

## Personality: Role of physical education

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### Abstract

Physical Education and sports play important role in personality development process. Physical education contributes a lot in the development of all aspect of personality like health, mental status and social adjustment etc. As it is a famous saying that “first impression is the last impression”. First impression is basically judges ‘by your fitness level. So physical appearance matter a lot when we highlight the characteristics of personality. Government’s role is very critical in this regard as policy should be constructed in such a way that physical education will become necessary subject from primary level and is being adopted by majority of population.

**Keywords:** Physical Education, personality development, fitness level

### 1. Introduction

A physically active way of life has a profound influence on individuals’ health. Meta-analytic studies show that regular participation in physical activity across the lifetime is linked with a 20–40% reduction in risk of all-cause death. Sports are biological cum motor activities which smooth the progress of an individual to develop and control his physique. It can also be described as activities involving physical effort and skill in which an individual or team competes against each another for the intention of entertainment.

Every nation in this world is deeply concerned about the fitness of their men, women and children recognizing that physical fitness is the fundamental and contributed to happy and useful living. Aristotle said” the body is the temple of soul and to reach harmony of the body mind and spirit, the body must be physically fit”. Nixon and Jowett wrote” a sound mind in the sound body is a short but full description of a happy state in this world; he that has these two, has little more to wish for”.<sup>2</sup> As physical education helps in development of total personality of individual, no one can deny its importance in the development of basic skill, essential for daily life activity of human beings and social proficiency needed for good citizen. According to Edim (2011), sports can be termed as well organized and institutionalized physical activities with structured programmers’ governed with rules and regulations. He also stressed that a good sports programme must be geared towards developing an ‘over all’ which mean developing physically, socially skillfully, mentally, emotionally and morally individual (that is known as personality development) that is acceptable in the community and with good health. Sports if properly connected can achieve about fifty percent (50%) or more educational target of the society. It is a well-known fact that sports and recreation have been basic part of the curricular of institutions throughout history.

#### 1.1 Concept of personality

To social scientists, personality is the sum total of behaviors, attitudes, viewpoint, and beliefs that are characteristic of an individual. Our personality traits decide how we adjust with our society and how we react in particular situations. No two

individuals have the same personalities. Each individual has his or her own way of interconnect with other people and with his or her social environment.

The term personality reflects the distinctive nature of a person and how he thinks about other and about himself. Personality is a set of physical and mental characteristics that reflect how a person looks, thinks, acts, and feels. Actually a personality is a way of life of a person and his tendency to behave with relation to the environment and surrounding, and his outlet of emotion.

Several lists of personality characteristics describing an individual’s behavior, have been developed, many of which have been used in research and can be looked at in different ways. First, recent research has evaluated people using widespread lists of personality dimensions and skilled them into the “Big Five Personality Traits”

- Extraversion - outgoing, sociable, assertive
- Agreeableness - Good-natured, trusting, supportive
- Conscientiousness - Responsible, dependable, persistent
- Emotional stability - unworried, protected, relaxed
- Openness to experience - Imaginative, curious, broad-minded

A second approach to looking at personality traits is to divide them into social traits, personal conception traits, and emotional adjustment traits, and then to consider how those categories come together dynamically.

- Social traits are surface-level traits that reflect the way a person appears to others when interacting in various social platforms. Problem-solving style, based on the work of Carl Jung, a noted psychologist, is one measure representing social traits. It reflects the way a person goes about collecting and evaluating information in solving problems and making decisions.
- The e personal conception traits represent the way individuals tend to think about their social and physical setting as well as their major beliefs and personal orientation concerning a range of issues. An important personal conceptions trait of special importance to managers is self-monitoring. Self-monitoring reflects a

person's ability to adjust his or her behavior to external, situational (environmental) factors.

- The emotional adjustment traits evaluate how much an individual experiences emotional distress.

### 1.2 Personality during adolescent periods

Adolescence is a critical developmental stage during which we observe not only the greatest changes in levels of physical activity (Hallal *et al.*, 2012) but also the greatest changes in personality (McAdams & Olson, 2010). There is reason to consider that these associations might not be mutually exclusive. Studies have found that sport participation contributes to the development of important life skills (Gould & Carson, 2008) and long-term health-related quality of life (Vella, Cliff, Magee, & Okely, 2014). Through sport participation, adolescents gain confidence, learn new physical capabilities, expand important social relationships, develop leadership skills, and gain satisfaction by working toward goals (Gould & Carson, 2008). It is reasonable, therefore, to consider that sport participation might contribute to personality change during adolescence. An important question is whether different modes of physical activity have similar effects on personality change. For instance, team sports combine physical activity with high levels of social interaction, whereas individual sports often combine high levels of physical activity with low levels of social interaction. It would be interesting to explore the potential differences between activity modes in their effects on personality stability and change during adolescence.

### 1.3 Role of sports in character buildings

Each and every one of us might have had heard the words that "Sports build Character" and most of us consider that at the end of the day you have it all, a 'character' person. Thus, this 'words of mouth' not only correct but had also been verified by research. For example, research had found that student's athletes who participate in sports and extracurricular activities have better attendance in school, lower drop-out rates, fewer discipline problems, and less drug use. The college students who have leave school have also suggested that physical education curriculum should be continued because it can provide knowledge of sports to promote the adolescents to participate in physical activities. The other positive impact is that it was found that with sports participation, it negatively correlated with school dropout and offending behavior. This shows that sports create interest among students to go to school as well as avoiding the negative behaviors. Furthermore, those who participate in sports and physical activities facilitates themselves with wellness and less likely to developed numerous chronic disease such as heart disease, diabetes, depression and cancer. Although the percentages of positive process of character building among athletes did not achieve 100 percent, however it had been shown that more than half of the athletes in respective games did show their moral reasoning character. According to Josephine Institute Center of Sport Ethics (2006)<sup>[4]</sup>.

- 70 percent of all boys and 80 percent of girl softball players think it is not okay for a softball pitcher to deliberately throw at a better who homered the last time up.

- 46 percent of male football players, 51 percent of male basketball players, and 82 percent of females in all sport disapprove of trash-talking
- 66 percent of all boys and 88 percent of all girls disapprove of a coach trying to pump up the team by swearing at officials to get him or herself thrown out of the game.

These finding suggest that sports play an important role in the building of major part of personality that is character.

### 1.4 Games improve personality

The main benefit of the physical activity is to enhance the physical fitness level. Fitness is defined as performing daily routine activities with full enthusiasm and reduces the risk of various health related problems. All components of physical fitness are equally important and required to be fit individuals. Research shows that being a part of any sports activity will defiantly increase the level of fitness of participants. (Kapra. Gaur, Tyagi, Vashistha). As we know that majority of games required to perform movements so whenever we take part in games it put pressure on physiological system of our body which improve their productivity and efficiency. Regular exercise is must in this regard. Various health problems like obesity, diabetes and high blood pressure occurs among the inactive adults. These warning sign leads to dangerous chronic disease. So stress on physical activity should be given from primary stage that will provide an important milestone

## 2. Conclusion

As per the study of literature and finding of various research indicate that sports play significant role in personality development process. Having so complicated structure and physiological setup a human body is very hard to define so personality is also very discrete phenomena and very difficult to elaborate. Personality development is a lifelong process but age between childhoods to adult age is very crucial in this regard. Various hormonal changes takes places during this age. Sports are a key component in this process. Physical appearance is deriving force during adolescence and games help in this aspect. Sports provide platform for young generation to outlet their emotions which are needed to let them mentally and emotionally stable. So games help everyone to develop their personality and by this way national development takes place.

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