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IMPACT OF PHYSICAL EDUCATION AND SPORTS IN PROMOTING SOCIAL VALUES AMONG YOUTH

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Abstract

The purpose of this study is to investigate the impact of physical education and sports in promoting social values among youth. Physical activity is vital to the holistic development of young people, fostering their physical, social and emotional health. The benefits of sport reach beyond the impact on physical well-being and the value of the education. The benefits of sport should not be under-estimated.

Physical education and sport have an educational impact. Changes can be seen in (i) motor skills development and performance and (ii) educational potential. This shows the positive relationship between being involved in physical activities and psychosocial development. Sport and physical education is fundamental to the early development of children and youth and the skills learned during play, physical education and sport contribute to the holistic development of young people. Through participation in sport and physical education, young people learn about the importance of key values such as: respect, team work, fair play, respect for themselves and others, and adherence to rules.

Keywords: Physical Education, Sports, Social Values, Youth, Academic Learning.

Introduction

Sport and physical activity are essential for improving child health and wellbeing, and achieving the Millennium Development Goal 4. Evidence has shown that regular participation in physical activity provides all people, regardless of ability, with a wide range of physical, social and mental health benefits, and can prevent or limit the effects of many of the world's leading non communicable diseases. In addition, sporting events and sport events provide special opportunities to mobilize communities to support immunization, hand washing and other public health campaigns. Sport and physical education is fundamental to the early development of children and youth and the skills learned during

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Department of Physical Education,
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**A STUDY ON THE PHYSICAL FITNESS AMONG YOGA AND CHESS
PLAYERS OF AURANGABAD DISTRICT OF MAHARASHTRA
STATE**

ABSTRACT

Physical fitness comprises two related concepts: general fitness a state of health and wellbeing, and specific fitness a task-oriented definition based on the ability to perform specific aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, and enough rest. Chess is a two-player board game played on a chessboard, a square-checked board with 64 squares arranged in an eight-by-eight grid. It is one of the world's most popular games, played by millions of people worldwide at home, in clubs online, by correspondence, and in tournaments. Yoga is a physical, mental, and spiritual discipline, originating in ancient India. The goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility while meditating on the Hindu concept of divinity. The Sanskrit word yoga has the literal meaning of "yoke", from a root yuj meaning to join, to unite, or to attach. The aim of the present study was to study the difference in Physical Fitness among Chess and Yoga Players of Dr. Babasaheb Ambedkar Marathiwada University Aurangabad. 15 Male Chess Players and 15 Male Yoga Players between the age group of 19 Years to 21 Years of Aurangabad were taken for the Study. The AAPIER Youth Fitness Test consisting of 6 Items of 50 yard run, standing broad jump, pull ups, setups, shuttle run and 600 yard were used for the Study. It was found that Yoga Players have good Physical Fitness compare to Chess Players. This study shows that the Yoga Players are good because they do good Physical Training compare to Chess Players they are not involved minimum physical exercises daily.

Key words: Physical Fitness, Yoga, Chess, Physical Training

Physical Fitness is a level of health in which you have muscular endurance, muscular strength, cardiovascular endurance and lean body composition. Physical fitness is achieved by the regular exercise through a variety of exercises. Maintaining Physical Fitness is a lifelong process and depends on the part of your lifestyle. People with disabilities can also reach a measure of Physical fitness through appropriate for their conditions. Chess is a two-player board game played on a square-checked board with 64 squares arranged in an eight-by-eight grid. It is one of the most popular games, played by millions of people worldwide at home, in clubs, online, by correspondence, and in tournaments. Each player begins the game with sixteen pieces: one king, one queen, two knights, two bishops, and eight pawns each of these types of pieces moving differently. Pieces can be moved and capture the opponent's pieces. The object of the game is to checkmate the opponent's king under threat of capture ("check") which cannot be avoided. In addition to checkmate, the game can also end by the voluntary resignation of one's opponent, which may occur when too much material or a checkmate appears unavoidable.

