

Importance of Physical Education and Sports in Students Life: A Vital Part of Overall Development

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Abstract

Participation in physical activities has been found to be an important factor contributing to a healthy lifestyle. Research has found a strong relationship between participation in regular physical activity and prevention of disease. The impact of physical exercise on the academic performance of students must be based on results of quantitative experiments to enhance the scientific nature of study to explore the scientific exercise program to encourage students participate in physical exercise and then comprehensive and sustainable development. Recently however, several studies have found causal relationship between physical activity and improved mood state, reduced anxiety, reduced depression, and increased social support. For ages, sports have been viewed as a way to stay healthy and fit, but it goes beyond that. This paper examines that sports are essential for students overall growth, character development, moral development. Playing various sports helps them teach life skills such as teamwork, leadership, accountability, patience, and self confidence and prepares them to face life challenges.

Keywords: Character development, Moral development, Teamwork, and Self-confidence.

Introduction

Sport advocates often suggest that sports participation cultivates moral development, sportsmanship, fair play, self-reliance and courage, to name but a few desirable character traits commonly associated with the sport experience. In this paper, the social psychological construct of character is defined with particular emphasis placed on the central element character- that is moral reasoning. The literature on moral reasoning is then selectively reviewed and conclusions are drawn regarding the efficacy of the claims that sports build character. The relative merits of organized sports and informal games are also discussed with respect to moral and character development. Researches show that people who are more into sports are more likely to experience higher levels of happiness compared to those who are not. Aerobic activities such as running or cycling reduce stress and the risk of mental disorders such as depression. Playing sports not only helps in the developing physical and mental health, but also develops the life skills of a student. Sports activities teach students ethics, values, discipline, and sense of mutual trust. The sportsman spirit helps them deal with various phases of life gracefully as well as avoid evils such as drugs and suicide. Research has identified a wide range of sports-induced health benefits including improved cardiovascular health and assisting in the development of strength and balance. Two different types of character values exist and are evident in sport that is social and moral.

Effects of physical activity on students: -

College students today face various stressors in their daily lives, which could potentially impact their overall health. Studies have shown that as the amount of stress a student experiences increases, then the student experiences a decrease in quality of life. This perceived decrease can lead to more significant health issues. Physical activity can have an impact on cognitive skills and attitudes and academic performance. These include enhanced concentration and attention as well as improved classroom behavior. There is a link between physical activity participation and mental and physical health. One study found that illness was associated with stress, but was significantly mediated by both aerobic and anaerobic exercise.

Physical education, in its broadest sense, contributes to the following among the students:

Personal Development: Students will be able to, for example,

- Make appropriate decisions in relation to physical activity and take responsibility for those decisions ;
- Explore movement activities purposefully both independently and in groups;
- Demonstrate understanding of the relationship between health and an active lifestyle.

Citizenship: students will be able to, for example,

- Demonstrate understanding of importance of rules and regulations in society through the application of rules and principles of fair play in game situations;
- Demonstrate understanding of sustainable development and its implications for the environment,
- Demonstrate co-operative group skills and demonstrate understanding of need for social interdependence.

Communication: students will be able to, for example,

- Explore, reflect on, and express their own ideas, learning, perceptions, and feelings relating to movement;
- Demonstrate understanding of facts and relationships presented through words, numbers, symbols, graphs and charts, in relation to game or group activities;

Problem solving: students will be able to, for example,

- Identify, describe, formulate and reformulate movement problems; formulates tentative ideas, and question assumptions to solve movement problems individually and collaboratively.
- Use a variety of strategies and perspectives with flexibility and creativity for solving problems.

Impact of Physical activity on student's academic performance:-

Sport application and exercise habits for college students may offer various advantages. An effective exercise routine develops intellectual mind functions and advances mental simplicity, promoting efficiency whether in working environment or advanced education. The study found that students who are active in sporting activities by participating in some sort of physical activity at least once a week demonstrate reduced internalizing issues. As a result, their overall health, as well as educational performance, is also improved. It is also found that regular exercise had positive effects on student's physical and mental health. In addition, this effect in turn could improve students' academic performance.

Conclusion

Authentic physical education means the use of physical activity as a medium in, through and about which students are informed and their mind opened. Physical education plays vital role in the students 'development and growth'. Physical education and sports activities in educational institutions aim at 'health related' and 'performance related' areas so as to ensure 'enhancement of performance in competitive sports'. physical education and sports, thus consists in promoting a systematic all-round development of human body by scientific technique and thereby maintaining extraordinary physical fitness to achieve one's cherish goals in life .Hence any organization of physical education should start with developing a positive attitude and self-confidence among physical educators themselves and make them feel, physical education need not exist in periphery of colleges, but should extend itself to the classrooms and become the focus or central point of educational system.

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