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PHYSICAL EDUCATION: A PHILOSOPHY FOR HEALTHY MANKIND

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ABSTRACT

The study provides the information on exploring the concept of Physical Education: Philosophy for healthy mankind. In order to carry out the study the project team collect data from related literature like books, magazines, journals and online resources. Results of our study revealed that the use of physical activities for the development of total health is not a new tradition. It has been there since antiquity, and has been transferred from one generation to other. In present world human being, no doubt has sort out different treatment to throw out serious development challenges. But due to the advancement there is an increase in the physical inactivity which also eventually leads to the inclination of mental challenges (psychological ailments) and medical elements like chronic non communicable diseases (diabetes, blood pressure, etc). Due to this physical inactivity serious threats have been make to health of the individuals especially in physical, mental, social and emotional aspects of the well being. The study throws light on the different dimensions of Physical Education namely Physical, Mental, Social and Emotional by elucidating their contribution in preparing the healthy citizens by emphasizing their vital role for the preparation of an individual for their lives and as a whole for mankind.

KEYWORDS: *Physical development, Mental development, Social development, Emotional development.*

INTRODUCTION

Health is top most urgency in every person's life. Its importance is apparent in old motto, "Health is wealth." Health is not only basic to lead a cheerful life for a private, however conjointly necessary for all productive activities within the society (Phisek Ponrattana Wanarom)

"Health is Development," rightly says "Good health could be a requirement to human

productivity and therefore the development method. "It is crucial to economic and technological development. A healthy community is that the infrastructure upon that to make an economically viable society. The progress of society greatly depends on the standard of its folks.

The most vital aspect of fine health is adequate exercise. Exercises facilitate USA succeed physiological state by strengthening our cardio-

system, strengthening our muscle mass and reducing the have an effect on of stress on the body. Along with physical exercise nutrition also play important role in developing and maintaining health. Scientific proof has long coupled smart nutrition to overall health and well-being. Correct nutrition implies that a person's diet provides all the essential nutrients required to hold out traditional tissue growth, repair and maintenance.

We must always demonstrate positive health behaviors that assist in up our own health and also the health of others. If our focus is strictly on simply the physical edges of exercise, we tend to do injustice to our purchasers and that we don't seem to be fulfilling our skilled oblige. Along with physical health we should care about other vital dimensions of life for wholesome development. Healthy person doesn't mean physically strong, however healthy person is a one who is physically, mentally, emotionally, socially and culturally sound to withstand the challenges of life.

Physical education programmers in school help students to enjoy physical activity by creating competitive as well as non-competitive environment that encourage individual development. Within such a supportive environment, student improves their fitness and basic motor skills, such as running, jumping, throwing etc. They also provide opportunities to take Part in variety of sports and games through which the student may develop the quality of cooperation.

Physical activity has tutorial advantages moreover. The Calif. Department of Education checked out students' health fitness scores on the FITNESSGRAM and compared them to the scholar scores on standardized testing in science and language arts. They found that match youngsters "scored doubly moreover on tutorial tests as people who were unfit." The second year the CDE controlled for higher and lower financial gain brackets and whereas higher financial gain match students scored more than lower financial gain students overall, the premise still command true. Students WHO were fitter performed higher academically.

Elementary students United Nations agency play sports square measure a lot of probably to become active teens United Nations agency, in turn, square measure a lot of probably to move adults. And being active, in line with World Health Organization is one among the foremost vital ways that to stop cardiovascular disease, stroke, polygenic disease and a spread of different debilitating ailments. Colleges represent associate degree advantageous chance to market physical activity in kids. Virtually they need a "captured audience." the power to carve out time for physical activity whether or not its recess, education or sports is exclusive to varsities alone. Since nearly

fifty million students attend faculty is there a much better place to start to have interaction kids in daily physical activity

The need of physical education in the school curriculum all over the country should viewed seriously because everyone in the lap of some kind of disease. Many people do not have the knowledge of physical education. So, it is need of the hour to make the common man familiar about physical education by introducing it as subject in the schools and colleges curriculum. Physical education programme guide us to keep ourselves fit and healthy. Without the knowledge of physical education an individual will have difficulty in achieving the wellness S.Fairclough and G. Stratton accepted (2004).

