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## TO STUDY THE ROLE OF PHYSICAL EDUCATION CURRICULUM IN THE SCHOOLS

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### ABSTRACT

The scientific evidence on the contributions and benefits of physical education and sport (PES) in schools for both students and educational systems. The research is given in terms of children's growth across a variety of areas, including physical, lifestyle, affective, social, and cognitive development. PES has the potential to offer important and different contributions to growth in each of these sectors, according to the review. PES has the ability to provide significant contributions to the development of children's fundamental movement abilities and physical competences, which are crucial prerequisites for subsequent participation in lifestyle and sporting physical activities. They can also help with the development of social skills and social behaviours, self-esteem and pro-school attitudes, and, in some cases, academic and cognitive growth when provided in the right way. Many of these benefits are likely to be mediated by the nature of interactions between students and their teachers, parents, and coaches who work with them, according to the review. Positive experiences, characterised by enjoyment, diversity, and everyone's participation, and managed by committed and trained teachers and coaches, as well as supportive and informed parents, have a significant impact on the nature of these physical activities and increase the likelihood of realising the potential benefits of participation. Physical education and sport (PES) proponents have cited a slew of advantages of participating in these activities. According to Talbot, physical education helps children develop respect for their own and others' bodies, contributes to the integrated development of mind and body, develops an understanding of the role of aerobic and anaerobic physical activity in health, boosts self-confidence and self-esteem, and improves social and cognitive development and academic achievement.

**KEYWORDS:** *Physical Education, Self-Esteem, Attitudes, Academic, Cognitive*

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### INTRODUCTION

The underpinning of sports instruction, otherwise called actual training, is laid in school. Sports training are an educational program and guidance worldview for conveying actual instruction projects to understudies in upper rudimentary, center school, and secondary school. Its will probably convey real and engaging wearing encounters to kids and youth. Sports training is typically a decent supplement to scholastic learning since it assists understudies with fostering their total characters. A decent athlete is one who figures out how to follow the game's guidelines. Authority, discipline, sharing, cooperation, trustworthiness, solidarity, resilience, and numerous different characteristics are imparted in students through sports. With the progression of time, we notice that most schools perceive that instruction is more than basically scholastics, and that sports assume a significant part in a youngster's comprehensive turn of events. Proficient mentors are being employed at schools and universities. Sports instruction is given committed time, and guardians have started to get involved by pushing their youngsters to partake in sports beyond school.

## **PHYSICAL EDUCATION AND YOUTH**

Undergrads are by and large expected to be mentally splendid, sincerely secure, in great shape, and profoundly sound. This need can be met through actual schooling. As a fundamental part of General Education, Physical Education plays a basic capacity. Its will probably empower an individual to carry on with an upgraded and bountiful life in a continually evolving world. Actual schooling exercises and sports, as indicated by the Education Commission (1964-66), contribute not exclusively to actual wellness and wellbeing, yet additionally to actual proficiency, mental sharpness, and the improvement of specific characteristics, for example, constancy, camaraderie, and numerous different qualities related with life cycles and high accomplishments. The psychoanalytic and psychotherapy concerns related with active work stand out over the most recent twenty years. Comparable to the rising predominance of psychological maladjustments in the public eye and the effect of active work on these sicknesses. Actual instruction has an interesting liability to get ready youth for occupations and other socially useful exercises. It adds to an individual's improvement by permitting them to take part in coordinated proactive tasks. Kids are innately dynamic, and actual schooling offers them with a tomfoolery way to deal with additional their development.

## **PHYSICAL EDUCATION AND PHYSICAL FITNESS**

One of the main benefits of actual work is that it supports the improvement of actual wellness. Wellness is a state of wellbeing that permits individuals to approach their day to day existences with life, take part in an assortment

of proactive tasks, and lower their possibility creating medical conditions. Each game expects us to run a short or significant distance while playing, and all of our body parts are prepared, working on our solidarity, perseverance, speed, adaptability, and neuromuscular co-appointment, all of which help us to further develop our wellness just by taking part in games and sports. An individual's wellness level can be kept up with by taking an interest in sports consistently. Their wellness level would endure in the event that the person doesn't partake in games and sports consistently.

Expanded active work among youngsters and adolescents is one of the most ridiculously heartfelt ideas in the report from a few government and wellbeing advancement bodies. Actual dormancy has expansive negative wellbeing suggestions. Stationary people are bound to have weight, high blood glucose, hypertension, and high blood lipids. Constant sicknesses like cardiovascular illness, malignant growth, type 2 diabetes, and hypertension are completely expanded by these issues. 7 Indeed, there is a connection between carrying on with a truly dynamic way of life and keeping up with long haul wellbeing. Unfortunate ways of behaving can require a very long time to show clinically, yet there is motivation to expect that reassuring understudies to get dynamic right off the bat in life can lay a solid reason for lifetime actual activity.

