



The Role of Physical Education in the Development of Student's Social and Psychological Personality Qualities

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ABSTRACT: The benefits of participating in sports and other forms of physical education cannot be overstated. To have a healthy body and a healthy mind go hand in hand, just as the old saying goes. Maintaining a healthy state of mind. Personality growth in all areas (physical, mental, social, etc.) is a direct result of participation in physical education. For as long as anybody can remember, the government has ignored the need of physical education, even at the elementary school level. Unfortunately, education is often overlooked.

KEYWORDS: Physical Education, Personality, Development

I. INTRODUCTION

Skills in peer relationship management, prosocial behaviours, leadership, problem solving, and personal and interpersonal responsibility are more important in today's rapidly changing world and should be stressed in elementary and secondary school. Personal and social skills development may improve a child's academic achievement and ease the transition to adulthood. Young people may develop these social and emotional skills via participation in physical education and sports. More and more individuals recognise the value of youth physical education in preparing them for the challenges of adulthood. [1] In response to a worldwide PE survey, it was emphasised that fostering students' personal and social development is one of Europe's most often mentioned goals for physical education. Participation in sports has been linked to improvements in both individual and societal development. Although it appears that the growth of personal and social skills is a shared objective of physical education and sports and the body of evidence on this topic is expanding, the literature appears to be fragmented there at present time in terms of terminology, the methodologies used, and the conclusions drawn. Who you are is a direct result of your words and deeds. The essence of a person may be deduced from their character. It's possible to deduce a person's level of similarity or dissimilarity from their actions. [2] Unlike members of other communities, this one is unique. The current study is inspired by the Big Five model of personality characteristics, which has been used as a generic taxonomy in several behavioural and psychological studies. Agreeableness, openness, neuroticism, conscientiousness, and extraversion are the five key aspects of the personality characteristics model. According to, the "big five" personality framework is one of the most significant models in contemporary psychology due to its widespread use and acceptance. Meta-analyses suggest that exercise is positively associated with agreeableness and conscientiousness, and weakly negatively associated with neuroticism, among the five personality traits. [3-4] Games and sports, which are part of Physical Education curricula, are very important to the growth and maturation of our young people. It's a need for keeping oneself healthy in a world that's always changing.

The children's physiological, psychological, and physical activity levels all increase as a result of their participation in physical education programmes. It's a cornerstone of social cohesion and helps kids grow up to be responsible members of society. Youth are exposed to new social situations and learn valuable life skills including teamwork, self-control, sportsmanship, and leadership. Physical exercise has many positive effects on health and mental performance when practised on a regular basis. Due to the strong correlations between sedentary lifestyles and chronic diseases including heart disease, obesity, high blood pressure, and diabetes, the Surgeon General advises that people engage in regular physical exercise to reap the most health advantages. People are able to enhance their physical fitness levels as a result. Cardiorespiratory endurance, strength, endurance, flexibility in the joints, and body composition are the five fundamentals of fitness that contribute to overall health and well-being. According to the research, a healthy personality and physiology may go hand in hand with a good degree of physical fitness. Therefore, improved health is generally acknowledged as one of the primary aims of physical education.

College students, whether male and female, are held to high standards in terms of intelligence, maturity, physical prowess, and moral compass. Physical education may help us meet this benchmark. As an essential component of a well-rounded education, PE cannot be overlooked. The ultimate goal is to provide the user with the tools necessary to live a full and satisfying life in a dynamic environment.



The Education Commission (1966) argued that sports and other forms of physical education not only improve students' health and well-being, but also their productivity in the workplace, their ability to concentrate, their sense of fair play, their sense of teamwork, and many other qualities that are essential to success in life. There has been a lot of research done in the last twenty years on the psychoanalytic and psychotherapy aspects of working out.

Concerning the correlation between regular exercise and decreased incidence of mental illness in the general population. Youth need to be prepared for job and socially valuable tasks, and physical education has a unique responsibility to do so.

By guiding one's attention and energy towards constructive physical activity, it aids in personal growth. Children's inherent energy and curiosity may be channelled towards positive growth in an entertaining manner via participation in physical education programmes.

