



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(2): 26-30

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www.theyogicjournal.com

Received: 21-05-2018

Accepted: 23-06-2018

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Role of physical education in society and nation building in 21st century

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Abstract

Physical Education is an old age concept, considered to be the first form of communication and was used by the primitive men for survival. With the advancement of time physical education has become a full fledged professional and an integral part of education of human beings. In the 21st century physical education contribution towards the society and national building is very significant and praise worth. Physical education uses physical activity, sports and game and exercise as a medium to not only nurture the social values and attributes in the youth but also play an important role in preventing lifestyle disease of 21st century. Physical activity and sports helps in imparting leadership, comradeship and good human values in the children and promotes health and wellness of the citizens. National harmony among the citizens and international peace can be achieved through sports and physical activities. Therefore it can be established that physical education plays a pivotal role in society and nation building.

Keywords: Physical education, sports, society

1. Introduction

1.1 Meaning of Physical Education

When we trace back the history of Physical education we find that the physical education and physical activity is an old age concept. Physical activity was considered to be an important activity of survival in the Stone Age. Primitive man, search for food and shelter was the first survival activity. It was the first means of communication and expression. Human life and society evolved due to physical activity. Now in modern age the physical activity has become a systematically organized form of education which is described as physical education.

Generally physical activity is misunderstood as merely a form of activity, drill or body building. However the scope of physical education is much wider. In fact it influences the growth and development of the beings. It helps a person to achieve physical, mental, social and emotional health and to build personal and social qualities. In other words we can say it is an education important to a person for overall development.

1.2 Definition

1. **According to Harold M. Barrow:** Physical education is an education of and through human movement where many of the education objectives are achieved by means of big muscle activity involving sports, games, gymnastics, dance and exercise”.
2. **According to J.P Thomas:** Physical education is education through physical activities for the development of total personality of the child and its fulfillment and perfection in the body, mind and spirit”.
3. **According to Edward F. Volmert, Arthur and A. Esstinger:** Physical education is the process by which change in an individual are brought about, through his movement experience”.
4. **According to H. C Buck:** Physical education is the part of general education which is consider with growth and development and educating children through the medium of big muscle activities.it is the complete education of a child by mean of physical activity. They are so selected and conducted as to influence every child’s life physically, mentally, emotionally and morally”.

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1.3 Aim and Objective of Physical Education

The aim of physical education is overall development of the personality of an individual. Overall personality development means physical, mental, social, emotional and moral development. Physical, mental, social, emotional and moral dimension of the personality are interlinked with one another. The completed personality is not possible in the absence of any one of these. The ministry of education government of India says “The aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities that help him to live happily with others and build a good citizen” (Saini & Pandey, 2016) ^[1].

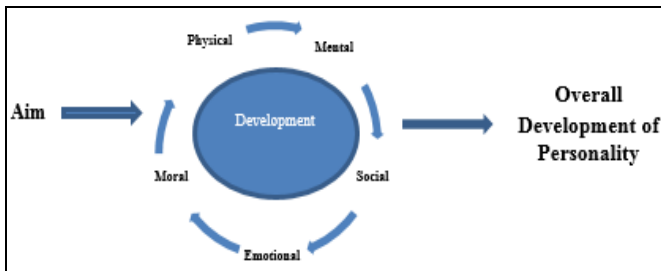


Fig 1: Aim and objective of physical education

2. Career Option in Physical Education

Earlier Physical education was considered as a less paying and least popular professional but now the scenario has changed. Physical education is now considered to be an accepted and well paid career.

There are numerous career opportunities in the field of physical education. Today the area of physical education has become vast. Thus, the career opportunities have also increases. Now the scope of physical education is not only limited to teaching and coaching but also it has widened to many other options such as fitness trainer, Sports manager, event manger, yoga trainer, media related career, health related career etc. Some of the career opportunities in the field of physical education are as follows:

2.1 Traditional Career

Teaching and coaching are considered to be the traditional career in the field of physical education.

2.1.1 Teaching Career in Physical Education

Teaching is considered to be one of the most noble and ancient profession. Concept of Guru Kul is very famous since the times of Ramayana and Mahabharata. In Guru Kul students were educated in physical in physical fitness, yoga, war, weapon fighting, moral values etc.