The importance of physical education for children is traced as

Improved good shape, Improves children's muscular strength, flexibility, muscular endurance, body composition and vas endurance, talent development, develop motor skills, which permit for safe, prosperous and satisfying participation in physical activities often provides wide-range of developmentally applicable activities for all youngsters.

Stress reduction

Physical activity becomes Associate in nursing outlet for emotional tension and anxiety, and facilitates emotional stability and resilience.

Strengthened Peer Relationships

Physical education is a significant force in serving to youngsters socializes with others with success and proves opportunities to find out positive individuals skills.

Particularly throughout late childhood and adolescence, having the ability to participate in dances, games and sports is a crucial a part of peer culture.

Improved self-confidence and self-esteem

Physical education instills a stronger sense of self-worth in youngsters supported their mastery of skills and ideas in physical activity. They will become additional assured, assertive, freelance and self-controlled.

Experience setting goals

Gives youngsters the chance to line and try for private, doable goals

PHYSICAL EDUCATION

Physical education in its modern concept is broader and more meaningful. There is no doubt that it is conducive to build up organic health but it is helpful in developing mental and emotional health and social qualities that are considered to be desirable by the society. It provides energy which is very necessary for every person to survive the wear and tear of the struggle for existence. Physical education

is not confined to some procedures of drill and regular exercises, but emphasizes on the physical fitness value. Physical development and mental development are inter-related and go together. Locke highlighted, "A sound mind in a sound body is a short but full description of a happy state in the world".

Kilpatrick has defined it as "A way of education through motor activity and connected experiences and its subject matter is primarily ways of behaving". The capable and intelligent leadership during play periods can guide and help children to develop appropriate way of behaving towards their team mates, opponents, officials, spectators and in regard to the solution of problems that arise during games and intelligent decision based on reason rather than on biases and emotions

Meaning of Physical Education:

Physical education is associate integral a part of the overall education method. Its aim is that the total development of physically, mentally, socially and showing emotion work voters. Physical education refers to the educational program, it denotes the courses in school, professional institutes in which the students receive interaction and practice in physical exercise in order to promote good health .Physical education is a standard course of primary and secondary schools in all over the world .the activities of the course traditionally consists of aerobic, anaerobic exercises(strength training , sprinting) ,flexibility training, gymnastics and a wide range of competitive games .Physical education is the all-round development of human beliefs through activities. It creates the balance between the mind and body through activities. It gives the proper posture of body and health fitness.

Physical Education has been defined by many authors as

Physical education is that section of education involved with the teaching of skills, acquisition of data and development of attitudes through human movement (Charles A. Bucher).

Physical education is associate integral a part of total education method and has its aim to development of physically, mentally, showing emotion and socially match voters through the medium of physical activities that are elite with a read to realizing these outcomes (J.F. Williams).

OBJECTIVES OF PHYSICAL EDUCATION

Physical Development

Through the rigorously selected physical a personal UN agency participates actively can develop and maintain physiological condition and a high level of shape. The acquisition of physical skills will inspire a personal to participate, any in physical

activities thence his growth and development are increased.

Mental Development

Through participation in physical education activities the individual develops are mental capacities as he learns the mechanical principles underlying movement, as he acquired knowledge and understanding of rules and strategies of games and sports, and as a he discovers ways of improvements in gymnastics and dance.

Social Development

Participation in physical education activities provides opportunities for the development of social traits to adjust the social life in general. Some worthwhile traits are: friendliness, cooperation, respect for the rights of others, good sports worship and competition.

Emotional Development

The nature of physical education activity offers opportunities for self-expression and emotional mastery.

Physical Development

Physical education has been considered as an essential part of human life. The meaning of physical is body which directly relates to physique, health, strength, speed, agility, endurance, flexibility and physical performance on the sports ground. The meaning of education refers to the ongoing process of learning and total development that occurs throughout one's life span. Education in physical education helps a pupil to be a good learner and also a good mover. The meaning of education with physical has not been understood in right perspective till now by most of the curriculum planners. They consider education as the academic development but without physique, whereas mind cannot be separated from body, mind cannot be trained in isolation. The same way as mind cannot be separated from body; education cannot be imparted without physical. Body is the tool to educate the mind and also enriches the sprits. That is why there is a great need for the academicians to understand the meaning of physical education in the right perspective. Then only physical education can be redefined in educational curriculum for future time.

