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A study on role of physical activities in the development of personality

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Abstract

The Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook towards life. Fitness is the young man's absolute necessity. It breeds self-reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony.

It is generally agreed that physical fitness is an important part of the normal growth and development of a child, a generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional characteristics of physical fitness can be divided into two areas: health related physical fitness and skill related physical fitness.

General fitness implies the ability of a person to live most effectively with his and her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated. The primary components of physical fitness identified by the president's council on physical fitness and sports were muscular strength, muscular endurance and cardio respiratory endurance. However, later on the president council also included some other motor performance components namely agility, speed, flexibility and balance in physical fitness. But keeping in view the general opinion of the majority of the researchers, the author has not included the components such as speed, agility, power and balance (which are more important for success in specified sports) as essential components of basic physical fitness. However, the author defines physical fitness by group of five components, namely muscular strength, muscular endurance and cardio respiratory endurance, flexibility and body composition. It is important to mention here that some experts (e.g.) call such fitness tests which include the measurement of percentage body fat, as health related physical fitness tests.

Keywords: Aerobic Exercise, Physical Fitness, Cardiovascular system etc.

Introduction

The word Physical education is derived from two separate words "Physical and Education" the simple dictionary meaning of word. "Physical" is relating to body. It may relate to any one or of the physical characteristics. It may be physical strength, physical endurance, physical fitness, physical appearance, or physical healthy. The word Education means systematic instructions or training or preparation for life to perform some particular task. A combined meaning of these two words would be that systematic instruction or training. Which relates to physical activities or programme of activities necessary for development and maintenance of human body development of physical powers or cultivation of physical powers or cultivation of physical skill?

Education is a "Doing" Phenomenon one learns through doing Education is not confined to class room alone. It may take place on the playground also such an education is conducive to the enrichment of an individual's life. A well-directed programme of physical education leads to health living, social efficacy, good physical health and worthy use of leisure time. In the modern context, the term 'Physical education' has assumed much broader and more meaningful application to our daily life. Physical education is the education of man 'in' and 'by' means of physical activity. Physical education is that education which starts with physical development of human being. The ultimate result being vigorous and strong body, acquisition of sound health, mental alertness and social and emotional balance such an individual will be

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able to interpret view situations effectively⁶, in more meaningful and purposeful manner and can be said to be a physically Education person such activities are most essential Physical education has a vital importance in every system of education. It develops the personality and character Vivekanand "has right said. "What India needs to today is not the "Bhagwat Geeta" but the football field"

Like any other health adult. The adolescent also takes a delight in physical activity. Through the physical benefits derived from this activity. Through the physical benefits derived from this activity are self-evident. It is conducive to the general development of the personality as well. The field of physical education and sports provide ample opportunities to the adolescent to engage himself in physical activities for his own benefit and for the benefit of the society of which he is an integral part.

Self-confidence and self control are in their fullest sense, qualities of the mind the first step to words a fuller self-confidence may well be taken by the mastery of some physical skill all sports and games contribute to some extent to this end. The degree to which they do will vary with the complexity of the skills that adolescents involve themselves, and the amount of application that it takes to acquire those skills. The activities that offer a definite challenge that offer a definite challenge to courage and endurance have a special contribution to make to words knowledge of self every one inherits from his ancestors certain definitely aggressive instincts. Unless these instincts can find expression in action, these will be repressed and will exert a distorting influence on an adolescent's personality. Many sports and games give outlets of aggression, in the absence of such legitimate outlets. Uncontrolled aggression will commonly appear in the form of delinquency. This principle to a certain extent, is true of both sexes through it is much more apparent in the boys than in the girls any keenly competitive activity will absorb a certain amount of aggression. It will be surprising to see how a young thug or bully can be civilized by taking up boxing seriously. He reserves his aggression for the ring and out of it he is context of live at peace with his fellows. Man is a social animal and his social instincts must have it fling. If he is to acquire emotional balance, loyalty and unselfishness are indispensable social virtues and the team games afford a convenient and pleasant ground for the same these games therefore rightly take a prominent place in any programme of adolescent sport. Membership of an athletic club or gymnasium is often sage guard against recruitment into anti-social gangs.

