NEED OF PHYSICAL EDUCATION IN SCHOOL CURRICULUM FOR HEALTHY NATION

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ABSTRACT
The physical education curriculum is one of the most crucial programs as it can promote good health, giving students a new way to make them fit. There are many benefits of physical education that contribute to students becoming responsible adults who are aware of the importance of a healthy lifestyle. It helps them make decisions regarding their own, family health, safety and well-being. Present study is focused on views of students, teachers and school administrators regarding need of physical education in school curriculum.

INTRODUCTION
Physical fitness is an important component to leading a healthy lifestyle. The inclusion of regular fitness activity helps students maintain fitness, develop muscular strength and improve cardiovascular health. A regular fitness activity improves the absorption of nutrients by the body, improves digestive processes and increases physiological processes. Physical education is essential to the development of motor skills and the enhancement of reflexes. Physical health education informs students on sound eating habits and the essential guidelines for nutrition.

Students have substantial amounts of stress due to curriculum, homework, families and peer pressures. Involvement in sports, recreational activities or other forms of physical fitness offers a method of stress relief. The participation in physical education provides a positive influence on student’s personality, character and self-esteem. Sports inculcate qualities like leadership, discipline, sharing, team work, honesty, team spirit, tolerance and many more among its participants.

OBJECTIVE OF STUDY
- Finding of need of physical education in school curriculum in student’s view
- Finding of need of physical education in school curriculum in teacher’s view
- Finding of need of physical education in school curriculum in school administrator’s view

HYPOTHESIS
1. There is no significant need of physical education in school curriculum in student’s view.
2. There is no significant need of physical education in school curriculum in teacher’s view.
3. There is no significant need of physical education in school curriculum in school administrator's view.

**METHODOLOGY**

Descriptive survey method was adopted for present study. 400 students of class 9-12, 200 school teachers and 100 school administrators were randomly selected for study. In every category 50% male and 50% female were taken. They were interviewed to find their views using a self-prepared questionnaire. Their views were collected, classified, tabulated and analysed using percentile as statistical tool.

**FINDING AND ANALYSIS**

Table: Status of Different Views for Need of Physical Education in School Curriculum

<table>
<thead>
<tr>
<th>Category</th>
<th>Gender</th>
<th>No. of Persons %</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Favored</td>
</tr>
<tr>
<td>Students</td>
<td>Male</td>
<td>47</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>49</td>
</tr>
<tr>
<td>Teachers</td>
<td>Male</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>57</td>
</tr>
<tr>
<td>School Administrators</td>
<td>Male</td>
<td>52</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>53</td>
</tr>
</tbody>
</table>

Data table shows that 47% male students, 49% female students favored to include physical education in school curriculum. 39% male and 35% female students opposed while 14% male and 16% female not reacted. Hence hypothesis 1, there is no significant need of physical education in school curriculum in student’s view is rejected.
Among school teachers, 54% male, 57% female supported physical education as a part of school curriculum. 37% male and 31% female teachers opposed and 9% male, 12% female have not showed their view. Thus hypothesis 2, there is no significant need of physical education in school curriculum in teacher’s view is rejected.

In this connection 52% male, 53% female school administrators expressed their consent, 41% male, 36% female opposed and 7% male, 11% female have not expressed their views. Therefore hypothesis 3, there is no significant need of physical education in school curriculum in school administrator’s view is rejected.

CONCLUSION
Increasing health problems have emerged need of health education at school level. Everyone should know basic requirements of good health, maintenance of health. To get best result it should include theory as well as practical training. Physical education as compulsory subject at school level will make healthy citizens, healthy society and healthy nation.

REFERENCES