Mental Development

Mental development is additionally called psychological feature development. it's primarily the development of mind activity like thought processes, memory, downside resolution and deciding furthermore as overall intelligence. Psychological feature development is that the name given to the world of study in neurobiology and scientific discipline that appears at a child's brain development and also the aspects among. Problems among

psychological feature development embody nature over nurture, culture and social things and environmental effects. It accustomed be believed by scientists that young youngsters lacked the flexibility to perform activities like thinking however indeed, as presently as we tend to are born, the brain starts developing through several forms. Youngsters are drawn to colours', lights, sounds, textures and emotions. as a result of they need not nonetheless developed the physical skills to speak, walk or offer for themselves, this doesn't mean they're not playacting any brain activity.

Social Development

In modern times socialization is more difficult there is so much more to learn and more to adjustments are to be made than ever before. Socialization is shaping an individual and provide an opportunity for each individual to develop individuality self actualization and self discipline. Socialization is a process of acquiring the social and mental and physical skills which are necessary for survival in a society. There is interaction between individuals and between individuals and groups resulting socialization. Socialization is always an ongoing process because it never completes it continues through adulthood as it builds on values and habits learned at an earlier.

Socialization may be defined as the process of acquiring the social, mental and physical skills necessary for survival in a culture and for perpetuating the heritage of culture. Socialization exhibit it standards of behavior in accordance with society's norms which are the rules, laws and customs which govern behavior and from which societies values emerge. It is the adjustment one makes to ones cultural environment.

Participation in games and sports provides a service to the individual by preparing him or her to the challenges of life. The development, to experience challenges leading to personal achievement and social recognition. The fundamentals of character are gained to participation in sports and games. Sports are seen as primary vehicles for an acculturating the youth who will "be the future custodians of the society". The role of socialization is very clear in terms of giving equal opportunities for both the sexes for participation in games and sports as per as family and religion are concerned they have different roles depending upon their attitude/apitude.

Sports is available means towards socialization because it provides rich opportunities in most of the social processes through games and group physical activities socialization takes place in the whole thus tool the pay grounds the streets and any other plays where games are played.

The following aspects of the social system are integral part of the socialization processes which operate in various sport situations:

1. **Role playing**
2. **Status**
3. **Social stratification**
4. **Self image**
5. **Competition and cooperation.)**

(Dr Rachheal Singh Brar, Dr Jagtar Singh Gill, in 2008)

Emotional Development

Emotional development could be a complicated task that begins in infancy and continues into adulthood. The first emotions which will be recognized in babies embody joy, anger, unhappiness and worry. Later, as youngsters begin to develop a way of self, a lot of complicated emotions like tepidness, surprise, elation, embarrassment, shame, guilt, pride and fellow feeling emerge. School youngsters area unit still learning to spot emotions, to know why they happen and the way to manage them fittingly. As youngsters develop, the items that provoke their emotional responses amendment, as do the methods they use to manage them. Very young children's emotions square measure chiefly created from physical reactions (e.g. heart athletics, butteries in stomach) and behaviors. As they grow, kids develop the flexibility to acknowledge feelings. Their emotions are progressively influenced by their thinking. They become additional attentive to their own feelings and higher ready to acknowledge and perceive others. Thus, associate emotional reaction of a 10-year-old is probably going to be much more advanced than that of a three-year-old. The expertise of feeling includes many components:

- Physical responses (e.g. heart rate, breathing, hormone levels)
- Feelings that children recognize and learn to name
- Thoughts and judgments associated with feelings
- Action signals (e.g. a desire to approach, escape or fight)

Emotional development refers to a child's growing ability to manage} and control emotions and to make secure relationships. It differs from psychological feature development that readies a toddler for varsity, in this it prepares a toddler to require on a bigger degree of responsibility for his or her internal state. Growing scientific proof shows that a child's experiences throughout the first years play a big role in emotional development. A child's emotional development is vital as a result of it provides a foundation for social development, sympathy towards others and therefore the resolution of conflicts while not physical aggression. Those kids United Nations agency don't develop emotional

maturity square measure in danger of forming unhealthy attachments, experiencing generation rejection and laid low with mental state. Studies have incontestable that the emotional climate reception and therefore the emotional regulation displayed by oldsters and caretakers have an effect on a child's emotional development. The processes by that infants and youngsters begin developing the capability to expertise, express, and interpret emotions. Play is a wonderful vehicle for serving to kids with their emotional (also referred to as affective) development (Johnson, Christie, & Wardle, 2005). In their play, kids will master emotional problems like anxiety, frustration, traditional biological process conflicts, traumatic things, unfamiliar ideas, and overwhelming experiences.

