

Physical Education: A Healthy Way to Develop Personality

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Abstract: *Physical Education and sports is one of the most important for the development of personality. "Sound mind in sound body" both are co-related if you are physical fit. Your mental health fit. Physical education develops all aspect of personality like health, mental, social etc. Forever, nowadays Government is careless for the Physical Education even in Primary and school level, Physical Education is neglected subject.*

Keywords: Physical Education, Personality, Development

1. Introduction

Physical Education including games and sports plays a tremendous role in the development of our youth. It enables an individual to live a healthy life in an ever-changing world. Physical Education makes the children psychologically, physically and physiologically active. It helps in the development of character building, reduction of rowdiness, and serves on the basis of group unity and solidarity. It introduces team work, self discipline, sportsmanship, leadership and socialization among the youth. Regular physical activity provides numerous health and cognitive functioning. The surgeon general recommends daily participation in physical activity for taking maximum health benefits because inactivity has been found to be significantly related to coronary artery disease, obesity, hypertension and diabetes mellitus. It also helps the people to improve their physical fitness. Five basic components of fitness are important for good health: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility in joints and body composition. It is clear from the literature that the development of an acceptable level of physical fitness helps to attain healthy personality and psychophysiological characteristics. Hence, a better healthful living is universally accepted as a goal of a physical education programme. Generally young boys and girls of colleges are expected to be academically brilliant, emotionally stable, physically strong and spiritually sound. We can achieve this requirement through the physical education. Physical Education has a vital role to play as an integral part of General Education. It aims at enabling an individual to line an enriched and abundant life in an ever changing world. Education Commission (1964-66) emphasized that physical education activities and sports contribute not only to physical fitness and health but also to physical efficiency, mental alertness and development of certain qualities like perseverance, team spirit and many other values of life processes and high achievements. In the past twenty years great attention has been paid to the psychoanalytic and psychotherapeutic issues associated with physical activity. With respect to the increasing prevalence of mental disorders throughout society and the influence of physical activity on these disorders. Physical education has a special obligation of preparing the youth for work and socially useful activities. It contributes to the development of the individual through planned movement on physical activities. Children are

naturally active and physical education provides an enjoyable way to them to enhance their over development.

2. Physical Education Improve Physical Fitness

The One of the major benefits of physical activity is that it helps people improve their physical fitness. Fitness is a state of well-being that allows people to perform daily activities with vigor, participate in a variety of physical activities, and reduce their risks for health problems. Five basic components of fitness are important for good health: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition (percentage of body fat). A second set of attributes, referred to as sport-or skill-related physical fitness, includes power, speed, agility, balance, and reaction time. Kapri, Gaur, Tyagi and Vashistha (2006) pointed out that when we are taking part in various games and sports, it increases the level of fitness of the individuals. In every game we have to run a little or more distance while playing and total body parts are exercised which also improves the strength, endurance, speed, flexibility and neuromuscular co-ordination of our body which ultimately help us to increase the fitness, only due to the participation in games and sports. To maintain fitness level, an individual has to take part in any sports regularly. If he/she is not taking part in any games and sports regularly, his/her fitness level will influence negative. One of the most emphatic recommendations in report from numerous federal and health promotion agencies is to increase the levels of physical activity among children and youth. Physical inactivity results in substantial, negative health consequences. Obesity, high blood glucose, high blood pressure and high blood lipids all occur more often among sedentary adults. These problems increase the risk for chronic disease such as cardiovascular disease, various cancers, type II diabetes, and hypertension. Indeed, a direct relationship exists between leading a physically active life and developing long-term good health. Each year, physical activity contributes to nearly 260,000 deaths in the United States. Unhealthy behaviors take many years to present themselves clinically, but there is a compelling reason to believe that helping students learn to be active early in their lives will provide an important foundation for lifetime physical activity.

3. Physical Education Improve Personality Traits

Commenting on the importance of physical Education Robinson and Shaver (1969) had shown that sports participation in general is positively correlated with the development of psychological, physical and physiological well-being and the people who are active in a variety of ways in such activities tend to report a higher degree of emotional well being, life satisfaction, perceived happiness and physical fitness. Kenyon (1968) also observed that physical activities including games denote various functions and are articulated as social experience, an exercise of improving physical health and fitness, as a means of providing thrills through relatively tension release and in the context of self-expression, as tension release and in the context of self denial and building self discipline. Betts (1974) cited the importance of sports and benefits of competitions in development of character building, reduction of rowdiness and the healthy development of physical, physiological and mental health's. Avente (1976) suggested that participation in sports provides an additional criterion for social prestige and adjustment. Coakley (1978) summing up the importance of sports, said that it is popularly believed that sports build character and provide outlet for aggressive energy, sports teams serve on the basis of group unity and solidarity. The analysis of the functions of sports depict that participation in sports brings various physical, physiological, psychological and sociological changes among the participants. Describing the benefits of physical activity, the U.S. Department of Health and Human Services (2000) suggested and stated as: Participation in physical activity and sports can promote social well-being, as well as physical and mental health, among young people, Sports and physical activity programs can introduce young people to skills such as teamwork, self-discipline, sportsmanship, leadership, and socialization. Lack of recreational activity, on the other hand, may contribute to making young people more vulnerable to gangs, drugs, or violence. Findings of some studies show that turning to sports is one of the best ways of good psychosocial development. For instance, Weismann, Sindik, Roberts and Caspi, and Giacobbi et al, found out in their studies that sports and physical activity not only accelerates adolescents' socialization process but also influences their psychosocial health and social adaptability. In a research, Wiss, emphasizing the social value of sport, held that adolescence is a period of feeling lonely, abstaining from social communication and introversion and added that if these feelings and beliefs form in adolescents it may lead to low psychosocial development and role confusion. He considers participation in sport and group activities as one of the factors of socialization and growing of mental health in adolescents. McCarthy et al believe that independence, responsibility, farsightedness, esprit de corps, finding identity, social acceptance, and self-esteem are concepts and parameters of psychosocial development in adolescents which are strengthened through sport activity and participation. These researchers maintain that reinforcing psychosocial development increases the level of adaptability, participation and cooperation among adolescents and leads to development of friendship and constructive cooperation. Cox and Smith [, and Solis et al found out in a research that

increasing the time spent on group and sport activities has a positive relation with psychosocial development, self-sufficiency, and self esteem of the adolescents. Therefore, physical activity as a driving force activates the potential force inherent in individuals throughout their psychosocial development stages and as a natural necessity and social and educational phenomena has a great mission in physical and mental development of individuals.

4. Conclusion

Physical education plays a vital role in the personality development of our youth. It makes them physically healthy, active and mentally alert, and also reduces their risk for health problems. It enables them to live in a healthy and competitive environment. It develops in them team-work, self-discipline, sportsmanship, leadership and socialize.

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