



## ROLE OF PHYSICAL ACTIVITIES IN THE DEVELOPMENT OF PERSONALITY

**Yeotikar S.**

Director of Physical Education, Institute of Science College, Nagpur (M.S) India  
 Email: [Suraj.yeotikar@gmail.com](mailto:Suraj.yeotikar@gmail.com)

**Abstract:** This paper is for discuss the study to explore the role of physical activities in development of human personality. All physical activities must be learned and that involves analytic thinking, analyzing and interpreting new situations. This, mental exercise enhances the intellectual abilities of the participants and broadens their mental horizon. One also learns to control and regulate one's emotions while participating in competitions as well as during practice sessions. Sports persons are not unduly disturbed by their emotions, they learn to take the successes and failures, achievements and disappointments as part of the game and accept the same in their stride. Unutilized energy undoubtedly has harmful effect on one's personality makeup. Physical activities and spots provide an interesting and challenging outlet for such energy as well as for blowing out other emotional storms building within.

**Keywords:** Physical Activities, Personality

### Introduction:

The role one plays in a group not only reflects personality, but also affects it. Because people have the power to think and can communicate ideas, and because they are gregarious, they interact and react to each other and learn in the process. This is social experience and socialization occurs for individuals and at the same time culture may be re-shaped for the group. Since culture is not a part of biologic heritage, that part of the human entity must be safeguarded by social organization so that personality may be molded and expressed in ways according to the norms of that society. Humankind has no instincts for behavioral social patterns; these are molded and learned.

In personality development people take on the ways of behaving in their culture through the self-concept and through identification with others. First, children interact with parents and family and later with teachers and peers. If they are fully accepted, personality grows and develops toward full potential. However, if acceptance is lacking, personality may be negatively affected and, in extreme cases, disorganized where the individual becomes a deviant or at least a burden to society. A well-adjusted personality is indicative of competence in a culture. An individual who has made such adjustments would be one who satisfies

his/her own personal levels of aspirations within the parameters of the expectations of society.

If personality is shaped and molded by culture and society entrusts educational systems with the responsibility of transmitting its social heritage to the young, it is vitally important that the schools accept this role in development of the personality and individualism. The overall aim of education in the socialization scheme should be to teach the ways of society so that each individual might become a participating member of it, Schools should teach not only those standards and requirements of society which experience has shown to be valid, but also explain why they are valid and should be accepted.

Physical education has long been considered to be one of the aspects of education where personality can be influenced. It is rich in opportunities for the functioning of many social processes such as role playing, interaction, leadership, accommodation and boundaries, It is the responsibility of the physical educator to stress through socialization processes those values and attitudes in physical education which come within its province. This is the primary reason sports, exercise, and dance is in the schools in the first place and these goals should take precedence over any

economic, commercial, or entertainment objectives.

Book Walter clearly illustrates the role of physical education and physical activities in shaping up the personality of an individual, and mentally integrated and adjusted individual through guided instructions and participation in selected total- body sports, rhythmic and gymnastic activities conducted according to social and hygienic standards”.

As one participates in physical activities of his own volition, it provides a free, pleasurable immediate and natural expression of his innate desires. Such exercise unfolds the hidden talents and desires, and helps in shaping up the personality. Physical activities meet the basic needs of human being, such as the sense of security, the sense of belonging, happiness, experience, etc. Physical activities also provide recreation which goes a long way in producing perfectly happy, satisfied and balanced individual, having pleasing and energetic personality, having zest for life experiences.

One of the primary and apparent aspects of one’s personality is his physical appearance. Children as well as adults, boys as well as girls, all are very much concerned as to how they look. Adolescents spend quite some time before the mirror to put on their best appearance. Physical activities are conducive to the growth and development of the physique. Robust and athletic physique does enhance one’s personality. Poise, grace, agility and the manner one carries himself, have great impact on one’s personality. An individual is able to develop appropriate neuron-muscular coordination for such movements through physical activities and rigorous training only. Workouts in gym are becoming a must for all the youngsters of today, who are becoming more and more conscious about their bulging biceps, broad shoulders, expanded chest, and trim waistline. Actors like Arnold Schwarzenegger and Sylvester Stallone are their ideals; their blowups are pinned up in each youngster’s wardrobe quite prominently.

