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Impact of Physical Education and Sports on the Youth

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Abstract

The purpose of this study of investigates the impact of physical education and sports on the youth. Physical education and sports plays important role is every youth. The youth regarding the importance of social values is their life. Reviewed literature investigated that the importance of ass activities in educating both minds and body. Physical education promotes moral and social development of youth. Moreover, the benefits of physical education and spots can influence both academic leering and physical activity is the youth.

Keywords: Physical education, social values, sports, youth, activities, development

Introduction

In present era, physical education and sports is an essential part of human life. Physical education and sports plays a vital role in educating the youth. It contributes directly to development of physical competence and fitness. It also helps the youth to be aware of the worth of leading a physically active lifestyle. The healthy and physically active youth is more likely to be academically motivated, attentive and promising. The benefits of physical gained from physical activity such as disease prevention safety and injury avoidance decrease morbidity and premature mortality and in increased mental health (Roscoe and Davis-1991) ^[1] Physical activity is a vital to the holistic development of young people fostering their physical social and emotional health the benefits of sports reach beyond the impact on physical wellbeing and the value of educational benefits of sports should not be underestimated

Social and Emotional Development

In term of social aspects of child and youth development these are three main areas that have been under consideration.

Character Building

The reasoning is that moral behavior is acquired through social interaction that occurs through sport and physical activity conducted in a collective whether or not sports has a positive impact on character building is in UN individual is highly dependent on the contest of the program and the value promoted and developed in this respect physical education teachers, coaches trainer or community leaders have a determining influence on a young person's sporting experience and on the degree of character- building that can arise (Bhala Sandeep - 2020) ^[2]

Community Building

The role of sports in inclusion has shown to be a strongly linked to building social cohesion and social capital among young people and adults in communities sports has been used as a practical tool to engage young people in their community through volunteering resulting in higher level of leadership community engagement and altruism among young people. Positive year relationship between young people are encouraged through physical activities and coaching is considered a key aspects of how physical can contribute to social inclusion among Young people (Nilambikar Rao Mansa - 2017) ^[3]

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Promoting the Social Value Among Youth

Physical education and sports play a vital role in promoting the social value among the youth physical education is considered as a school subject which facilitate to prepare the youth for a healthy lifestyle and focus on their overall physical and mental development as well as imparting important social value among the youth such as fairness, self-discipline, solidarity, team spirit, tolerance and fair play (Bailey.R-2005) ^[4]

Policy Developments

International policies have influenced the delivery of physical education and sports across the world while this policies may not always turn into action they have helped National level policy to developed in many parts of the words in 1959 the declaration on the rights of child was one of the first international instruments linking physical activity and educational for children starting that the child shall have full opportunity for play and recreation which should be directed to the same purpose as education the first world summit was held in Berlin Germany in 1999 and the second in maligned Switzerland in 2005 a major outcome of each word Summit was an action agenda presented to minister responsible for physical education and sports (Fox K R Harris -2003) ^[5]

Healthy Development of Children and Youth

Physical education and sports have an educational impact. Changes can be seen in (i) motor skills development and performance and (ii) educational potential this shows the positive relationship between being involved in physical activities and psychological development. Sports and physical education is fundamental to the early development of children's and youth and the skills learnt during play physical education and sports. Contribute to the holistic development of young people. Honesty teamwork fair play respect for themselves and other the young people learn about through participation in sports and physical education (Anju Lata Dwivedi -2021) ^[6].

Learning Performance

Sports based programs have been shown to improve the learning performance of children's and young people encouraging school attendance and the respire to succeed academically majority of research into the health and development impact of sports has been conducted in developed countries there are study that supports this relationship in developing countries.

Limitations and Future Research

The major limitations of this study are that lack of participation of students in physical activities in future research school management should organize the seminar and workshop in which aware a student about the importance of physical activity programs for the school management should also make compulsory the physical activities programs in future research should also include broader aspects of physical activity and SSA the multi-dimensional nature of self-esteem.

Discussion

The present study focus on impact of physical education and sports on the youth help to promote the social value among youth physical education and sports are considered as an essential part of education and culture it builds up the ability e will power moral value and self-discipline of every human

being as an entirely integrated member of society the contribution of physical activities and the practice of sports must be certified that the throughout Life by means of a global lifelong and democratized education. If contributes to the preservation and enhancement of mental and physical health gives a nourishing leisure time activities and also helps to an interview your to overcome the drawback of present stressful living.

Conclusion

Sports and physical activities not only helps improve children's overall health but list a number of benefits to young people's quantitative health and academic achievement the role of sports in inclusion has shown to be a strongly linked to building social cohesion and social capital among young people and others in communities. To conclude education and general and physical education in particular should response to the needs of optimally developing individuals capability and provide opportunities for personal fulfillment and social interaction fundamental and human co-existence.

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