Yoga is a physical, mental, and spiritual discipline, originating in ancient India. The goal of yoga, or person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility. The word yoga has the literal meaning of "yoke", from a root yuj meaning to join, to unite, or to attach.



A STUDY OF REACTION TIME AMONG SPORTSMEN AND NON-SPORTSMEN

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Abstract: An Objective of this study was to search the reaction time among of sportsmen and non-sportsmen. Sample of the study 100 players were selected among them 50 subject was sportsmen and 50 subjects was non-sportsmen. The age range of subjects was 18 to 25 years. Probability accidental and purposive sampling was used. Hypothesis of the study 1. There will be significant difference in between sportsmen and non-sportsmen Dimension of visual reaction time. 2. There will be significant difference in between sportsmen and non-sportsmen Dimension of auditory reaction time. Reaction time apparatus was used for visual reaction time and auditory reaction time. And PDS was used to get the other necessary information relating to the respondents. Conclusion 1. Non-sportsmen have significantly high visual reaction time than the sportsmen. 2. Non-sportsmen have significantly high auditory reaction time than the sportsmen.

Keywords: Sportsmen, Non-Sportsmen, Reaction time (RT).

INTRODUCTION

Reaction time (RT) is a measure of the time from the arrival of a suddenly presented signal to the beginning of a response. It is a psychomotor variable and there are three types of RT, i.e. namely, simple reaction time, choice reaction time and discrimination reaction time. Simple reaction time is the time taken for reacting to a single stimulus, choice reaction time is the time taken for reacting to more than one stimulus, and discrimination reaction time is the time taken for reacting to all the stimuli given with appropriate responses.

RT is one of the required components of skill-related fitness, besides endurance and speed. RT can be broken down into phases, i.e., stimulus detecting, stimulus interpreting and response programming. It is influenced by reaction delay and this kind of delay is mainly because of the time consumed for one to make a decision before reacting an action where afferent nerve needs some time to send an impulse to Central Nervous System to be interpreted, and the brain needs time to decide what to do during response programming phase. RT varies from one individual to another. There are many factors affecting RT, ranging from the nature of the stimulus information to the type of response being performed. According to Kosinski (2000), these factors are such as number of stimulus-response alternatives, stimulus-response compatibility, arousal, age, and gender, type of stimulus, exercise, fasting and individual differences.

RT measures are common in many sport settings. For examples, the interval between the starter's gun and the start movement in a swimming race. RT measures are also studied extensively in the laboratory as measures of mental processing speed. These RT measures are very common in research on skills because RT measures are essential for stimulus processing, decision making and movement programming. In other words, RT allows the researcher to study and the type of mental processes. RT is inherent but many studies showed that overall response time can be improved by practice. It is because practice enriches practical experience. The amount of RT is one of the most powerful variables that can overcome the many disadvantages that affect RT. In sports, the coach and the start-person analyses the type of skill and the requirements of the appropriate sport before deciding



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EFFECT OF GENDER ON SELF CONFIDENCE AND SELF-CONCEPT AMONG INTERCOLLEGIATE PLAYERS

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Abstract: Aim of the study: To Find out of Self-Concept and Self Confidence among boys and girls intercollegiate Players. Hypothesis: 1. there will be no significant difference between boys and girls intercollegiate players dimension on self concept. 2. There will be no significant difference between boys and girls intercollegiate players dimension on Self Confidence. Sample size: In the present study 100 players were selected from various Collages and university of Maharashtra. The effective sample consisted of 600 subjects, out of which 50 subjects were boys intercollegiate players and 50 subjects were girls intercollegiate players. The age range of subjects were 18-25 years. Tools Self-Concept Scale (SCQ) This scale was constructed and standardized by Dr. Raj Kumar Saraswat. The inventory is useful in measuring Self-concept in six dimensions namely Physical, Social, Temperamental, Educational, Moral and Intellectual. Agnihotri's Self Confidence Inventory (ASCI): This test is developed and standardized by Rekha Agnihotri's in six items. Conclusions: 1. Boys intercollegiate have significantly high self concept than the girls intercollegiate. 2. Boys intercollegiate have significantly high self confidence than the girls intercollegiate.

