



PHYSICAL EDUCATION AND SPORTS IS GAINING IMPORTANCE IN INDIA: A REVIEW

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ABSTRACT:

Today physical education and sports is gaining importance in India. With this view if physical education and sports is made compulsory in different educational institutes the supply of new players would be done from the low level and the nation would get talented players therefore physical education and sports should be compulsory in schools and colleges. Thus the awareness in the society will be created and the participation in the sports field will increase and the nation would get good players. Questionnaires initially the primary writing was considered with different suggestions of guide main question was prepared. The information collected was analysed quantitatively and qualitatively. For the development of sports atmosphere the sports literature should be produced from different fields. The players would study this literature and improve their performance in sports arena. The responsibility of spreading this type of literature should be taken by Guides, Organisers, Physical education teachers, Professors, journalists and associated people.

Key words: - *Physical education, Sports, School, Guide etc.*

INTRODUCTION :

Physical education and physical nurture, health of emotions, moral health, and social health is narrated properly. How to behave, how to change our day to day routine in changing weathers, how to keep our body and area clean, exercise, worship, vow, fast, walk in open air, read good books, take proper medicines when required, participate in social functions everything is narrated. For health, physical education sports and entertainment, Suryanamaskar, yoga, sit ups, dumbbells, archery, swordsmanship, javelin, armour, playing without armor, boxing, swimming, water sports, horse riding, running, different ball games, kite flying, folkdance, music, chess, etc games were taught. Many games are played in religious programmes. It includes martial arts, wrestling etc.

Uncivilized period had no facilities for education but physical education was in existence. Due to physical activities man was able to feed and defend him as well as the society. Such a

beautiful union of education and life is rarely seen in ancient as well as modern times. Simple living in the treasure of Mother Nature, tough physical efforts, instability of life at every moment creating the alertness to protect own interests, made the ancient man stronger and efficient than the modern man. Running and jumping through the forests for hunting, swim through the water, climb the trees, shooting, protect the community from the wild animals, chase the enemy, wrestle, construct huts and boats, prepare weapons from stone, made the man physically very strong.

Thus we see the form of physical education in the lifestyle of ancient man. Eventually the life of man evolved. Though dependant on nature man started doing things on his own and purposefully. Societies and nations were formed. Education arts sports and science developed. Along with other things physical education took a new turn. Greece, Rome, Egypt, Persia, China and India emerged as progressive nations.

The historic tradition of physical education in India is from ancient times. Indian life had immense importance of physical education. What is the main duty of man towards the god and the creatures created by god? People of the Vedic period knew this. Literature taught the man to fight with the evil spirits. To live life happily and for the livelihood wars were given importance. During Buddha regime they gained tremendous importance. Body is not only made for fights but for satisfying the ultimate aim of life was known in this period. Disowning everything to achieve the goal of life is very important was known to the upper class society during this period.

After Buddha regime Muslims attacked the country. To fight with them or along them the physical training was required. During the peace time atrocities against the poor increased. Physical education remained as the tool for the individual protection and it was given through the Arena. For gaining strength warriors were made people started worshipping strength.

After Muslims came Shivaji and his mavals and the fighting spirit increased. Shivaji and his Guru Ramdasswami formed Hanuman temples at various places and started giving physical training in the temple premises. This created the fighting spirits. Different gymnasium were opened to strengthen the body.

British Regime

During British regime physical education gained the national importance. Education through Akhada (Arena) was almost stopped. New system of physical education was introduced. Drill, Cricket, Football, Hockey games were introduced. These games were taught to the college students. Slowly the games spread in the society. The games and exercises activated by the British mesmerized the common people, government officers took keen interests in them and kept those institutions in their own control. They felt that we should connect with the foreign

countries through sports so in 1920 Indian Olympic association was formed. Sir Dorab Tata King Bhupendrasing and some other people formed organizations for Cricket, Football, Tennis, hockey, badminton and some other games. The control of all these organizations was with British. Ranji, Dulipsing, Nawab Pataudi gained lots of fame in cricket after them C. K. Naidu Vinoo Mankad came in the lime light. Major Dhyanchands skills in Hockey surprised the entire world. The he gave to Indian Hockey was untouched for thirty years. The committee formed by Anthony Demello for the controlling of cricket is working even today. He formed the national sports club, Breborn stadium, National stadium, and Patel stadium. He organized the first Asiad for all games in Delhi.