In the present day scenario the scope of teaching career in physical education has expanded there are different teaching opportunities are available.

1. Elementary/primary school
2. Middle school
3. High school
4. Senior secondary school
5. College and university

Movement education is any essential prerequisite for the growth and development of the child's personality Physical education teacher is appointed as Primary teacher in primary school. In C.B.S.E affiliated school there is separate curriculum for physical education of classes six, eleven and eight. Person with BPED degree is required for appointed as

physical education Teacher. Person with a post graduate degree is eligible for TGT and PGT in the high and senior secondary school. As in the high school and senior secondary school physical education is taught as an optional subject.

At College and university level there are plenty of teaching opportunities available in physical education department. In the academic institutions where physical education courses is offered a person can be appointed as assistant professor, associate and professor with NET and Ph.D. as a prerequisite to become an assistant professor.

In colleges there is a requirement of Director of physical education and sports officer with a job profile of administration of sports and to teach physical education as an optional subject.

2.1.2 Coaching Career in Physical Education

Coaching is also a traditional career where job profile of a coach to prepare and give training to the team in various sports e.g. Basketball, Athletics, Hockey, Cricket, Tennis and many other sports. Coach Job is very challenging; they need to take care of technique, tactics, skills and fitness level of players. Coaches are appointed at various level school, college and university, state sports department, Sports authority of India, Sports association, Sports academies, commercial sports club etc. To become a professional coach on has to qualify either a diploma in sports coaching from Netaji Subhas national institute of sports or certification from respective sports federation.

2.2 Career in Sports Officiating

Sports competitions cannot be organized without the help of official e.g. referee, umpire, line judges etc.in a sports competition there is a requirement of set number of official as per the need of sports at state, National and international level. Now a day's association offer many officiating courses in officiating.

2.3 Career in Fitness Industry

Today fitness is the need of the hour due to increase in Hypokinetic diseases like diabetes, obesity, lower back problem, Joint pain and other health disorders. Gym, fitness center and wellness center available in the market are offering packages in physical fitness, yoga aerobics, weight management etc. Fitness industry comprises of private and government sector and sports academies and sports association also hire fitness trainer for sports specific fitness.

2.4 Sports Industry

On regular basis in Sports there is a huge requirement of sports equipment, fitness Equipment, sports dress, clothing, sports shoe etc. Sports manufacturing, distribution, retail and whole sale is also a lucrative business in present day scenario.

2.5 Sports Manage and Administrator

Now a day's there are lot of job opportunity in private as well government institution of sports mange and administration. The job involves planning and organization of sports program and operational and maintenance of sports infrastructure and facilities.

2.6 Sports Event Management

Since the advent of mega sports events such as Olympic, commonwealth games, Asian game sports event management has a huge potential as a profession. Lot of sports management and event management companies have come up now a day's. There work profile is not only to conduct sport

event at state, national and international but also to conduct physical education program at school and institutional level.

2.7 Industry Recreation and Adventure Sports

Today many companies are giving emphasis on the health, recreation and wellness of their employees through recreation sports so that the work efficiency increases and fitness and mental wellness can be achieved. Therefore companies are hiring the physical education professional to conduct recreation activities for their employees. An adventure sport is another form of recreation and activities like tracking; skiing, mountain climbing and parachuting are the part of it. Physical Education student can explore these opportunities after doing short term courses.

2.8 Career in Sports Journalism and Commentary

There are many career opportunities are available in the field of Sports journalism and commentary. These days print media and electronic media offers a lot of opportunities to cover different sports events. Further a sports person and a physical educationist who has the knowledge of sports, excellent communication and pleasing personality can explore future in the sports commentary.

2.9 Book Writing and Publishing

Physical education is a subject which is taught from the school level to the university level. High quality of books, magazines and journals are read by large number of readers. Hence book writing and publishing is also a lucrative career in physical education.