Physical activities a part from the direct physical benefits that confer will also give opportunities for the acquisition of deep aesthetic satisfaction. Hiking cycling fields sports and sailing, all bring the participants into close contact with nature and may awake an interest in their ways that will give lifelong pleasure. That these aesthetic contributions are valuable influences in the development of the personality. Physical education and sports also encourage an adolescent to take up some sport which will develop a trait in which he is thought to be lacking. For example, to inculcate a virtue of patience he may be encouraged to take part in games like rifle shooting, chess, archery etc. this will go a long way in moulding his personality for adjustment in his life. The ambition can be of great importance as it enables them to avoid frustration and can lead to achievement that contributes considerably in the formation of a self-determined and self-sufficient personality. Participation of an adolescent in physical activities and games

contribute greatly towards the development of his total personality he emerges as a physiologically healthy individual. This will enable him to overcome the problems associated with irritability rebelliousness moodiness etc. Thus, the importance of physical education and sports in solving the problems of a person cannot be over emphasized. It plays a very significant role in disciplining the feelings in controlling the emotions, in channelizing and motivating an adolescent to form a constructive approach to life.

Physical activities and sports play important role in the development of personality education is to strive for optimum development of an individual in all spheres of life and thus, physical activities play pivotal role in development of one's personality, "Book walters" clearly illustrates the role of physical education and physical activities in shaping up the personality of an individual in his own words" the aim of physical education is the optimum development of the physically, socially and mentally integrated and adjusted individual through guide instructions and participation in selected total-body sports rhythmic and gymnastic activities conducted according to social and hygienic standards".

As one participates in physical activities of his own volition, it provides a free. Pleasurable, immediate natural expression of his innate desires. Such exercise unfolds the hidden talents and desire and helps in shaping up the personality physical activities need the basic needs of human beings, such as the sense of security, the sense of belonging, happiness, experience etc. physical activities also provide recreation which go a long way in producing perfectly happy satisfied and balanced individual, having pleasing and energetic personality having test for life experience.

One of the primary and apparent aspect of one's personality is his physical appearance. Children as well as adults, boys as well as girls. All are very much concerned as to how they look. Adolescents spend quite some time before the mirror to put on their best appearance. Physical activities are conducive to the growth and development of the physique- Robust and athletic physique does enhance one's personality. An individual is able to develop appropriate neuro. Muscular coordination for such movement through physical activities and rigorous training only. Work outs in gym are becoming more and more conscious about their bulging biceps broad shoulders, expanded chest and trim waistline. Actors like "Arnold Schwarzenegger" and "sylvester" stallone" are their ideals. Blow ups are pinned up in each youngster's ward-robe quite prominently.

All physical Activities must be learned and that involves analytic thinking. Analyzing and interpreting new situations. This mental exercise enhances the intellectual abilities of the participants and broadens their mental horizon. One also learns to control and regulate one's emotions while participating in competitions as well as during practice sessions. Sports persons are not unduly disturbed by their emotions. They learn to take the success and failures, achievements and disappointments as part of the game and accept the same in their stride. Unutilized energy undoubtedly has harmful effect on one's personality makeup. Physical activities and sports provide an interesting and challenging outlet for such energy as well as for blowing out other emotional storms building within. Participation in sports and other physical activities provides avenues for social interactions, and lays foundations for amicable relationships. Success in such activities also provides social recognition, status, social acceptance and respect. Sports team comprise. Comprise athletes coming from different, and many times

diverse social, economic and cultural matrix. Physical activities and sports provide opportunities of interaction between athletes coming from different regions speaking different language belonging to different caste and religions and thus help an individual to develop multi-dimensional personality. The inculcation of qualities like honesty, sincerity fair play punctuality, dedication obedience of rules respect for elders, and moral values through sports is responsible for development of sound and ideal character, a very essential attribute of personality; one cannot succeed or achieve any goal unless one sincerely strives to achieve the same. In sports to achieve the same in sports, one learns to make sincere efforts which reflect positively in the development of an individual's personality. Group efforts, which reflect positively in the development of an individual's personality. Group effort, loyalty to the team and strong ties are much in evidence in sports and physical activities. The varied experience and opportunities provided by sport situations make valuable contributions in development of one's personality. Participation in physical activities and sports enables us to develop tolerant attitude towards other players as well as spectators. Participation in sports and physical activities provides many such situations where tolerance pays. Adherence to the code of discipline is fundamental not only to the learning of any physical activity, but also for effective participation in sports. Team spirit or joint efforts are the primary characteristics of any athletic endeavor. Cohesiveness is one of the pre-requisites for team's success. As a member of the team one learns the habit of adjustment in order to achieve the goal. Members of a sport team may be different, but it is their role in the play field may be different but, it is their joint effort cooperation. And helping each other that produces the results. In the play fields as well as off the play fields, a member of the team learns to adjust socially and emotionally with other team members. As these are attributes of a well-developed personality.

