

# Stress Management with Physical Education: A Way to Develop Personality

Dr. Monika Khindri

*Assistant Professor, Department of Commerce, Goswami Ganesh Dutta S.D. College, Sector 32c, Chandigarh*

**Abstract - Education and health are the most important components in the development of an individual. Overall personality can be developed with the help of physical education, it helps reduce stress and increases the concentration level by reducing fatigue making an individual fit and fine. Physical and health education is a significant aspect of a complete education around the world. This paper is an attempt to describe the benefits of physical education in developing overall personality of an individual. The motive behind this paper is to bring awareness among the masses in the country about physical education with overall development. The education for fitness should start at school level, a healthy child can give a better future, which in turn leads to healthy nation and this is possible if teachers and parents inculcate the sense of belongingness of physical education among the children.**

**Index Terms - Physical Education, Personality, Development, Education, Fitness**

## INTRODUCTION

Personality development and physical education both go hand in hand, schools universities, education and sports department and the government are the main supporters who can promote physical education at a greater level. Ministries of education all over the globe incorporate physical and health education into its curriculum. This clearly indicates that both physical and health education are important aspects in the development of an individual. Physical education is defined as a course of education and learning that encourages play or movement exploration. It includes training and maintaining physical fitness.

Combining the features and practice of physical education and personality development, the relationship between personality development and quality education shows combination of healthy mind and healthy body. The main purpose of this paper is to

offer reference for the implementation of the quality education with physical education. Physical education is also about sharpening overall abilities and skills like athletics, exercise and various other physical activities like martial arts and dance both for boys and girls. Physical education in schools aims to help students become physically active through involvement in physical activity and fitness. Physical activity if combined with education in schools and colleges, also helps in relieving stress among students. Stress is a state of mind that keeps the mind and body in the situation of tension due to which the body reacts with all its defensive resources to bear or face that aggression. Whether it is physical stress or mental stress this affects the nervous system of human body and the result is it reduces the ability to work or perform better. The effect of stress includes poor condition of health and causes inappropriate operations of the body, which leads to anxiety, depression, de motivation, and lack of energy.

The objective of learning physical education is to enhance and sustain the treasure of fitness of an individual based on health and physical education. Apart from that, an individual will attain the basic skills in movement and games based on their ability.

## ASSOCIATION OF PERSONALITY TRAITS AND HEALTH FACTORS

Personality traits are associated with various numbers of health-related factors and the individuals know very less about how different variables and factors contribute to the overall personality development of a person. In addition to that, physical education encourages an individual to get involved in exercises and physical activities on a daily routine basis. Physical education also contains health and safety procedures. An individual will be able to apply the

knowledge in the various physical activities that they are involved in. Physical activity also inculcates self-discipline and builds personality, which helps an individual to make wise decisions in life and stay calm and stable. The main objective of physical education brings different types of benefits to an individual. Among the various benefits of physical education some are; Physical education highlights the importance of preserving individual's physical fitness as the per the popular saying that, 'A healthy mind stays in a healthy body'. With the help and knowledge of physical education, an individual is more aware and alert on how to lead a healthy lifestyle through a regular fitness routine.

As an individual's muscular strength is developed and increased stamina helps in increasing mind and physical power and therefore stretches their physical abilities to an optimum level. This in turn keeps them healthy and energized with physical fitness. The high level of physical fitness promotes the absorption of nutrients into the bloodstream which leads to a better functioning of digestive system by maintaining an overall balance in all streams.

#### NEED FOR THE STUDY

Present study is carried out to reduce the level of stress and to evaluate the performance of physical activity in education. Main purpose is to analyses that how stress can manage to reduce the stress among school and college students, researchers and even professionals also. The purpose is to inculcate physical education along with basic education. And to make it an effective component to manage stress and overall betterment of youth for the nation, which arouse the need for the study.

#### OBJECTIVES OF THE STUDY

1. To study the role of Physical education in Stress Management
2. To promote physical activity with education and building team spirit.

#### PROMOTION OF PHYSICAL EDUCATION AND TEAM SPIRIT

Apart from all other factors skills of an individual are also developed and improved through physical education. It builds the foundation of practicing skills

for games and sports such as volleyball, basketball, tennis, and swimming, among others. This can be explained with the help of an example that while playing badminton, an individual is required to concentrate on his ability to swing the racket in time to hit the shuttlecock. This brings order and discipline to body movements as well as improves body posture. Hand and eye coordination are also increasing. Swimming is another example which increases the hundred percent movement of overall body by proper functioning of hand, legs and mind which regulates the breathing of a player which is utmost important.

Physical education also promotes team-spirit and sportsmanship through team sports because during team sports, individuals are required to work together with unity to ensure the success of the team, which in turn builds confidence and character of an individual as well as a team. They also learn to communicate with teammates and move to help one another as a team no matter in victory or defeat, the biggest example can be seen during cricket matches specially at the end of match the winning and defeating teams used to shake hands to inculcate team spirit and sense of belongingness by giving no space to hatred and differences.

#### CONCLUSION

Through physical education individuals are aware that sports can be used as a form of stress reliever and a source of enjoyment and very helpful to manage stress. This is because sport is an exercise which helps in the release of endorphins. "Endorphins are neurotransmitters or chemicals that are produced in the pituitary gland and hypothalamus of the brain that relax the body and relieves stress but promoting a sense of well-being". It is also important for releasing of energy, emotion, tension or frustration and some people let off go their extra steam by participating in various games and sports which are part of physical education. It has also been found that active sportsperson does not extravagante and have high profile consistency overtime. These findings suggest that physical activity may help in preservation of personality stability and prevent personality changes across adulthood and old age.

#### REFERENCES

- [1] Bhukar Jaiprakash, Sanjeev Harish; “A Study on Stress Stimuli Among the Students of Physical Education, 44 vol. 1, Dec 2010.
- [2] F.W. Booth & Chakarvarthy, “Cost and Consequences of Sedentary living: New battle ground for an old enemy” President’s Council on Physical Fitness and sports research, 2002.
- [3] Lang Christin, Anne Karina Feldmeth, “Stress Management in Physical Education Class: An Experimental Approach to Improve Coping skills And Reduce Stress Perceptions in Adolscents,” 35, vol. 2, Jan 2015.
- [4] Monica Gulap,” Study on the Importance of Physical Education in Fighting Stress and Sedentary Lifestyle Among students at The University of Bucharest”, Procedia – Social and Behavioural Sciences, 117, pp.104-109, 2014.
- [5] Stephan Yannick, “Physical Activity and personality development across adulthood and old age: Evidence from two longitudinal studies”, Journal of Research in Personality, 2014.
- [6] Physical Education: Wikipedia The Free Encyclopedia.
- [7] [WWW.Elsevier.com/locate/jrp](http://WWW.Elsevier.com/locate/jrp)
- [8] [WWW.merriam-webster.com/dictionary/physicaleducation](http://WWW.merriam-webster.com/dictionary/physicaleducation).