



Impact Analysis on Importance of Sports on Education

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I. INTRODUCTION-

EDUCATION- is a lifelong process. Education modifies the behaviour of the learner in a desirable behaviour.

As per Mahatma Gandhi “By education I mean all round drawing out of the best in child and man-body, mind, and spirit.”

According to Aristotle “Education is the creation of a sound mind in sound body “.

Education derived from the word “Educere” which means to bring up, or to develop. So, the basic meaning of education is to develop. It indicates to a kind of development process. As per the Kothari Commission “ The destiny of India shaping in its classroom. This indicates that the importance of classroom or the educational institutions So to justify to prepare the students for sustainable development, the role of education in a fruitful way is highly necessary. The balanced mental and physical status should be highly necessary.

PHYSICAL EDUCATION—It is to understood as learning with the help of movements of body and realising the benefits at mental level. That means physique and physical movements has the capacity for the social growth. Physical education is the sum of those experiences which comes to individual through movements.

SPORTS AND GAMES—Both are very similar; A game is the physical and mental activity which rules the human being for different activities. So, the full meaning of sport is where one individual with one activity or group of activities pursued for exercises. Games and sports are essential for healthy development in early child hood and beyond.

Sports and games play a vital role in education which has a great contribution for holistic development of a child. The causes are development of

- Physical Health
- Mental Health
- Collaborative and Cooperative or Team

sprit

- Social skills
- Leadership skills
- Healthy life style
- Academic Performance
- Time management and discipline.

OBJECTIVES—To equip the relation between sports or games and education.

-To study the scenario on the value of sports and games of different countries

-To find the comparative status study regarding sports in schools in different countries.

-To get the knowledge regarding the psychological relation between sports and games with education.

-To gain the knowledge as per medical science regarding impact of physical health on mental health.

As per Article 1 Every human being has a fundamental right of access to physical education and sports, which are essential for the full development of his personality. As per UNICEF the mission for sports is to ensure that every child has the right to play and sport in a safe and healthy environment –a right founded in article31 of the Convocation on the Child and other international ability, to be able to access schools that are safe and supportive so that they can learn and thrive.

VALU EDUCATION THROUGH SPORTS

The 21st century skill that is the life skill has great impact on the youth out of which value education plays an important role for development of social skills which helps to develop the adjustment mechanism to handle the global challenges as unemployment, obesity, inactivity, conflict etc.

ANCIENT TIME AND SPORTS

During ancient the kings times, physical fitness was given prime importance by and the higher-class warriors. In India sports as archery ,wrestling ,racing had been got priority in our Veda



DEFINITION OF PHYSICAL EDUCATION

Physical Education (PE) is a branch of education that focuses on the development and maintenance of the human body. It involves the systematic instruction and practice of physical exercises, sports, and activities to enhance physical fitness, promote overall health, and cultivate skills related to movement and physical well-being.

The primary goals of physical education within the educational context are to:

- 1. Promote Physical Fitness:** PE aims to improve and maintain the physical health and fitness of individuals. It involves activities that enhance cardiovascular endurance, muscular strength, flexibility, and overall physical well-being.
- 2. Develop Motor Skills:** Physical education helps individuals develop and refine fundamental motor skills and coordination. This includes skills such as running, jumping, throwing, catching, and other movement patterns.
- 3. Cultivate a Healthy Lifestyle:** PE plays a crucial role in promoting lifelong habits of physical activity and a healthy lifestyle. It educates individuals about the importance of regular exercise, proper nutrition, and overall well-being.
- 4. Encourage Social Interaction:** Physical education often involves team sports and group activities, fostering social skills such as teamwork, cooperation, and communication. It provides opportunities for students to interact with their peers in a physically active and positive environment.
- 5. Enhance Cognitive Function:** Research suggests a strong connection between physical activity and cognitive function. PE contributes to improved concentration, attention, and academic performance.
- 6. Instil Values and Ethics:** Physical education can teach values such as sportsmanship, fair play, and ethical behaviour. It provides opportunities for individuals to learn about competition, success, and failure in a controlled and supportive environment.

In the educational system, physical education is typically part of the curriculum at various levels, from elementary school to higher education. It is designed to complement academic learning by addressing the physical and mental aspects of a student's development. The specific content and structure of physical education programs may vary, but the overarching goal is to promote holistic well-being through physical activity and education.