Competitive situations are inherent in sports and physical activities. One learns to excel and out-beat the others while following the rules of the game. Unless the aim or the goal to be achieved is clear, the physical effort or the athletic Endeavour would be direction-less to set realistic goals is one of the fundamental principles of sports setting realistic goal enables an individual to organize his way of living in different life situations in a better way. Aggression and hostility, to some extent is necessary for any successful athletic endeavour at the same time, too much or too less of the same, would hamper the performance and jeopardize the results. Similarly fickle and temperamental behavior is beyond-comprehension of any sincere athlete. Participation in physical activities and sports trains an athlete to manage and control his aggression and temper, which helps in the development of a balanced personality. While making efforts to win, an athlete also learns to face failure. He learns to overcome and correct his mistakes and try again for success. Pessimistic and negative approach is alien to sport environment and an individual develops a positive outlook towards life, which leaves a permanent impression on his personality successful sport performance also contributes to self-confidence of the athlete. He has to face many problems same off the play field. Sport settings quite often pose many challenging situations. Through dedicated effort and foresight, an individual learns to follow the problems and to face the challenges of the life with full confidence. Perseverance and persistence are two important attribute of an athletic performance. These traits provide stability to an individual

and are helpful in developing his personality.

The concept of physical education is generally understand as organization of some games, sports or physical education activities in schools. There are school where specific periods are allocated for this subject in the time table. It has been noticed that during such periods, most of the students are either left on their own to play the games in a way they like or they are taken to the field where they engage themselves in different sports without the guidance or supervision of teachers in some schools selected students play games like football cricket volley ball, hockey, basketball and so on. Students participates, all these experiences taken together provide a basic understanding of the physical Activities.

As we know education, particularly physical Activities as a holistic development of children. It provides students with opportunities to grow and develop as adults to be useful for the society it is important for us to know one of the most important requirement for growing into health adulthood is the physical growth which supports cognitive development. It is therefore necessary that all children get adequate opportunity to participate in free play, informal and formal games, sport and Yoga activities has more than most benefits for the person.

Result & Discussion

The present study revealed that physical inactivity was related to maladaptive personality trajectories over 20 years across three samples of middle- aged and older adults.

These findings support the hypothesis the health related behaviors and physical activity in particular are related to patterns of personality development.

Most important this study indicated that the association between physical inactivity and personality change is not limited to a short follow-up but extends over two decades.

Physical inactivity was related to a steeper decline in conscientiousness across the three samples and in the meta-analysis. The supplemental analysis revealed that the link between physical inactivity and decline in conscientiousness was observed at three different intensities of activity. Even light physical activity was related to change in conscientiousness physical inactivity was also related to a decline in openness in the WLSG and the WLSS and the meta-analysis and in the mious when moderate physical activity was examined.

This results extends past research that reported these associations over 4-10 years. A physically long-term biological, health and cognitive frailty worse mental and physical health and declines in memory and executive functions, such outcomes, in turn may have a long-term impact on personality, such as reductions in the tendency to be self-disciplined and organized or to be exploratory and curious, indeed, Cognitive decline greater frailty and more depressive symptoms and disease burden have been associated with reduced conscientiousness and openness over time.

The meta-analysis also revealed an association between physical inactive and steeper decline in extraversion and agreeableness. This finding adds to existing studies conducted over four to 10 years.

It is possible that the long term functional limitations and depressive symptoms that result from a physically inactive life style. may be reflected in a lower tendency to experience positive emotions, be enthusiastic and be agreeable.

Furthermore less physical activity may restrict social integrations, leading to lower propensity to be sociable and

prosaically oriented results from the MIDUS revealed the low moderate physical inactivity. In particular was related to steeper declines in extraversion and agreeableness more than vigorous physical inactivity.

