

HUMAN RESOURCE DEVELOPMENT THROUGH PHYSICAL EDUCATION AND SPORTS

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ABSTRACT:

Modern programme of physical education not only calls for muscular activity but also helps in producing physically fit and mentally alert individuals by making constant demands upon the mental, social and emotional reactions which are highly significant in their intellectual development, social adjustment and moral education. Balanced programmes of physical education can prepare citizens mentally, physically and morally to face the challenges of life.

The development of a nation in social, economic, scientific and cultural spheres depends on its people's well-being. Physical education is not limited only to developments of individuals but has other dimensions also. A health citizen is an asset to the country. Physical education helps in infusing discipline and a sense of well being and physical vigour in citizens. Physical education makes citizens strong and healthy to successfully execute the projects and ambitious schemes of the country. In this paper an effort has been made to understand how physical education can help in human resource development. Various studies indicating the crucial role of physical education in developing all round fit citizens has been discussed in this paper.

INTRODUCTION:

Various programme of organized physical education can help a lot to prepare citizens mentally, physically, morally and emotionally to face the challenges of life by exploring the hidden talents contributing to the progress of a county. The development of a nation in social, economic, scientific, literary and cultural spheres depends on its people Physical education programmes can infuse discipline and sense of well being in children and renewing the adult's physical vigour. In a democratic set up it is essential that society is made of strong healthy men and woman to successfully execute the projects and ambitious schemes of the country. Organized physical education programmes contribute extensively to make best use of free time and to enrich the educational experiences and morale of students. These programmes also give an opportunity to young students to use their surplus energy. Physical education programmes have certain contents which can contribute to the human resource development.

- Physical Development
- National Integration Development
- Social Development

Physical Development:

Most of the activities carried out by our ancestors have today been taken over by the products of automation and scientific developments. Present day man has deteriorated in fitness level as compared to his ancestors. Due to increasing poor fitness level, obesity and other fatal diseases are increasing rapidly. According to various scholars well planned programme of physical education may be the answer to these problems. According to Kenny (1986), Boyd (1983) Mayfield (1982) and Fox (1983) regular physical exercise reduces percentage of body fat of males and females. Benefits of physical education can be highlighted keeping in view the following factors:

- All round development
- Increase in cardio-respiratory endurance
- Knowledge of individual capacities
- Knowledge of work capacities.

- Consciousness about good health.

The programmes of physical education provide vital experiences for the growth and development of the personality of the child enabling him to become an efficient and productive member of the society (Gill and Rao 1992). Physical education is an integral part of the total education process and is a field of endeavour which has its aim as the development of physically, mentally, emotionally and society fit citizens through the medium of physical activities selected with a view to realizing these outcome (Bucher 1960) Besides providing the necessary change, physical activities electrify and animate the body, thus galvanizing into activity.

Cardio-respiratory endurance involves the efficiency of such elements as the heart and lungs, the vessels supplying the blood to all part of the body, the oxygen carrying capacity of the blood and the capillary system reciving that blood. When an individual performs physical activities, the physilological variables, namely pulse rate, vital capacity, blood pressure, breath holding time, maximum expiratory pressure, strength and endurance associated with the efficient functioning of circulatory and respiratory systems are affected positively (Uppal & Singh, 1983). Cardiorespiratory endurance can be increased through various physical activities in the case of men and women above 50 years of age also (Liu 1970 and Dawson, 1974).

Physical education can make substantial contributions to health knowledge by helping the individual to know the capacities and limitations of his own body, by giving knowledge as to how he can improve his physical fitness level and general helath, and by giving him knowledge in many physical activities that he can utilize throughout his lifetime to maintain his health and physical fitness at a high level to carry on his duties and responsibilities.

Aerobic and anaerobic powers of an individual can be increased through the medium of physical activities (Banerjee, 1983 and Gregory, 1976). The strength of particular muscle is directly proportional to the area of its cross section. With the help of training the size of the individual's muscle fitness become longer and tougher and there is an increase in the amount of connective tissue within the

muscles. Physical activities result in enlargement of the muscle fibers and a relative increase in one's ability to apply force (Dey and Dey 1985).

With the help of various courses related to physical education such as health education, safety education and first aid, which are taught by physical educators, students can become better health conscious. Health education provides knowledge about nutrition, sanitation, rest and exercises, and prevention and cure of chronic and infections illness.

National Integration:

One of the fundamental objectives before any country is to build a strong base for its edifice of nation to rest firmly. The problem of securing national integration is the "socio cultural" aspect and as such essentially linked with the rank and file to society. All the human beings have the right to peace, including the right to live in a secure and human environment. The absence of these conditions endangers personal security, undermining good governance, contributing to violation of human rights and frustrating social justice, development, and peace in all parts of the country. National and religious conflicts lead to violent death, injury and psychological traumas.

Frequent occurrence of conflicts increase the violent crime, domestic assault, suicides and unintentional shooting leads to the existence of millions of refugees and displaced persons.

