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SPORTS AND IT'S PSYCHOLOGICAL BENEFITS.

AMOLSINGH D. GAUTAM AND H.J. VARMA

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Abstract:

By birth everybody has tendency to play any physical act movement which gives inspiration joy, entertainment is a play. The children's like to play anytime. They concentrate on a game, which they play.

Our life must be full of knowledge and different techniques we can superpose on task and risk, using different physical techniques. These techniques can be acquired by sports, games, play, dance and art.

*The sports and sportsmanship plays major roll for success in our life.
Physical and psychological development can be achieved by sports.*

KEYWORDS:

Sports, Psychological Benefits, Physical Education, Physical Techniques, Games, Play, Art, Dance

INTRODUCTION:

PHYSICAL EDUCATION FOR HEALTHY LIFE :-

major reforms has taken place in india after independence in every field. Central government as well as state governments planed to develop the sports and games.

By organizing a committee government asked to submit the reports on development of sports.

The committee concluded that formal education and physical education are the two sides of a coin. The physical education is included from school level as a compulsory subject physical education is base of our life. Scientific study of physical education is now included in curriculum.

Physical education is considered as a science. Now it is related with another science and science is related with physical education. Physical science is also related with medical science. We always say that "Healthy mind in a healthy body" if somebody always face illness, he will be always translated.

The sleekness affects deeply on mind. All the problems can be overcome by physical fitness.

Now we can get information of different games, sports, which are being played in any country at anytime. In the modern life style, everybody cannot concentrate on physical health. The mankind has to face the problems such as digestion, headache, insomnia.

PHYSICAL EDUCATION AND MORALS :-

exercise, games, sports plays important role in our life. These are the measures of successful life like knowledge and money.

We say,

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“health is wealth” science and scientific view changed the concept of sport. Now it is possible to collect the data and information using scientific way. The backside of science is that it has reduced the physical exertion of mankind. The machine made the man as a machinery.

The sports, games increases the immunity power. It increases the muscle power it keeps the illness away. Sports provides entertainment. Due to which we always remain fresh it increase the inspiration.

A sportsman always think positively which may be one of the cause of success. Sportsmanship must become a social activity so that our society & ultimately India will succeed in every field.

Most of the problem like corruption terrorism will automatically get solved if everyone behaves with sportsmanship.

It the peoples in country are healthy stunt & south the country is said to be in sound position.

Physical education and psychology :- Now a day's a sport teacher use the psychology of sports. With the help of sport psychology he can face the problems which may arise during physical education of student.

A player uses his techniques in a good manner when he is practising on the ground. But at the time of competition, due to large no. of observer, their comment, he become under pressure. He may lose the game or match.

By using sport psychology this problem can be solved the player plays with his own techniques and become winner. The opinion of psychiatrist is also useful to avoid the pressure on mind on ground it helps to concentrate on play.

Still it is a bad thinking that spots and games are the fields of boys girls does not participate on a large scale in outdoor games.

Now the sport teacher are trying to increase the participation of girls. Teacher meets their parent and convey them to send their daughter. To play on ground the sport helps to face and solve so many problems of girls. Not only girls can protect themselves but they can protect their family, if they are physically fit.

Sport increases the confidence of girls. A sport teacher can judge the ability and interest of student. According to this be guides to select a play/game for student so student can get joy, entertainment from this game. All round development take place, if player plays the play which he like player get inspiration to co-operate with each other. It develops the leadership. It develops the integrity nation.

CONCLUSION :-

we come across so many views, while working in our society. Some of the we can accept. The sportsmanship helps to accept the things which we do not like but which are necessary. Physical education makes students and teacher positive thinking and working so the national problem, like corruption, terrorism will be solved easily for that physical education teach is important.

Children always plays for entertainment and joy. It is their aim. But when it becomes competition then we play to win. But it should not be the ultimate aim.

The physical development, psychological development and all round development must be the aim.

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