Consistent with prior research. There was no consistent association between physical activities. Neuroticism. This finding in surprising give that physical activity can help buffer stress and reduce negative emotional states. But such effects seem to have limited impact on the long-term trajectories of neuroticism in these population-based cohorts of older adults. There was one exception with this result is consistent with evidence that vigorous exercise may have benefits for mental health.

In contrast to past research conducted over shorter timeframes the relations between physical inactivity and personality change were not moderated by demographic factor. Specially, physical activity was related to higher conscientiousness over four year period among individuals with less education and woman. The present study suggests that these short term demographic differences may dissipate over time. The long term cumulative implications of physical inactivity may manifest into conscientiousness changes irrespective of one's demographic characteristics, for example. The deleterious effects of physical inactivity may cumulate over time up to a point where they may not be compensated by higher education or any other demographic characteristics.

The present study has several strength including three large samples over a following period of almost twenty years. The replication of some associations across three samples and a meta-analysis further the three samples had adequate power to detect the association reported in the previous studies. Stephan *et al* 2014 however there are also limitation first we do not have personality and physical activity measured early in adulthood. The pattern of change observed in the study may reflected us selection effect in which personality earlier in adulthood may be predictive of the level of physical activity in later adulthood and may drive personality change for example individuals low in conscientiousness are less likely to be physically active and may experience steeper decline in conscientiousness over time independently from the level of physical activity.

However, our findings for change in personality are consistent with the broader literature including experiential studies with human and animal models which support the benefits of physical activity. Likewise the assessment of the level of physical activity in adulthood may only give a partial picture of the role of physically inactive life style for personality change indeed, it is possible that there are cumulative effects of physical activity. Earlier in the life span that may influential for patterns of personality change in addition, third variable are also likely to operate in this association. For example educational attainment is a predicator of personality development in the present study and is also associated with physical activity.

A meditational process may operate with physical activity mediating. The association between educational attainments achieved earlier in life and personality. Development in addition both the adaption of physically active life style and personality development are in part genetically driven. Karvinen *et al.* 2015. Therefore, shared genetic influence could also be a third variable explaining the link between physical activity and personality changes.

Second the present study was character used by positive selection effect that may limit the generalizability of the results.

Individual who are physically active also have higher profile consistency. In contrast to other indices that focus on a single trait profile consistency in person-centered and provides information on the stability of the configuration of traits within an individual across time. Therefore, our ending suggests that the shape of the personality profile of active individuals may be relatively better preserved in adulthood. These are important results given that lower profile consistency is a risk factor for pathology, moreover this relation was found in both samples over two different time periods in adulthood. It is likely that the range of benefits of a physically active life style may combine to preserve the entire profile of individuals more than specific traits assessed separately.

The present study adds to existing knowledge in personality development. Previous research has focused primarily on the effect of age. Ethnicity and education life experience and normative life events. Physical health on personality development, using a comprehensive coverage of indices of stability and change in two large longitudinal samples that differed in age and retest interval.

The present research revealed that the life style adopted b individuals is related to how their personality develops across adulthood and old age. In particular, a sedentary life style with advancing age appears to be a risk factor formal adaptive personality trajectory. The replication of the relations between a physically active life style and indices of stability and changes over both a 4 and 10 year period suggests a long term contribution of this behavior to personality development. Furthermore the present study found that his recognized predictors, such as age.

In –sum, this study indicates that a physically active lifestyle contributes to personality development across adulthood and old age. The results were consistent with the hypothesis that physical activity promotes personality stability and mitigates mean –level declines in extraversion conscientiousness. In openness and agreeableness. Interventions directed towards may be promotion of physical activity may be promising to prevent maladaptive personality changes and their deleterious, consequences for a range of domains of functioning.

Summary

From an authentic and particle to a mechanistic perspective, physically active and aerobically fit children consistently out perform their inactive and unfit peers academically on both a short and a long term basis. Time spent engaged in physical activity is related not only to a health. Collectively, the findings across the body of literature in this area suggest that increases in aerobic fitness, derived from physical activity are related to improvement in the integrity of brains structure and function that underline academic performance.

