



**ORIGINAL RESEARCH PAPER**

**Physical Education**

**ROLE OF PHYSICAL EDUCATION IN THE ALL ROUND DEVELOPMENT OF THE CHILD - A STUDY**

**KEY WORDS:** Physical Education And All Round Development

**P. V. Sandhya Latha**

Principal Of Sreenidhi High School, Rama Chandra Puram, Hyderabad

**ABSTRACT**

Physical education is a course taught in school that focuses on developing physical fitness and the ability to perform and enjoy day to day physical activities with ease. Kids also develop skills necessary to participate in a wide range of activities such as cricket, basketball or swimming. Regular physical education classes prepare kids to be physically and mentally active, fit and healthy. Physical education helps students develop physical skills and confidence. They would be expected to journal about how they feel during the process and reflect on how these changes affect performance and mood. Physical education also helps students develop social skills. For example, team sports help them learn to respect others, contribute to a team goal, and socialize as a productive member of a team. This Study is to prove that there is a direct correlation between physical activity and the overall development of the child. It is to prove that there is a systematic, scientific improvement in the cognitive, emotional, social skills and also improvement in Health when physical education is implemented in the Childs day to day programme. The curriculum of physical education possesses a body of knowledge which is basic to health and fitness that leads to a fine living. It has a core of activity skill and technique in its content. We are living in a world layered in technology and convince. Physical Education is so important for our future because it is one of the best natural and pure means we have to promote and foster play and purpose for our children. Children need it more than we know and technology is slowly eating away at something we might never get back. Physical Education's purpose is to preserve the foundational history of health, fitness, and to allow our youth to develop into people with strong intrapersonal skills, core values, and respect and understanding of a healthy mind/body connection. With physical education being a crucial need especially for children, it should be implemented in all the educational organization. To make sure that it is implemented, it has to be a part of the curriculum. Certain norms have to be implemented to make sure PE is a part of the academic curriculum. Regular assessments will be helpful to work on the improvement of the Childs physical as well as overall development

**INTRODUCTION:**

Physical Education plays an important role in the development of human life. By Physical education an individual can develop learner's abilities. With this education learners can develop their skills. It builds the confidence in the students. Physical activities improve the peer relationship. It motivates them to work together resulting in improvement of their positive attitude towards each other. The students tend to be physically emotionally and mentally strong. Physical education makes them strong and confident to take decisions. It improves the physical health of the individual and makes them strong. The posture also changes by regular activity.

Physical education gives diversion from the busy academic schedule. Children tend to be more active after every physical activity class. They tend to respond and remember well after such a class. There is an improvement in the academic results of children who have physical activity when compared to students who do not have regular physical education classes.

Apart from physical activity, these classes also focus on the nutrition, nutritional values, proper intake of food for energy and good growth. So that students have a good knowledge of the same and can focus on a day to day basis on good health.

**IMPORTANCE OF THE STUDY:**

This study is important to note the challenges being faced by different institution to inculcate Physical education as a part of the curriculum. To understand the benefits of physical education and Implement it on a regular scheduled basis for the all round development of the students Physical Education's purpose is to preserve the foundational history of health, fitness, and to allow our youth to develop into people with strong intrapersonal skills, core values, and respect and understanding of a healthy mind/body connection.

**IMPORTANCE'S OF PHYSICAL FITNESS ARE -**

1. Provides better health and improve quality of life.
2. Prevent from various health problems and reduces risk of

several diseases like cancer, diabetes, blood pressure etc.

3. It makes you feel better and reduce stress & chances of being depressed.
4. Provide stronger bones and muscles.
5. Provides your better sleep
6. Increases your energy and keeps you active.
7. Boost your confidence and helps in your personal development.
8. Control and manage weight.

**SIGNIFICANCE OF THE STUDY:**

The study helps administrators to understand the level of interest they do possess in developing Physical Education in their Schools. They also will understand the provisions that could be made to help them in developing the Physical education in schools like a trained teacher, correct equipments, assessments in physical education etc. Students starts leaning how to Eat right, how to address peer groups while playing games, being sportive, Take things challengingly, motivating themselves, right posture etc. The study majorly guides the administrators to use strategies to develop the right methods of implementing Physical Education. Physical education and physical skills are very essential for the successful future career of a student as it aids in all round development of the child.

**OBJECTIVES OF THE STUDY:**

- To study the facilities available in school with respect to Physical Education
- To study the role of physical education has a significant role in the all round development of the child
- To study if the role of physical education has a significant role in the all round development of the child with respect to the area
- To study if the role of physical education has a significant role in the all round development of the child with respect to the School (Government/Private)

**HYPOTHESIS**

- Type of School is likely to play a significant role in the Physical Education effecting the overall development of the child.
- There is likely to be a significant effect of the equipment available with respect to physical education.
- Assessment is likely to play a significant role in the Physical Education there by the overall development as well
- Area or locality is likely to play a significant role in the Physical Education effecting the overall development of the child

**SAMPLE OF THE STUDY:**

Sample is the subset of population that is used to represent the entire group as a whole. When doing research, it is often impractical to survey every member of a particular population because the sheer number of people is simply too large. The present study is conducted on 30 administrators from 30 schools.

**TOOL USED FOR THE STUDY:**

To study the interest towards developing Physical education, an enquiry inventory is constructed. The constructed tool validity and reliability is given table.

