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Golden Research Thoughts

GRT

PROMOTING PHYSICAL ACTIVITY AMONG RURAL AREA'S COLLEGE STUDENTS



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ABSTRACT

Today its very difficult to promoting physical activity among college students only a small number of college students are participating in a designed physical fitness programme. Many college students have problems like poor health, postural defects, over weight or under weight defective sense organs etc. physical inactivity and sedentary life style are the leading risk factors for many degenerative diseases and it also causing enormous financial burden. Regular physical activity will increase physical fitness. Physical activity play a significant role keeping college students away from diseases relating to heart, obesity, mental stress sleeplessness. Physical activity develop among college students positive thinking and right attitude towards life. Which in turn make him / her happy, healthy and lead a satisfactory, fulfill life.

KEYWORDS :Physical activity, Physical Fitness, Sports etc.

INTRODUCTION:

The most important feature that distinguishes the present era from all the preceding once is that in the college life there is tension all over the atmosphere. The great hubbub in ever growing cities, the noise because of motor vehicles, factories and jostling crowds in the busy market



place all this tells badly on man's nerves and causes him irritation also commonly seen is degradation of courage co-operation, responsibility and absence of a role model.

In such situation, a little practice of physical activity gives student physically and mentally fit. Physical activity can play an important role in developing the social health. It gives him mental relaxation and thus enhances is capacity to judge things calmly and dispassionately. It improve human relation and also frees him worries, save him from wastage of thought power and brings about an atmosphere of good will in other words inculcates values and ideals in the minds of the student.

2. SPORTS ACTIVITY IN RURAL AREA :-

It will be appropriate to take a stock of the situation that prevails in the rural area. Now in India there are many colleges established mostly in rural area. Central government provides support for the development of infrastructural facility at the colleges. However, it depends on the initiatives taken by the college authorities. If the area is having predominance of the cash crops normally the funds is not the problem for the college authorities. Even there is lot of demand from the student community for better equipment and other facilities.

3. PROBLEMS OF RURAL AREA'S STUDENT TO PARTICIPATE IN PHYSICAL ACTIVITY AND SPORTS :-

- 1) Limited support and encouragement from the family, normally because of the poor economic standard of living the family support is very limited. Particularly in case of game which requires heavy financial support are not played in the rural area. E.g. badminton, lawn tennis only exception is that of cricket.
- 2) Lack of professional coaching. Normal coaching is available in the college. But if one has to prepare for state or national level championship it does require professional coaching from subject game specialist. This is usually not available in the rural areas as well as special coach requires sound financial budget which are normally available at the metropolitan centers.
- 3) Inferiority complex. By and large it has been observed that the plays, students from rural areas find difficulties in mixing up with the urban / metro players because of the inferiority complex.
- 4) Inadequacy of advanced equipment for practice. Availability of funds for arranging latest advanced equipments is usually not available for which funds constraints are there. In the urban/metro centers these equipment can be obtained from industrial sponsors/ donors etc.
- 5) Poor economic condition of the family. Needs no explanation. In majority of the rural area the land is rain fed and the agriculturists are dependent on the vagaries of the monsoon and there is no much surplus left over from the agricultural activity undertaken.
- 6) Deficient Diet :- This aspect is again related to the poor economic standard of the rural families. Nutritious diet is not available and there is no much awareness about its need for building sound health.
- 7) In the rural area participation of girls in sports is very limited because of the family approach towards sports. In the villages the life style and social atmosphere is such that mixing up of the girls with the boys is looked upon as.
- 8) Outstation student, player's dependence on public transport for reaching home. If the players are coming from the nearby villages they are eager to catch the first available public transport and they cannot concentrate in the sports.

4. REQUIREMENTS TO PROMOTE PHYSICAL ACTIVITY AMONG RURAL AREAS STUDENT :-

1. Qualified Teachers
2. Available proper ground
3. Available proper sports equipments
4. Medical facility and rehabilitation programme available in institute.
5. In case of really genuine financial weakness and if the player has a very good potential the college authorities should to secure sponsorship.
6. Academic commitment during the competition.
7. Constant interaction with the family player's members and they should be made aware of the benefits that their son/daughter's participation will fetch if he/ she excels/ thus this motivation will go long way in the sports participation.
8. There is need to develop mind set of the family towards their approach to participation in games. They should be made aware that this participation will help in securing good job in commercial as well as government ventures.

5.CONCLUSION:-

Regular physical activity is often reported to improve mood, reduce stress and increase energy levels, all of which are measurement of quality of life. The only solution of promoting physical activity among the student that it develops mentally, physically and socially fitness which will enables as to stand the strains and pressure of living in modern fast changing technical era. And also help develop a perfect healthy body. We hope lot of talent will come to surface and achieve never heights and bring gold and silver medals in times to come.

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