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Role of sports and physical education in the strengthen of police officers

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Abstract

Exercise increases blood flow to the brain, releases hormones, stimulates the nervous system, and increases levels of morphine like substances found in the body (such as beta-endorphin) that can have a positive effect on mood. Exercise may trigger a neurophysiologic high-a shot of adrenaline or endorphins- that produces an antidepressant effect in some, an ant anxiety effect in others, and a general sense of "feeling better" in most.

Exercise can be a powerful method of relaxation, and it can help people deal effectively with the stress of daily life. Physical education is an integral part of education concerned with the physical, mental and social growth, development and adjustment of the individual, through guided instruction and participation in sports, rhythms, gymnastics and related activities, the various unique needs of the learner are served. Sports can be recognized as an essential ingredient of a total physical education programme. Sports hold outstanding place in modern life. Millions of people participate in sporting activities, watch and read about them, and spend billions of rupees per annum on sports related activities and equipment's. Thus, sports and physical education play an important role in the strengthen of human beings and in the Police force, most of the activities are based on physical health. Therefore, Police Officers need more involvement in sports and physical activities.

Keywords: Sports, physical education, strengthen, police officers

1. Introduction

Virtually every process and organ within the body is affected by exercise. As an example, the skin, the largest human organ, undergoes physical changes when exposed to the environmental factors encountered in sport, such as increases and decreases in external temperatures. The physiology of exercise tends to center upon the most important physical systems to athletic performance: the cardiovascular system, the cardio-respiratory system, the thermoregulatory system, body composition and the musculoskeletal system. It is these aspects of human function that tend to have the greatest impact upon the ability of an athlete to maintain or improve their level of performance in any sport.

Body composition is the most visible of the physiological changes often observed to have occurred through exercise. The body is constructed from body fat, lean muscle mass, and the organs and skeletal bone, the dimensions of which are not altered through exercise. Body composition is affected by two distinct exercise mechanisms-through a reduction in the percentage of body fat in a subject, and through the increase of lean muscle mass developed through specialized exercise. Body fat is the storage form of the triglycerides that are processed by the body from the fats consumed through diet. These fats may be stored for indefinite periods in the adipose tissues located in the region of the abdomen, pelvis, buttocks, and chest. Exercise, when combined with proper attention to diet, will result in a weight loss in any subject where the amount of caloric energy required to fulfill the body's needs, including exercise, exceeds the amount of caloric energy sources ingested as food.

The bones of the musculoskeletal system also undergo structural changes that result from exercise. Resistance, either through weight training, or in activities that require running or other forces to be directed into the body, generally tends to increase bone density.

Exercise also increases blood flow to the brain, releases hormones, stimulates the nervous system, and increases levels of morphine like substances found in the body (such as beta-endorphin) that can have a positive effect on mood. Exercise may trigger a neurophysiologic

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high-a shot of adrenaline or endorphins- that produces an antidepressant effect in some, an anti-anxiety effect in others, and a general sense of "feeling better" in most.

Exercise can be a powerful method of relaxation, and it can help people deal effectively with the stress of daily life. In various studies, researchers have found that exercise can decrease anxiety and depression, improve an individual's self-image, and buffer people from the effects of stress. Not every study has shown the precise benefits the investigators were looking for; but taken as a whole, the research strongly supports the common experience that exercise can elevate mood and reduce anxiety and stress. Some early studies even suggest that the stress-reducing effect of exercise-not just its cardiovascular benefits-may help improve physical health.

1.1 Physical Education and Health

Physical education is an integral part of education concerned with the physical, mental and social growth, development and adjustment of the individual, through guided instruction and participation in sports, rhythms, gymnastics and related activities, the various unique needs of the learner are served.

From the above given definition, it is clear that in broader sense, physical education means the leaders in this field must develop a programme of activities in which participants will develop body awareness and realize results beneficial to their growth and development, such as development of strengths, ability to resist and recover fatigue, neuro-muscular skill, endurance and the citizenship qualities.