INTEGRAL EDUCATION AND SPORTS-

Integral education refers to an educational approach that aims to foster the overall development of an individual, encompassing not only academic knowledge but also physical, emotional, social, and ethical aspects. When integrated with sports, it creates a comprehensive learning experience that goes beyond the traditional classroom setting. The combination of integral education and sports contributes to the holistic development of individuals.

Here are some key aspects of the integration of integral education and sports:

- 1. Physical Development:** Sports, being inherently physical activities, contribute significantly to physical fitness and health. Integrating sports into education ensures that students engage in regular physical exercise, improving cardiovascular health, muscle strength, flexibility, and overall well-being.
- 2. Social Skills:** Team sports, in particular, provide a platform for developing social skills such as teamwork, communication, cooperation, and leadership. Students learn to work with others towards common goals, fostering a sense of community and camaraderie.
- 3. Emotional Well-being:** Participation in sports can have positive effects on emotional well-being, and increased overall cognitive abilities. Integrating sports into education emotional well-being by reducing stress, anxiety, and depression. It provides an outlet for self-expression, helps manage emotions, and teaches resilience in the face of challenges and competition.
- 5. Ethical Values:** Sports often come with a set of rules and ethical standards. Integrating sports into education provides an opportunity to instill values such as fairness, sportsmanship, respect for opponents, and adherence to rules. Students learn about the importance of integrity and ethical conduct.
- 6. Cognitive Benefits:** Physical activity, including sports, has been linked to improved cognitive function. Regular exercise is associated with enhanced concentration, better academic performance, and can support the intellectual development of students.
- 7. Lifelong Habits:** By introducing sports as an integral part of education, there's a greater likelihood of instilling a love for physical activity and fitness. Students are more likely to continue of lifelong engaging in sports and maintaining a Lifelong Habits: By introducing sports as an integral part of education, there's an active lifestyle beyond their school years.
- 8. Holistic Development:** The integration of sports into education supports the holistic development of students, encompassing physical, emotional, and social aspects.



development. The inclusion of sports ensures that Balanced Development: Integral education seeks to balance intellectual students receive a well-rounded education, addressing multiple facets of their personalities and promoting a comprehensive approach to lifelong learning.

The integration of sports into integral education requires a thoughtful curriculum that combines academic learning with physical activities. It involves creating an environment where students are encouraged to participate in sports, fostering a culture that values both intellectual and physical pursuits for a more well-rounded and holistic educational experience.

INCLUSIVE EDUCATION AND SPORTS

Inclusive education refers to an educational philosophy and practice that strives to accommodate and support the diverse needs and abilities of all students, including those with disabilities or special needs. When applied to sports, inclusive education ensures that individuals with diverse abilities have equal opportunities to participate in sports activities. Integrating inclusive education and sports has numerous benefits and promotes a sense of belonging, social integration, and physical well-being for all students.

Here are key aspects of inclusive education and sports:

- 1. Equal Opportunities:** Inclusive sports programs aim to provide equal opportunities for all students, regardless of their physical or cognitive abilities. This involves adapting sports activities to accommodate various skill levels and creating an environment that promotes participation for everyone.
- 2. Promoting Diversity and Acceptance:** Inclusive sports foster a culture of acceptance and celebration of diversity. Students with and without disabilities learn to appreciate each other's strengths and differences, breaking down barriers and reducing stigma associated with disabilities.
- 3. Adapted Sports:** Inclusive sports often involve adapting traditional sports or creating new sports that allow individuals with diverse abilities to participate. This may include modifying rules, equipment, or environments to ensure that everyone can engage in the activities to the best of their abilities.
- 4. Building Self-Esteem and Confidence:** Inclusive sports provide opportunities for individuals with disabilities to build self-esteem and confidence. Participation in sports can contribute to a sense of achievement, improved physical fitness, and a positive self-image.

5. Social Integration: Sports activities provide a natural setting for social interaction. Inclusive sports programs encourage friendships and teamwork among students with and without disabilities. This social integration contributes to a more inclusive school community.

6. Skill Development: Inclusive sports programs focus on developing a range of skills, including motor skills, communication skills, and teamwork. Students with diverse abilities can benefit from targeted skill development, contributing to their overall growth and well-being.

7. Educating the Entire Community: Inclusive sports initiatives educate the entire school community about diversity, disability awareness, and the importance of inclusion. Students, teachers, and parents learn together about creating an environment that values and supports all individuals.

8. Promoting Physical Fitness: Inclusive sports contribute to the physical well-being of all students. By adapting activities to suit different abilities, inclusive education ensures that individuals with disabilities also have the chance to enjoy the physical and health benefits of regular exercise.