Keywords: Self Confidence, Self-Concept, Intercollegiate Players, Educational.

INTRODUCTION

Self psychology has emerged in the last few decades as an alternative to classical psychoanalytic instinct theory. It moved the focus of psychoanalytic concern away from sexual and aggressive drives and onto the development of a cohesive sense of self-esteem which is developed in childhood is thought to enable adults to cope with the inherent in sports. Conversely, a disordered self will fragment under extreme pressure. Kohut initially proposed a bipolar self comprising two systems of narcissistic perfection: 1) a system of ambitions and, 2) a system of ideals. Kohut called the pole of ambitions the narcissistic self (later, the grandiose self), while the pole of ideals was designated the idealized parental imago. According to Kohut, these two poles represented natural progressions in the psychic life of infants and toddlers. Kohut argued that when the child's ambitions and exhibitionistic strivings were chronically frustrated, the child's sense of self led to the preservation of a false, expansive sense of self that could manifest outwardly, in the form of grandiosity of the frank narcissist, or remain hidden from view, unless discovered in a narcissistic transference (or self object transference) that would expose these primitive grandiose fantasies and strivings. Kohut termed this form of transference a mirror transference. In this transference, the strivings of the child were mirrored and the patient attempts to use the therapist to gratify these strivings. Kohut proposed that the pole of ideals occurred when the child suffered chronic and excessive disappointment over the failure to identify with the idealized figures. Deficits in the pole of ideals were associated with the development of an idealizing transference. Kohut believed that narcissistic injuries were inevitable and, in any case, necessary to temper ambitions and strivings. He proposed that the process of recovery from these injuries (arising from a number of possible causes) that he regarded as



EFFECT OF LEADERSHIP ON REACTION TIME AMONG SPORTSMEN

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Abstract: Aim of the study was to investigate the effect of leadership on reaction time among sportsmen. **Hypotheses:** there is no significant difference between high leadership sportsmen than the low leadership sportsmen with respect to visual reaction time and auditory reaction time. **Sample:** For the present study 80 Sample were belongings to and jalna, 40 subjects were high leadership sportsmen (M = 21.78, SD = 3.11) and 40 subjects were low leadership (M = 20.92, SD = 3.53). The age range of subjects was 18-24 years. Purposive non-probability sampling technique was used. **Tools:** 1) MAP Series was constructed and standardize by Psy com measure for leadership 2) Reaction time. **Results:** 1) High leadership sportsmen have significantly high visual reaction time than the low leadership sportsmen. 2) High leadership sportsmen have significantly high auditory reaction time than the low leadership sportsmen.

Keywords: Leadership, Sportsmen, constructed and standardize.

INTRODUCTION:

Leadership has been described as "a process of social influence in which one person can enlist the aid and co-operation of others in the accomplishment of a common task". For example, some understand a leader simply as a person whom people follow, or as somebody who guides or directs others, while others define leadership as leading a group of people to achieve a common goal".

In the past, some researchers have argued that the fictional influence of leaders on organizational outcomes is exaggerated and romanticized as a result of biased attributions about leaders (Meindl & Ehrlich, 1987). Despite these reservations, however, it is largely recognized and accepted by practitioners and researchers that leadership is important, and research supports the notion that leaders do contribute to key organizational outcomes (Kaiser, Rogan, & Craig, 2008). To facilitate successful performance it is important to understand and accurately measure leadership performance.

Reaction time is the elapsed time between the presentation of a sensory stimulus and the subsequent behavioral response. In psychometric psychology it is considered to be an index of speed of processing. That is, it indicates how fast the thinker can execute the mental operations needed by the task at hand. In turn, speed of processing is considered an index of processing efficiency. The behavioral response is typically a button press but can also be an eye movement, a vocal response, or some other observable behavior.