Ways in Which Physical Education and Sports Help to Promote National integration:

Physical education is an integral part of the total education process and is a field of endeavour which has its aim as the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities (Bueher 1960). The programmes of physical education provide vital experience for the growth and development of the personality of an individual to become an effective and productive member of society (Gill and Rao 1992). Physical programmes have certain contents which can contribute towards national integration in the following ways.

- No scope for provincialism
- Build sound mind in sound body
- Disposition of discipline

- Combat communalism and social inequalities
- No scope for languish
- Use of leisure time
- Emotional control]
- Help to develop positive self –concept.

Physical education programmes strongly advocate and promote the team spirit among the participants which is essential in any country to fight the evil forces of separatism. Sense to respect for others and co-operation among participants can be extended from sports area to all avenues of the general walks of life.

Physical education programmes help in strengthening of the nervous system (Mondol and Banerjee 1992). These programmes develops motor qualities i.e. strength, speed, endurance, agility, reaction time, co-ordinatin, etc. These qualities are associated with nervous system and have good influence on mental functioning.

Physical education can help in the development of the disposition to observe and obey the laws because in the physical education programme students must obey the rules of games, observe the training and conditioning procedures, and conform to procedures established by the physical educators. Physical education programmes help to control the impulses and subjugate the desires of an athlete to become a better performer for the benefit of his team. It broadens the horizon of understanding of men, their manners, and their outlook towards life and the world. It enables them to play the game of life in proper spirit without giving way to animosity and malice.

All persons inrrespective of religion, caste, community, are equal and are guided by the same rules and regulations in the physical activites. Individual have an equal opportunity of his or her own to participate and excel in this area.

India is a vast country having several languages and dialects. People show strong emotional attachment for their native tongue. In the field of physical education sportsmen through physical activities cut through these petty barriers placing emphasis more on participation in these activities

rather than precipitation in the language issue. Physical activities can act as a means to break barriers and help to promote the lessening of the linguistic differences which otherwise may harm national integration.

Educational institutions organize and sponsor programmes consisting leisure time activities such as sports, cultural activities, hobby clubs etc. which help in the national integration. These activities help in channelization of energy of citizens, and thus helping to achieve the goal of national integration.

In the physical education activities students have to act in different ways in various situations. They have to keep balance in crucial movements of win and loss during the competitions. These occasions provide training of emotional control which can contribute towards national integration.

Regular participation in physical activities brings about a positive change in the self-concept of the participants (Uppal 1985). Physical education programmes play an important role in enhancing the child's self-concept and the Physical education teacher has a significant influence on the students as compared to other teachers.

Social Development:

Physical education programmes helps in developing the traits such as loyalty, trustworthiness, team unity, patience, tolerance, sympathetic attitude, social consciousness etc. which are essential to democratic living for a good citizenship. Physical education programme acts as a social laboratory for the students to learn how to work with others in a co-operative manner. Participation in Physical education & sports programmes contribute to the development of the following social qualities.

- Sympathetic attitude
- Broader out look
- Followership
- Helpfulness
- Group Cohesion
- Patience

- Self-Discipline
- Harmony
- Social consciousness
- Tolerance etc.

Participation in Physical education and sports activities helps in inculcating sympathetic attitude among the participants. As and when a participant gets injured, his own team mates and even opponents develop sympathetic feeling towards the injured person. This type of feeling comes to every sports spontaneously. On such occasions even the players of the opposite team forget any bad feeling and ill will.

Physical education programmes help to develop broader outlook among the students. These programmes prepare the sportsmen to accept healthy criticism and they are always willing to accept the viewpoint of other.

Through physical education, students develop the traits of successful followership, intending such qualities as respect for authority, abiding by rules, and recognition of rights of others and sense of fairness and co-operation with those in command.

Helpfulness is another important social quality developed through the physical education among the participants during training and competitions. Several situations arise when players of the opponent teams collide during the competition and one player falls down spontaneously, and another player involved in the collision tries to help the sports person lying on the ground.

Group cohesion sense can also develop through physical education programmes. In team games, group co-ordination and cohesion is very important. Nobody can win any game if there is no group cohesion in a team. All the members of a team make a combined effort to perform well and win during competition. This act of group cohesion also plays a vital role in actual life.

Physical education activities develop patience among the sportspersons. Players are called upon to show patience when referees and umpires unknowing give a wrong decision during the match. Through Physical education, players are taught to be patient and show utmost respect to the officials. Situation

arises if a player loses patience that may in turn result in loss of concentration and thus finally lose a game.

Abilities of self-discipline and determination are developed in the sportspersons for achieving success through rigorous training. Physical education programme help the participants to be more disciplined.

Physical education programme engender follow the feeling for others, a way of life that fosters morality, individual dignity and ethical behavior. Through physical activities adherence to democratic principles and respect for the others in cultivated.

In physical education activities, participants of various teams belongs to different castes, creeds and religions but they harmonize themselves, when they become the members of one team. They adjust with each other and live together.

Physical education programmes act as a social laboratory for the students to learn how to work with others in a co-operative manner, develop an understanding of the rights and feelings of others, and to contribute towards the common purpose of the group.

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