



Study The Role Of Games And Sports In The Personality Development Of College-Level Students

Dr. Kundan Kumar

Assistant Professor (Physical Education)

Patna Training College, Patna University, Patna

Abstract

Sports and sports play a very important role in the physical, mental development, and social welfare of students. It develops positive qualities like discipline, responsibility, confidence, sacrifice, and accountability. Through the game, children learn to reconcile with their comrades and communicate positively with their coaches and senior citizens. This develops the game spirit in them, whether they win or face defeat. These qualities are the foundation of a developed personality. This research paper is basically focused on the Importance of Sports and Sports in Life. The main objective was to compare the personality development of college-level students and students. The study included 600 college-level students. Personality Development Evaluation Questionnaire was used as a tool for research. The major conclusions of the study are that significant differences were found between the two groups. Thus, it is concluded that sports and physical education are more positive for student life.

Keywords: College-level Students, Game, Sports, and Personality Development, etc.

Introduction

Sports and sports have been an integral part of human civilization for thousands of years, whose importance is not appropriate. The important part of education in childhood is obtained through sports, while regular playing in adult life improves physical and mental health as well as productivity growth. It is popular among people of all age groups as it helps to keep them healthy. In our country, people jog in the morning or evening, train in the gym, and participate in sports competitions. Appearing in sports provides many benefits, such as physical health and strength. There are many popular sports like football, ice hockey, gymnastics, and figure skating in our country. Thousands of spectators participate in these sports competitions. Our country has achieved remarkable success in these types of sports, so it is no wonder that every city in our country has a large number of fans of football, ice hockey, and figure skating.

The game has been present since the beginning of human history. Sports played in ancient Egypt and Maya civilization are proof of this. Football, hockey, and rugby are worshiped like religion, while athletic meat is filled with celebrations. Sports have always been an essential part of our childhood, but this statement is not completely true in today's era. Today's children have transferred their playgrounds to the cyber world, and in this process, they are having fun and are deprived of the amazing experiences of learning. This is a matter of serious concern for all of us. We should deeply consider whether we have made enough to explain and encourage the real benefits of sports in children's lives. It is not only a matter of preaching, but we also need to assimilate the importance of the game itself. For this, we will further try to throw light on the intensive

importance of the game in this research paper. Although it cannot fully establish the value of the game in the next generation, it is definitely a beginning.

Every game is rich in physical activities that make bones and muscles strong. Sports play an important role in keeping children out of an ineffective lifestyle and keeping them active and healthy. This article highlights the benefits of the game and describes its ability to help children maintain an ideal weight and stay healthy. The basis of the article is based on research and studies from 2000 to 2025. In these studies, data were collected from participants living in the Patna district of Bihar state.

Benefits of sports and physical activity

- * Weight Management: Sports can help control obesity.
- * Social contact: Sports provide an opportunity to develop social skills and create friendships.
- * Entertainment: Games are enjoyable and can help reduce stress.

Causes of sports participation for youth

- * Girls are often involved in sports due to pressure to maintain a thin body shape.
- * Older people consider sports and physical activity important to deal with the effects of aging and get social aid.

Obstacles in sports participation

- * Negative feelings about the body, such as fear of rejecting others
- * Lack of necessary skills and abilities in sports
- * Highly competitive environment

Sports and sports play an important role in student life. Not only do they provide students with the hard work necessary to achieve success in competitive exams, but they are also helpful in maintaining physical health and mental balance. Sports promote heart health by improving regular exercise, blood flow, weight control, blood pressure, and glucose balance. Additionally, exercise can help reduce the risk of many health problems, such as diabetes, osteoporosis, arthritis, obesity, respiratory disease, and physical disability. Sports contribute significantly to the development of students. Participation in team sports creates engagement, social support, and strong friendships in college life. Additionally, sports help in combating anxiety, depression, and stress. They motivate the necklace to accept and move forward. Sports offer children an opportunity to connect with people with similar interests and create new friends, leading to their confidence. Sports promote emotional bonding and the sharing of spirit. Children playing as a team celebrate the victory together and accept defeat easily.

Sports prevent children from becoming selfish and inspire them to help with teamwork, cooperation, and others. This has a positive impact on their psychology and behaviour and plays an important role in the development of personality. The current approach towards sports in most colleges and universities is not satisfactory. Sports are considered optional for students, resulting in very few students participating in them. It is important that training for various branches of sports and sports be provided by a skilled coach in scientific methods. The student's ability and interest in the choice of a particular game should be seriously taken care of.

Statement of the Problem

“To study the Role of Games and Sports in the Personality Development of College-Level Students”

Objectives of the Study

1. To analyse the personality development values in the male non-player student group.
2. To assess the personality development values in the male players' student group.
3. To analyse the personality development values in the female non-player student group.
4. To assess the personality development values in the female players' student group.

Hypothesis

1. There is no significant difference in personality development values in male players and non-player students.
2. There is no significant difference in personality development values in female players and non-player students.

