

Appraisal of an innovative word game to release stress by positional shift



Submitted: 13-02-2017

Revised: 28-02-2017

Published: 01-05-2017

Dear Sir,

People of growing modern world are tremendously facing a common problem, stress at every sphere of life. Many inventions and synthesis were brought to mitigate this malady, may it be game(s), sport(s), yoga or by medicine. Every component has its own merits and demerits. Attention is shifted from the cause and that situation makes people to be recovered from the stress. In formal education system, there are also several methods to mitigate the challenges faced by several growing children to follow the traditional methods of education. The wordgame what has been created is very simple but unique and fun-oriented. To my knowledge, this method has not so far been thought of, so innovative and the first report of its kind.

The methodology is being explained for English word; however, this method is applicable to any language known in the world. It is again not truly a game like cross-word which is known for century¹ and is applicable to all languages known and is believed, it will gain popularity like other puzzles. In crossword puzzle, the player is supported with hints to fit in a given slot. My innovative word game is with the principle of position shift of letter at one go (from-to). The antonyms or synonyms or other forms of query may be placed in this word game. Transition of one word to its corresponding opposite or similar or other word will be achieved following several steps. However, every shift must be meaningful. The merit goes to the player who can get the word with minimum steps.

Method: Letter in a word shifts by position

Examples:

1. CAT ↔ DOG

Steps: CAT ↔ COT ↔ DOT ↔ DOG (shortest routes)

Someone may find it by the following way:

Steps: CAT → BAT → BUT → BUG → DUG → DOG (longer routes)

2. FIRE ↔ DARK

Steps: FIRE ↔ DIRE ↔ DARE ↔ DARK

3. RICH ↔ POOR

Steps: RICH ↔ RICE ↔ RISE ↔ ROSE ↔ POSE ↔ PORE ↔ PORK ↔ PARK ↔ MARK ↔ MASK ↔ TASK ↔ TALK ↔ TALL ↔ MALL ↔ MALT ↔ MELT ↔ MEAT ↔ MEAL ↔ REAL ↔ READ ↔ ROAD ↔ ROAM ↔ ROOM ↔ DOOM ↔ DOOR ↔ POOR. (Really, it takes long journey to be rich from poor and vice versa!).

In my collection, I have more than 200 such word pairs of 3 letters, 4 letters and a few of 5 letters. It is easier to move from left to right or right to left shifting a letter in the word and each shift should give meaningful word in the dictionary. This appears very easy and consistent and it keeps a person engaged till solution is found. It is a unique innovation where player needs not any specific materials to solve problem. It may go mentally. This method will help also growing children to develop vocabularies through unique method of word building. This will also enable them to build confidence on spellings.

They may themselves be innovative in building new relations among words. This method can be introduced in psychology. Word and journey words (words formed between two start words) may build a poem, a story also. Therefore, it may enhance the aesthetic sense of vocabulary in use and may release stress. Some more examples are given here for readers who may try them. One- all; life- dead; dawn- dusk; warm-cold; good-evil; good-lazy; gain-loss; hand-feet; head-tail; grow-ruin; sand-soil; dark-fare; more- less; heat-cool; root-stem; seed-tree and many more. In all the cases, any letter of the said word will be shifted in a way that new word holds meaning. This innovative word game cultivated in my mind two decade ago, in the year 1997. Hope, this will find its place to serve the society of

Access this article online

Website:

<http://nepjol.info/index.php/AJMS>

DOI: 10.3126/ajms.v8i3.16515

E-ISSN: 2091-0576

P-ISSN: 2467-9100

all age groups. The increasing tension in modern life may be reduced with the joyful jugglery of words.

Key words: Word game, Stress relief, Education, Mental health

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REFERENCE

1. <https://en.wikipedia.org/wiki/Crossword>.

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Source of Support: Nil, **Conflict of Interest:** None declared.