Reaction time is the motion required for an observer to respond to the presence of a stimulus. For example, a person might be asked to press a button as soon as a light or sound appears. Mean RT for college-age individuals is about 60 milliseconds to detect an auditory stimulus, and approximately 190 milliseconds to detect visual stimulus. Reaction times for sprinters at the Beijing Olympics were 166 ms for males and 189 ms for females, but in 100m and 200m starts they can achieve 109 ms and 121 ms, respectively. Interestingly, that study concluded that the longer female reaction times are an artifact of the measurement method used; a suitable lowering of the force applied on the starting blocks for women would eliminate the sex difference.

ORIGINAL ARTICLE



A COMPARATIVE STUDY AMONG SPORTSMEN AND NON-SPORTSMEN RESPECT TO JOB SATISFACTION AND SELF CONCEPT

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Abstract:

An Objective of the study was to examine the job satisfaction and self concept among sportsmen and non-sportsmen. Hypotheses: there is no significant difference between sportsmen and non-sportsmen with respect to job satisfaction and self concept. Sample: For the present study 100 Sample were belongings to Maharashtra; 50 subjects were sportsmen (M = 24.15, SD = 4.37) and 50 subjects non-sportsmen (M = 23.64, SD = 4.61). The age range of subjects was 20-30 years. Purposive non-probability sampling technique was used. Tools: 1) Job Satisfaction Scale. 2) Self Concept. Results: 1) Sportsmen had significantly high job satisfaction than the Non-Sportsmen. 2) Sportsmen had significantly high self concept than the Non-Sportsmen.

KEY WORDS:

Comparative Study, Sportsmen, Job Satisfaction and Self Concept.

INTRODUCTION

Some believe it is simply how content an individual is with his or her job, in other words, whether or not they like the job or individual aspects or facets of jobs, such as nature of work or supervision. Others believe it is not so simplistic as this definition suggests and instead that multidimensional psychological responses to one's job are involved. Researchers have also noted that job satisfaction measures vary in the extent to which they measure feelings about the job affective job satisfaction, or cognitions about the job cognitive job satisfaction.

Job satisfaction is defined in line with Aiyeyuyo (2004) which states that job satisfaction is the measure of an individual's social and psychological well-being relative to his or her job and job performance. It therefore represents a feeling of relative pleasure or pain and expresses the amount of agreement between ones emerging expectations and the rewards that the job provides.

Several studies have examined job satisfaction of individuals employed in positions related to sport (Keinde, 1995; Keinde and Ayodabo, 2002; Herrera and Lim, 2003; Aiyeyuyo, 2004). Most of these reflected varying degrees of job satisfaction especially as it relates to predictive variables especially performance. Some studies also examined job satisfaction of employees generally and in relation to performance (Brown and Leigh, 1996)

We can now see why sport experiences can have an important effect on a child's self-concept and performance. Children typically enter the world of sports at a time in their development when they are

The Place of Job Experiences of Athletic Running Shoes in the Professional Sports Placing

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Members revealed that athletic coaches in the pro athletics setting (PSS) experience job pressures from colleagues hierarchical desires and requests, bringing about apparent constraints in their consideration and work-life balance. Along these lines, the motivation behind this study was to investigate the encounters of athletic coaches working in the PSS. We interviewed members from different pro athletics who participated in a semi-organized, one-on-one telephone meet. A 3-man information investigation group utilized a multi-staged procedure to distinguish rising areas and center thoughts, at last building up an agreement structure. Reliability was set up with part checking, various analyst triangulation, and outside validation. Three areas developed: 1) work attractors, 2) feeling esteemed, and 3) attributes of athletic coaches. Members revealed being pulled in to athletic preparing in the PSS because of steady colleague connections, having access to athletic mentors, and expanded access to assets and instruction. Athletic mentors were esteemed by bosses through expanding proficient obligations and expanding pay or acknowledgment. They additionally announced having confiding involved with their patients. Members portrayed common authoritative and representative working environment condition. Members point by point instances of wrong working environment and a sub culture of acknowledgment, whereby these 'working environment pressures' were acknowledged as a side-effect of the PSS. Members talked about normal pressures identified with miscommunication. In spite of the fact that members were generally positive about their work environment's encounters, they recognized penances to their work environment, including critical time duties, ordinary travel desires, family and special penances, and a rich advancement. Athletic coaches in the PSS feel esteemed for their work environment of the extended periods of time, family and special penances. Positive working environment conditions to assets keep on pulling in athletic mentors to the PSS. A working environment of creating an family working environment conduct inside the PSS ought to be investigated. Athletic mentors in the elite athletics setting feel that they have included occupation attractors that may incorporate access to assets and instruction. The pro