Methodology

Researchers adopted the survey method to fulfil the objectives of this study and test the hypothesis. In particular, a descriptive survey method was used. 600 college-level students were selected as samples, and they were classified into players and non-player students. A self-made tool was used for personality measurement. After collecting the data, it was tightened, and mean, standard deviation, and t-value were calculated for comparative analysis.

Delimitations of the Study

- This study focused only on the college-level students in Patna city
- This study focused only on college-level players and non-player students.

Sample Design

Sample size: 600

Sample frame: College-level students of Patna city.

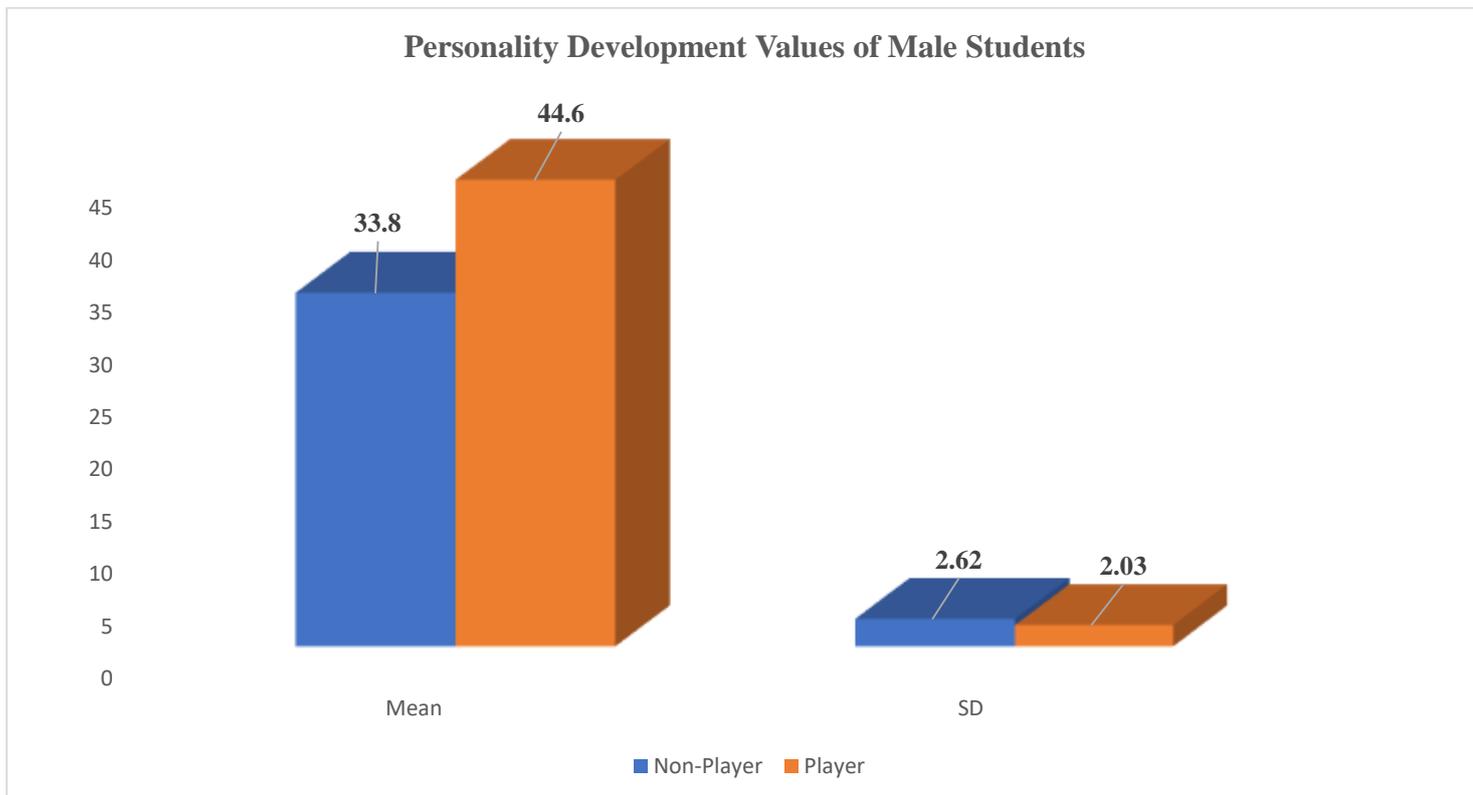
Research Tool

For data collection, the self-made tool was used.