9. Legal and Ethical Considerations: Many countries have legal frameworks and ethical standards promoting inclusive education. Integrating sports into inclusive education aligns with these principles, ensuring that schools are compliant with laws related to equal access and opportunities for students with disabilities.

In summary, the integration of inclusive education and sports creates a more equitable and supportive learning environment. It fosters a culture of acceptance, provides opportunities for skill development and social interaction, and promotes the overall well-being of all students, regardless of their abilities.

PSYCHOLOGICAL VIEWPOINT ON SPORTS AND EDUCATION-

The psychological viewpoint on sports and education explores the various ways in which sports can impact the psychological development and well-being of individuals within an educational context. Here are several key aspects of this perspective:

- 1. Physical and Mental Health:** Regular physical activity, such as participation in sports, is associated with improved mental health. Exercise stimulates the release of endorphins, which can reduce stress and anxiety, enhance mood, and contribute to overall psychological well-being.



From a psychological standpoint, sports play a crucial role in promoting a healthy mind within the educational setting.

2. Cognitive Benefits: Engaging in sports can have positive effects on cognitive functions. Physical activity is linked to improved concentration, attention, and academic performance. It is believed that the increased blood flow and oxygen to the brain during exercise contribute to enhanced cognitive abilities, including memory and problem-solving skills.

3. Self-Esteem and Confidence: Success and improvement in sports activities can significantly boost an individual's self-esteem and confidence. Overcoming challenges, setting and achieving goals, and receiving positive reinforcement from coaches and peers contribute to a positive self-image. This positive psychological impact can extend to other areas of life, including academics.

4. Discipline and Goal Setting: Participation in sports often requires discipline, time management, and the setting of goals. Athletes learn to adhere to training schedules, work hard to achieve specific objectives, and persevere in the face of setbacks. These psychological attributes cultivated through sports can translate into a disciplined and goal-oriented approach to academics.

5. Stress Management: Sports can serve as a healthy outlet for stress and tension. Engaging in physical activities provides a constructive way to cope with academic pressures and other stressors. Learning to manage stress through sports can contribute to the development of effective coping mechanisms.

6. Teamwork and Social Skills: Team sports, in particular, offer opportunities for individuals to develop social skills such as teamwork, communication, and cooperation. These skills are crucial for success in various educational and professional settings. The ability to work collaboratively with others is a psychological aspect that can be nurtured through sports participation.

7. Emotional Regulation: Sports provide a platform for individuals to experience and learn to regulate a range of emotions, including excitement, frustration, disappointment, and joy. Understanding and managing emotions is a critical aspect of psychological well-being and can contribute to overall emotional intelligence.

8. Identity and Purpose: For many individuals, participation in sports contributes to the formation of identity and a sense of purpose. Being part of a team, identifying with a particular sport or athletic achievement, and experiencing personal

growth through sports can contribute positively to an individual's psychological identity and life satisfaction.

9. Life Skills Development: Sports education can be seen as a vehicle for teaching life skills, including resilience, perseverance, leadership, and sportsmanship. These psychological attributes acquired through sports can have long-lasting positive effects on personal and professional development.

In summary, the psychological viewpoint on sports and education emphasizes the multifaceted impact of sports on cognitive, emotional, and social aspects of an individual's development. Integrating sports into education provides a holistic approach to fostering psychological well-being and contributes to the overall growth and success of students.

OPINION ON SPORTS BY EMINENT SPORTSMAN:

MARADONA-The passion they've got for football. And the passion for a

number ten that may have luckily made you smile.

I really can't ... I don't know how to pay you really.

I tried to be happy by playing football and make you happy.

I think that I luckily did it, and I really didn't expect this.

Because this is too much, it's too much for a person, too much for a footballer. I thank you all with my heart. This is what the sports has given me this is what football has given me.

PALE-Anyone who saw him play will have no doubt God really did owe him an explanation. Pelé, the most consummate, luminous figure of perfection to ever grace a soccer field, was swept into fame at a very young age, unaware in the beginning of his own exceptionality.

OPINION ON SPORTS BY GREAT PHILOSOPHERS-

MAHATMA GANDHI- Gandhi helped establish three clubs in Durban, Pretoria and Johannesburg, all of which were named the Passive Resisters Soccer Club. Records also suggest that the Passive Resisters organised local matches to protest against the unjust jailing of their fellow activists. Additionally, the matches helped in raising funds which were utilised to support the families of those who had been imprisoned for wrongful reasons by the British.

