

## AN OVERVIEW OF THE ROLE OF SPORTS AND PHYSICAL EDUCATION IN INDIAN SOCIETY

**Jyoti Bala**

Research Scholar

Department of Physical Education

Kalinga University, Naya Raipur,

Chhattisgarh.

[jyotibalarawat@gmail.com](mailto:jyotibalarawat@gmail.com)

**Dr. Arun**

Assistant Professor

Department of Physical Education

Kalinga University, Naya Raipur,

Chhattisgarh.

### ABSTRACT

*Even though it has never gotten the attention it deserves, physical education and sports play an essential role in the educational system. Even though it has been a component of the curriculum from the very beginning of education, neither academics nor students nor educational administrators have ever taken it seriously. Only in physical education are you allowed to converse while playing or performing. The average public's conception of physical education is one of large circles, nonstop play, and no labor. In one of his speeches, Abraham Lincoln reportedly said, "Sportsman is the best Ambassador of the Nation." As a result, the Director or Teacher of Physical Education may serve as our institution's or university's finest ambassador. To develop the overall discipline in physical education and sports, one must overcome challenges and fight to improve the structure and infrastructure status in the area, which is evident in the present compared to earlier years and the present.*

**KEYWORDS:** Resistance training, Sport training, physical fitness, leg strength, back strength and Education

### Introduction:

One of the crucial metrics and a crucial component of education in every nation at any period is physical education and sports. As a result, each nation should attempt to establish a framework for an action plan to advance and expand physical education and sports. Contrarily, sports are being gravely undervalued inside the educational system while seeing a remarkable surge in the media spotlight around the globe, especially in India. The growth of physical education in a nation is promoted by the physical education act, which also provides resources for the country and aids in the creation of an assessment system for educational advancements. To develop the overall discipline in physical education and sports, one must overcome challenges and fight to improve the structure and infrastructure status in the area, which is evident in the present compared to earlier years and the present. Its unique character and significance to education remain a continuing cause of worry despite efforts by member states to promote and enhance physical education and sports with international collaboration. Given the societal relevance and media coverage of sports, the results of physical education and sports have been concerning (especially within the school system). Its effects may be observed in the national movement in public and commercial systems of physical education and sport toward high-performance and highly media-friendly sports.

The Physical Education World Summit was held in Berlin to discuss the state of physical education and sports. This endeavor was supported by reports that highlighted the increasingly precarious state of physical education and sports in many nations. A global comparative research that gathered information and literature from approximately 120 nations produced the following key conclusions.

- a. Reduced time devoted to Physical Education in Educational Pro- grammed.

- b. Reduced budgets plus inadequate financial, material and staff re- sources.
- c. The subject suffers from low status.
- d. In many countries teachers are not properly trained.
- e. Existing Physical Education guidelines are not properly applied.

### **Creative Mind and Thoughts which bring out the Role of Physical Education and Sports in the Present Globalization:**

The relationship between physical education and sports is preserved through physical education and sports. It is important to view physical education and sports as an integral aspect of education in all schools and colleges in a nation, with sports being required starting in elementary school and continuing through college, as was underlined by the reciprocal guarantee. In reality, a great education includes teaching students the fundamentals of life skills, such as how to...

- (i) Self-motivation, creativity and problem solving
- (ii) Use interactive tools (communication, physical and IT)
- (iii) To join and live within sociality divers groups.

Physical education and sports are specifically capable of fostering all of these life skills that are based on a board. It follows that international organizations, state governments, and municipal authorities must aggressively encourage physical education and sports. To advance the cause of physical education and sports, the educational community must coordinate and simplify these activities. As part of the effort to enhance the state of physical education and sports throughout the globe, this will include aiding in the restoration of the balance between them in the educational system.

### **Physical Education & Sports in Indian society**

Even though it has never gotten the attention it deserves, physical education and sports play an essential role in the educational system. Although it has been a component of the curriculum from the very beginning of education, academics, administrators, and students have never treated it seriously. Only in physical education are you allowed to converse while playing or performing. The average public's conception of physical education is one of large circles, nonstop play, and no labor. In one of his speeches, Abraham Lincoln reportedly said, "Sportsman is the best Ambassador of the Nation." As a result, the Director or Teacher of Physical Education may serve as our institution's or university's finest ambassador.

### **PHYSICAL EDUCATION DEFINED:**

Physical education is difficult to define since it encompasses so many various types of occurrences and has such a wide definition that implies different things to different individuals. According to a commenter, physical education is whatever that physical educators do. According to J. P. Thomas, physical education is instruction through physical activities for the child's whole personality development, as well as for their satisfaction and perfection in body, mind, and spirit. Although the emphasis placed on certain features varies greatly throughout these classifications, they nonetheless share many key components. Some of them might include: A component of the whole educational process is physical education. It is the whole of all experiences and the corresponding reactions. Participating in large-muscle activities allowed for the growth of experience and the development of reactions. The true goal of physical education is the holistic development of the person, including their

physical, mental, social, and moral well-being. The situation is identical to General Education.