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Nutritional Status and Diet of Female Athletes

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The primary aim of this audit is to exhibit the fundamental standards of a sound sustenance regime as advanced by the most recent logical recommendations. The predominance of female competitor Triad, Eating issue, and self-perception issues among female athlete are great. Inadequate nourishing admission is more typical in female athletes than in their counterparts. Appropriate eating routine is foremost for dynamic people to keep up their energy during physical action and for post activity recuperation. A person's dietary requirements are based on their sex and body size, on the requests of the movement performed, and on the individual's physiological condition. Dietary segments incorporate carbohydrates, protein, and fat) and micronutrients (liquids, electrolytes, vitamins, and minerals) furthermore, giving legitimate instruction and backing to female athletes. This audit will give future medical issues and improve athletic performance.

Keywords: Athletes, Triad, Carbohydrates, Protein, Performance

Introduction:

The participation of female in sports has significantly expanded in the course of the most recent few decades. Information demonstrate that despite the fact that the commonness of eating issue issues ranges from 0 to 8% among expert and school female athletes a

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protect their distinct language, script and culture and their right to establish and administer educational institutions of their own choice. The role of the judiciary in the enforcement of constitutional safeguards to minorities. The institutional arrangements for the enforcement of constitutional and legal safeguards for the minorities are as important as the safeguards themselves. Major problems faced by the minorities in independent India has been the regular occurrences of communal disturbances, limited resources and powers of the commission, monitoring the implementation of the constitutional and legal safeguards of the minorities and the constitutional and legal safeguards for the minorities seem to be constantly under threat because of the growing menace of majoritarian fascism and xenophobia in India.

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HOW SPORTS AND EDUCATION WORK WELL TOGETHER

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Introduction

Sport is a universal language that has the power to motivate individuals to make constructive changes in their own lives and in the lives of others. It plays a significant role in the development of communities, bringing people together to interact, play and engage in conversations that build social harmony. Sport positively impacts on social and economic development, inculcating values and social skills and challenging inequalities in various dimensions: gender, race and disability. "Sport represents the best school of life by teaching young people the skills and values they need to be good citizens". Sport can instil values such as fairness, teamwork, equality, discipline, inclusion, perseverance and respect.

Globally, a sport as an industry has a unifying appeal. The sports industry boasts of a dynamic appeal that many other, even bigger industries look at with envy. It has the power to define nations as a whole. Sports offer a perfect opportunity to explore scientific concepts such as force, motion, potential energy, velocity, and torque. For many students school-organised sports play an important role in their academic and social experiences. Every school has sports embedded in their curriculum as they understand the importance of physical health and activity. **However, the importance**

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Dr. Bapu G. Gholap

ROLE OF PERFORMANCE SPORT IN CHILD & YOUTH DEVELOPMENT

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ABSTRACT

Activity involving in physical activity, it keeps you fit physical, mentally, builds your confidence levels and develops all-round personality. It is wrong to believe that sports are a waste of time. Physical activity is an essential element in shaping human personality in maintaining sound body and mind in facilitating peace and brotherhood is a much accepted argument. Despite the broad acceptance of the utility of sports, little is translated into actual promotion and participation in sports by general public. Sports have a positive spin on the vibrancy of a nation. It is a powerful media to educate the youth on the right lines in channeling their potentialities. It provides a platform for nurturing a spirit of national integration, crossing boundaries of language, tradition and region of the country. The participation in sports and physical education activities for good health a high degree of physical fitness increases an individual's productivity. It promotes social harmony and discipline. So for all these aspects, the role of sports and physical education is a nation building in these competitive era.