SRI AUROBINDO- Aurobindo's voluminous literary

output comprises philosophical speculation, many treatises on yoga and integral yoga, poetry, plays,



and other writings. In addition to *The Life Divine*, his major works include *Essays on the Gita* (1922), *Collected Poems and Plays* (1942), *The Synthesis of Yoga* (1948), *The Human Cycle* (1949), *The Ideal of Human Unity* (1949), *Savitri: A Legend and a Symbol* (1950), and *On the Veda* (1956).

IMPACT ANALYSIS OF SPORTS ON EDUCATION DIFFERENT CONTINENTS—

The effect of different factors as culture, tradition, geographical conditions, funding significance, educational policies, infrastructures etc, the following brief description has mentioned---

EUROPE—Among the countries German and UK emphasized more on strongly on sports in schools, but France has limited integration on sports on education system.

ASIA—Countries like China and Japan prioritise academics over sports, basing on the ideology importance of physical activities on mental development. So sports are integrated with school curriculum.

NORTH AMERICA—In the UNITED STATES and Canada, sports are deeply integrated in the educational system of schools and colleges to balance the education.

SOUTH AMERICA— Soccer dominates the sports in many South American Countries. In Brazil particularly sports has a strong relation with youth which shows the pathway for talented athletes.

So the overall analysis shows the positive impact of physical education for physical health and mental development creates the discipline towards team work, team spirit operation, brotherhood, zeal, interest, confidence etc, across continents with their culture, economic and political factors.

In India the educational principles often emphasize the importance of holistic development, which includes physical fitness and sportsmanship. So the time allotment in India for sports and games in educational institutions varies depending upon specific institution and curriculum. The allocation of time ranging from few hours per week to daily session. As per the National Curriculum Framework [NCF] in India sports is considered as the integral part of education for holistic development of child. In Japan, educational guidelines

Typically allocate time for games and sports as part of the physical education curriculum. The time allotment vary among the schools and grades. The most important aim is usually to promote verities of physical activities to prepare the well-being students. In china the allotment of time for sports and games is as per the policies of each school or

educational institution. Schools are encouraged to enhance the physical education into curriculum. The time allotment depends on different factors as grade level

, school resources, and as with the educational authorities.

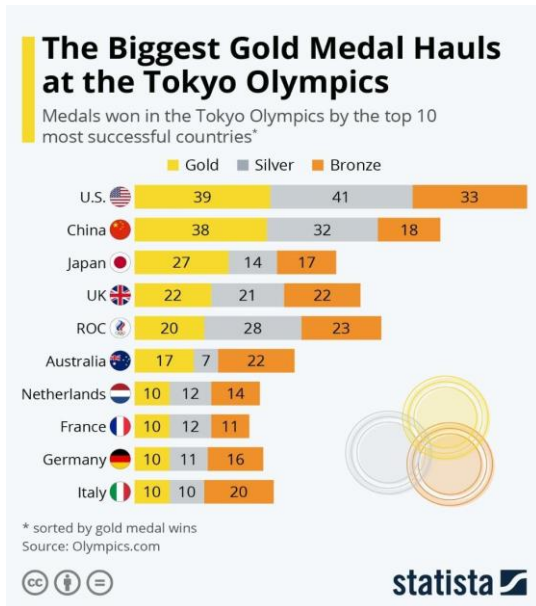
In Germany, the allotment of time to sports in schools can vary as per the educational guidelines of the states. Sports are the integral part of education. The average students gets exact timing and frequency which determined by the guidelines of the state.

In France the specific time allotment for sports in schools depends on the grade level and institutions. The exact amount of time varies to provide certain number of hours of physical education each among week. Students of primary level have 3 to 4 hours and 8 hours per week in higher level. The guidelines are provided for physical fitness of students and overall wellbeing among students.

In South America the time allotment for sports in schools can vary depending on the specific country and educational guidelines few hours per week to sports activities but the focus is on typically on promoting physical activities, team work, and overall health and wellbeing among students.

A SKETCH REPRESENTATION OF ACHIEVEMENT OF MEDALS IN 2020

After an analysis of the above regarding sports and education it has drawn a conclusion that if impact is more when we integrate or inclusive sports with education, it is the need of the hour to think, to make policies, think and to find out the ways and means for implementation of sports or physical education, and at last need to get result.



Key words- Educere, vital, mental health, resilience, treatises

Reference:

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