Post-independence Physical Education

After India getting independence on 15th August 1947 different schemes were introduced in the different walks of life. In first two five years plans general education increased. The education department of Indian government formed a central committee for physical education. The committee was instructed to form different schemes for physical education. The existing institutions of physical education were given the aids and their economy and utility was strengthened. Overall awareness about the health was created amongst the common people. Grounds were handed over and the expenses and equipments were provided. Different meetings of the experts were organized at various places and research in physical education began.

The scope of physical education is from strengthening or developing the muscles, or gaining skills from constant practice, to overall development of person. Through physical education development of mind, intelligence, social skills is to be achieved and the character, discipline etc qualities are to be enhanced to

make a person good citizen of not only one nation but the entire world.

According to Dr. Williams “Physical education is not education of physical but education through the physical”.

In western countries physical education is closely associated with education and it is deemed to be the integral part of education. In India the condition is favourable for the physical education. Like the westerns or even deeper and larger than them the vision of physical education is stated by the modern education experts and philosophers.

Gandhiji also looked at physical education as a part of education. His vision was to associate different acts and processes in life with education. He has categorically written that intelligence of mind is determined by the education of the different parts of the body. The education of body mind and intelligence should be integrated. As the body mind and soul are inseparable their education is also inseparable. Physical education is an integral part of education the concept is widely accepted. Therefore every progressive country has included physical education as a part of educational curriculum.

The word education is a noun and physical education is its adjective. The education through the different processes of body is physical education so the processes has importance but the mental, intellectual and social development through this processes is even more important. Exercises strengthen the muscles and regularizes its work and affectivity. Physical education has immense opportunities to create the atmosphere to develop the democratic skills and values of life. The leadership has to be very effective for this. Democracy is the center between uncontrollable independence and dependence. Democracy is controlled and cooperative competition. Physical education gives stress on these values.

Physical Education: The scope of physical education is from strengthening or developing the muscles, or gaining skills from constant practice, to overall development of person. Through physical education development of mind, intelligence, social skills is to be achieved and the character, discipline etc qualities are to be enhanced to make a person good citizen of not only one nation but the entire world. Physical education is not education of physical but education through the physical. In western countries physical education is closely associated with education and it is deemed to be the integral part of education. In India the condition is favourable for the physical education. Like the westerns or even deeper and larger than them the vision of physical education is stated by the modern education experts and philosophers.

The objective of physical education is to make a person so experienced that he should be successful in the society as per his ability and skills. Make him able to fulfill his own requirements. To prepare able citizens is the aim of physical education.

Charles Butcher: “Physical education is an integral part of overall education system. Its main objective is to create an ideal citizen and develop a child physically, mentally, emotionally and socially through physical activities”

J. B. Nash: “Physical education is part of an overall education process it is related to development of Nuro-Muscular co-ordination”.

According to **Dr. Williams** “Physical education is not education of physical but education through the physical”.

R. Sharman: “The aim of physical education is to influence the experience of persons to the extent that each individual within the limits of his capacity may be helped to adjust successfully in society, it increase and improve his wants and to develop the ability to satisfy his wants”.

“The aim of physical education must be made every child physically, mentally and emotionally fit and also to develop in his such personal and social qualities as will help him to live happily with others and build him up as a good citizen”.

“Physical education should aim to provide opportunities that would make children and youth of India physically, mentally and emotionally fit and develop in all the skills and attitudes conducive to long happy creative living in fluid and changing society”.

Objectives of Physical Education:-

1. Organic development
2. Skill Development
3. Development of Neuromuscular Co-ordination
4. Character and Personality development
5. Learning of useful activities to spend leisure time

Importance of games and sports: Sports is the natural tendency of human being. It is the process created through the physical activities. Since ancient times man is related to some or other activities. Man deems it as entertainment and competition. Sports have an important place in a person's life. Before seeing its importance it is essential to see what are sports? According to sports psychologist Prof. J. D. Lothar Sports word is derived from the word 'Disport'. Meaning of this word is running away from work. A sport is defined by many experts as follows.