The strongest relationships have been found between aerobic fitness and performance in mathematics, reading, and English, for children in a school setting, regular participation in physical activity is particularly beneficial with respect to tasks that require working memory and problem solving. These findings are corroborated by the results of both authentic correlational studies and experimental randomized controlled trials. Over all the benefits of additional time dedicated to physical education and other physical activity opportunities before, during and after school outweigh. The benefits of exclusive utilization of school time for academic learning, as physical activity opportunities suffered across the curriculum do not inhabit academic performance.

Both habitual and single bouts of physical activity contribute

to enhanced academic performance. Findings indicate a robust relationship of acute exercise to increased attention, with evidence emerging for relationship between participation in physical activity and disciplinary behaviors. Time on task and academic performance.

The physical, psychological and economic benefits of regular moderate- to vigorous intensity physical activity are well substantiated. Unfortunately Few people undeveloped countries engage in enough physical activity to reap these benefits. Thus, a strong theoretical understanding of what factors Are associated with physical activity is warranted in order to create effective and targeted interventions social/ecological approaches to understanding physical activity demonstrate the breadth of correlates that encompass intra-individual, inter individual environmental and policy related variables in physical activity. Performance one longstanding intrapersonal correlate of interest is the relationship between personality traits-enduring individual-level differences in tendencies to show consistent patterns of thoughts, feelings, and actions and physical activity.

Personality trait theories are broad in focus and differ in terms of proposed etiology. Yet much of the recent research in physical activity. Has been with super traits in the five factor model, neuroticism, extraversion, openness, agreeableness and conscientiousness. Meta analytic reviews suggest that conscientiousness and extra version are positively associated with physical activity. With some mixed evidence for a small negative relationship with neuroticism the effect appears to be most pronounced with vigorous physical activities and less so with lower intensity life style activities and shows mixed evidence for whether proximal social cognitive variables (Intention self-efficacy) can mediate this relationship.

A majority of parents (54-84 percent) believe that physical education is at least as important as other academic subjects. Ninety-one percent believe that there should be more physical education in schools/Harvard school of public health, 2003) Sixty Six percent think that more school physical education could help control or prevent childhood obesity.

Ninety five percent believe that regular daily physical activity helps children do better academically and should be a part of the school curriculum for all students in grade (K-12) additionally, many public and private organizations have proposed initiatives aimed at developing a comprehensive school-based strategy centred an curriculum. Physical education as the largest institutions where children spend more than half of their walking hours on school days, schools can play a pivotal role in increasing students. Physical activity levels by providing access for all to quality physical education, along with physical activities throughout the school environment, the subjects of chapter.

Conclusion

Sports can be considered as one of the only methods to make life equally enjoyable to everyone. There are a wide variety of sports out there and chances are you will fall in love with one sport or the other. If you start exploring the various types of sports out there.

We hope you live a healthy and dignified life and that you enjoy life to the fullest. We also encourage you to become successful and at the same time learn to accept failures and gain essential life lessons. Failure in sports teaches you to stay patient and stronger and never lose hope while victory increases your confidence, happiness and still have respect to the opponents. Along with cooperation, coordination and factful leadership are the important aspect of character and

personality development which are nurtured and brought up with sports.

In life it is important to enjoy your success and also embracing your failures at the same time, learn lessons from life- so as to move on further with a much better attitude to lead a peaceful and happy life, which can be gained through fair sport already and start practicing and enjoy it.

The best part of playing sports is that it gives us a perfect idea about how to react to life. There are victories in spots that are similar to the successes in life and the defeats your face in sports symbolized what the society would call failures in life. According to Heywood Broun.

“Sports do not build character. They reveal it.”

It gives you more encouragement and inspiration you more encouragement and inspiration to push yourself harder in every aspect of life and thus helps you to live a happier and healthier life.

Physical Education plays a vital role in the personality development of our youth. It makes them physically healthy, active and mentally alert, and also reduces their risk for health problems. It enables them to live in a healthy and competitive environment. It develops in them team work self, sports man ship leadership and socialize.

Longitudinal studies across the life span are also needed. These studies would be critical in ascertaining personality development and physical activity, as well as the symmetry and asymmetry of personality and physical activity. Related to decline with ageing. For example, E tends to decline with age, whether this matches declines in physical activity has yet been able to predict longevity and health behavior from childhood. Its association with physical activity across this life span and mediation via physical activity would add to this interesting finding.