STATEMENT OF THE PROBLEM

The study has been titled as "Physical Education: A Philosophy for Healthy Mankind".

SIGNIFICANCE

The Project work will help in providing orientation about Physical Education in the creation of healthy society and will help in revealing the essence and importance of its beliefs to the progressive mankind. The project work will also help for promoting Physical Education in schools and collages as the program for the development of total health.

OBJECTIVES

1. To provide orientation about Physical Education in the development of optimum health.
2. To describe the role of Physical Education dimensions in wellness process.

DELIMITATIONS

To keeping the purpose of this study and feasibility in mind the present study was delimited on:

1. The project work was delimited to physical, mental, social and emotional dimensions of Physical Education.
2. The literature review through books was delimited to the Library of School of Physical education, LPU Punjab.

MAIN PART

Methodology:

In this chapter the health development through physical education has been discussed by studying and reviewing various literatures available on physical education from available books, magazines, journals and online sources.

PHYSICAL EDUCATION- A way for healthy mankind

Physical education plays an important role in development of health of an individual. Physique when combined with education makes the education

a complete process, which aims at the education of an individual through big muscle activity. Physical education develops our health through physical activities. Regular physical activity promotes growth and development and has multiple edges for physical health. Specifically, physical activity reduces the chance for cardiovascular disease, DM, pathology, high force per unit area, obesity, and metabolic syndrome; improves varied different aspects of health and fitness, as well as aerobic capability, muscle and bone strength, flexibility, internal secretion sensitivity, and lipid profiles; and. Physical education develops young peoples in domains of physical, social, affective and cognitive development (Bailey, Richard; Amour, Kathleen; Kirk, David (27 Mar 2009).

Physical Development:

Physical development is viewed as a measure of the body's capacity to work proficiently and adequately in work and relaxation exercises, to be sound, to oppose hypo active maladies, and to meet crisis circumstances. Physical wellness is for the most part accomplished through physical movement and activity, right substances, enough rest (great quality rest).

A procedure of progress in a living being and the whole of its morphological and utilitarian properties. Natural components that influence the physical advancement of an individual incorporate heredity, the interrelation of useful and structural characteristics, and the rate of quantitative and subjective changes. Social elements incorporate material and social levels, the distribution and utilization of material and non-material riches, childhood, work, and social life.

As the entirety of attributes portraying the condition of a creature at various ages, physical improvement is one of the most important markers of general wellbeing, alongside the birth rate, horribleness, and the demise rate.

Physical activities are the essential method for straight forwardly impacting physical improvement. In communist society, the comprehensive physical improvement surprisingly and the accomplishment of physical flawlessness constitute the social objective of physical training, which depends on the projects and standards of state physical-society projects, such as Ready for Labor and Defense of the USSR (2010 The Gale Group).

Role of physical activities on physical dimension

The advantages of physical development are various and incorporate better wellbeing, more noteworthy quality, more adaptability, expanded vitality, enhanced appearance, and a more inspirational state of mind and mind-set. Consistent

activity can prompt both quick and long haul advantages. General physical action has been appeared to diminish the bleakness and mortality from numerous perpetual sicknesses.

The advantages of wellness far exceed the drawbacks of customary activity. To profit from physical wellness, recollect that your system ought to incorporate all the principle five parts of physical wellness. These are the wellbeing related wellness segments like cardiovascular continuance, adaptability, solid perseverance and muscle quality. There are indeed different parts of physical wellness yet they are aptitude related and less critical.