## **SCOPE OF THE STUDY**

The current study's scope is confined to associated colleges under Dr. B.A.M.U. Aurangabad, and only graduate level students are included in the study's population. The geographical area of study is Aurangabad, Jalna, Beed, and Osmanabad district in terms of district. Only graduate students who participate in sports activities are considered for the study; all other students are not.

## **REVIEW OF LITERATURE**

Khandare (2016)- is the 28th film in the Khandare series. Actual Education and Sports have turned into a significant part of our lives because of worldwide turn of events. Lately, the dismissed field has started to acquire conspicuousness in all degrees of society. Accordingly, actual schooling and sports are offered the consideration they need. Sportspeople are viewed as the best diplomats for their nations, and the equivalent can be said about actual training instructors in schools and universities. The general picture doesn't give off an impression of being promising, as there is a diminishing popular for actual schooling instead of an expansion in the gamble of death for the typical individual.

Patil&Malipatil (2016). Youth are the salt of the country, The improvement of a nation is subject to its young, useful human asset. Youngsters' entire development brings about sound energy. Proactive tasks, sports, and yoga are extremely significant in guaranteeing the soundness of young people. Sports and yoga are useful to youngsters on a physical, mental, and scholarly level. Subsequently, a logical investigation of youngster advancement is expected for the country to have solid youth.

Singh, (2016) - For some years, actual training and sports have been fundamental parts of our scholarly program. Regardless of its significance in our lives, it was ignored by all areas of society, including organization, experts, and understudies. Actual schooling includes both hypothetical and viable perspectives. The overall population's view of actual schooling isn't great. Individuals accept that playing is an exercise in futility, which is amusingly inaccurate. Whenever we are experiencing the same thing, we invest our energy to the furthest reaches conceivable, and this should be considered the most effective utilization of time given to that work. To capitalize on actual instruction and sports, wellbeing mindfulness should be imparted. Thus, to enlighten society with the best light of sports, obstructions in the method of sports should be taken out.

Basak and Dutta (2016)- Physical wellness is an essential for our general public's exercises as a whole. Individual actual wellness not entirely settled by way of life factors, for example, day to day active work levels. Actual wellness is likewise characterized as the capacity to do an actual assignment under differing ecological circumstances. The reason for this examination was to look at the actual wellness parts of general and preparing understudies. To gather information, 25 female understudies between the ages of 18 and 25 were picked indiscriminately from every school. The current review involved six actual wellness parts as factors: dangerous strength, adaptability, spryness, balance, solid strength, and strong perseverance. Standard instruments and strategies were utilized to procure the information. The illustrative t-test was performed to decide the meaning of contrasts between two gatherings utilizing mean and standard deviation. The ongoing investigation discovered that among various actual wellness factors, dangerous strength, adaptability, dexterity, balance, and solid perseverance are more powerful in preparing understudies than ordinary undergrads. Preparing undergrads are viewed as significantly more fit than ordinary understudies.

Ravikumar (2017)- The effect of actual training and sports in advancing social qualities among youth is examined in this review. Actual training and sports are basic in imparting in youngsters the worth of social qualities in their lives. The significance of relationship in teaching both the psyche and the body was concentrated in an audit of the writing. Moreover, it advances social beliefs among youth, permitting them to shape social associations with their

companions. Moreover, the upsides of actual training and sports can impact youth scholastic advancing as well as actual activity.

## **RESEARCH METHODOLOGY**

The goal of this research is to see how physical education and sports affect the personality development of graduate students. Both quantitative and qualitative research methods will be employed to accomplish this. The research was mostly conducted using a triangulation mixed method methodology.

### **Participants of the Study**

Graduate students who have participated in athletic activities are eligible to participate in the study.

### **Population and Sampling Techniques**

The population of this study consists of 400 graduate level students from connected institutions of Dr. Babasaheb Ambedkar Marathwada University who participate in various sports activities organized at the colleges. The sample population is limited to the Marathwada districts of Aurangabad, Jalna, Beed, and Osmanabad.

### **Data Collection Instruments**

The types of instruments to be utilized are crucial for obtaining valid information from research participants. As a result, the questionnaire and interview have been identified as important study instruments.

## **RESULT AND DATA INTERPRETATION**

The completed surveys were gathered, collated, tallied, and analyzed in tables and graphs. For presenting and comprehending the results, the questionnaire items are grouped into distinct tables based on their commonalities. For numerical interpretation, the following statistical approach is used. Basic data and score distribution were analyzed using descriptive statistics. The information gathered through interviews, open-ended questions, and documents is qualitatively summarized and analyzed.

### **PRIMARY DATA ANALYSIS & INTERPRETATIONS:**

**TABLE NO. 1: DISTRIBUTION ON THE BASIS OF DISTRICT WISE DISTRIBUTION OF RESPONDENTS**

Sr.	Districts	No. of Talukas	No. of Colleges	No. of Respondents.
1	Aurangabad	3	11	100
2	Jalna	5	7	100
3	Osmanabad	5	7	100
4	Beed	2	5	100
	<b>Total</b>	<b>15</b>	<b>30</b>	<b>400</b>

*Source: Primary Data.*

Table No.1 shows the distribution of respondents by district. The chart reveals that a total of 15 talukas were chosen from all of the districts under the jurisdiction of Dr. B.A.M. University, namely Aurangabad, Jalna, Osmanabad, and Beed. Ten institutions were chosen from each district, and 100 people were chosen from each district. A total of 400 graduate level students were chosen from the colleges to participate in the survey.