Finally, objective assessment of physical activity will undoubtedly aid in the assessment of personality research. Thus for most studies on personality and physical activity behavior have used self-report instrumentation that ranges in validity, and studies using more objective means such programme. Attendance have relied on very small sample sizes. In summary, this review of the major domains of personality and physical activity yielded 33 studies and 35 independent samples from which to draw conclusions. N(-), E(+) and C (x) were reliable correlates of physical activity with small effect sizes, whereas O,A and P were not associated with physical activity. Personality moderators of physical activity mode seem possible, but research is limited. Research is also too limited to draw definitive conclusions about sex age and culture interactions with personality and physical activity. But preliminary research suggests relative invariance. Future research using multivariate analyses personality- channeled physical activity interventions, longitudinal designs, and objective physical activity measurement is recommended.

Sports have a commonplace middle of shared that means and an outer edge of greater meaning which can be very a remarkable deal context-installed. Although most of us have a not unusual expertise of what game is. It can nonetheless mean considered one of a kind matters to certainly one of a kind human beings. In general terms, football is regarded as game, but the ballroom dance isn't always, motor racing is recreation however riding to work is no longer, cursing a ship inside the ocean is game, however sailing on a tanker delivering oil isn't. Participants, spectators, writers or maybe critics realize and recognize the artistry, beauty, grace, beauty, heroism, area, courage and drama of sports activities.

Today, pastime is dealt with as an inevitable part of our lives.

Millions of people are taking factor or watching sports activities. We are living in an age of rapid alternate. Fast transferring opposition in the day by day life makes the humans worn-out mentally and physically. Traffic jams, exhaust from vehicles, mental torturing inside the art work location and many others. Creates heavy pressure to the person. Stress on modern men and women cause them to fitness aggravated, unhappy and sooner or later make them ill in body and in spirit.

When one move deep into the issues of the ladies employees, it's far virtually seen that the dual profession creates excellent strain to them. India being a country that believes in a social set-up in which father acts as the precept breadwinner of the family, mother stays returned within the house for cooking, looking after children and doing all of the house works. Consequently, due to the speedy alternate within the society, the single man's profits became not enough for the family. So the mother turned into compelled to are seeking for some activity out aspect the house, which they may manage sooner or later of loose time. Later, they took the task critically and engaged in full time employment, which emerge as especially designed for them. But, nonetheless they must do all of the domestic chores and opt for the assignment.

Even these days the guys are not inclined to share the family paintings with their employed lifestyles companions. This state of affairs creates horrible strain and tension on the employed ladies.

During nineteenth century and early 20th century, girls had no authentic involvement in sports activities. Over the years, women have been systematically excluded from contact sports activities and discouraged from taking component in most strenuous physical sports because their our bodies were seen as incapable of aggression, physical power and stamina. The sports activities completed via women and ladies sooner or later of these duration frequently-concerned stability and co-ordination and without frame contact with the warring parties. In opposite to the Victorian perfect, women aren't as fragile, dainty, or timid as they had been made out to be. They can be difficult, durable and combative and they may be as muscular as their male counter components.

Today there are competitions for women in marathon races or maybe in fight sports activities like Taekwondo, Boxing and Judo. At this juncture, this test gets its significance because the investigator attempted to analyses the social and psychological traits of the employed ladies who competed in competitive sports activities and the ladies employees who in no manner participated in aggressive sports activities. From the diverse checks completed on the employed girls, it has been proved that the ones employees, who had competed in sports, in the route of their early life, carried out nicely in almost all of the checks. This confirmed that the previously acquired capability to address strain, modify with particular people and conditions, progressed self-esteem and genuine man or woman tendencies are though maintained and assisting them to absorb challenges and face conditions without producing heaps strain and anxiety.

Until currently, the coaches had been not paying attention to social and psychological factors, which had been proved to make contributions to higher performance in higher competitive sports activities sports. When competition is hard and the kind of opposition is accelerated, there can be an unethical for growing more strain and pressure inside the competitor. The know-how of the sports activities psychology helped the coaches to offer enough mental training to the athletes to reduce the stress and pressure. Frequent

participation in competitions forces the athlete to confront with strain and stress. The received capability to conquer all such situations will help them to govern the situations with sportsman spirit. Frequent contacts with particular styles of human beings from special segments of the society provide sufficient opportunities to them to develop their self-esteem. So they'll not feel any hesitation to deal with the better government, colleagues and subordinates.

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