The advantage of the physical development is unending. Investigate a portion of the advantages of wellness prompting sound way of life and figure out how you will get profited from them:

1. Reduces danger of illness

Individuals who partake in standard activity have a diminished danger of creating:

- Coronary illness
- Diabetes
- Metabolic disorder
- Colon growth
- Lung growth
- Bosom growth

2. Improvement of physical wellness segments

Advancement of physical wellness segments, for example, muscle quality and perseverance, cardiovascular continuance, adaptability, spryness, speed, bone thickness and so forth and change of muscle tone.

3. Give better wellbeing

Normal physical activity increments both the size and quality of the heart. It can pump more blood with less exertion and turns out to be more proficient. This will bring down heartbeat and lower the pulse which can expand lifespan. The circulatory framework is additionally enhanced as a result of expanded blood volume giving more oxygen to the muscles. These impacts will decipher into a diminished danger for coronary illness, heart assault, and stroke.

4. Bring down Cholesterol levels

The advantages of physical wellness stretch out to their capacity to help you management your cholesterol. They raise your levels of "good" cholesterol and drop your levels of "terrible" cholesterol.

5. Assembles more grounded Bones, Joints and Ligaments

Physical movement results in the reinforcing of our bones and muscles. It can generously diminish the danger or joint pain and other bone ailments. Weight bearing activity is appeared to build bone

thickness furthermore anticipate bone misfortune as we get more established. This can decrease the onset and seriousness of osteoporosis. Resistance preparing makes an awesome showing with regards to. The strain that it puts on your body constructs greater, more grounded bones

6. Support of Optimal Body Weight

Physical movement builds the bulk, decreases fat and in this way controls weight. It is demonstrated that physical wellness can control your body weight and forestall heftiness and other weight-related issues.

7. Enhances your dozing propensities

One of the advantages of physical wellness is that it gives you sound rest and enhances your dozing propensities. Concentrates on demonstrate that individuals who practice routinely and are physically fit - nod off more effortlessly and rest longer than the individuals who don't practice and are physically unfit. As a result of chilling after activity, your body temperature drops prompting more profound rest.

8. Help in vitality level

Exercise enhances the blood stream in the body and advances better rest, both of which help vitality. A standard activity program, particularly in the mornings, will give you vitality and drive for whatever is left of the day. This impact is identified with the expanded digestion system connected with a fitter body.

9. Enhanced Appearance

Physical action construct bulk and blazes abundance fat. It tones body muscles helping you to look fit and sound. Solid dynamic individuals quite often have extraordinary skin tone and look new, less exhausted.

10. Unwinding and Stress help

There are such a large number of anxiety components in our everyday life. In view of way of life changes, change in the earth, individuals live under great anxiety in this focused world. General physical action, wellness workouts discharges the hormones which have "feel great factor." It helps in lessening your anxiety levels and gives you more quality to battle life's difficulties.

11. Battles Depression

Impacts of physical action and practice on state of mind are prompt. Blood stream to the cerebrum is expanded, endorphins are discharged and your inclination lifts. These endorphins improve you feel and battle anxiety and sadness.

12. Causes Delayed Aging

Among the few advantages of physical wellness, deferred maturing prompting positive

thinking and enhanced self observation is the most looked for after.

General physical action turns around the normal decrease in the digestion system of the body. Day by day activity is found to keep a man gainful and lively for a more extended time of the day. Standard physical movement puts off the procedure of maturing and builds the life span of life.

13. Makes you feel more content

Physical action has vital part in keeping your body fit. Exercise causes your body to discharge endorphins which has a "vibe decent variable". As a result of these endorphins you feel more satisfied.

14. Defers weariness

The advantages of physical wellness incorporate the deferment of weariness and lessened recuperation time after overwhelming movement.

15. Support your Confidence

Physical wellness gives right stance, figure, self-perception, and great appearance alongside expanded vitality levels. It gives you a feeling of achievement, which is a support to certainty.

16. Use of Time

Through Participation in physical work out regime, recreation (free) time is legitimately used and makes you fit and solid.

17. Enhance your general wellbeing

Physical wellness gives you the ideal physical wellbeing, general prosperity and mental dependability. At the end of the day it enhances your general wellbeing and you can carry on with your life without limitations.

