



Personality Development through Physical Education

Abstract:

Everybody accepts the importance of sport as a base for the health of body, mind and to some extent society; in this connection, there are enough new discoveries and findings in the field of sports and physical education. We all know sport as a training activity, in other words during childhood, talent training and growth possibility will be developed by plays and physical movements, so we can touch the environments and discover external worlds.

Keywords: *Personality, Physical education, Sports excellence, Character building*

Introduction:

Sports competition serves as an opportunity in facing problems and extracting suitable ways in defying them. A grand part of the research done on the subject of sport psychology has over-reviewed different aspects of personality traits and behavior response in the sportsmen and the non-sports men. It is difficult to state definitely **“whether psychological characteristic is the result of sports excellence or whether the sportsman is successful because of the characteristics they possess.**

One of the most basic question faced by psychology is, **‘why we are different?’** Of course, in some ways, we are all much the same, as in the structure of our brains and the mechanisms of perception and memory. However, there are huge differences among us in the ways we think, feel and behave response to particular situations.

The term personality comes from the Latin word ‘persona’ meaning mask. Allport(1937) defines as the dynamic organization within the individual of those persons nature, character, intelligence, interest, attitude, aptitude, expectation, ideas etc. Personality of an individual is strongly determined by the genetic factors. But the environmental factors cannot be ignored. The early experiences in home, neighborhood school are the lay foundation for the personality. The personality trait is the personality pattern which is a group of related or consistent reactions which characterize the individual’s typical manners of personal and social adjustment.

The personality is something unique and specific. Every one of us has unique pattern in ourselves. No two individuals not even identical twins, behave in precisely the same way over and period of time. Every one of us has specific characteristics for making decisions and adjustment with the environment. Personality includes everything about a person has about him. It includes all the behavior patterns co-nitive, cognitive and affective and cover not only the conscious activities but goes deeper to semi-conscious and un conscious also. It is not just a collection of so many traits or characteristics which is known as personality. It is organization of some behavior characteristics and functions as a unified whole personality is not static. It is

dynamic and ever in process of change and modification. The process of making adjustment to environment is continuous. One has to struggle against the environment as well as the inner forces throughout the span of his life.

Development of Personality through Sports and Physical Education

We all know sport as a training activity, in other words during childhood, talent training and growth possibility will be developed by plays and physical movements, so we can touch the environments and discover external worlds. In this period of life, experiences and talents in using them and also social characteristics will be affected very much by physical movements. Everybody accepts the importance of sport as a base for the health of body, mind and to some extent society; in this connection, there are enough new discoveries and findings in the field of sports and physical education.

An important implication of the fact that children tend to copy the sports related behaviors of adults is that any athlete in the public eye is role model for children. Since the huge majority of sportspeople conduct themselves admirably, and regularly demonstrate to young people the importance of hard work, perseverance, cooperation and a 'sporting' attitude, the world of sports can give itself a collective path on the back and acknowledge that it probably contributes very significantly to the healthy development of young people. Eyesenck (1982) proposed that people of a certain personality type are naturally attracted to sports. Children receive positive reinforcement from a very young age if they show interest and talent in sports. We also receive vicarious reinforcement every time we see an athlete win and enjoy the benefits of winning. It is worthy to say that sports provide positive experiences which lead children to stronger personality of future. It has been widely proposed that participation in sports and games, is in some way '**character building**'.

People in sports commonly refer to "**playing to win**" or conversely, "**playing not to lose.**" Confident athletes tend to play to win: They are usually not afraid to take chances, and so they take control of the competition to their advantage. When athletes are not confident they often play not to lose: They are tentative and try to avoid making mistakes. Players with less confidence are content not to mess up and are less concerned with making something positive happen. The same thing is they try to apply in future in life going situations to tackle situation in positive manners.

Dr. Shree Advani, sports psychologist says, "playing any kind of sports brings out the leader in you. You can learn to handle pressure and perform under any given circumstance. Sports make you deep onto the inner most reserves of your resources to pull out extra ordinary performances when needed. It's also facilitates an inward journey of self-discovery. At an early age, in school, we are taught the alphabet and learn how to write them with a pencil. In sports, we are trained on how to use a cue, bat, racket or for that matter in any freehand sport like athletics, swimming, wrestling, etc, there is a coach to develop our technical skills.

Sports require discipline assertiveness and the ability to work as a team and willingness to work without fear and failure. This positive characteristic traits help to the person for the future career prospectus as well as interrelationships. Sports inculcate your self-esteem and self-confidence to take success and failure in the right spirit.

Sports is a psycho-social activity. It has both psychological and social dimensions, besides physical, psychological and technical aspects. Man's interest in sports is found in all societies of the world. Most of the nations share a common interest in sports competition. But the quality of the participation of the athletes and sportsmen is determined by their psychological factors in this modern era of competition.

Conclusion:

Sports and physical education through various ways, plays a positive role in a person's mood and character. These positive effects may be temporary or permanent, however, development of personality and self-confidence cannot be denied as one of the most important factors resulting from regular sports activities.

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Dr. Parixitsinh D. Mandora

Associate Professor
Physical Education
Shree Swaminarayan Arts College
Shah E- Alam
Ahmedabad

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