Participation in sports and other physical activities provides avenues for

social interactions, and lays foundations for amicable relationship. Success in such activities also provides social recognition, status, social acceptance and respect. Sports team comprises athletes coming from different, and many times, diverse social, economical and cultural matrix. Physical activities and sports provide opportunities of interaction between athletes coming from different regions, speaking different languages, belonging to different caste and religion, and thus help an individual to develop multi-dimensional personality. The inculcation of qualities like honesty, sincerity, fair play, punctuality, dedication, obedience of rules, respect for elders, and moral values through sports is responsible for development of sound and ideal character, a very essential attribute of personality. One cannot succeed or achieve any goal unless one sincerely strives to achieve the same. In sports, one learns to make sincere efforts, which reflect positively in the development of an individual’s personality. Group effort, loyalty to the team and strong ties are much in evidence in sports and physical activities. The varied experiences and opportunities provided by sport situations make valuable contribution in development of one’s personality. Participation in physical activities and sports enables us to develop tolerant attitude toward other players as well as spectators. Participation in sports and physical activities provides many such situations where tolerance pays. Adherence to the code of discipline is fundamental not only to the learning of any physical activity, but also for effective participation in sports. Team spirit or joint efforts are the primary characteristics of any athletic Endeavour. Cohesiveness is one of the pre-requisites for team’s success. As a member of the team one learns the habit of adjustment in order to achieve the goal. Members of a sport team may be many, their role in the play field may be different, but it is their joint effort, cooperation and helping each other that produces the results. In the play fields as well as off the play fields, a member of the team learns to adjust socially and emotionally with other team members. All

these are attributes of a well developed personality.

Competitive situations are inherent in sports and physical activities. One learns to excel and out-beat the others while following the rules of the game. Unless the aim or the goal to be achieved is clear, the physical effort or the athletic Endeavour would be directionless. To set realistic goals is one of the fundamental principles of sports. Setting realistic goal enables an individual to organize his way of living in different life situations in a better way. Aggression and hostility, to some extent, is necessary for any successful athletic Endeavour, at the same time, too much or too less of the same would hamper the performance and jeopardize the results. Similarly, fickle and temperamental behavior is beyond comprehension of any sincere athlete. Participation in physical activities and sports trains an athlete to manage and control his aggression and temper, which help in the development of a balanced personality.

While making efforts to win, an athlete also learns to face failure. He learns to overcome and correct his mistakes and try again for success. Pessimistic and negative approach is alien to sport environment and an individual develops a positive outlook towards life, which leaves a permanent impression on his personality, Successful sport performance also contributes to self confidence of the athlete. He has to face many problems, some on the play field and some off the play field; Sport settings quite often pose many challenging situations. Through dedicated effort and foresight, an individual learns to solve the problems and to face the challenges of the life with full confidence. Perseverance and persistence are two important attributes of an athletic performance. These traits provide stability to an individual and are helpful in developing his personality.

#### **Conclusion:**

This paper concludes that physical activities and sports play an important role in the development of personality of an individual of personality of an individual. The aim of physical education is to strive for optimum development of an individual in all spheres of life and thus, physical activities play pivotal role in development of one's personality.

#### **References:**

- 1) **Barrow, Harold M.** (1983). Man and Movement: Principles of Physical Education, Third Edition. Washington: Lea and Febiger Philadelphia U.S.A., p. 203.
- 2) **Ajmer Singh et. al.** (2010). Essentials of Physical Education, New Delhi: Kalyani Publishers, p. 190-191.
- 3) **Huang, Chu-Hsin et.al.** (2007). The Influences Of Personality And Motivation On Exercise Participation And Quality Of Life. Society for Personality Research. 35 (9).
- 4) **Hogan, Joyce (1989).** Personality Correlates Of Physical Fitness. Journal of Personality and Social Psychology, (56) 2.
- 5) **Felder, R. M.** (2002). The Effects Of Personality Type On Engineering Student Performance And Attitudes. Journal of Engineering Education. 91(1).
- 6) **Horn, Thelma S.** (2002). Advances in sport Psychology. (2nd Edition), U.S.A.: Human Kinetics Publishers.
- 7) **Kamlesh, M. L.** (2009). Educational Sports Psychology. New Delhi: Friends Publications.
- 8) **Eysenck, H. J. and Arnold, W.** (1972). Encyclopedia of Psychology. London: Search Press.

\*\*\*\*\*