1.2 Sports and Physical Education

Sports mean rigorous physical activities. The physical activity is considered as an important component in today's concept of health. This indicates that those who are involved in physical activities for longer time tend to have good health, good physique and psychological health. The physiological aspects like the gynecological problems related to hormonal imbalances, the pregnancy, nature of delivery and postpartum condition depends upon the health of the women. Studies on exercise have shown that participation in sports helps one to develop psycho-physiological domain. There are certain gynecological considerations which may affect the performance of sports women, as well as sports participation may have impact on certain gynecological characteristics of women.

Sports can be recognized as an essential ingredient of a total physical education programme. Sport is derived from the Middle English *disport* or *desport*, meaning originally to carry away from work. With the changing times, meaning of sports has been acquiring new dimensions. But the element of physical prowess is must to sports which refers to practice and learning of a particular skill to succeed in sport competition.

Sport, besides requiring certain physical attributes on the part of the athletes, also requires specific psychological characteristics to be able to take part in competitive sports. An athlete needs to manifest competitiveness, self-assertion independence, controlled aggression, the will to win and ability to dominate. But these attributes have also been designated "Masculine" and these are considered undesirable and inappropriate in the female, the typically womanly temperament includes being passive, non-competitive and submissive. These characteristics are supposed to be possessed naturally only by women and have been designated feminine. Modern man lives in a mental world in which the important skills for success are based on his psychological

activities. The personality development of individual are expressed through the interrelationship between physical and psychological factors. Sports is a multidimensional activity which include psychology as well as the other areas of life viz- business, politics, media, management etc. Women in sports and physical activity are influenced by social environment. It has been noted that participation in sports integration, develops creativity, need achievement, independence, mental reaction, emotional disposition and stability and facilitate social expression, thus personality development. He further stated the sports increases the self-esteem of an individual. Self-concept is all the information individuals have about their own characteristics and themselves.

"The totality of complex, organized, and dynamic system of learned beliefs, attitudes and opinion that each person holds to be true about his or her personal existence" (Purkey, 1988). Self-concept is developed through the process of taking action and then reflecting on what one has done and what others tell about what one has done. Self-concept is not innate, but is developed or constructed by the individual through interaction with the environment and reflecting on that interaction. This dynamic aspect of self-concept is important because it indicates that it can be modified or changed. There are evidences sports activities can modify the self-concept of a person. Good self-concept can be developed through participation in games. Self-concept means the individual's perception attitude and feeling about him/her, which can be positively influenced through involvement in sports.

1.3 The Importance of Being Physically Fit as a Police Officer

In recent years, public awareness of fitness has grown to the point where most people know that being physically fit doesn't just mean having a strong body. While strength is important, physical fitness also means increased flexibility, faster recovery from illness or injury, improved endurance, and much more.

Police departments across Canada realize the importance of physical fitness and how it affects the performance and safety of their officers. Today, many police departments at the municipal, provincial and federal levels have specific health and fitness standards that applicants must meet if they are to be considered – and for good reason!

Police work can be physically demanding. If you're considering a career as a police officer, the good news is that a solid police foundations training program will help you develop the technical skills and physical capacity to excel on the job.

1.4 Role of Sports in Indian Police

Sports hold outstanding place in modern life. Millions of people participate in sporting activities, watch and read about them, and spend billions of rupees per annum on sports related activities and equipment "s. In a game like cricket it is extremely high. Though this enormous interest in sports was noticed many decades ago, almost no consideration was given to actually studying sports except by sports journalists and by a few research scholars. But the influence of sports on modern society has made it clear that sport is a reasonable field of academic study. Sport has grown massively in scope and in social importance, but the meaning of sport has received little in the way of serious attention. The influence of sport on the society at large has been showing a noticeable increase with

exceptional result in sports, because of sheer competition. The endorsement of sports is no longer a matter of disagreement. The importance has been acknowledged at international level because it develops international understanding and universal brotherhood. Sports are also one of the factors in building national character. Physical education and sports should form a fundamental part of lifelong education in the overall educational system and their support from pre-school age to old age should be treated as one of the basic rights.