Keywords: Physical, mental, social growth, sports, physical education

INTRODUCTION

Sports should form an essential part of educational planning. Various countries have adapted to the requirements and needs of

different ages from preschool years to the University. Sports should be accepted as a way of life by people of all ages. The role of sports for the development of personality and for promoting of peace and mutual understanding among nations should be realized. Sports form an important aspect of life for they play a vital role in bringing about physical, mental and social growth of a nation. The past few decades have witnessed many an innovation in this area. Sports are becoming increasingly sophisticated technical and re gaining popularity as a separate profession. With the expansion of educational facilities in the country more and more young people are taking sports as a daily feature of their life.

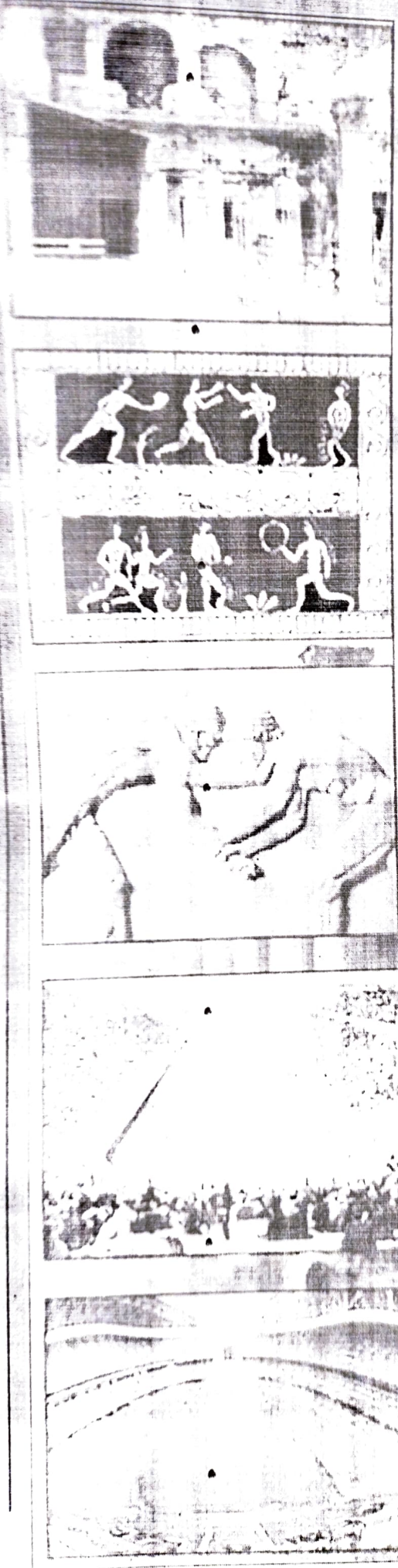
The participation in sports and physical education activities for good health a high degree of physical fitness increases an individual's productivity. It promotes social harmony and discipline. It is the need of every citizen irrespective of age and sex to participate in and enjoy games, sports and recreational activities. It is the duty of central and state governments, therefore, to accord to sports and physical education a very high priority in the process of all round development. They should promote and develop not only traditional and modern games and sports, but also yoga by providing the necessary facilities and infrastructure on a large scale and by inculcating sports consciousness among the masses. By regularly participating in sports and physical education activities the nation is made healthy, fit and strong. A fit nation is an asset and weak nation a liability.

Why is sport important and engaging for youth ?