Mental Development

Mental development refers to age connected enhancements in data, intellectual ways and practices which will use in any specific domain. Biological process psychologists ordinarily visit such changes as "cognitive development". the precise domains that during which within which} mental/cognitive skills square measure found square measure as various because the range of subjects regarding which humans discourse. On the opposite hand, the precise skills concerned square measure ordinarily dampened into a smaller range of domains. One fruitful approach is to contemplate those psychological feature skills kids got to master so as to succeed. These embody intelligence, wisdom, reasoning, learning, memory, knowledge, language, and creativeness (Joseph Lao).

Intelligence

Despite its long history as a theme of scientific investigation, intelligence remains not utterly understood. a part of the rationale is that there still doesn't exist one common definition that's approved by all psychologists. My very own favorite is that intelligence is that the capability to be told,

adapt, and solve issues. This is often just about what the most effective famous intelligence tests (e.g., the Stanford psychologist or the Wechsler Intelligence Scale for Children) live. one in all the main controversies within the study of intelligence issues the extent to that it's familial (and therefore fixed) and therefore the extent to that it should be changed by expertise (i.e., learned). This is often necessary attributable to its implications for managing kids UN agency get low scores on ratio tests. my very own read is that intelligence is greatly influenced by expertise, and will be trained.

Wisdom

Dr. Henry Martyn Robert Sternberg (at Yale University) has expressed the read that intelligence is a very important psychological attribute, however that it's centered totally on what's best for the individual. The foremost intelligent call is mostly outlined because the one that's best for the individual being studied. However, Sternberg notes that knowledge is a lot of involved with the good. That is, knowledge adds to intelligence a spotlight that's broader than the precise individual. as an example, it's going to be intelligent to consume all the resources necessary to attain one's goals, however it's knowing preserve the earth's capability to supply necessary resources. Thus, Sternberg defines knowledge as doing what's best for oneself et al. within the short run in addition because the long-term. In different words, it suggests that finding win-win solutions to common issues.

Reasoning

Reasoning could also be outlined because the mental processes concerned in determination issues, formulating judgments, creating selections, and coming up with. These square measure what the general public decision "thinking". for example, reasoning is concerned within the analysis of our surroundings, deciding what threats or opportunities exist, and getting ready a course of action. Reasoning is additionally thought by several psychologists to be the most ingredient of intelligence. Substantial research reveals that reasoning could also be improved through coaching. However, as a result of reasoning, downside determination, and deciding are studied as separate sets of processes they're going to be coated singly during this website

Learning

Learning could also be outlined because the processes by that we tend to acquire skills or data. There are several physical and mental processes concerned in learning (such as being attentive, reasoning, and memory). And there are many various ways that to be told (e.g., by reading, listening, or by discussion). Of all the various types of psychological

feature development, learning is one in every of the foremost necessary.

Memory

Memory is that the set of processes by that we have a tendency to acquire, store, and retrieve info. Memory is therefore omnipresent that it's simple to underestimate its importance. it's concerned in nearly everything we have a tendency to do, together with perception, learning, downside finding, and locomotion. As such, next to intelligence, memory is one amongst the foremost studied of all psychological phenomena. Most folks would agree that it's fascinating for his or her kids to own smart memory. And in progress analysis has unconcealed that there square measure several things folks will do to boost their children's performance on memory connected tests

Knowledge

Knowledge is also outlined as a belief that we tend to are extremely bound is true. folks share the need that their youngsters acquire no matter information is important for them to be productive and happy in their lives. In some respects, childhood is also outlined because the amount throughout that we tend to acquire the information and skills that ar necessary to realize success in life. Of course, we tend to ne'er grasp everything, so the truth is that we tend to ar continually deed information, even throughout adulthood. additionally, it's vital for fogeys to acknowledge that the information their youngsters possess is correlative with their reasoning ability, as we tend to cannot "know" one thing that exceeds our ability to know.

Language

Language may be a set of impulsive symbols that we tend to America to speak regarding things or events around us. The items to that language refers could also be concrete or abstract. Thus, language is a vital medium (body language being another).

