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Physical education, sports and education- An unified domain for the all-round human development

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Abstract

It is widely known that education is a mean of all round development of an individual like physical, mental, emotional, social, as well as spiritual aspects. Participation in sports and Physical education, mainly aims at providing sound health, guiding protective measures against diseases, practicing for stamina and fitness, boosting up academic learning, developing self esteem, promoting cooperation, teamwork along with sportsmanship skills and an exclusive art of living with a leadership quality, the objective of this study was to discussion related with the matter that, how sports play significance role in education or in all round development of a person? For fulfill the purpose, author studied several book, journals, periodicals, and gathering the knowledge from several websites. After the study it is descriptively concluded that participation in sports, games physical education influence the overall education of human being.

Keywords: Sports, Physical Education, Education, development

Introduction

“Education” the prior needs of the society for his own development. If we consider the time of beginning of the civilization, we find the process of development through education. Education is a lifelong process which takes place through the experience and realization. If we take the concept of education on the perspective of old Indian concept then we will find that in ancient India spiritual thoughts influenced each and every area of life. In Vadic educational process we found the Bhakti (Devotion), Karma (Action) and Gayn (Knowledge) this three means of education. ‘Rig veda’ has been projected as a process which make a person selfless and self reliant. According to Shankaracharya “education produces self realization”. In this time the purpose of education was directed towards the development of character, the last word of which was the making of an individual useful for the world. If in compare with the ancient education concept of India we consider the modern thoughts of education then we find that the recent concept not depart or divert too much. Swami Vivekananda stated that “education is the manifestation of divine perfections already existing in man”. Rishi Aurobindo found “education as a development or growing of soul”. He stated that this soul is already situated in the human body, its grooming is depends upon the innate quality and the strength of the person itself. After lots of command related with the education most of that we find as a vague or complex description. Consider the word of great philosopher Aristotle’s, “Education is an ornament in prosperity and a refuge in adversity”. One of the great philosopher said that education can be consider similar to picking and eating a fruit. Picking a particular fruit from the tree is similar to choosing a field to get an education of. When we bite and get into it we get the taste of the subject. When we started to chewing we start to understand its various aspects like the taste, texture, complexities etc, and when we are move on to the next portion, we try to find out what knowledge we have assimilated or collected so far, so that we can use it for the further application.

Objectives behind the study

This paper is mainly based on secondary information sources through desk survey with the objectives to exploring the knowledge about the significance of sports games and physical education in present era of education. Various journals, periodicals, books and other relevant publications have been studied thoroughly.

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Consultation had been done with the experts having knowledge in this field and author making the use of electronic media to give the shape of this paper.

Education and Education policies

As far as the scenario of education of India is concern it is directed towards a guided and restricted form of education, its start from the school, college or university. This is a place where a person can exchange his knowledge by gaining or by giving the Ideas. Education is not just a pathway of earning of money. Foremost it is a source of joy and pleasure. In broader sense education is a lifelong process. Life itself being a witness of progressive education process it includes all the area that influence our life, for example home, social institution, media, playground, environment etc. this all directly influence and mould the character of a person. According to Professor Drever “education is a process in which and by which knowledge, character and behavior of the person is shaped and mould.

The explanation of education is differing from individual to individual but the main aim or objectives are directed towards a common window. The secondary education commission (1952-53) enlisted four aim of education in India, which is development of democratic citizenship, improvement of vocational efficiency, development of personality, development of qualities of leadership. In adjacent with the above if we consider the opinion of a famous educationist professor Painter then he stated that “the aim of education is completely human development”.

In the year of 1938 American Educational Policies Commission enlist the objectives of education in a concise form where they put emphasize on self realization, human relationship, economic efficiency and the civic responsibility. In context of education policy of India, Indian education commission (1964) observed the education system and give emphasize on the social economic system and cultural information. After reviewing the aim and objective of the education it may be stated that, the every aspects of educational requirement is related with the different aspects of our life. If we sum up the requirement of the education for, then we can sum up it as under—

- Physical development- for the optimal health
- Intellectual development- for rational power
- Mental development- for inner strength
- Cultivation of moral and ethical values- for character development
- Spiritual and aesthetic development
- Raising the standard of social life
- Training for social responsibility- for creation of useful citizen
- Cultural development for national integration
- Total development of the personality- for the complete living