Sport is physical as are the young – as a child/youth's body develops they are intensely engaged in this process, and they need to be physically active in order to develop properly and fully. Health is the absence of illness, fitness on the other hand, is the presence of physical

HORIZON PALAESTRA

Education



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SPORT, YOUTH FITNESS AND PHYSICAL ACTIVITY

PROF. BHAGWAT P. NAIKNAWARE

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Lal Bahadur Shastri College, Partur Dist. Jalna (MS) India

Introduction

Physical education and sport clubs are the main sports institutions. Sport clubs may be established for sport amateurs and for professional sportsmen. Amateur sport clubs are public legal entities whose purpose is to satisfy public interests in the field of physical education and sport, to unite sport amateurs and sportsmen for physical activity, healthy lifestyle, development of physical education and sport, to aim at qualitative and quantitative results of physical education and sport. A unit of an educational and scientific establishment uniting sportsmen of one or several sport branches, sport amateurs, sports promoters may also be regarded as a amateur sport club. Professional sport clubs are private legal whose purpose are to develop professional sports as an economic activity, to aim at quantitative and qualitative sport results. Indeed, sport & physical activity can be used as a tool for transformational change across all five of the DCMS outcomes in their strategy:

- Mental wellbeing
- Physical wellbeing
- Individual development,
- Social & community development
- Economic development

In this article following points are mention:

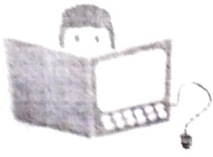
1. National strategy(ies)
2. Promoting and supporting sport and physical activity among young people
3. Physical education in schools
4. Collaboration and partnerships

National strategy(ies)

The National Sports Development Strategy (2011-2020) dedicates main attention to the social mission of sport and to the attempt of creating conditions to include all social groups into physical education and sports activity. This strategy covers the majority of activities (sports clubs, sports medicine centers, sports bases, sports management, sports

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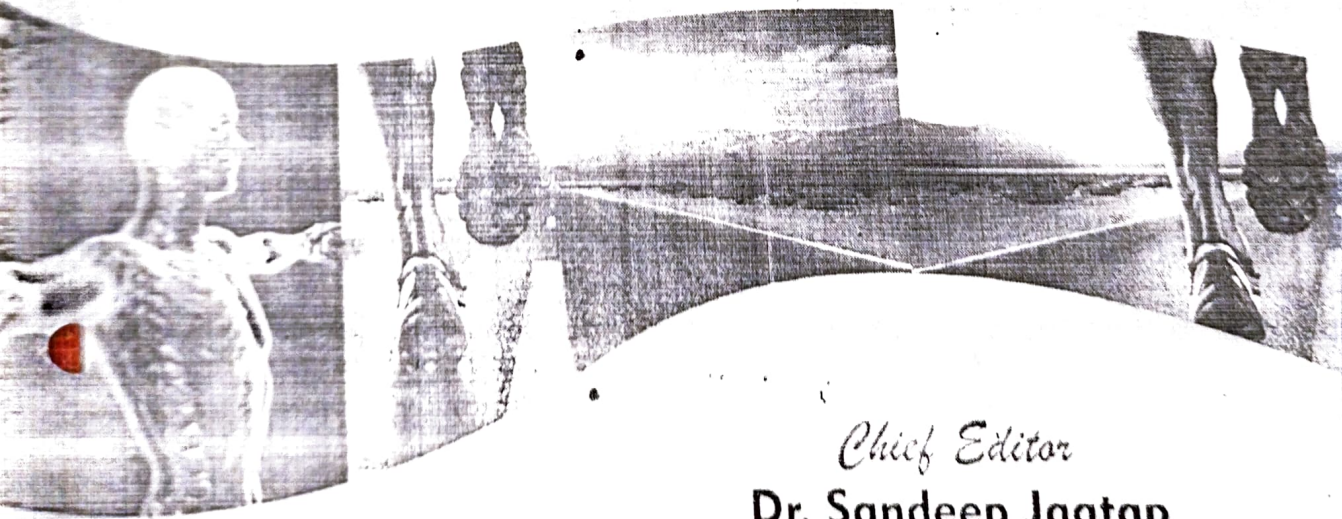
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