Creativity

Creativity is also outlined because the ability to formulate novel views and solutions to issues. Several psychologists have accepted Walla's' (1926) read that power involves preparation, incubation, illumination, and verification. Organic process psychologist's area unit a lot of involved with however power unfolds and the way it's going to be nurtured. Though the importance of power has long been underestimated, recent world events

Role of physical activity on mental aspect Stress and anxiety

Exercise has been observed to be an advantageous and reasonable strategy for serving to people unsettles the burdens and stresses of everyday life. The impact on nervousness doesn't seem, by all accounts, to be as apparent in light of the fact that it is in these option territories. General examination

amid this express space of mental state demonstrates that practice might be an awfully sound different to option implies that of tending to times of anxiety and tension. These normal choices grasp the utilization of liquor or the occupation of vasoconstrictive through smoking. it's furthermore trusted that by being physically work, partner degree individual's response to an unpleasant situation is decreased to A level that they're extra fit for predominant.

Mood and emotion

The "feel-good" phenomena related to endeavor regular exercise is believed to be one among the foremost prestigious contributors to a top quality of life and satisfaction. it's been once and for all found that regular exercise helps improve moods through this "warm glow" or energizing feeling.

Self esteem

Experts think about this facet of self-analysis to be the most effective indicator of AN individual's state of psychological state. Studies have shown once and for all that exercise includes a positive impact within the method folks read themselves, notably within the space of physical awareness. A positive impact is therefore generated by permitting folks to envision themselves as a far better person physically. This outcome is most evident in those people WHO abs initio have low self-esteem and low good shape levels. The ensuing modification in psychological state of mind is one amongst the foremost common outcomes of AN exercise program and it may be pronto determined that this alteration is directly joined with mental welfare.

Mental Alertness

Usually expressed as mental element capacity or mental component work, an abnormal state of mental readiness licenses U.S. to respond to shocking occasions amid an auspicious and Positive way. This sharpness is fundamentally helpful to old people that benefit by maintaining a strategic distance from wounds from mischance's like falls and along these lines hold their Independence longer. Amplifying testing of this side of enhanced mental readiness, with respect to wellness has not however been indisputable in its result. it's normally trusted that a superior level of wellness makes the individual prepared to respond to amazing difficulties quicker, related most likely dodge an undesirable result.

A) behavior and physiological response to stressors (1985 March-April- C B Taylor, J F Sallis and R Needla).

Social Development

The social aspect of physical education is very important for each and every individual. Because the development of education comes about by various social institutions. It comes in about every field of practical life, in early stages of the child in

his family and thereafter in different stages in the school, the college and university and in every field of life after completing the education. The fact is that in the school environment of an individual and the society the family is considered to be the first staircase. Every member of the family, as mother, father, brother, sister, grandfather, grandmother is influenced by the social aspect of physical education. The family and the neighborhood are in the second staircase. The third is the educational institutions i.e. school, college etc.

Physical education and play are the natural tendencies of a child. As the grows in age and the body organs develop, so does the circle of his physical activities and sports widen. The child is motivated to take part in collective and community sports activities leaving aside his individual sports activities. By means of sports activities as he comes in contact with other persons, as a result inner urges his character goes on forming itself or deteriorating. In other words it can be said sports and physical education are such institutions, the development which cannot take place in seclusion, rather it is possible only in social environment, because just as the history of development of an individual's life is the strange of story of his society has also been through the medium of the gregarious instinct of man. Because of the collective experience and socially practical influence the following facts can be accepted as basis for the social aspect of physical education:

1. By the practical use of physical education and different sports activities, effort is made to maintain social balance in the individual.
2. By physical education the individual achieves success in developing in himself such elements as the leadership, capacity, popularity, friendship, cooperation, activity etc., by which there is possibility of the society being directly profited.
3. When an individual makes use of physical education and the sports activities in his daily life, then his own mental stress is learned as a result of which he succeeds in keeping himself well organised in social circle
4. By physical the qualities of freedom are publicized and expended in the society. These causes directly benefit to society.
5. By physical education, the all-round development of individual take place.
6. The individual comparatively becomes more responsible in social circle and makes and efforts to find the solution of the problems.

In this way it becomes clear that with the social aspect of physical education the individual fulfils the needs of his life (Priyanka Narang in 2006).