Lay A game occurrence institution and as a social situation or social system.

J. A. Coakely, Sports is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individual motivated by a combination of intrinsic satisfaction, associated with the activity itself and the external rewards earned through participation.

MATERIAL AND METHODS:

1. To prepare the questionnaire the following things were considered.

2. Primary writing: initially the primary writing was considered. With different suggestions of guide main question was prepared. The raw questionnaire was prepared.

3. Raw questionnaire: after preparing it was properly written. The questions were rechecked to get the proper answers. The questionnaire was handed over to experts in physical education and sports for checking. They were asked to evaluate the questions and return the questionnaire with proper suggestions. Once the questionnaire was returned on the basis of suggestions the mistakes were corrected and on the basis of suggestions changes were made.

4. Complete writing of questionnaire: after the suggestions from the experts in Physical education and sports the questionnaire was written again. With the permission of the guide it was finalised. One request letter was attached to it.

5. Encouragement was given to receive proper answers of the questionnaire. They were assured that the information would be kept secret. They were asked to fill the questionnaire at leisure time.

6. Rewriting of questionnaire: after the suggestions from the experts in Physical education and sports the questionnaire was written again. The questionnaire was finalized and one request letter was attached to it. The cyclostyle copies were prepared and sent to the answerers.

7. Management of questionnaire: Copies of questionnaire, request letter and pre stamped envelope was sent to the answerers. The answerers were requested to send back the questionnaire with answers within 7 days.

8. Encouragement to answerers: To fill the answers in the questionnaire correctly the answerers were encouraged as following

- a) One stamped envelope was sent with the questionnaire.
- b) The assurance was given that information in the questionnaire would be kept secret.
- c) Request was done to fill the questionnaire during leisure time.
- d) The researcher sent letters to answerers who did not return the questionnaire even after 2, 3 weeks. They were requested to send back the answers.

Data collection Process:

The information collected was analysed quantitatively and qualitatively. The gathered information is given in the paragraphs in the form of information and in the tables. The average percentage of the answerers is given and the utility of the information is shown.

Interview:

The researcher interviewed concerned people in the sports, office bearers of sports organisations, experts in the topic and players and collected information about Indian players performances in the Asian games held during 1951 to 2002. All the answerers were contacted and questions were asked about the required information for research and exact information was gathered.

RESULT AND DISCUSSION:

In the below table 1 the suggestion for development of performance and skill are given: All the media should work for the spread and promotion of the game. In sport authorities alert officers should be appointed. 97% the coach should be responsible. In educational institutes sports education should be given priority. 90% responsibility should be given to the person related to sports. While selecting the team transparency should be there/ 68% team coaching physical education. N S NI S graduate should be appointed.

In the below table 1 the Researcher has analyzed the information received by questionnaire. The reasons why Indian

performance is not satisfactory in comparison to other Asian countries is shown.

100% answerers have stated that the sport has no place in educational institutions. 96% said that media is bias about the promotion of game. The government encourages wrong sports. 89% said lack of proper instruments. 87% said facilities to players are not adequate and mismanagement of sports authority of India.

CONCLUSION:

In India talents and skills are in abandon in the rural and tribal area. In sports arena also these people are skilled and talented. They lack the facilities and tools. The government should try for the development of rural and tribal area players. Catch them young should be the slogan. To encourage the players in this area different sports program, competitions, and training programs should be arranged so that the talent in the tribal and rural area develop and the nation would get good players. For the development of sports atmosphere the sports literature should be produced from different fields. The basic skills of the sport, outline of rules, autobiographies of renowned players in the international sports, record of performance in competitions, technical things of the sport etc books of many topics and articles in newspapers or in the form of literature comes in front of people one awareness will be created in sports world. The players would study this literature and improve their performance in sports arena. The responsibility of spreading this type of literature should be taken by Guides, Organisers, Physical education teachers, Professors, journalists and associated people.

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