



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



DEVELOPMENT OF PERSONALITY THROUGH SPORTS

Shri.Vijayakumar T. B.¹ and Dr. J. S. Pattanakar²

¹M.P.Ed,M.Phil,(Ph.D) , Research Schlor , Physical Education Director Reg No. (00609216056).

² Guide , Ph.D , Lecturer in Physical Education, Govt Degree College Yadgir.

ABSTRACT:

Man has through the ages been bellicose, an ambitious animal in the universe with a tendency to conquer the highest as much as possible. From monkey to homo sapiens he has survived in this universe by fighting with other animals in order to occupy the position of being the emperor of the planet.

When he evolved into complete human being as we find him now, he continued his congenital attitude of fighting against his own fellow being not only physically but also psychologically and intellectually, where survival of the fittest was the only moto.



KEYWORDS: congenital attitude , physically , psychologically and intellectually.

INTRODUCTION

Sports is an artistic transformation of the inherent fighting nature of human being. Now-a-days, sport is more than competition or winning medals. It has a wide impact on the social, political and patriotic domains of the country and hence the pressure on sports persons and athletes have immensely increased, where psychological parameters have a big role on the performance of athletes and sports persons.

By nature human beings are competitive and ambitious for excellence in all athletic performance. Not only every man but every nation wants

to show their supremacy by challenging the other nation. Thus this challenge stimulates, inspires and motivates all the nations to sweat and strive, to run faster, jump higher, and throw faster in the present competitive sports world.

Just as philosophy and the arts help develop the intellectual, spiritual and emotional aspects of ourselves, sports help us develop the physical. We need balance of mind, body and spirit to feel and function at our best.

Playing sports helps much more than in the physical aspects. It builds character, teaches strategic thinking, analytical thinking, leadership skills, goal setting and risk taking to name a few. And those are just the non-physical aspects!

The ancient Greeks, who brought us philosophy and the arts, also took sport seriously. They encouraged mostly boys and men to develop strong, fit and graceful bodies. They would even meet and compete in running, jumping, discus and javelin throwing competitions (the Olympic games). Girls also engaged in physical activity but not to the extent the boys did, nor did they compete in the games.

PERSONALITY WITHIN SPORT

The mind is one of the most important things to an athlete, as it is one of the greatest strengths they have and it can dramatically affect their performance; this is why personality is one of the biggest influences in sport.

Your personality is your attitude, feelings and how you react to various situations within life; this gives you your unique perception of the world around you, what you do and how you react to this. Your personality is buildup of your psychological core, which gives you your basic and simple aspects of personality, so your likes and dislike; these cannot be rewritten, but through life it does grow. You then have your typical response which is partially rewritable and evolves; this is your attitude, so how you generally react based upon your beliefs and opinions concentrated within your psychological core. Finally there is the role related behavior which is your specified behavior based on your suited role; this means it is the controlled and restricted personality of the individual based upon the role they are taking. It is these three factors which make up the personality of a person.

How do sports and physical activity help us today?

Participating in sports/physical activity develops the 5 components of fitness, which are: strength, speed, skill, stamina and flexibility. When we are under stress from personal problems, work pressures and anxiety, apart from the fitness benefits, exercise through playing sports helps release pressure and tension in a healthy and controlled way.

Benefits of engaging in sports or physical activity:

- Sports are fun
- Heightens sense of overall well being
- Improves sleep patterns and levels of anxiety
- Clears the mind
- Develops motor skills and mind/body connection
- Staves off depression
- Reduces risk of many diseases

In order to continue to develop and take care of every aspect of ourselves, as well as attending to the mind and spirit, we must attend to the physical - our bodies.

BENEFITS OF SPORTS

Research has shown that playing badminton, tennis, cricket or baseball is said to improve mathematical skills in children. It helps develop leadership qualities too and foster a sense of team spirit. Sports inculcates a sense of competition and helps you deal with success and failure with a positive spirit. Playing helps in the development of social skills. It teaches you to interact with people, communicate with them and collaborate as a team. It fosters collective thinking and harnesses your planning and delegation skills too.

Says RayomandBanajee, India's 8 time national racing champion, "Sports help channelize one's energy into something constructive. They help develop one's personality thanks to the numerous 'similar to life' situations that one experiences. This gives a major confidence boost to your personality as well."

How sports affects your psychology

Sports requires discipline, assertiveness and the ability to work as a team and a willingness to compete without fear of failure. These positive characteristic traits help you at your workplace, as well as in your interpersonal relationships.

Says Dr Shree Advani, sports psychologist, "Playing any kind of sport brings out the leader in you. You learn to handle pressure and perform under any given circumstances. Sports makes you dig deep into the innermost reserves of your resources to pull out extraordinary performances when needed. It also facilitates an inward journey of self-discovery."

Team work and inspiration

One of the main aspects of playing some sort of sport is that it helps you perform better at your workplace; especially if you are required to work with a group of people.

Improves self-esteem and builds confidence

Perhaps, the most important qualities sports inculcate in you are self-esteem and confidence. You learn to take success and failure in the right spirit.

Commenting on the kind of pressure she has to face, to win the Olympics, badminton champion Saina Nehwal says in an interview, "People expect me to win. They want me to do well but finally on the court, I am playing. So I want to play for myself first, and then think of others." Her attitude shows that she has trained herself to be strong and only focus on the game.

Provides relief from stress

When you are bogged down with work etc, playing some sort of sport helps you stay stress-free and happy. Neurotransmitters present in your brain cells are stimulated when you exercise and it is believed that these transmitters meditate your moods and emotions and help you feel better and less stressed out.

Improves concentration and time management skills

Says Advani, "Those who are into sports, learn to manage time efficiently. You start valuing the importance of time more in your life." Sports helps you prepare, schedule, and priorities your deadlines well and this builds your time management skills.

Playing a sport involves directed thinking. You need to focus on the game and not divert your attention anywhere. This quality is also important in your personal life.

CONCLUSION

Physical education plays a vital role in the personality development of our youth. It makes them physically healthy, active and mentally alert, and also reduces their risk for health problems. It enables them to live in a healthy and competitive environment. It develops in them team work, self-discipline, sportsmanship, leadership and socialize.

REFERENCES

- [1] Eysenck, H.J. (1967) Dimensions of Personality, New York: Praeger
- [2] American Alliance for Health, Physical Education, Recreation and Dance. (1980). Lifetime health-related physical fitness test manual. Reston, VA: Author