3. Role of Physical Education in Society and Nation Building

Role and importance of physical education in the context of the society and national building can be understood from the role, it can play in the undermentioned field:

- Education
- Growth and Development of Individual
- Health, Fitness and wellness
- Prevention of diseases
- Development of culture and social values
- Recreation and Constructive use of leisure time
- National and international integration

3.1 Education

The most common and perhaps the oldest method of communication along the path of progress for the human being is the use of body language or to be able to communicate through body gestures and movement. Even in the life cycle of a man body movement and gestures or physical activity come first, language and writing skills develops later. The young ones of animals and human beings learn and get education through this method from very initial level. Learning by observing and imitating the parents are a common practice.

Physical education is integral part of education and with the help of movement education physical education brings about positive change in the behavior of an individual in a desired direction. As the play way method or learning by doing method is an easy method used in Physical education, makes great contribution toward the education of individuals and its contribution in the field of education cannot be ignored (Sharma, 2002) [2].

3.2 Growth and Development of Individual

People have lot of misconception about physical education. It is a general perception that physical education teacher are busy without work and they are only limited to discipline and to prepare team in sports. But in fact physical education teacher facilitate the growth and overall development of child. Actually the physical education teachers are the back born of the society for preparing healthy future generation. Growth refers to an increase in physical size of the whole body or any of its part but development is complex and continuous process and it does not involve only physical but also cognitive and social dimensions. Teaching method such as Physical activities, Play, games and sports used in physical education facilitate both the growth and development. When a child take part in physical activity and sports it influences his systems and organs involves in it e.g. if we do exercise related to strength of muscle the size of the muscle increases.

By engaging in sports a person is exposed to many situations where he has to take decision. Play in sports requires concentration and attention thereby improving the mental development. Many types of emotions can be utilized and channelized through physical education thereby facilitating emotional development. It also helps in the social development of the child when he became a member of the team. Hence it will not be wrong to say that physical education actually helps is securing the future of the nation and society.

3.3 Health, Fitness and Wellness

In pre historic time the health and fitness was the key factor for the survival of the human being. Civilization of Sparta Rome was following the dictum of "Fittest of the survival" and in the epic era in India also stresses have been laid upon health and physical fitness. Guru Kul in that era has followed the system of physical very rigorously. This concept of health and fitness is very much applicable and relevant in today's social scenario. Health is a broader term which includes all the aspects of wellbeing such as physical, mental, social and emotional where as physical fitness is the ability to carry out daily activity with alertness, without fatigue and have reserve energy to meet unforeseen situation. Wellness is a modern and broader concept which means the state of being healthy and free from disease. It is also described as an active process of being aware of and making choices towards a more successful existence. Wellness include many different components such as emotional, intellectual, spiritual, social, financial and environmental that expand one quality of life and work effectively to make significant contribution to society.

Health, Physical fitness and wellness can be achieved through physical activities, exercise and sports. Regular participation in exercise and physical activities is the component of positive life style. A number of research found that the doing regular exercise result in many physical and mental health benefits. Exercise on regular basis can help your body to remain fit and healthy. Physical education educates about the method of exercise and fitness and it includes walking, jogging, running, cardio fitness and resistance training, yoga and stretching. Development of health society is linked with the health if individual and healthy youth of the country are the pillar of healthy society. Therefore a physical activity has a pivotal role in raising the health standard of the society. In this way, an individual who is health and fit will not only uplift his own standard but also lead to establishment of healthy society or nation (Singh & others, 2016) [2].

3.4 Prevention of Diseases

Modern day living and increased leisure time has given us sedentary lifestyle which has resulted in modern day illness such as obesity, diabetes, hypertension and back pain. All these diseases are the product of bad dietary habits, lack of exercise and physical activity and high level of stress in our daily life. If we want to lead a health and longer life we must take certain preventive measures towards these problems. Not only in our country but also many people around the world are suffering from these hypokinetic diseases.

In today's world obesity has become a big problem and obese people also get trapped with many other associated diseases as well. Hypertension is another modern disease occurs due to inactive life style. Hypertension means increase in the blood pressure of the body. The long term effect of regular exercise in losing weight and controlling the hypertension is well established. One of the effective methods of controlling weight is to shift the energy relationship so that the energy output is exceeding the energy input. Diabetes is another disease caused by the lack of the ability if the pancreas gland to produce insulin or it to use the insulin produced in appropriate way. Research has shown that the regular exercise and physical activity has a protective effect against diabetes.

