



Physical Education Students' Athletic Prowessism in Relation to Their Health-Related Fitness and Skill-Related Fitness

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ABSTRACT: Maintaining one's physical fitness levels is seen as crucial for successful daily functioning. When it came to maintaining their physical well-being, ancient people relied mostly on their own reserves of strength, energy, and fortitude. This need a solid grasp of fundamental abilities like speed, strength, and power. The ability to sprint, leap, and climb trees and other structures, as well as other motor abilities necessary for survival, were honed via years of practise in the field. There has been a rise in the incidence of overweight and decrease in physical fitness in students across all genders, ages, and racial/ethnic groups during the previous four decades. Fitness refers to a person's level of health and athleticism, both of which have a role in their ability to go about their everyday lives with gusto and vigour. The optimal degree of fitness and the physiological fitness to have the capacity at the body to adapt and recover from hard activity are different for everyone and may alter over time and depending on the circumstances of their jobs, among other factors.

KEYWORDS: physical condition, physical fitness, students

I. INTRODUCTION

A modern definition of physical fitness may read something like this: "the capacity to do everyday work with vim and alertness, without excessive exhaustion, and with adequate energy to enjoy leisure pastimes and to handle exceptional circumstances and unanticipated crises purpose-built job in natural settings. This signifies that Fitness have the abilities required to accomplish a goal.

Obesity and declining physical fitness are widespread problems affecting adults of all ages, races, and socioeconomic backgrounds during the previous four decades. Deteriorated physical fitness has severe and far-reaching consequences for both the person and society. It is linked to increases in all-cause mortality and a wide range of health risks, including heart disease, cancer, diabetes, hypertension, stroke, gall bladder illnesses, osteoarthritis, respiratory issues, and gout. In adults, there is a well established link between physical activity, health-related fitness, and overall health (Boucherd and Shepherd 1994). Insufficient regular exercise and cardiovascular health are linked to an increased risk of both overall and cause-specific death. Being physically healthy means you can go about your day with gusto and determination.

Sports and health-related activities are both part of what it means to be physically fit. Weight gain and increases in body mass index may be avoided or at least slowed by maintaining an active lifestyle (BMI)

For others, sports are only a means to an end—something to do in their spare time for fun. For others, though, they form an integral element of their own fitness regimen. Sports are unique among physical activities in that they place a premium on both general physical fitness and specific expertise. Motor fitness, often known as sports fitness, is another name for physical fitness associated to skill. Despite the fact that everyone has some level of skill-related fitness, top athletes are almost always far above average in all of these categories. True, world-class athletes need to excel in a wide variety of skill-related physical capacities. Each sport calls for a unique set of abilities, and hence, a distinct level of skill-related fitness. The fitness components of a sport are crucial for aspiring athletes to reach their full potential in the field of physical education. All of the primary indicators of fitness are more potent in a contemporary performance. Fitness is now a crucial factor in reaching one's full potential.

The health and safety of children should be a top priority for every country. The state of their health is a barometer for the country's economic and social development ideals and beliefs of the society as a whole. For



parents, a healthy, well-behaved kid is a source of unending delight; for a mother, a source of unending pride; for a community, a source of pride; for society, a source of excitement; and for the country, a source of renewed optimism. Children in the residential programme often live in a dormitory apart from their families. The majority of households were desperately in need of financial assistance and had excessive numbers of people living in them.

Conversely, non-residential children often resided at home with their parents or guardians and did not suffer from overpopulation. Children raised in residential facilities may not prioritise health, but they tend to be healthier and more physically active simply because they have to work more than average to maintain a regular lifestyle. Adolescents living in residential settings are more independent than their non-residential counterparts, who often rely on their parents for help. So, they worry about their health, but they lack the fitness to match. The goal of this research was to find out if there is a significant difference in the level of physical fitness between boys who attend residential and those who attend non-residential schools, and if so, which group is more fit overall, so that both groups can benefit from raising their fitness levels.

II. LITERATURE REVIEW

Mental health difficulties, language hurdles, and transitioning to a new education system are just some of the obstacles that scholars have found that foreign students encounter while studying abroad (Bradley, 2000; Poyzrali& Grahame, 2007; Sato et al, 2009).

