

Physical Education & Indian Society: A Review

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ABSTRACT

From ancient time Physical Education is an important part of educational system throughout the world. Though Physical Education, never received the importance that deserves. Even though Physical Education is included as part of the curriculum of the education, it has never been taken very seriously by the educationalist, the administrators, the academicians and the students as well. The concept of Physical Education in the mind of general public is big round, play & play and no work. Compare to earlier years, at present we can come across the decline of physical education in education system. At present it is the needs to overcome the hurdles and battles to improve the structure and infrastructure status in around development and the overall discipline in physical education.

Keywords:- Education, Fitness, Indian, Society, Strength, Training.

INTRODUCTION

From ancient times, the Physical Education is the integral part of education system for any society. Each and every society should try to set out a framework of action plan for promotion and development of Physical Education. Physical Education is witnessing a spectacular boom in the media spotlight all over the world including India. Though, it is being neglected within the educational system in almost all societies.

Physical Education act and the provision of resources can promote the development physical education in a country. Compare to earlier years, at present one can clearly observe the decline of physical education in education system. At present it is great needs to overcome the hurdles and battles to improve the structure and infrastructure status to develop the overall discipline in physical education.

Definition:-

To defining Physical Education is quite a difficult task because the term Physical Education is broad based and a complex one. It includes so many kinds of phenomena and also it means to different things to the different people. Sometimes it is said that Physical Education is whatever Physical Educators do.

J P Thomas defines the Physical Education as, “the Physical Education is an education through which physical activities for the development of total personality of the child, its fulfillment & perfection in body, mind and spirit.”

Even though all the definitions differ with regards to emphasis on different aspects, they still have many common elements. Some of them may be noted that the Physical Education is a phase of total Education process. It is sum of total experience and their related responses. Experience grown and responses developed out of participation in big muscular activities. All-round development of individual such as- physical, mental, social, moral development is the real and important aim of Physical Education.

The Indian context:-

If we talk about the Indian context, the Physical Education is perhaps the only aspect of education which has not been given due and proper attention till now. This is due to the fact that we have remained satisfied with that the British have handed over to us. No sincere efforts have been done on our part to prepare any concrete and far-reaching program for Physical Education that suited to our conditions. It is being clearly stated that we have ever-stressed with the academic aspects while the physical aspects is being relatively untouched or even neglected. This has resulted in an increasingly

large number of Indian populations, who are neglecting their bodies and to whom Physical Education is similar to physical training, whose physical fitness is not what it should be.

Main Objectives:-

One of the main objectives of any Physical Education activity is to maintain and improve the health of the youngsters in our schools, colleges and universities. The primary education system has the prime responsibility to see that all students achieve and maintain optimum health, not only from a moral point of view, but from the standard point that educational experience. It will be much more meaningful if optimum health exists.

A child learns easier and better when he is in a state of good health. Unfortunately, a large number of young people suffer from 'value illnesses' i.e. they know what they are supposed to do to keep well though they fail to do so. For example- they know that smoking can cause death from Lung Cancer; even then they do not give up smoking. The youngsters understand how alcohol affects the driving ability though they drive in a state of drunkenness. The youngsters appreciate the role of regular exercise in their daily life and in weight control though they do little to alter their way of living.

Education and health & medical authorities have recognized the need for a program of Physical Education activities in school curriculum even from the primary stage. During the period of elementary or at the school level, the foundation of proper habits, attitudes and appreciations toward all physical activities is laid to desirable citizenship traits. Adulthood equipped with the knowledge, sound thinking processes, physical stamina and emotional maturity to live effectively in an ever-changing and highly complex society. In this respect, teachers, particularly of Physical Education can bear a major responsibility in answering this challenge effectively.

Present Status of Physical Education:-

Despite efforts to promote and develop Physical Education its distinctive nature and importance to education remain a constant source of concern. Particularly within educational system, the Physical Education proved alarming which given the social importance and media- coverage. At a national level, its impact may be seen in the shift by Public authorities towards high performance and high media friendly sports. In India, a significant example can be seen, where, in the absence of clear separation between the Ministries of Youth Affairs & Sports and Ministries of Education. The status of Physical Education convened the Physical Education World Summit in Berlin. This initiative was promoted by reports revealing the increasing critical situation of Physical Education throughout the world.

