

NEED OF PHYSICAL EDUCATION TO THE PRESENT SOCIETY

KARABASAPPA PARAMESHWAR*

**Ph.D. Research Scholar, Dept. of Physical Education, Gulbarga University, Kalaburagi -585106*

Man is a social animal and the primary distinction from other animals is ability to learn. He has been endowed with intelligence which enables him to modify his animal tendencies in accordance with the demands of the environment and the society. Man has climbed up to the peak of the Everest, crossed the mighty ocean on flimsy rafts and dissected the colors of the rainbow. The seven wonders of the odd world were all built by men. The new world i.e. 21st century is on, making new discoveries each day in sphere of space science, nuclear technology etc. in general and application of educational technology in particular.

Human world has been developing too fast since the time of its emergence. Curious man is, now, aware of the reality of the things which were means of fear years ago. Sun, moon and stars are no longer mythical heroes. Man does not pray to sky for rain. He has developed the technique to create similar to himself. This world seems too small for him. He wants to capture whole of the universe. He wants to win over death. He wants to change the routes of planets. All his ambitions can be fulfilled only with the help of the wealth of mind. Human brain functions with help of twelve billion nerve cells which are inter-connected with other parts of body. Therefore, health of this wealth (mind) is directly related to the health of body, this health is en-strengthened by practicing exercise and sports, using personality development technique and performing medical checkup. Physical education includes all these practices, and, therefore, is an important tool for living a spiritual life and for achieving high human aspirations.

For a primitive man, shelter and clothing were his primary needs. These needs, however, increased with the progress of the society and among others education, health, recreation etc. came to be added in this growing list. These human needs can be classified into biological, sociological and psychological aspects of life. Man has made a great progress in fulfillment of all these needs and education has played a great role in this ever continuing process of evolution of man from being primitive to the present, cultured and civilized human beings.

Education develops the overall personality of an individual and is thus essential for the growth and development of an individual as well as for contribution to the society.

As a new born infant is helpless human being. He has neither any friends nor an enemy. He is not aware of the social customs and traditions. But as he grows older, he is influenced by the informal and formal agencies of education. In this way, he develops his physical, mental and emotional self and a social feeling also develops in him gradually. In short, education is able to instill in the child a sense of maturity and responsibility by bringing in him the desired changes accordingly to his needs and demands in ever changing society, of which he is an integral part. Education bestows upon the child immense benefits. It brings up the child as the parents does. It guides him like an affectionate father and serves him faithfully like a wife. A well educated person is known all over the region. Education cultures the individual and helps him in his needs all over the world. Thus, education develops the individual like a flower which distributes its fragrance all over the environment.

In broader sense education is a lifelong process, life itself being a school and includes all the areas that influence our life, for example home, social institutions alone or to specific period of life, rather this process is indirect and incidental. The process of education starts from the birth and continues till the end of life. During this whole span of life a person learns from his parents, elders, home environment, friends, associates and other members of society. Apart from these, a man learns many things by indulging in various types of activities and even by observing others.

One can never claim to be completely educated as the process of learning goes on and one has to adjust himself to the changing patterns of life more so in the modern and complex age. Education, therefore, is not merely limited to class-room studies, not merely to the students but includes all individuals irrespective of their age, sex, cast or creed.

Education must meet the challenges presented in the society. The term 'Education' aims at training the whole child by means of guided participation. In this respect the term attains a physical significance and hence physical education has become a co-curricular activity. This means education has to take responsibility of all round development of the child by means of physical activity. Physical education endeavors to effect and modify positively the development of personality through the medium of physical activity. General education becomes mainstream, which provides orientation perspective, purpose, scope and meaning of physical activity undertaken. The qualities and qualifications an individual needs to achieve success in practical life cannot be generated in him by any one form of education alone. Formal and informal processes of education are not mutually exclusive and

rather supplement each other. There has to be a proper balance between formal, informal, incidental and intentional modes of education, coordination and cooperation between the school and all other agencies so as to provide education in the real sense for the harmonious development of an individual.

Physical education provides awareness and learning attitude for the physical, mental, emotional, social and spiritual development of the human personality. It strengthens the social relationships and examines the impact of interactions between the individual, the family, the wider community and the environment on the health of population. It is education though physical. These are conceptualized and taught through an integrated approach to ensure that students achieve a healthy, active lifestyle, including a sense of well being. These are organized instruction in motor activities that contribute to the physical growth, health and body image of the individual. Life style has been changing over the past few decades in most parts of the world. The excesses of the consumer society are now showing their effects on health. In case we are to prevent the diseases that are the results of unfavorable life style, we have to ensure that sound decisions on healthy lifestyle are to be urgently cultivated. This will be a major role of physical and health education.

Physical education is that education which arranges individual's life in a particular order; which helps in learning a regular way of behavior, and enhances physical, mental, emotional and spiritual abilities of individuals.

Physical education in general does not have the same status as the other academic subjects in educational institution. Though it has been generally accepted as a matter of policy that physical education and sports should be complementary to the ultimate aim of education and there should be harmony of physical education and sports and the total education pattern.

Physical education has long been recognized as an integral part of the total process of education. Man is indivisible integration of body, mind and soul and education must attempt to strengthen this integration. The whole man should have a whole education. Any narrow interpretation of term "Education" so as to mean curriculum followed in schools extends of schooling or development of intellectual aspects along would defeat the very purpose of education. No individual, no community, no nation can depend upon one aspect of life for the whole of living. Man is a psycho-physical organization and mind and body should not be conceived as two separate entities. It has been very appropriately summed by Montaigne.

CONCLUSIONS

- Need of physical education for all levels of education in India.
- Need to Promote the physical education in the society
- Need to recruitment of the physical education teachers in schools and colleges
- By promoting physical education we can boost the sports participation by the students in sports competitions.
- Physical education teachers are the maintaining the health and hygiene in the schools.
- Physical exercises boost the immune strength in the students.
- Physical education giving the awareness of disease and disorders
- Physical education promoting the health education in the society
- Physical education is vary needful to built the healthy India
- Physical education teachers are promoter of sports in the schools and colleges
- Physical education enhances the physical activities in students and also gives them good health.
- The computers and internet users having the less physical activities so the present world needs the physical education in their daily life.
- Physical education and sports developing the social harmony in the society.
- Physical education can develop the social adjustment in students.

REFERENCES

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