**TABLE NO. 2: DISTRIBUTION OF RESPONDENTS AS PER THEIR AGE.**

Sr. No.	Age in Years.	No. of Respondents	% to Total
1	19 to 20	112	28.00%
2	20+ to 21	97	24.25%
3	21+ to 22	76	19.00%
4	22+ to 23	65	16.25%
5	23+ to 24	50	12.50%
	<b>Total:</b>	<b>400</b>	<b>100.00%</b>

*Source: Primary Data.*

Table No. 2 displays data on chosen respondents based on their age groupings. Out of 400 respondents, 112 (28.00 percent) were selected from the lower age group of 19 to 20, followed by 97 (24.25 percent) from the 20+ to 21c

age group, 76 (19.00 percent) respondents from the 21+ to 22 age group, 65 (16.25 percent) respondents from the 22+ to 23 age group, and 50 (12.50 percent) respondents from the higher age group of 23+ to 24 age group.

**TABLE 3: TEACHERS RESPONSES ON THE NATIONAL GOALS OF EDUCATION ACHIEVED**

Responses	Frequency	Percentage
To develop children mental and physical capabilities	29	41.42
To promote sound moral values and socialresponsibility	23	32.08
To promote individual development and self-fulfillment	17	24.28
To foster nationalism and unity	13	18.05
To enjoy living and learn through play	8	11.04
To promote appreciation for culture and environment	7	10
To promote positive attitudes towards good health	6	8.05

Table 3 shows that 29 teachers (41.42 percent) said the goal of developing children's mental and physical capabilities was met, followed by 23 (32.08 percent) who said the goal of promoting sound moral values and social responsibility was met, 17 (24.28 percent) who said the goal of promoting individual development and self-fulfillment was met, 13 (18.5 percent) who said the goal of fostering nationalism and unity was met, 8 (11.04 percent) who said the goal of enjoying living and learning through

According to the interview schedules with the headteachers, 6 (60%) of the headteachers believed that PE teaching contributed to the achievement of national educational goals, 2 (20%) said the objectives were not fully achieved, 1 (10%) said they were not achieved, and 1 (10%) said they didn't know whether the objectives were achieved. The headteachers who claimed that PE instruction contributed to the achievement of national educational goals were asked to specify which national goals were met.

**TABLE 4: HEAD TEACHERS RESPONSES ON THE NATIONAL GOALS OF EDUCATION ACHIEVED**

Responses	Frequency	Percentage
PE promoted sound moral values and socialresponsibility	3	50
PE developed children mental and physical capabilities	3	50
PE enabled children to enjoy living and learn throughplay	4	66.66
PE improved children health	5	83.33
PE promoted individual development and self-fulfillment	5	83.33
PE promoted appreciation of culture	4	66.66
PE fostered nationalism and unity	2	33.33

PE supported sound moral principles and social responsibility, according to 3 (50 percent) of the 6 (60 percent) headteachers who indicated that the objectives and goals were met (50 percent ) PE benefited children's health, 5 (83.33 percent) PE supported individual growth and self-fulfillment, 4 (66.66 percent) PE promoted cultural appreciation, and 2 (33.33 percent) PE promoted nationalism and unity. The two (20%) headteachers who stated that the objectives and goals were not entirely met stated that the objectives can only be fully met if PE is taught properly. They went on to say that the Ministry of Education, Science, and Technology should intervene to ensure that PE is taught effectively and efficiently in order to meet the goals.

The 10 (100%) officers from the Gurgaon region who spoke with the principals also reported that the PE objectives and national education goals had been met, though not completely in some primary schools. "PE makes students happy, it offers them necessary workouts, and it keeps them cognitively attentive," said one of the principals, reflecting on the role of teaching to the achievement of PE aims and national educational goals.

## CONCLUSION

Physical education's fundamental goal is to provide children with the knowledge, skills, capacities, and values, as well as the motivation, to live a healthy lifestyle into adulthood. Sport and physical activity are critical to students' health and well-being, as well as reaching the Millennium Development Goal. Regular physical activity has been shown to provide a wide range of physical, social, and mental health benefits to all people, regardless of ability, and can prevent or lessen the effects of many of the world's main non-communicable diseases. Furthermore,



sporting events and celebrity athletes give unique chances to engage communities around immunisation and other public health efforts. Physical education is extremely important in general education. However, a small number of researches have been conducted to investigate the impact of physical education on various psychosocial and moral outcomes. Again, there is a lot of theoretical speculation and empirical research about the effects of physical education on students' general development, but little research has been done on the impact of physical education on personality development. The purpose of this study is to see how physical education and sports affect college students' personality development.

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