

IMPACT OF PHYSICAL EDUCATION ON THE MORAL ETHICS IN ADOLESCENTS IN MODERN EDUCATION

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DOI: 10.5958/2249-7137.2022.00406.2

ABSTRACT

The goal of this study is to see how physical activity and sports might be helpful to adolescents' development in social standards. Physical activity and sports are critical in instilling in adolescent people the importance of the social values in their lives should be much preferred. The relevance of connection in educating both the mind and the body was studied in a review of the literature. Furthermore, it promotes social ideals among adolescents, allowing them to form social relationships with their peers. Furthermore, the advantages of education and training might influence the adolescent's academic learning as well as physical exercise. The purpose of this study is to influence adolescents towards participation in physical activities besides modern education.

KEYWORDS: *Sports, Moral Values, Physical Education, Adolescents, and Youth, Modern Education.*

INTRODUCTION

In this modern world sports activities plays an important role in modern education. It directly contributes to the development of physical ability and fitness in the mind and body. It also helps young people and adolescents to understand the importance of living a physically and mentally active lifestyle. Although academic performance is the result of a complex interplay between intelligence and contextual factors, a child's ability to learn is moderated by their health [1], the students who are motivated in their academics for the sports are more likely to be healthy and physically active. In other words, physical education and sports are restricted to the core curriculum in some schools. Well, physical education is the only program that provides several opportunities for adolescents to gain more moral ethics and valuable skills in mental and physical fitness. Before discussing the physical health advantages and fitness, it's crucial to remember that academic success is influenced by a variety of factors. Socio-economic-economic status (Sirin, 2005), maternal participation (Fan and Chen, 2001), and a slew of other demographic variables are among them. A parent's clear expectations for their child's academic achievement are significant predictors of student academic performance [2]. Prevention of disease, safety, trauma avoidance, mitigating hazards, early death, and improved mental health are all advantages of physical activity. Physical education is a course in which students learn about all of the advantages of being physically active, as well as the skills and information needed to incorporate safe, enjoyable physical activity into their lives as well as how to engage with one another

(National Association for Sport and Physical Education, 2001). Furthermore, physical education courses should be accessible from preschool through secondary school. Multiple health advantages occur when children and adolescents engage in at least an hour of exercise each day [3,4].

Its goal is to address a wide variety of physical exercises and to encourage individuals who lack learning to participate in scheduled competitive sports. This study is targeted to motivate adolescents to the physical exercises and gain healthy and sound mental and physical fitness as shown in figure 1.



Physical exercises learned in the modern education system (figure1)

Sibley and Etnier undertook a meta-analysis of available research on the relationship between physical activity and youth cognition. Two other evaluations looked at the evidence for links between physical exercise, cognitive physiology, cognition, emotion, and academic achievement in children, using data from human and animal studies spanning the lifespan [5,6,7].

1. Role of physical education in modern life:

With the increasing rate of physical activities in modern education plays a very important role in the life of human beings. Besides it, we can evaluate the outstanding performance in the modernization as we notice everybody outside the home go for walk and exercises early in the morning or evening. Physical education and regular exercise, fitness levels and cognitive skills enhancement, and academic success have all been studied in depth. Several studies, for example, have discovered a link between increasing physical fitness and academic achievement [8,9,10]. Although we find the unique value of sports in this modern world.

- *Physical Health benefits:* physical education learned by an individual these days exceeds the great benefits related to health. It keeps a person fit and maintains the stamina which is helpful to work in excess as the excess work is required to maintain the status and prestige by fulfilling social demands.

