games	Players Percentage	Individuals
1	Developed Relationship	83	384
2	Somehow Developed Relationship	13	62
3	Did Not Help	4	18
	Total Players Consulted	100	464

The individuals from each Division were asked questions to answer the questions regarding traditional games. The findings were varying:

Do you still play tradition games?
Which games are still popular in your area?
Popularity of traditional games in the area?
People play traditional games in the area?

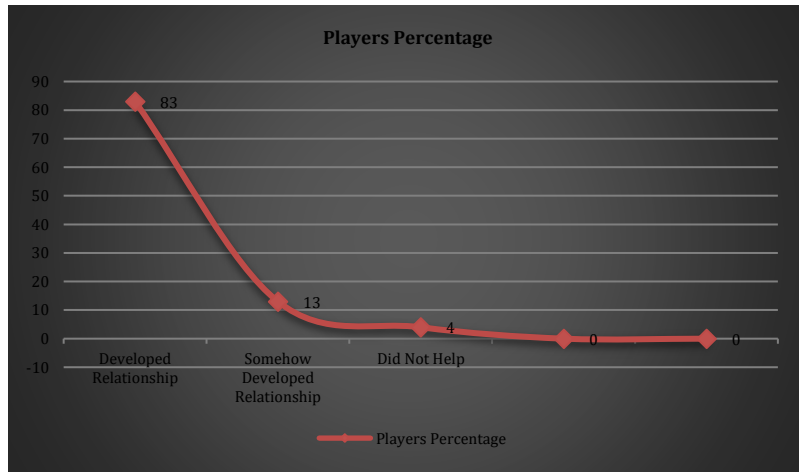


Fig. 2: The perfection in the relationship is developed through games

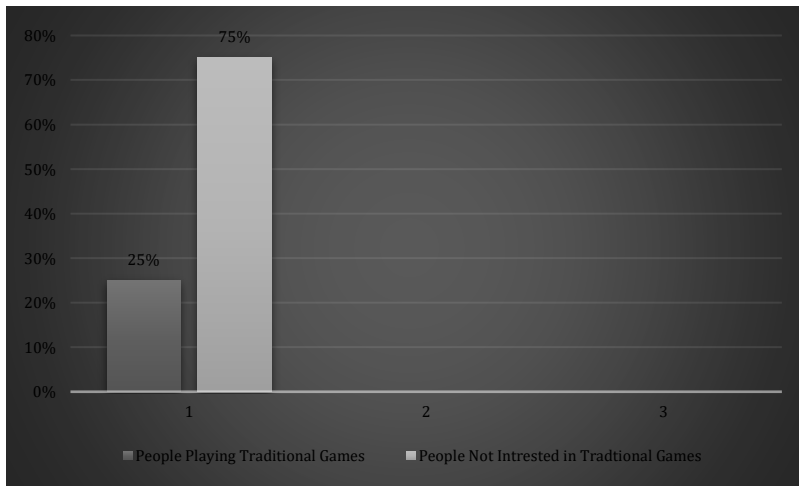


Fig. 3: After collecting information and calculated the percentage of people still playing Traditional Games

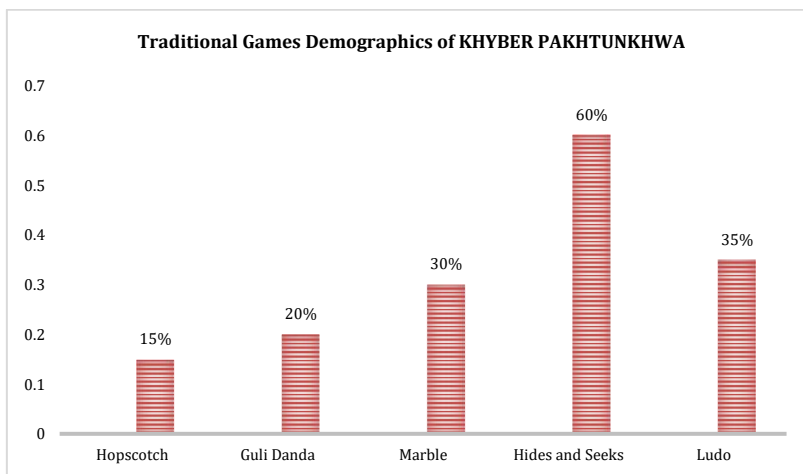


Fig. 4: The most popular games in Khyber Pakhtunkhwa areas as per information collected.

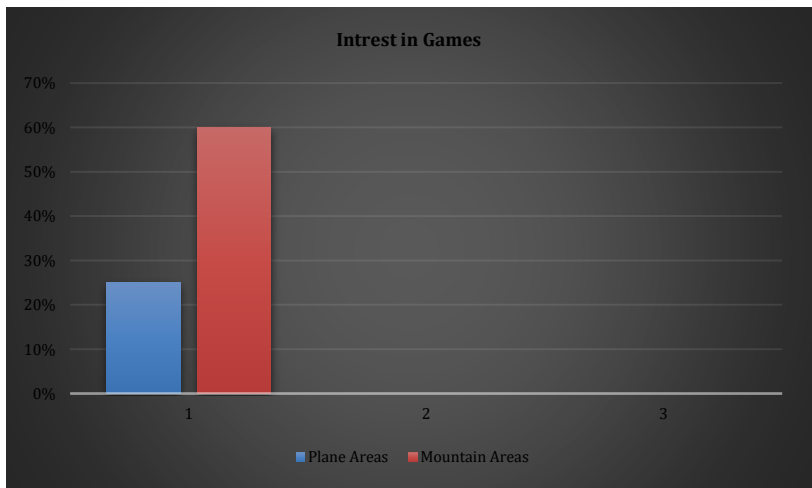


Fig. 5: The popularity of traditional games at mountain and plain areas of Khyber Pakhtunkhwa

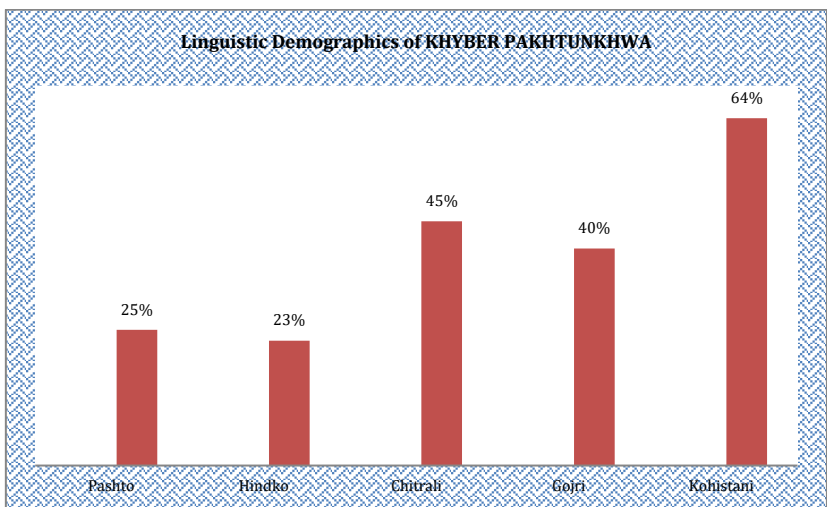


Fig. 6: which community (By Language) still have interest in traditional games

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