The university's organisation and sponsorship of physical and sports activities both during and outside of formal physical education classes is one of the most effective ways to help students socially adapt to the training conditions of the university and develop the ability of a future expert to adapt quickly in society. Assists with the challenging yet rewarding transition from high school to college, which might be very different from what one may have experienced before. In recent years, sports have risen in popularity among the general public, especially among the younger generations. Working out and finding other forms of physical exercise to relax with give a real and tangible basis for improved health, quality of life, and personal growth. [7-8] The positive effects of physical education on students' academic and social development are not uniform. Many academic publications expound on the recreational, developmental, and educational merits of physical culture, sport, and tourism. They are shown via the requirements of adapting to a new environment, of getting ready for productive activities, and of fulfilling one's biological functions. Keep in mind that social adaptation (changing one's habits in response to changes in one's social surroundings) happens often in the realm of physical exercise. Students who participate in sports get valuable life experience, develop their social and leadership skills, and hone their organisational acumen. In doing so, kids get to know new people and develop traits like purpose, desire, responsibility, etc. that will serve them well in the future. In high school, it is crucial to foster not only the student's physical but also mental and imaginative prowess. [9] One of the aims of the research was to determine how physical education (PE) helps high school pupils adapt socially to the academic pressures they face. We agreed that social adaptation includes the following characteristics: the ability to form strong relationships with peers and to assume leadership roles; the observance of ethical and moral norms of behaviour and discipline; the effectiveness of training activities; and the proactive participation in the public life of an institution. assuming individual responsibility; using a creative approach to carrying out public directives and achieving academic aims. These traits, according to some authors, sum up the essence of social adaptation in the classroom. [10]

Personality

A person's actions and words reflect their personality. Character is the foundation of an individual's identity. The ways in which a person acts are indicators of the uniqueness of his or her personality.. The Big Five personality traits model is widely utilised as a taxonomy in a wide range of behavioural and psychological investigations, which serves as the study's point of reference. The major five largely independent characteristics of the personality traits model are agreeableness, openness, neuroticism, conscientiousness, and extraversion. One of the most popular and well accepted frameworks in modern psychology is the big five personality framework

According to meta-analyses, of the five personality qualities, exercise has a positive relationship with extraversion and conscientiousness, and a mixed relationship with neuroticism.

Individual differences in personality have been shown to have a significant impact in engagement with and enthusiasm for various activities; yet, greater gains may be realised via more activity or participation. A fitness goal's success may also depend on the intensity with which the activity is performed. Motivated by their unique traits, people become more interested in exercising. In recent years, research on the reciprocal relationship between one's character and physical activity has helped expand our comprehension of interconnectedness [44].

A further meta-analysis shows that regular physical exercise may reduce the risk of all-cause death by 20% to 40% over the lifetime , and the prevalence of chronic disease is lower among physically active people [13]. Positive effects were found in studies examining the connection between personality traits and regular physical activity.

According to research [12], intrinsic motivation is correlated with extraversion, agreeableness, conscientiousness, and emotional stability. The results suggest that those who exhibit these traits participate in physical activity for selfish and social motivations. Therefore, a connection between personal and social reasons for exercising is necessary for the emergence of intrinsic motivation. Individuals' commitment to physical exercise could be bolstered by variables like their intrinsic drive.

II. ISSUES ASSOCIATED WITH PHYSICAL ACTIVITY ENGAGEMENT

One of the leading causes of sickness and disability is a lack of physical exercise. External influences, including peer pressure, may lead to substance dependence, including cigarette and alcohol drinking and excessive time spent playing



mobile games. In brief, leading sedentary lives may be the primary reasons why people have chosen to become inactive without realising the advantages that are actively participating in physical exercise might provide. In addition, the risk of death from all causes is doubled when people lead sedentary lives, and the chance of developing cardiovascular disease, diabetes, and other chronic disorders is also multiplied by two. Sixty percent to eighty-five percent of the global population is affected by these problems.

Fewer interventions have been taken to address this problem, however, and there has been a lack of attention to the issue.

Furthermore, some students prioritised other things above exercising owing to a shortage of time caused by intense academic obligations and busy classes to concentrate on, as well as duties connected to the home and social environment. What's more, the obstacles point to the fact that students see exercise and other forms of physical activity as a waste of time [5].

A stable personality is essential for day-to-day jobs. Numerous investigations into different personality types have shown that one's unique character shapes their physical maturation. Participation in any kind of physical activity that requires the expenditure of energy to attain a goal, like being fit, is valued for its contribution to a person's overall development. In the basic school setting, kids had previously participated in a variety of activities, with the majority not enjoying the physically objective sorts of exercise that contributed to their inactivity. Online mobile gaming and other forms of high-tech entertainment have encouraged a sedentary lifestyle among young people, who continue to choose this path of behaviour while knowing that it increases their risk of developing chronic illnesses.

Young people's health is seriously threatened by their inability to get enough exercise. The community and schools work together to solve this issue by scheduling a variety of extracurricular activities, including sports and leisure opportunities.

The primary focus of Physical Education, a required course at all grade levels, is on the student's physical fitness and health, although the subject as a whole also contributes to the student's mental and social growth. It is hoped that by focusing on this one topic, we may better comprehend how a person's unique character influences his or her level of interest in and commitment to physical education, extracurricular activities, and community service. Students' perspectives on their own skill levels in PE, teacher-factors, the course's content, and the availability of adequate facilities and equipment are only a few indicators of their overall disposition towards the subject.