Mental health problems encountered in the midst of culture shock are a well-studied topic (Bradley, 2000; Forbes-Mewett& Sawyer, 2016). International students adjusting to American culture have challenges in areas such as values, interpersonal relationships, and communication styles (Wu et al., 2015). The feelings of alienation, isolation, and homesickness that may result from "cultural shock" (Bradley, 2000). Adjustment difficulties including language hurdles, financial stress, and feelings of loneliness and isolation have been related by researchers Constantine and Osaki (2006) to poor mental health experiences. The system of health care and cultural influences shape an individual's perspective on health. In addition to considering individuals' physical health, the The World Health Organization has also taken into account their mental health. Previously, the concept of health had been presented from a purely medical standpoint. Ideas from the realms of religion, spirituality, and the supernatural essential to the health of Asian and African peoples, whereas Westerners tend to rely on biological and psychological definitions of health (Weerasinghe& Mitchell, 2006). Weerasinghe and Mitchell (2006) conducted a research in which they polled female immigrants from East Asia, South Asia, Africa, and Latin America on their definitions of health and how their views on health affected their interactions with healthcare practitioners. Participants came from many different nations, yet their descriptions of health were quite consistent. Members of the focus group agreed on the value of physical fitness and remarked that it hinged on "all bodily parts and organs operating effectively" (Weerasinghe& Mitchell, 2006 p. 315). Participants said that in order to be healthy, one needed to be at ease generally and not be dealing with any stresses or emotional issues, hence this aspect of well-being was prioritised above physical health. The initial definition of health, the "absence of sickness," has been enlarged to include cultural perceptions about what constitutes health (Kindig, 2007 p. 142). Most doctors and nurses today understand health to be a multifaceted concept that includes one's emotional, mental, and social state. Care for the assessment of the health of immigrants and foreign students, who may embrace new cultural perspectives, should take into account these differences.

Athletes Health Problem

The health of athletes is of paramount importance in any activity, and this article will focus on the unique health concerns faced by athletes. Athletes are more likely to have mental or physical issues if they are not fully matured both intellectually and physically. Overtraining, poor eating habits, and the use of steroids and other supplements are all ways in which athletes may bring injury to themselves while they seek to better their performance in sports. Injury concerns in athletes are not limited to the musculoskeletal system. Primary care sports medicine doctors at Houston Methodist are well-versed in addressing the wide range of ailments that may afflict athletes of all ages:

- a) Asthma
- b) Exercise-associated muscle cramps
- c) Heart problems
- d) Heat stroke
- e) Overtraining syndrome



- f) Rhabdomyolysis (a rapid breakdown of muscle tissue due to injury)
- g) Runner's stitch
- h) Supplements

Training and Overtraining

Student affairs staff need to be aware of the challenging context of year-round, sometimes continuous, training for student athletes. For individuals who are unfamiliar with the fundamentals of sports training, one of the most important aspects of training is the manipulation of workloads to elicit good holistic adaptations. Conditioning, strength, and performance may be improved in a linear fashion over time by strategically altering training loads (i.e., levels of intensity, volume, and frequency) at appropriate periods for individual athletes and teams (Gambetta, 2004). When properly planned, "overtraining" may be a beneficial aspect of an athlete's development (Raglin & Wilson, 2000).

Unfortunately, some coaches today choose to adhere to the "more is better" school of thinking despite the complexity of linkages between long-term training, varied training loads, individual athlete training responses, and unsystematic recuperation techniques. Many collegiate athletes suffer from "overtraining" due to their dedication to their sport and a host of other factors beyond their control. Generally speaking, overtraining is linked to health, academic, and performance results (such as staleness, slumps, and burnout) that are the reverse of what athletes and coaches seek.

In spite of their best efforts, many athletes and coaches seem to be unaware of the dangers of overtraining and the need of rest and recuperation. Modern theories in this field highlight the value of striking a good balance between training stress levels. Athletes, like any other student, may benefit from participating in comprehensive daily recovery behaviours (such as eating well, getting enough sleep, and taking time away between sport and school for enjoyment) to reduce the effects of life stress and the strain of training. In light of its prevalence, it is crucial that athletes and their support staff learn to recognise, prevent, and recover from overtraining. Overtraining symptoms should be addressed early on in order to alter training and assist recovery before undesirable and disabling states like "burnout" set in. Success and failure come in varying degrees for student-athletes at various levels. These highs and lows may have a profound effect on an athlete's mental state, boosting or lowering their sense of self-worth and confidence. There are numerous good outcomes for student athletes, including but not limited to improved health, happiness, and sense of self-worth. The ups and downs of collegiate athletics are the aspects that may either bring joy or sadness to a person's life.