- *Mental health benefits:* physical education is beneficial for mental health. It keeps a human being away from depression and anxiety. If a person is mentally sound then he or she can plan better for his or her future.
- *Empower the cognitive sense:* the cognitive power of the person is the backbone of health as physical education keeps much important to maintain the healthy cognitive sense of humans.
- *Promote confidence and enthusiasm:* in this modern life, everybody wants to reflect good confidence which is gained by the active presentations of an individual. This active enthusiasm is achieved by physical activities like yoga, jogging, and other exercises.
- *Status, prestige, and stylization:* A sport is being a good opportunity to reflect a good fashionable lifestyle. Some people consider it as the stylization to show off. They are keenly interested to spend more on sports accessories and brand alert. Purchasing a brand is to highlight status, prestige, and stylization.

2. Role of physical education in school activities

Before entering the age of adulthood they cross the school-going age as the adolescent's age is half crossed in school and the rest of it is in colleges. School activities can develop the interest of a student in physical activities so physical education plays a very important role in school-going age as it is shown in figure 2.



Active students are the better learners (figure2)

- *Helpful to generate the interest in sports:* only the school sports activities can generate the interest in sports. If a person is not able to perform sports in childhood then it will be very difficult to perform them in youth.
- *Maintain physical fitness:* school-based sports in children can develop physical fitness which will be helpful in regular and good physical growth.

- *Maintain mental fitness*: if a student is good at sports then he or she will have sound mental growth. Good mental growth helps learnability at that current age of learning.
- *Healthy growth of children*: these days we observe that every next child is having physical disorders as low physical activity is responsible for it. So the researcher would like to suggest the excess physical activities in growing age.
- *Maintain a good posture*: if someone is not active physically and continuously working on laptops or computers will suffer the problem of kyphosis. With the adoption of physical sports, it is helpful to maintain a good posture.

3. The College Sport Modernization Promotion Strategy

This content of physical education in the college is merged into the effect of physical education in colleges. It also relates to the quality arranged for students. The manifested reflection of the fundamental and core principle of intercollegiate athletic modernization is the modernization of the curriculum of college physical education. The educational components and learning materials used by teachers and students in college physical education refer to the modern curricular structure, instructional material content, and instructional methods and means.

- *Recognize the importance of modernizing school sports*: The achievement of an activity is directly determined by whether or not the value system is accurate. The value orientation of physical education in our country's schools can help us to abstractly and objectively understand the evaluation of gains and losses, as well as a summary of experience in the development of school sports, establish initial standards for the school physical education system and subjective values that adapts to social development, and lay a solid foundation for further development and empowerment of school events in the new century.
- *Moderately advanced strategy*: Modernization of thinking and concept is the antecedent of school sports modernization, and it holds a worldwide, fundamental, and leading position in advancing the process of school sports modernization. The modernizing of school sports is predicated on the advancement of ideas and concepts in school sports instruction.
- *Balanced development strategy*: In our country, the advanced notion of physical education is steadily transferring to practice. Investing and resource allocation in education are not reasonable. The environment in which schools and teachers operate is uneven. Competitive sports consume a significant amount of sports resources. Regular school development environment and supportive legislative framework are not flawless, and compulsory and non-compulsory education development is not balanced.
- *Coordinated development strategy*: The internal and external coordination of college sports modernization mostly refers to making college sports evolve in tandem with lifetime sports, community sports, and competitive sports. College physical education is responsible for laying the framework for lifelong sports participation. Neighborhood sports provide curriculum materials, education environment, and other factors, whereas college sports give supervision, counseling, planning, and training.

CONCLUSION

The current study focuses on how physical activity and sports might assist youth to develop social values. Physical education and athletics activities are regarded as critical components of both education and culture. It develops each individual's ability, willpower, moral ideals, and self-discipline as a completely integrated person in society. Physical exercise and sports participation must be validated throughout life through a worldwide, lifelong, and democratized education. To summaries, education in general, and the physical core curriculum, should address the needs of maximally developing individual talents and providing possibilities for personal fulfillment and social contacts, both of which are essential in human coexistence. So, we conclude just after the review of concerning research that there is a highly positive impact of physical education on the moral ethics in adolescents through the modern education system.

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