Long-term, stable distinctions in emotional style and overall influence on emotional responses are what psychologists mean when they talk about personality. Researchers would benefit from a better grasp of personality if they were to determine why some children didn't participate in physical education and develop effective methods of motivating others to get moving. The term "personality" is used to describe the distinctive ways in which one thinks and acts throughout time.

As a kind of physical activity, exercise is promoted for the energy it burns as a result of the participant's movements. Youth mental health also benefits from regular physical exercise [11]. There is mounting evidence to suggest that students who regularly participate in physical activity are more invested in their classroom experiences. Students' classroom behaviour, amount of time spent on tasks, and level of concentration are three of the most important measures of their behavioural engagement in school. As defined as the act of bringing one's whole attention to a task, concentration is commonly seen as a sort of behavioural engagement rather than a cognitive one.

Common signs of disengagement in behaviour include fidgeting, daydreaming, and a lack of focus in the classroom.

III. CONCEPTUAL FRAMEWORK

The study's use of the Big Five Factors in Psychology to determine the students' individual differences allowed researchers to establish a causal link between the independent and dependent variables. Personality variables including openness, agreeableness, conscientiousness, and neuroticism will serve as the study's independent variable. The quantity measured was the participant's level of active participation in physical activities. Physical activity before school, at lunch, in physical education courses, after school, on weekends, in the evenings, and throughout the week is studied, as is the frequency with which children in grade 10 engage in these activities.

Social and Physical Demands

Some children faced issues with their plus-size body types, such as discomfort in the back or chest, difficulty breathing, or difficulty keeping up with the rigours of school and physical activities. Many students participated for purely aesthetic reasons, including weight loss and improved social lives. A qualitative study revealed that young women worry about keeping their slim body shape because they see it as a challenge, that children are shy of possessing a slim body, and even shy of showing it to others, and that a lack of self-confidence and competence was a common issue in regular exercise involvement and other recreational participation among male students. Being in the company of other sports enthusiasts may increase your self-assurance, and this impact is accentuated in social settings. Their sociable circle broadens, and so do their verbal and social skills. Young people acquire a unique set of personality traits and an



independent sense of self when they take on new tasks within a group. Participation in the school's physical and sports activity, which involves more than simply competitions, camping trips, mass races, and the like, helps students develop organisational skills, a sense of initiative, and a sense of responsibility. In the future, manufacturing will span several fields, each of which will need the application of team management and social work abilities. Competing in sports may be considered as a way to build resilience in the face of hardship, as it can help one develop the stamina, self-discipline, and other skills necessary to handle the monotony of training and the pressure of testing. Involvement in sports and other forms of physical activity increases a person's social skills to the point where they become fundamental to their identity. It shows up in the student government, celebrations, contests, helping out at-risk kids, assisting war veterans and orphans, campaigning for peace and waging war on narcotics, and other areas of public life. Simply expressed, this helps one become more familiar with the upsides of interacting with others. These qualities are essential for a successful career in a specialised field and characterise the social adaptability of individuals.

Finding

Table 1. Correlation matrix between personality aspects and believes and behaviors

Variable	Conscientiousness	Neurotism/emotional stability	extraversion	Openness	Agreeability
Students' beliefs and activities	-0.114	0.233	**0.931	*0.279	0.072
Sig.	0.389	0.076	0.00	0.03	0.59

The findings of the study showed that there is a significant correlation between students' beliefs and activities and extraversion (Sig=0.00, R=0.931) and openness aspect (Sig=0.03, R=0.279). But there is no significant correlation among the other three aspects of personality and the students' beliefs and activities.

The results of regression are given based on step-by-step method in Table 2:

Table 2. Regression among five aspects of personality, beliefs and activities of students using step-by-step method

Model	R ²	Standardized coefficients		
		Beta	t	p-value
1. Extraversion	0.86	0.931	19.317	0.00
2. Extraversion Openness	0.88	0.917	20.40	0.00
		0.143	3.18	0.00

IV. CONCLUSIONS

Most students tend to be agreeable, followed by those who are open, conscientious, neurotic, and extroverted. Working out Student participation was moderate, which essentially means that kids were engaged in physical exercise on occasion at non-scheduled periods (such as free time, lunch, weekends, and after school). The pupils' personality traits did not correlate with their levels of physical exercise. This demonstrated that people's propensity for physical exercise is not always indicative of their character. Physical exercise is something that might appeal to people of different temperaments. Health, positive feelings, social and physical demands, and internal and external supports were some of the overarching themes that emerged from the students' reflections on their own lives. Attention focused, cheerful temperament, prioritising work, and trying new physical activity were common themes that participants used to convey their beliefs about and dedication to physical exercise. Data from both qualitative and quantitative sources showed a convergence and divergence, respectively.

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