



International Journal of Arts & Education Research

CONTRIBUTION OF PHYSICAL EDUCATION IN PERSONALITY DEVELOPMENT AND PSYCHO-SOCIAL WELL BEING

Pravindra Kumar*¹

¹Researcher Scholar, Sai Nath University, Jjarkhand, India.

ABSTRACT

Education is the main form to create a strong nation also for the healthy nation. Without education man cannot create a better person. Education is creating you mental and physical strong. So it is the most important for the better nation. Today it is proved that every education is the most important. Today another education is the most important that is physical education.

INTRODUCTION (Physical Education)

Physical Education plays a critical role in educating the whole student. Like other academic courses of study, physical education is based upon rigorous national standards that define what students should know and be able to do as a result of participation. Physical education is unique to the school curriculum as it is the only program that provides students with opportunities to learn motor skills, develop fitness, and gain understanding about the importance of physical activity. Students will be provided an individualized, developmentally appropriate, and personally challenging instructional program that will advance the knowledge, confidence, skills, and motivation needed to engage in a lifelong, healthy, active lifestyle.

With the increase in obesity nationwide, the benefits gained from physical activity include: disease prevention, decreased morbidity and premature mortality, and increased mental health and self-esteem. The benefits of physical education can also affect academic learning. Regular aerobic exercise produces an increased number of capillaries servicing the brain which allows for a greater exchange of nutrients and waste products. This optimizes oxygen and glucose delivery to the brain which can help improve brain performance. Additionally, physical education incorporates concepts of math, reading/English language arts, and science into the physical education realm. Technology is also being integrated into the curriculum through the use of heart rate monitors, pedometers, and computer-based fitness stations. The ultimate goal of physical education will always be participation in health-enhancing physical activity for a lifetime.

AIMS AND OBJECTIVES

(i) To develop the organic systems of the body;

It is recognized that our feelings, emotions, thoughts and achievements are influenced to a considerable extent by the physiological process of the body. The development of the organic vigor is dependent on a wide selection of activities and so conducted that the normal functions of the body are developed and improved.

(ii) To develop euro-muscular co-ordination or skill;

A good deal of physical activities helps the individuals and groups to develop certain skill, which gives satisfaction and happiness in a variety of ways during leisure times. Being physically illiterate many people do not know how to enjoy their leisure and become unhappy and maladjusted. Individual and group play activities enable people to give wholesome expression to their innate desires and interests,

(iii) To develop right attitude towards and physical activities in general;

Programme of physical education is based on sound psychological principles. It develops amongst the individuals wholesome attitudes towards play and physical activities and cultivates recreational and hobbies.

(iv) To develop a desirable social attitudes and conduct; By giving emphasis on ethical values inherent in Playing games with and against others the desirable social attitudes and conduct can be developed through a programme of well organized physical activities. It gives opportunity for social contact, group living, and self adjustment with the group.

(v) Development of psychomotor skills;

(vi) Development of understanding and appreciation of the techniques and strategies of sports;

(vii) Preparation for leisure time;

(viii) Elimination of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports;

(iv) Attainment of knowledge of proper health procedure as related to physical exercise.

(x) To develop correct health habits;

A rational programme of physical activities can stimulate the participant to develop favorable attitudes and habits in physical, mental, moral, social and emotional health.

(xi) To serve as an out let for surplus energy, which if pent up, make the child tens, nervous and irritable.

(xii) To meet the challenge of growing indiscipline among the student community by instilling in the younger generation a sense of patriotism, self-reliance and discipline.

(xiii) To give adequate scope for bringing out the aptitudes and talents of the child.

(xiv) To promote the spirit of certain qualities like sports-man ship, team spirit, leadership, patience, self-restrain co-operation, sociability and those other qualities of character and citizenship.

PERSONALITY DEVELOPMENT

Personality is the totality of a person's quality, both desirable and undesirable as revealed in response to the various situations presented to you in life. Your personality is the total Impact you make on other people.

The personality each one of has is determined by many factors: The level of one's intelligent, one's physical limitations, extent of one's education, heredity and environmental, in which one's brought up, the strength of our basic emotions, anxiety, etc.

According to Bradshaw-"An individual's personality is an aggregate conglomeration of decisions we've made throughout our lives..."

A personality is an improvement in all spheres of an individual's life, be it with friends, in the office or in any other environment.

Personality development is the developing a personality cult so as to create a strong positive impression about self with the targeted group, or in general; and more pertinent aspect of such personality is to maintain and prove in a long run.

Dimensions of Personality

- Appearance.
- Intelligence.
- Smartness.
- Trustworthy, High integrity and Responsible.
- Knowledge, in depth.
- Management.
- Efficiency.
- Economic independence.
- Morality / Character.
- Being beneficial / advantageous.

The four aspects influencing personality are:

Physical, Social, Psychological and Philosophical.

- Physical personality depends upon pleasing personality indirectly supported by health, strength and withstanding capacity.
- Social personality's main factors are: social values, communication skill, attitude and economic independence especially in relation with wealth.

- Psychological personality is in tune with personal values, approach, thinking pattern, emotional management and influenced by knowledge, intelligence and smartness.
- Philosophical personality is on account of maturity of values.

CONCLUSION

Personality is the physical basis, in certain social and historical conditions, through social practice formation and development. Innate genetic factors, personality development is natural prerequisite and acquired factors are social environment factors and educational factors. Among them, education, personality factors play a leading role in the development process.

Good personality is one of the best features of creative development, therefore, the growing development of personality and social development are in need. From the formation of the personality of view, Maslow said about personality development: the most complete and most advanced form is a healthy personality.

REFERENCES

- Allport GW. Personality: A Psychological Interpretation, New York, Halt 1937.
- Buss DM. Personality as traits. American Psychologist 44(189): 1378-1388.
- Byrne D. An Introduction to personality: A Research Approach, Prentice Hall Inc. Englewood Cliffs, New Jersey 1966; 439-40.
- Cattel RB. Personality and Motivation: Structure and Measurement. Tarrytown-on-Hudson, world, New York, 1957.
- Derlega V J et al. Personality: Contemporary theory and research. Chicago :Nelson- Hall, 1991.
- Pervin LA. Personality theory and assessment New York: Wiley. In Psychological testing, Principles and applications (4th ed) (1985). Kervin R. Murphy and C.O. Davidshofer. Prantice Hall, Inc (1980).