A world wide comparative study was done in nearly 150 countries. In which data and literature was collected. The study comes out with following significant findings:-

- i. Reduced the time devoted to Physical Education.
- ii. Reduced budgets.
- iii. Inadequate financial, material and staff resources.
- iv. The subject suffers from low status in education system.
- v. Physical Education Teachers are not properly trained.
- vi. Existing Physical Education guidelines are not properly applied.

Role of Physical Education:-

The Physical Education preserves the vital clue that exists between Physical Education and Sports. It is necessary to consider Physical Education as an important part of education in all schools, colleges and universities in a country. Physical Education should be compulsory right from elementary school level to the higher level of education system.

Quality education involves the essential requirements of life skills i.e. learning to the following:-

- i. Self-motivation,
- ii. creativity
- iii. Problem solving
- iv. Communication,
- v. Physical
- vi. Join & live within sociality.

All these life skills are precisely what Physical Education can develop. Therefore, it goes without saying that Physical Education must be actively promoted by the local authorities, governments, international organizations.

It is the utmost duty of the competent authorities, that the field of education must coordinate and streamline these efforts to defend the holy cause of Physical Education. All this will include in helping to redress the balance of Physical Education in Education system in its drive to improve the situation of Physical Education.

Physical Education in Indian Society:-

Physical Education forms an important part of educational system though it never received the importance it deserves. Though it is included as the part of the curriculum right from the early stages of education, it has never been taken seriously by the educationalists, the administrators, the academicians and the students also. Physical Education is the only profession where you can talk as well as play & perform. The concept of Physical Education in the mind of general public is big round, play & no work. The Physical Education teacher can also be the best Ambassador of their educational institutions.

Importance:-

To study Physical Education is not merely to discuss performance, technique or records but to look at some of the assumptions hold by the general population about Physical Education. Despite the significance of physical activities, Physical Education has been primarily a vehicle of 'escape' more than an avenue of education. A physical activity has been viewed as a distraction from the trials of everyday life. Ask some friends why they are involved in sports. The response will probably have something to do with 'fun' or 'enjoyment'.

Every educational institute should have a Subject of Physical Education, if not compulsory, it should be the part of elective one where 60% stress should be given to theory and 40% to practical. Another viewpoint is that all the students should undergo a minimum Physical Education program like National Physical Fitness Test; otherwise they will not be given the diploma or the degree. We should have institutions of Physical Education, like Indian Institute of Physical Education with diploma or degree course. Physical Education and Sports are seen not merely as a playground but also as a laboratory in which the theories of each discipline may be tested as a phenomenon whose worthiness value and effect on people and society must be continually scrutinized.

SUGGESTIONS

Following suggestions may be the part to improve the standard of Physical Education:-

- i. Reconstruction of the Physical Education syllabus in context with need of the Society.
- ii. Periodical Refresher course for Physical Educational personnel must be conducted.
- iii. Updating and Upgrading of the subject of Physical Education.
- iv. Strict implementation of the Physical Education standard.
- v. Follow-up of the prescribed Physical Education standard.
- vi. An honest and sincere appraisal system for evaluation.
- vii. The academic study of Physical Education may be as stimulating.
- viii. Once the rule, subject matter, and 'spirit' of the games are to be understood and they may be equally rewarding.

CONCLUSIONS

In the profession Physical Education one should follow the concept of 3 'D' concept- Discipline, Dedication & Determination. Youngsters are the real wealth of the nation. No program is successful without the participation of youth. Therefore, to enable an individual to lead a happy, enjoyable and healthy life as a member of society, he or she should regularly engage in games and different exercise programs to ensure development of Physical Fitness and learn skills in games, which have a carryover value.

Society on the other hand should provide enough opportunities to the members so that they may engage themselves in activities of their own choice and thus develop and maintain the level of Physical Fitness. Unless there is an improvement in the General Standard of Health, excellence in sports cannot achieve.

To ensure enhancement of performance in competitive sports, Physical Educational activities in educational institution should be aim at the Health Related and Performance Related. Physical Education thus consists in promoting a systematic all-round development of human body by the use of scientific technique and by maintaining extraordinary Physical Fitness to achieve one's goals in life.



Any organization of Physical Education should start with developing a positive attitude and self-confidence among Physical Educators/ Teachers themselves and make them feel; Physical Education need not exist in the periphery of the schools, colleges and universities, but should extend itself to the classrooms teaching and become the focus or central point of the Educational System.

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