Stress during pre-season, season, and postseason

At the start of the off season, student-athletes report lower stress levels and improved mental health. Their vigour, however, steadily dwindled from preseason through the season proper to playoffs, until it finally reached rock bottom.

Perceived mood, academic stress, and sleep duration were all negatively impacted among athletes year-round. Athletes were more likely to become sick or injured after the season ended, a finding that correlates with the peak in academic stress that occurred then. There was, however, an uptick in the offseason compared to the preseason. There have been several studies of both active and retired sportsmen.

Participants in in-season sports reported greater levels of subjective happiness than those in out-of-season sports just at time of data collection (Morris et al, 2016). More research is needed, however this suggests that in-season athletes report higher levels of happiness compared to out-of-season players. Since they are free from the pressures of competition, time limitations, travel, and playing status, it was assumed that players who are now in their off-season would have greater enjoyment and mental health. While it may seem that athletes who are not now competing are less happy, the fact is that athletes who are currently competing report greater levels of happiness because they like the structure of competition season and find that it mitigates the stress of competition itself. Since most athletes' test weeks occur in the postseason, academic stress contributes to an already significant injury risk for those who are still competing. On a daily basis, athletes run the risk of injury, but when additional stressors are present, that risk rises. When schoolwork, meals, training, and games are all scheduled out in advance, student-athletes are less likely to suffer from mental and physical declines that may be the consequence of increased training-related stress and the resulting increased risk of sickness and injury. There are times of the year, namely the preseason and the postseason, when student athletes are more susceptible to stress.



Depression of a Student-Athlete

There is evidence that a lack of physical activity contributes to the onset of depression, which is in turn linked to stress and detrimental to emotional well-being. Those who regularly engage in physical activity are more likely to make healthy decisions throughout their lives. Gains from taking part good effect on their future physical and mental health if they engage in physical exercise now as children. In contrast, sedentary people of any age are more likely to have physical and mental health problems. Booker examined the effects of inactivity on adults and concluded that they are less joyful and struggle more with emotional disorders. Downward and Rasciute investigated how taking part in sports might boost one's mood. The researchers concluded that sports had a positive impact on well-being, and that the social benefits of participating in sports are well-documented. Involvement in sports has been shown to improve health and well-being. Most often mentioned mental health issues are anxiety, sadness, stress, and poor self-esteem. Sport participation has been linked to positive body image and a more positive view of one's own mental and physical wellbeing. People who participated in sports were more likely to achieve fulfilment and achievement in their lives.

Those who are physically active tend to have a more positive attitude on life, thus doctors often recommend sports to patients suffering from anxiety, sadness, or stress. Participation in sports throughout a person's life has been linked to improved self-perception, a more positive outlook on life, and a lower likelihood of experiencing worry and stress. People's emotional and physical health have been found to be impacted by sports and exercise. Those that engage in sports and other forms of physical exercise tend to have a better sense of self-worth than their less active peers. The findings point to a beneficial association between fitness and youth sports participation, indicating that young people should be encouraged to start playing sports and to keep doing so throughout their lives to be physically active their whole lives; doing so will do wonders for their sense of pride and identity.

III. CONCLUSION

The goal of the research was to compare and contrast the fitness levels of students in urban and rural settings who were enrolled in secondary education. There are high points and low points in a collegiate athlete's career. An athlete's collegiate experience, and their overall sense of well-being, are strongly influenced by how well they are doing in their sport. It will help the player in numerous ways during their time in college and beyond. Despite this, a collegiate athlete's unfavourable impacts may be severe. Athletes who aren't feeling successful tend to worry about how they're doing, which might affect their schoolwork. Athletes incur more harm to their mental health the more they worry about their performance on the field. As a result, they struggle more to maintain academic attention and confidence. Exam week stress significantly increases the likelihood of illness and injury for sportspeople. Anxiety and/or depression may develop as a result of exposure to such detrimental influences on a sportsperson's mental health. Negative aspects of athletics, such as stress in academics and performance, stress during the season vs. the off-season, gender roles within teams versus individual sports, and depression, are all too common among student-athletes.

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