The requirement for proper human development or proper education of a personal has a very significant aim with long listed objectives. Now the question is arise that what is the means and medium to achieve this requirement? As it is stated before, that the education comes from experience and realization but again there is a question that which kind of situation can bring up the experience and realization. Keeping the main aim of education in front of our eyes we find that several vocational disciplines are providing education in relation with their respective curriculum activity. Here we find the end number of discipline like- Art, music NCC, NSS,

social work or social activity of NGO etc. But apart from this all we find the Physical Education, Games and Sports as such a discipline which covers and fulfill the maximum objectives of the education for the human development. In a very gist form we can name this discipline as sports or sports education. In this day and age the education policy makers are become very much knowledgeable and conscious about the values of games and sports, that's why they are putting emphasize on physical education and sports in their educational curriculum policy. Physical education and sports in school is become a very popular discussion topic. Is in the school children are getting enough play time? Is the amount of physical activity or leisure time is directly correlated with the academic score? Is the children are able to concentrate in their respective class without any off mind set? Is the class interest of the children is positive? More and more question is arises and the research or studies shows positive answer. By the scientific support they concluded that physical education plays a vital role in growing healthier, smarter and creative citizen.

Physical Education, Sports and Education

Before knowing about the influence of physical education and sports in education, we must put light on the meaning of physical education in recent scenario. The nomenclature is changing and the physical education is stated as exercise science or sport science. As per the meaning it is an integral part of total educational process, which aims the improvement of human performance of all aspects of life through the medium of physical activity. It covers the area of physical, mental, social, intellectual, cognitive, effective development of the individual. It is found that most of the aim and objective involved with exercise science is underlying within the objective of education. In the year of 1960 as the idea of discipline of physical education develop with its aim and objectives, a major question was arise that, what should be the major focus of this discipline? The answer come “sport”. The early philosophic studies were very general and only focused on the basic school of philosophy but few contemporary articles supports the answer. Scholars of the discipline started to find out the necessity of sports and they started to explain their results for establishing the facts. In the year of 1970 the standard and number of scholarly articles risen sharply. There they define that what a sport is and what its significance role in the society.

Sports Experience

Considering physical education as a discipline and sport as a focus of the discipline, scholars were talked about the sports experience. As it is told before that the education is a process through experience and realization. The sports educationist of the discipline tried to impart education in the society, they suggest that the sports experience of any person has three basic characteristics. They stated that the basic characteristics of the sport experience are emotional, personal and situational. Sports not only have a physical experience it also cause emotional involvement. This is true for the both participants and spectators. The competition may not be in a high intense or high aggressiveness but it involves or may affect the person's emotional involvement. At the same time, the sports experience is intensely personal. Every participants or the spectator read the sports from their own point of view. Its varies due to their personal reason or personal taste. So the realization may be different. The actual sports experience depends upon the situation and it's difficult for the person to

understand the appeal and sports experience of another person. It is also differ due to the understanding the situation from several point of view. The sports experience cannot be in prescribed or structured format. Because it is totally a personal experience, no two people will react on the same thing in a same way, nor they will get the same lesson from it. So the education thereby sports takes place on a person by variety of sports experience and realization.

Influence of Sports Education in the Education

Sports and education this both terms are not similar by their meaning but they both are strongly interrelated. As per the present format of school curriculum, academic learning and sports education is actually the complimentary of each other. They are the two sides of the same coin. If total education makes full development of the overall personality of a student then, he got the quality of leadership, tolerance, sharing and team spirit from sports. In present system of education involve too much stress on mental development of the children or students and the physical well being of the students is completely neglected. For all round of development the curriculum should be well balanced with education and sports, games or health education. Sufficient amount of time should be devoted for sports and physical training every day.

As per the advance educational curriculum, the CBSE, ICSE, ISC and most of other boards of education in many state have made sports education as a compulsory subject up to the 10+2 level. But the subject is still need to be get seriousness and importance in practice. Of courses, the proper mental development, including the power of reasoning and vocational specialization comes from the academic. But the sports education must be introduce with all earnestness because mental or moral development is just not possible without physical development. In this case we must remember the thought that the “sound mind dwells in the sound body”.