Importance of sports in society

This is a genuine inquiry for individuals in the human science of game. The answer a large portion of us give that we concentrate on games since they are given uncommon implications by specific individuals in social orders, they are to vital thoughts and convictions in numerous societies, they are associated with significant circles of social life, for example, the family, religion, instruction, the function. Governmental issues and the media. Individuals overall progressively discuss sports at work, at home in dates, at supper tables, in schools, even companions, with outsiders at transport stops, in airplane terminals and boulevards. Sports [provide non undermining discussion points with outsiders. Connections frequently rotate around games particularly among men progressively

Participation in games and sports develops social development of an individual ;

- Participation in games and sports develop good character.
 - Sports participation develops a sense of discipline.
 - Sports participation develops loyalty.
 - Sports participation develops or generates social control and self control.
 - Sports participation prepares the athletes for life
 - Sports participation provides opportunities for individual advancement.
 - Participation generates physical fitness
 - Sports participation generates mental alertness
 - Sports participation is supported of education achievement
 - Sports participation promotes nationalism
- Research supports the participation in sports develops social health of an individual(study done by Rochelle (2013).

Emotional development

Emotional advancement alludes to a kid's expanding capacity to manage and oversee movement and to frame safe cooperation. It varies from subjective advancement, which prepares a kid for school, in that it readies a type to improve level of responsibility for his or her inside condition. Passionate advancement is straightforwardly joined to social advancement. Et alludes to the declaration of a youngster's emotions about herself, others, and the circumstances she will confront her general surroundings on a par with picking up oversee of her real capacity, figuring out her centre, and focus in the circumstances of supporting by basic parental figures feeling are response which are qualified distinctively by every one individual. These reason

diverse people have different feelings when encountering the same occurrence. Youthful kids oblige increasing and painstakingly communicating an assortment of enthusiastic reaction so they can figure out how to control to new circumstances and get their coveted results

Role of physical activities on emotional aspect

Anxiety and Depression Reduction

As indicated by Dr. Daniel M. Landers of Arizona State University, normal activity diminishes both nervousness and sorrow. Both conditions enhance following nine to 10 weeks of customary oxygen consuming movement, and activity may have a more noteworthy positive effect on those that are extremely on edge or exceptionally discouraged than in those with mellow types of these disarranges. HelpGuide.org clarifies that practice raises levels of serotonin, endorphins and different chemicals that have a quieting, hostile to depressive impact.

Makes You Feel Better

When you feel better physically, you will probably feel better sincerely too. General activity can help you to rest better, may give you more vitality and can help you to fix and tone different territories of your body, making you look better in your garments. These can make you feel more ready and may raise your self-regard. The endorphins that help your mind-set can likewise support your fixation aptitudes. This can permit you to concentrate all the more unmistakably on your connections, your occupation or your schoolwork, which may add to your sentiments of self-assurance.

CONCLUSION

The use of physical activities for a development of total health is not a new tradition. It has been there since antiquity, and has been transferred from one generation to other. In present world human being, no doubt has sort out different treatment to throw out serious development challenges. But due to the advancement there is an increase in the physical in activity which also eventually leads to the inclination of mental challenges (psychological in ailments) and medical elements like chronic non communicable diseases (diabetes, blood pressure, etc.) due to these physical in activity serious threats have been make to health of the individuals especially in physical, mental, social and emotional aspects of the well being. The study throws light on the different dimensions of Physical Education namely Physical, Mental, Social and Emotional by elucidating their contribution in preparing the healthy citizens by emphasizing their vital role for the preparation of an individual for their lives and as a whole for mankind.

Physical Development

- a) Proper growth and development
- b) Proper functioning of various system of the body.
- c) Development of skills through better neuromuscular coordination.
- d) Development of strength and endurance.

Mental Development

- a) Development of healthy interests and attitudes.
- b) Satisfaction and channelizing of education.
- c) Removing worry and tension etc. through participation in sports

Social Development

- a) Developing qualities of sympathy and cooperation with others
- b) Becoming worthy member of home or society
- c) Development of self control.
- d) Development of sportsmanship.
- e) Developing leadership qualities.
- f) Development of personality.

Emotional Development

- a) Make you feel better and contended
- b) Manages positive and negative emotions
- c) Sublime the negative emotions
- d) Manages right composer in changing and adverse situations
- e) Anxiety and depression reduction.

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