



PHYSICAL EDUCATION FOSTERS SOCIAL AND HEALTHFUL BEHAVIOUR

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Abstract

A crucial aspect of human life is physical education. Participating in regular physical activity throughout childhood has an immediate positive impact on body composition and musculoskeletal development, as well as lowering the existence of risk factors for coronary heart disease. Children in elementary and secondary schools benefit from learning a variety of personal and social skills, including peer connection skills, leadership skills, problem-solving skills, and personal and social responsibility skills, in a world that is changing quickly.

Keywords: -Physical Education, Sports, student, schools College, physical activity, health, social development.

Introduction:-

The principal recommendation exhorts people to participate in lifestyle, recreational, and structured exercise forms to collect one hour of at least moderate intensity physical activity per day. As a secondary recommendation, kids should take part in activities that promote the development and upkeep of their skeletal and muscular systems. Physical education fosters a person's development of a diverse personality as well as their social and physical well-being. Classes in physical education are required for children. Building a strong society is impossible without it. Yoga, sports, and physical education are all included under health and physical education. It's important to concentrate practising for physical education activities more. Free play in organised and unorganised games, yoga, and sports is crucial for all children's physical and mental development. (Dr. Sharma.V.k-2018).



Importance of Physical Education:-

Students who participate in physical education have better motor skills, stronger muscles, and more dense bones, which boosts their likelihood of engaging in healthful exercise outside of the classroom. Additionally, it supports their mental and cognitive wellbeing. Sports help kids develop their motor skills and string than their muses by making activity "normal" from a young age. This gets ingrained in them throughout their lives. Children's handwriting and musical instrument playing skills will increase as their fine motor skills grow (Dr. V.K. Sharma, 2016). Children who participate in regular sports also exhibit better behaviour in the classroom. Students that participate in sports are better able to focus and concentrate, which benefits their academic performance and can result in higher achievement across the board.

Regular exercisers among students get better sleep. They are there to help students stay awake and concentrate better at school. Children who exercise can reduce their tension and anxiety. Today's youth routinely and I'm over ratio than enter, so it's crucial for them to have a sport to participate in. Sporting activities in teams assist young people develop their leadership and teamwork abilities. It also fosters a close link between students and a positive classroom environment. In this day of social media and peer pressure to appear a specific way, physical activity improves healthy body image among teenagers, particularly among girls. (Martin E. Block- 2015).

Social Benefit of Physical Education:-

Good health is important for a building a good society. It is impossible to build a capable and strong society and distress degrades human health and mentality.



It Makes You a Happier Friend:-

There is nothing like having a nice friend nearby to lift your spirits when you are down. However, friendships are much more than just supporting one another during difficult times. As they help us laugh together and have fun, they are also helping to release endorphins, which have been shown to increase happiness. Not only is this a benefit to your personality as a whole, but it also has a social advantage of exercise that releases itself via the connections you form, the friendships you foster, and the conversations you have. (Rajagopal-2014).

Adjust to New Surrounding:-

We recently relocated to a new city. Making new acquaintances can be a little intimidating for a transplant. That is why many medical professionals advise exercising as a method to start a conversation. Exercise not only makes it simple to start up a conversation with others, but the gym is also a recommended place for positive social contacts. Singing individuals to success might help you relate to them on a completely different level. (Paul M Wright, K. Andrew R Richards (-2021).

It Helps to Improve Your Memory:-

Fitness does wonders for your cognitive health as well, so it's not only good for your arms, legs, and core. In fact, a study discovered that exercise can increase the effectiveness of your brains, allowing you to remember more details and boosting your cognitive abilities. Exercise can help you remember things better so you can keep up with these little social cues..

It Helps You Find People Like You:-

We all look for our tribe—the folks who will stick by us through thick and thin, no matter what. Another social advantage of exercising is that it can make it easier for you to



meet others who are interested in spending time with you. You're likely to meet others who share your love of a healthy living at the gym. Meeting others who share your interests allows you to create a new, encouraging group of friends. (Michelle Walton-2018).

It Makes You More Reliable:-

Not that you want to call your friends at the last minute, but you are more likely to catch the sniffles if you do not take good care of your immune system. And if you don't exercise much, you could enjoy the energy those dinner reservations you made. You are likely to become more dedicated to exercising outside of the gym when you stick to a fitness routine. Your friendships and, consequently, your social life will develop because your plans may depend on you. **Create Accountability:-**

Consistency is one of the hardest aspects of regular exercise, especially if you are new to fitness. or you're struggling to visit James, go for a run, or simply set up your favourite fitness DVD for a workout in your living room. But making plans to work out with a friend means you'll be holding each other accountable, and the social duty is another incentive to leave the house and move about. Nobody wants your pals to win because they think they are lazy or will leave them for dead even though they are doing their hardest. If you set a goal and adhere to it while making a commitment to your classmates or friends, (Dr. John Percy - 2016).

Conclusion:-

Physical education teaches students the path to a successful and healthy life, and it's crucial to comprehend that path. Regular daily exercise is necessary for optimum health. Children's physical education instills a strong sense of self-worth. They can develop tranquil emotional stability, self-control, and increased confidence. An outlet for tension and anxiety release is physical activity.



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