**THE MAIN ROLE OF PHYSICAL EDUCATION – EFFECT OF**

**A HEALTHY WAY TO PERSONALITY DEVELOPMENT**

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**ABSTRACT**

Physical Education and sports is one of the most important for the development of personality. "Sound mind in sound body" both are co-related if you are physical fit. Your mental health fit. Physical education develops all aspect of personality like health, mental, social etc. Forever, nowadays Government is careless for the Physical Education even in Primary and school level, Physical Education is neglected subject.

Physical Education and sports play important role in personality development process. Physical Education contributes a lot in the development of all aspect of personality like Healthy, Mental status and social adjustment etc. So physical appearance matter a lot when we highlight the characteristics of personality Governments role is very and critical in this regard as policy should be constructed in such a way that physical education will became necessary subject from primary level and is being adopted by majority of population. It is the famous saying first impression is best impression, first impression is basically judges is by your fitness level.

Key words: Physical Education, Personality, Development

**INTRODUCTION**

Physical Education including games and sports plays a tremendous role in the development of our youth. It enables an individual to live a healthy life in an ever-changing world. Physical Education makes the children psychologically, physically and physiologically active. It helps in the development of character building, reduction of rowdiness, and serves on the basis of group unity and solidarity.

It is clear from the literature that the development of an acceptable level of physical fitness helps to attains healthy personality and physiopsychological characteristics. Hence, a better healthful living is universally accepted as a goal of physical education programme. Generally young boys and girls of colleges are expected to be academically brilliant, emotionally stable, physically strong and spiritually sound. We can achieve this requirement through the physical education.

In the past twenty years great attention has been paid to the psychoanalytic and psychotherapeutic issues associated with physical activity. With respect to the increasing prevalence of mental disorders throughout society and the influence of physical activity on these disorders. Physical education has a special obligation of preparing the youth for work and socially useful activities. It contributes to the development of the individual through planned movement on physical activities. Children are naturally active and physical education provides an enjoyable way to them to enhance their over development.

**Physical Education Improve Physical Fitness**

The One of the major benefits of physical activity is that it helps people improve their physical fitness. Fitness is a state of well-being that allows people to perform daily activities with vigor, participate in a variety of physical activities, and reduce their risks for health problems. Five basic components of fitness are important for good health: cardio respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition (percentage of body fat). A second set of attributes, referred to as sport-or skill-related physical fitness, includes power, speed, agility, balance, and reaction time.

**Physical Education Improve Personality Traits**

Commenting on the importance of physical Education Robinson and Shaver (1969) had shown that sports participation in general is positively correlated with the development of psychological, physical and physiological well-being and the people who are active in a variety of ways in such activities tend to report a higher degree of emotional well being, life satisfaction, perceived happiness and physical fitness. Kenyon (1968) also observed that physical activities including games denote various functions and are articulated as social experience, an exercise of improving physical health and fitness, as a means of providing thrills through relatively tension release and in the context of self-expression, as tension release and in the context of self denial and building self discipline.

Betts(1974) cited the importance of sports and benefits of competitions in development of character building, reduction of rowdiness and the healthy development of physical, physiological and mental health's. Avente (1976) suggested that participation in sports provides an additional criterion for social prestige and adjustment. Coakley (1978) summing up the importance of sports, said that it is popularly believed that sports build character and provide cutlet for aggressive energy, sports teams serve on the basis of group unity and solidarity. The analysis of the functions of sports depict that participation in sports brings various physical, physiological, psychological and sociological changes among the participants.

McCarthy et all believe that independence, responsibility, farsightedness, esprit de corps, finding identity, social acceptance, and self-esteem are concepts and parameters of psychosocial development in adolescents which are strengthened through sport activity and participation.

CONCLUSION

Physical education plays a vital role in the personality development of our youth. It makes them physically healthy, active and mentally alert and also reduces their risk for health problems. It enables them to live in a healthy and competitive environment. It develops in them team-work, self-discipline, sportsmanship, leadership and socialize

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