Back pain is the pain felt in the back usually originated from the muscle, nerves, joint, and bone in the spine. Back pain is divided in to the neck pain, middle back pain, lower back pain and tail bone pain. Maintaining regular physical activity and fitness regimen can be very helpful in preventing the problem of back pain. Participating in regular strengthening exercise is helpful in improving the strength and flexibility in the back, abdominal and leg muscles. Eventually helps to overcome the pain. Therefore it can be judged that the physical education and fitness can play an important role in preventing several diseases.

3.5 Development of Cultural and Social Values

Physical education and sports are excellent medium to teach many cultural and social values in the people. Certain social qualities like leadership, cooperation, team cohesion, team work, self-discipline and trust are imparted through sports and games. Physical education helps in developing leadership in individuals. By the mean of games and sports a person establishes relationship with other person and group. It helps in shaping cultural and social characteristics when a team is playing with other team we can observe the felling of leadership and cooperation among the participants. A good sports person displays the qualities like obedient, fair, generous, courteous, modest, ethics and morality. So physical activities and sports nurtures social values and qualities. Hence physical education inspires and transforms people in to law abiding and good citizen (Coakley, 2008) [4].

3.6 Recreation and Constructive Use of Leisure Time

Recreation is a voluntary activity where participants engage due to the benefits and values attached to it. Recreation word is derived from Latin word 'Recreate' which means to create something (Wikipedia). Recreation which is also termed as amusement, entertainment, hobbies or fun is an essential part of our daily life. It comprises of many activities such as dancing, singing, playing sports, gardening etc.

National council of therapeutic recreation in the United States has recognized the importance of recreation in rehabilitation and health. Recreation has many health benefits and it is used as a therapy to cure sick people. Sports and dance helps in the rehabilitation of many chronic health issues.

Moreover with the increase of leisure time or free time and the advancement of technology the youth tends to get involve in many destructive activities. Sports and games are the best form of recreation activities. It not only used for fun and recreation but also it helps in channelizing the energy of the youth. Play and sports is the best form of expression for a child and ultimately it helps in utilizing their free time constructively

3.7 National and International Integrations

National and international integration is observed through physical activities and sport. Sports unite and integrate members of difference caste, culture and religion. Sports provide an equal opportunity and platform to all the members of the society. Through sports people of different communities learn, share and appreciate the culture and values of other.

Sports event like Olympics and Commonwealth game and Asian games are the greatest example of international integration. Sports also help in peace and bringing cordial relationship among the nations. Therefore sport and physical education cultivate harmony, peace and brotherhood within the national and among the countries.

4. Submission and Recommendation

On the basis of the above mention discussion it can be concluded that the physical education and sports has a major role in society and nation building and its contribution is praise worth. Hence the following submissions and recommendations are drawn.

1. Physical education and sports are integral part of education and daily life. Sports and physical education not only important for physical well-being but also important for the overall personality development of individual. Our Prime Minister Shri Narendra Modi also said in a speech "*Sport is an integral part of our everyday life. Some people think that the sport is only important for physical well-being. I feel a sport is important for overall development*".
2. Physical education program helps in proper expression of natural interest and desires of children and eventually helps in desirable personality traits in the child. Keeping in mind the role and importance it plays in the growth and development of the child physical education and sports should be compulsory subject at all level of education.
3. Promotion of health, fitness and wellness is the need of the hour in the society. Living a healthy and prosperous life is the desire of every individual which can be achieved through a sound, systematic and regular physical education program.
4. Youth can be nurtured and channelized in to a productive citizen of the society with the proper use of sports and physical education program.
5. Many Hypokinetic disease and health related issues can be overcome only by participating in regular exercise regime and physical activity program.
6. Patriotism, Comradeship, Friendship, Unity, Cooperation, cordial relationship, International integration and other social qualities can be achieved with the help of sports and Physical education.

5. Acknowledgement

The research offers his sincere gratitude to Prof Geeta Singh, Director CPDHE University of Delhi, and Coordinators of

Orientation programmer (OR-93) Prof Rishipal and Dr. Sachin Vashist for providing this valuable support and guidance to write this article. Further sincere thanks to all the participants of Orientation programme (OR-93) and the staff of CPDHE, University of Delhi for their support. Without their cooperation this work would not have been possible.

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