Correlation Value	Reliability	Validity
0.81	0.89	0.94

**LIMITATION OF THE STUDY:**

- The study is restricted to Ranga Reddy district only.
- The study is restricted to Government high schools only
- The study is restricted to Private affiliated high school only
- The study is restricted to urban and rural areas in Ranga Reddy district only
- The study is restricted to research study on 50 Administrators only.

**HYPOTHESIS TESTING**

**HYPOTHESIS 1:**

Type of School is likely to play a significant role in the Physical Education effecting the overall development of the child.

Table No. 1 Mean and SD values of the sample based on gender

Variable	N	Mean	Sd	t Value	Significance
Government	25	27.9	6.28	5.35**	Significant 0.01 levels
Private	25	35.8	3.87		

**INTERPRETATION:**

As the calculated "t" value 5.35 is significant, the hypothesis is accepted. This shows that there is significant difference in the interest towards developing physical education among the government and private schools. Hence, the hypothesis there is significant difference in the interest towards developing physical education among the government and private schools is accepted.

**HYPOTHESIS 2:**

Assessment is likely to play a significant role in the Physical Education there by the overall development as well

Variable (assigning)	N	Mean	Sd	t Value	Significance
Government	25	29.15	6.12	2.95**	Significant at 0.01 levels
Private	25	33.56	4.25		

**INTERPRETATION:**

the hypothesis is accepted. This shows that there is significant difference in the interest towards assessing physical education among the government and private schools. Hence, the hypothesis Assessment is likely to play a significant role in the Physical Education there by the overall development as well

is accepted.

**HYPOTHESIS 3:**

Area or locality is likely to play a significant role in the Physical Education effecting the overall development of the child

Variable	N	Mean	Sd	t Value	Significance
Urban	25	34.25	5.47	2.66*	Significant at 0.05 level
Rural	25	30.45	4.56		

**INTERPRETATION:**

the hypothesis is accepted. This shows that there is significant difference in the interest towards physical education among the government and private schools based on locality. Hence, the hypothesis Area or locality is likely to play a significant role in the Physical Education effecting the overall development of the child is accepted.

**HYPOTHESIS 4:**

There is likely to be a significant effect of the equipment available with respect to physical Education.

Variable (Equipments)	N	Mean	Sd	t Value	Significance
Government	25	30.45	5.24	2.51*	Significant at 0.05 level
Private	25	33.955	4.60		

**INTERPRETATION:**

the hypothesis is accepted. This shows that there is significant difference in the interest towards physical education among the government and private schools based on the equipment available. Hence, the hypothesis there is likely to be a significant effect of the equipment available with respect to physical Education" is accepted.

**RESULTS AND DISCUSSIONS**

From the above findings, it is inferred that there is a significant difference in the interest towards developing Physical Education among the students. There is a vast variation in the type of equipment, their maintenance, assessment procedures, assessment rubrics between the private and government schools. These variations are greatly effecting the overall development of the students. There is also difference in the development as physical education is not appreciated in rural areas as in the urban regions. The type of zeal and interest to encourage physical education in private schools is not seen in the government schools due to financial aspects.

**FINDINGS**

- There is significant difference in the interest towards developing physical education among the government and private schools.
- There is significant difference in the Assessment of physical education in between private and government schools and hence variation in the overall development of the students.
- There is significant difference effecting the overall development of the child through physical education based on Area or locality due to the different mind sets of the people.
- There is significant difference effecting the overall development of the child through physical education based on the equipment available for physical education in the schools.
- The presence of equipments generates interest in students. Hence the right equipments and maintenance should be taken care of.
- The area or locality plays a significant role in the Physical Education effecting the overall development of the child.
- Type of school plays a significant role in the physical education effecting the overall development of the child.

**EDUCATIONAL IMPLICATIONS**

The finding of the study further reveals that the educational background makes a significant difference in achievement of the Holistic development. So the students from the rural background must concentrate comparatively more on physical education.

A drastic change can be observed in the school's academic performance where the children have physical education as a part of their curriculum.

There is a significant change in the students physically, emotionally, socially, mentally and intellectually.

**CONCLUSION:**

The study can be concluded by saying that Physical Education plays an invaluable effect on the overall development of the Child. It has been observed that the development of the child can be easily observed physically by improvement of height, weight and muscular strength. Endurance is also affected positively. There is an improvement in the child's confidence, concentration and Co-ordination skills. Improvement in the behavioral aspect is also observed. Peer group interactions are developed. In sports taking things challengingly and positive approach towards any failure has been observed. It has been observed that there is a drastic improvement in Academics due to the increase in concentration levels and improvement in the memory retention. Importance of physical education can be realized by the number of benefits associated with the physical education programmes that not only helps into maintain healthy life style but also in keeping your brain healthy. Quality health and physical educational programme can prove to be a life changing aspect for today's people and others in general. Physical educational programme have a lot to offer for the students, theses programmes gives students an opportunity to develop their bodies as well as minds to gain skills that will guide them towards the success in both the physical as well as academics aspects of education and life ahead. Properly planned physical education programmes guided by trained supervisors provide the structure and discipline that young people need to perform in their day to day school life, gives a better understanding to make positive choices in their life, maintain proper physique and stamina, and earn the respect among their peers. It is a fact that our society seems to be struggling with these things and physical education provides and peers and effective way of dealing with the problem.

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