Sport and physical education are often considered as a laboratory of human experience. Sports and physical education confront the student both physically and intellectually, and in the process of intense effort, the person's true ideals often show through. Fair play or winning in any possible way is the eventual test of ethical standards, and no other area of educational attempt is likely to put the student to the test.

Having a positive attitude in any sport can improve their performance. By raising emotions such as sense of humor and confidence a sportsman can develop their overall attitude and thus develop their proficiency. The advantages are twofold as the sportsman will predict themselves enjoying the sport much while doing at a greater level. Preserving a compatible exercise plan reveals that they can repeat the performance. If a sportsman is capable to run 3 miles 3 times a week then they will acquire confidence in their capability to run the distance again in future (Storch et al., 2006). When emotional pressure is added such as when a sportsman runs a 3 mile race nervousness might influence their performance. To simulate the competitive pressures by using mental imagery it is feasible to decrease anxiety that might intervene with their performance. Negative emotions can influence their performance adversely. These emotions indicate from negative thinking aspects which the sportsman must attempt to change with positive images and thoughts. The sportsman must condition themselves to sense confident by drawing success on the field. The sportsman's experience much positive emotions and their performance will develop when positive thinking becomes the new practice. If a sportsman becomes more prominent in cricket they will acquire self-esteem. This positive emotion will interpret into another sector such as a classroom. When learning a sport the sportsman will advantage more from a coach who appreciates their capabilities than one who harm their self-esteem. This emotion of success will construct their self-esteem and developing their opportunities of continuing the sport and developing their physical capabilities. Raising humor sense develops the attitude of sportsman and supports them to manage with issues (Ahola and Iso, 2008). Bird and Creep (2006) has described that the laughing act relaxes the body of a sportsman, develops circulation and helps in digestion. If a sportsman does not have a sense of humor naturally they can learn to predict the humorous side of life which will develop their overall attitude. The sportsman must preserve rapport with the other sports person who has positive attitudes. They must select to invest their time with sports person who are optimistic other than pessimistic or filled with negative feelings. This supports a sports person to manage their own positive attitude.

Many individuals acquired the talent in the field of sports and made a mark in State Level/National Level sports events. In order to promote this enthusiasm among players and for sports, Indian Government has implemented sports quotas in education and government jobs.

Most of the government institutions, including Indian

Railways, Indian Army, Police, Government Banks / Universities, PSUs recruit meritorious sports players time to time.

These departments of Government of India are always looking forward to encourage the players.

This would, in return, provides the job security to players and intensifies their desire to achieve glory through sports for the country.

Government of India appoints meritorious sportspersons, who represents the National and International events in South Asia Federation Games, Asian Games, Federation Cup, World Cup, District, State, Olympics and Commonwealth Games, USIC Championship and several other sports activities, to any post in Group, "C" or erstwhile Group "D" through Direct Recruitment.

2. Review of Literature

Kumar (2007) ^[1] conducted a study to personality traits, attitude toward physical activity and general self-efficacy of sportswomen of Himachal Pradesh University in team and individual sports events and he utilizing Cattell's 16 PF questionnaire, self-efficacy scale and Bhullar's (1976) physical activity attitude scale. The sample for the present study 216 sportswomen in team sports and 96 sportswomen in individual sports events.

Adam (2009) depicted that there would be significant differences in mental toughness among athletes of different: (a) achievement level, (b) gender, (c) age, (d) sporting experience, and (e) sport type (team vs. individual and contact vs. non-contact sports). Participants were 677 athletes who were competing at international (n = 60), national (n = 99), county (n = 198), club/university (n = 289), and beginner (n = 31) levels. Results revealed a significant relationship between mental toughness and gender, age, and sporting experience. However, achievement level and the type of sport an athlete participated in were not significantly associated with mental toughness.