The one area of schooling that may not have received enough emphasis in the Indian setting is physical education. That is most likely caused by the fact that we have been content with what the British have given us, without making any real attempts to design any specific and comprehensive physical education programs tailored to our circumstances. The intellectual elements are constantly emphasised, whereas the physical parts are mostly unaffected. This has led to an increase in the number of Indians who are shirking their physical responsibilities, to whom physical education is comparable to physical training, whose physical condition is subpar, and who are becoming "soft." The maintenance and improvement of the health of the students in our schools and colleges is one of the key goals of any physical education activity. Additionally, the School has a duty to ensure that all students attain and maintain optimal health, not just from a moral standpoint but also because an individual's educational experience would be much more meaningful if they are in optimal condition.

When a youngster is healthy, learning comes to him more easily and effectively. Activities that promote or harm one's health often have a lot to do with one's ideals. Unfortunately, a lot of individuals have "value illnesses," meaning they are aware of what they should be doing to be healthy but choose not to. Despite being aware that smoking tobacco increases the risk of developing lung cancer, individuals continue to smoke. They are aware of how drinking impairs driving, yet they continue to do so when intoxicated. They understand the need of consistent exercise in managing their weight, but they don't do anything to change their sedentary lifestyle.

Therefore, the requirement for a program of directed physical education exercises in the school curriculum has long been acknowledged by education and health & medical authorities. The foundation of proper habits, attitudes, and appreciations toward all physical activities, including play, are laid during the formative and quickly developing period of elementary school age, and desirable citizenship traits are acquired, so that in adulthood he will be equipped with the knowledge, sound thinking processes, physical stamina, and emotional maturity to live successfully in an ever-changing and highly complex society. In this regard, educators have a key role to play in properly addressing this situation.

### **WHY STUDY PHYSICAL EDUCATION AND SPORTS?**

Studying physical education and sports involves looking at the implicit presumptions that the general public has about physical education and sports in addition to discussing performance, technique, or records from a journalistic perspective. Despite the importance of sports, they have historically served more as a means of 'escape' than as a means of instruction. A sport has been thought of as a diversion from the struggles of daily living. Find out from your friends why they participate in sports. The word "fun" or "enjoyment" will undoubtedly come up in the answer.

#### **Analysis:**

If physical education is not required, every college or university should provide it as an elective with a 60% emphasis on theory and 40% on practice. Another argument is that in order to get a degree, first-year students must complete a minimal physical education

curriculum, such as the National Physical Fitness Test. Like the Indian Institute of Physical Education and Sports Science (IIPES), we should establish physical education institutions offering 4- to 5-year degree programs. Physical Education and Sports are not only considered as a place to play; they are also seen as a testing ground for the ideas of each field and/or as a phenomena whose merit, value, and impact on individuals and society must be continuously assessed.

### **Suggestions & Recommendation:**

- 1) Revision and reconstruction of the physical education curriculum in light of societal needs.
- 2) A unified agency's regular refresher training for physical education staff.
- 3) Subject and relevant area updating and upgrading in collaboration with leading educational & physical education organisations. strict adherence to the required physical education standard and monitoring of progress.
- 4) A true and honest evaluation approach for a comprehensive assessment and feedback.
- 5) Studying physical education and sports academically may be just as interesting and enjoyable as doing sports in real life.
- 6) If the rules, themes, and 'spirit' of both games are understood, they may both be equally gratifying. Both general education and physical education are for the general public.
- 7) Recreation is just as crucial to the everyday lives of the average person as reading, writing, and math. When the emphasis is on the methods used, physical activities don the guise of "Physical Education,"

### **Conclusions:**

The three 'D's' of discipline, dedication, and determination should guide us in our professional lives. The actual wealth of the nation is its youth. Youth involvement is essential for the success of any program. Therefore, to guarantee the development of physical fitness and gain skills in sports and games that have transferable value, a person should routinely participate in games, sports, and other exercise programs. This will help him to have a happy, joyful, and healthy life as a member of society. On the other hand, society should provide its people adequate opportunity to participate in activities of their choosing and therefore improve or maintain their level of physical fitness. Excellence in sports cannot advance until the "General Standard of Health" improves. In order to assure "enhancement of performance in competitive sports," physical education and sports programs should focus on "Health Related" and "Performance Related" areas. Therefore, physical education focuses on encouraging the methodical, all-around growth of the human body using scientific methodology and sustaining exceptional physical fitness to attain one's treasured life objectives. Therefore, any organization that promotes physical education should begin by instilling in the physical educators themselves a positive attitude and sense of self-worth that physical education need not be an afterthought in schools or colleges but rather should extend into the classrooms and become the centerpiece or focal point of the educational system.

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