A healthy and strong body is always essential to lead or carry forward the life without any problem. All our physical as well as mental enjoyment is depend upon the condition of our body; without this there is no use of degrees of achievements. Life is full of struggling and the person with a strong body and mind only can face the every situation successfully. Participation in sports directly strengthens the powers of endurance and indirectly promotes discipline, fair play and team spirit. Young man and woman are trained to face defeat with a smile and maintain the humanity even in victory. The sports experience is full of joy, zeal and enthusiasm which help a person to eliminate the actual odds of the life without any yielding to gloom pessimism.

Socialization through sports

Socialization, this word kept very important significance in human life. Human being is only consider as such a species who is only responsible for the development of this world. For such development it is truly necessary for the human being to cope up or get adjusted with the society. They must mix up with the society in such a manner by which they can face the several situation and they can able to handle the situation. Socialization is basically means the adjustment with the society. It is a process to interact with the society.

There is several means by which changes in the behavior results of a person. Everyday daily life situation helps an individual to develop his skill for react or response against the action originated from the society. Actually the situation directly and indirectly gives us lesson or education. The

commencing of this situation is varied as per the different place of the society. In each and every condition of situational event there are certain rules, system or characteristics or ethics, following of which a person can get some knowledge and idea. Handling such rules or ethics put effect on the behavior of the person.

Evidence suggested that for the socialization of a person, sports play a very significant role. Sports arena is such a kind of platform, from where a person can extract the maximum experience of the life. The experience make the realization so the amount of realization come from the sports experience is directly left effect on the normal and general life of a person. Whenever a person face such situation in the society which he had already experienced in the sports field, it's become very much easy for him to counter. If we analyze the way that how a person can get the education through sports then we must need to discuss the matter in different way.

Education and socialization this both term has the cause and effect relationship. As per the previous discussion we know that games and sports are very important and valuable part of education. It helps to develop our skills and abilities to a certain level. It helps to teach us disciplines which help us to maintain the discipline of the society. The games or sports situation makes a person obedient and cooperative. Participation in the sports makes a person cooperative with his team mates, with the opponent team player, officials or even the spectators. During some unwanted situation the players learn that how to be cooperative with the others and how to handle the situations. Imposed rules and regulation of the games helps the player to be obedient to follow or maintain the rules. Sports and games impart lesson to the player that how to tackle the tuff challenges in the way of life. When the sports are a medium to fulfill the education then the society or nation is getting profit directly out of that. It helps to produce very discipline citizens, professionals, and leaders. The fair play, faith in equality, justice this all thing only can be generated in the atmosphere or situation of sports, this all directly influence the behavior of a person to become a socialized person.

Sports and human development

Development is a process of enlarging people choice to increasing the opportunities available to all member of the society. Development it may structural, anatomical, physiological or behavioral. In the way of life the basic needs of a human is lead a long and healthy lives, to collect or access the resources needed for a decent standard of living and actively participation with community life. Sports can directly help to provide this all. When we relate sports and human development then we find a very broad and strong linkage in-between. Sports directly linked with physical fitness, mental wellbeing and social interaction of a person, same way it helps the worst people by imparting knowledge that how to deal with violence, corruption, discrimination, hooliganism, cheating and drug abuse.

Here we are talking about the sports and human development then we must put light on the discussion of the sports as a medium of economic development for nation. As evidence, a survey report on sports and economical growth reveal that sport is a catalyst for the economical growth and development. In UK the value added of sports activities estimated to be 1- 7% of GDP, with sports related turn over comparable to the automotive and the food industries. Sports related sales and services, generating huge money transaction in business and helps to boosting the features of international

treads. There are many allied business along with the sports industries or sports events which provide the job opportunities for the general people.

Another one of the most important aspects of human development of sports is integration and peace. Sports bring opportunities to be bound with the others. The participation or engaged with sports act as a medium for integration locally or by internationally. The message for peace is disseminated through conducting big sports events.

Conclusion

Healthy mind can be found only in a healthy body. In a weak body there cannot be a healthy and active mind and for a healthy body physical exercise is must. Without physical exercise, our body will grow weak, lethargic and dull. The aim of education is the all round development of a personality. It cannot afford to neglect participation in sports or the physical aspect of a student. Development of mind and body are equally important in any good education.

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