Sassen B. (2012) ^[2], conducted a study on 1298 (874 male and 424 female) police employees (aged 18-62 years) who participated in the Utrecht Police Lifestyle Intervention Fitness and Training study. Physical activity (PA) and physical fitness (PF) are inversely associated with the clustering of cardiovascular disease (CVD) risk factors (RF) associated with the metabolic syndrome (MS). However, the role of individual components of PA, that is, intensity, duration and volume, and the interrelationship with PF in the prevention of the MS and its individual components remains elusive. Cross sectional analysis. The study was based on 1298 (874 male and 424 female) police employees (aged 18-62 years) who participated in the Utrecht Police Lifestyle Intervention Fitness and Training study. PA was assessed with an extensive questionnaire. Peak oxygen uptake and metabolic markers, including blood pressure, fasting glucose, triglycerides, high-density lipoprotein cholesterol and waist circumference, were determined. The prevalence of the MS was 18.6% (22.5% in men, 10.6% in women). After adjustment for age and sex, average PA intensity, PA duration, PA volume and PF were each associated with reduced odds of MS. Regression analyses further showed an inverse relation.

between total CVD risk score and average PA intensity, the hours of PA performed at high intensity (>6 metabolic equivalent values) and PF, but no relation with total hours or the hours of PA performed at low or moderate intensity. When we adjusted our analyses for PF, the relations with the

components of PA became non significant. Using pathway analysis, we found that peak oxygen uptake mediated 78% of the effect of average PA intensity and 93% of the effect of the hours performed at high intensity on total CVD risk score. PA and PF are inversely associated with the clustering of metabolic abnormalities. With regard to PA, it seems that intensity and more specifically higher intensity is the main characteristic of PA determining its effect on CVD RF. However, compared with PA, PF exerts greater effects on each of this individual CVD RF and its combination. The study also revealed that sports officials had better lifestyle fitness than non-sports police officials.

Yadav Maya & Kanta Rohilla (2014) ^[3] investigated on the topic of "A comparative study of physical fitness among sportsmen and non-sportsmen students in Bhiwani district of Haryana" and compared the physical fitness components namely speed, strength between sportsmen and Non-sportsmen student belonging to Bhiwani District of Haryana. The study was carried out on 50 female students 25 sportsmen and 25 non – sportsmen female person of Bhiwani. The data was collected by different coaching camps. The age of the selected subjects ranged from 18 to 25 years. 50 meter dash test, and standing broad jump test were used to measures the selected physical fitness components of the students in order to realize the datamt-test was used to analyze the data and investigator observed the significant different between sportsmen and non- sportsmen students of different selected physical fitness components.

Das Suprakash and Bag Ajoy (2015) ^[4], Comparative Study on Selected Strength between Non Sports Performer and Sports Performer College Student of Jamboni Block of West Bengal, Purpose of the study was to compare the strength between sports perform students and non sports perform students and result showed that sports performer can give better performance than non- sports performers.

3. Objectives of the Study

The main objectives of the study are given below;

1. To study about the Physical Education and Health
2. To study about the Sports and Physical Education
3. To examine the Importance of Being Physically Fit as a Police Officer
4. To explore the Role of Sports in Indian Police

4. Research Methodology

The Methodology is a doctrinal research study it outlines the way in which a research is to be undertaken and among other things, and also identifies the methods to be used in it. The present study is done with the help of secondary sources i.e. books, magazines, newspapers, websites, journals, articles, etc.

5. Conclusion

Sports hold outstanding place in modern life. Millions of people participate in sporting activities, watch and read about them, and spend billions of rupees per annum on sports related activities and equipment "s. Thus, sports and physical education play an important role in the strengthen of human beings and in the Police force, most of the activities are based on physical health. Therefore, Police Officers need more involvement in sports and physical activities. Sport and physical education are often considered as a laboratory of human experience. Sports and physical education confront the student both physically and intellectually, and in the process

of intense effort, the person"s true ideals often show through. Fair play or winning in any possible way is the eventual test of ethical standards, and no other area of educational attempt is likely to put the student to the test.

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