Finding and Analysis

Table 1: Status of Personality Development Values of Male Students

Type of student	Gender	Mean Value	Standard Deviation	t value	Significant Level
Non-Player	Male	33.8	2.62	3.26	0.05
Player		44.6	2.03		

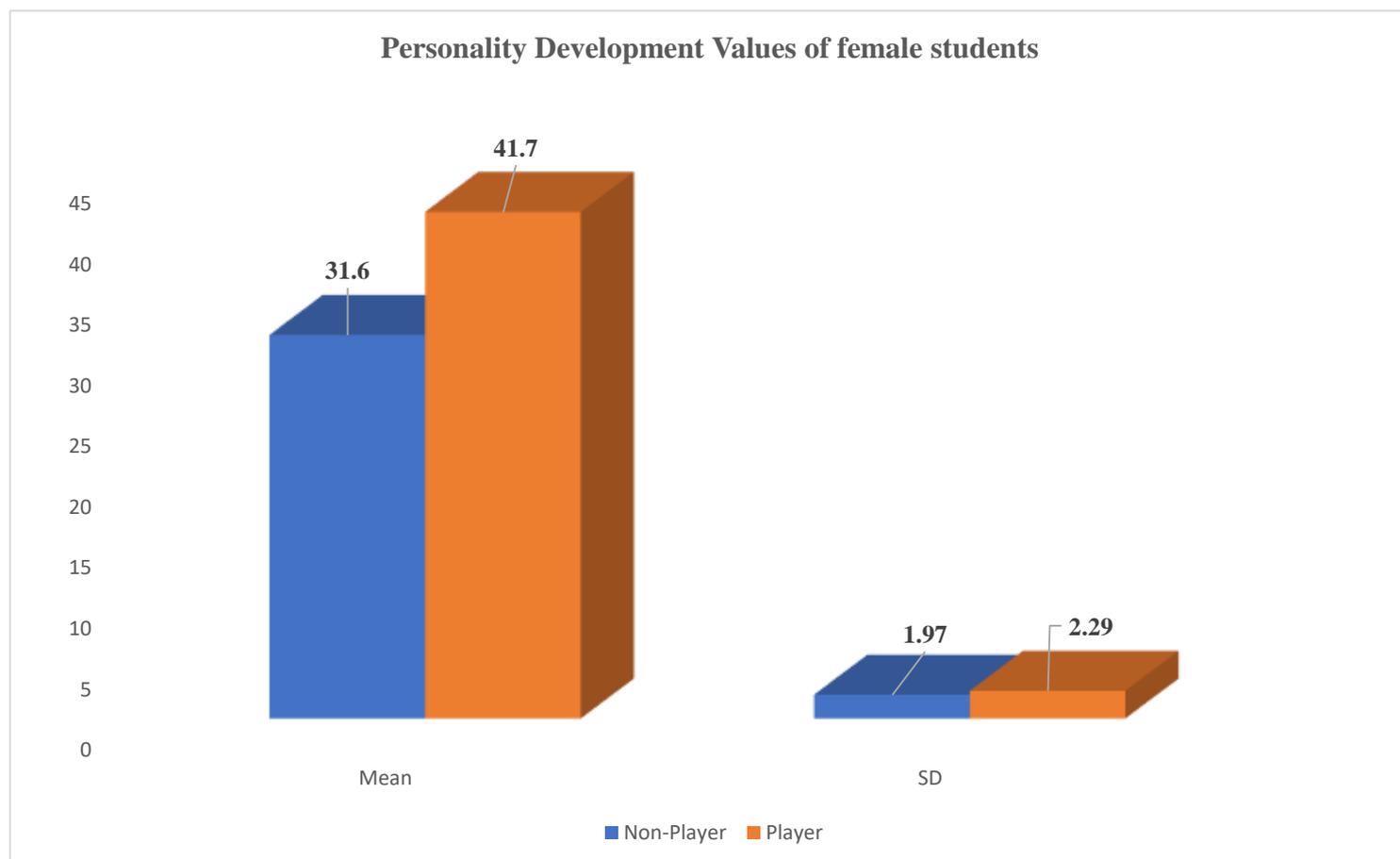


Graph 1: Status of Personality Development Values of Male Students

The data table and graph show that non-player male students have a mean value of 33.8 with a standard deviation of 2.62, while player students have a mean value of 44.6 with a standard deviation of 2.03. t value calculated as 3.26, which shows correlation at a significant level of 0.05. Hence, hypothesis 1, there is no significant difference between the personality development value of male non-player and male player students, is not accepted.

Table 2: Status of Personality Development Values of female students

Type of student	Gender	Mean Value	Standard Deviation	t value	Significant Level
Non-Player	Female	31.6	1.97	3.34	0.05
Player		41.7	2.29		



Graph 2: Status of Personality Development Values of female students

Among female students, non-player students exhibit 31.6, with a standard deviation of 1.97. Female players show 41.7 mean values with a standard deviation of 2.29. t value calculated as 3.34. Thus, hypothesis 2, there is no significant difference between the personality development value of female non-player and female player students, is not accepted.

Conclusion

For the overall development of students, the inclusion of sports in the educational curriculum is very important. Male students are indeed given more importance on personality development in evaluation, but both sports and games are important for both genders because they are helpful in their personality building. Therefore, we should make sports not only an alternative option, but also to make an essential part of education at all levels.

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