

Demands and Benefits of Physical Fitness in Present Society (With special reference to South Karnataka)

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ABSTRACT

“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual”(John F.Kenedy 2014). Indulging in regular physical exercises helps in fighting child obesity. We all are very aware of the various diseases which are linked with obesity and how vital it is to maintain a healthy, active lifestyle. There are many factors influence the academic performance of a child. Some of them are socio-economic status , parental involvement . P.E in schools is very crucial as it helps young people to learn and develop a wholesome personality and learn new skills of life. It also helps the children to have fun and build up good fitness by playing games and recreation activities. The National plan of P.E (1956) stated that, “Physical education should make a child physically, mentally and emotionally fit and aim at developing personal and social qualities. The present paper analyses the importance and benefits of Physical exercise and being Physical Fit in curing the Physical and Mental illness. Physical exercise with brisk walking is regarded as the "miracle" or "wonder" drug which cures diseases. The study is based on both Primary and Secondary data. The objectives of the study are :- (i) To observe the existing status of Physical Fitness in Present Society (ii) To understand the Demand and Importance of Physical Fitness in the present Mechanistic Life. (iii) To analyze the Advantages of Physical Fitness in the view of Physical and mental health. The targeted sample size was a total of 100 respondents from Districts of South Karnataka.

Keywords: Physical Education, Academic performance, Obesity, Memory, Brisk Walk, Health and Exercise.

INTRODUCTION

Daily exercises, enjoying and participating in various games and sports help the body and mind to tackle with the modern life situations, such as stress, anxiety. That is why the society has to understand the need and importance of P.E in daily life. Physical exercise helps in overcoming stress and anxiety in children. Physical activity promotes healthy and sound physical image in teenagers, especially amongst women and girls. In this era of technologies and societal pressure to look a certain way, this is very essential. Sports enable children to be self- disciplined.

Physical fitness is one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior. (Encyclopedia of Behavioral Medicine 2013).

Physical exercise and Physical Fitness is aimed primarily at improving health and physical capacity of the individual. Physical training is aimed primarily at increasing the individual's maximum physical capacity and performance. Physical education is the Pillar of a Comprehensive School Physical Activity Program. It provides opportunities for the students to participate and make the Sports as their occupation. One can meet the daily recommendations for physical activity by high-intensity exercise, and remaining physically inactive for the rest of the day, thereby creating a "polarization" of physical activity along with Fitness. Physical education must be place within the image among young kids through regular observation of health like taking part in games, calculation of BMI and mensuration measures. "Altogether, towards the ending years of the last century, there was a consciousness by all men thinking of the necessity to face the risks of human health, safety and progress arising from the changes in environment" (Govindarajulu,2009).

According to "Williams" (1962) "Physical Education is the total of man's physical activities selected as to kind and conducted as to results". The National plan of P.E (1956) stated that, "Physical education should make a child physically, mentally and emotionally fit and aim at developing personal and social qualities. Physical education has a wide variety of pedagogical and social effects. A significant number of scientific papers describe and analyze in detailed manner in terms of means of physical culture, sport and

tourism from the recreational, developmental, and educative perspective. People should be aware that physical exercise is a sphere of activity, where there is an active adaptation of the individual to the social environment conditions, that is, the social adaptation (for students – an adaptation to the new high school environment). They are represented also in terms of the need of a person for adaptation to new environmental conditions of life. In the course of sports activity the students are involved in public life, develop their experience in social relations and the leadership qualities, hone their organizational skills. “Physical fitness helps to enjoy physical activity sustain skills, learning and enhance performance on the athletic field. Specific physiological systems of the body should be adopted to support a particular game. Different games have different demands upon the organism with respect to neurological, cardio respiratory systems are highly adaptable to exercise” (Willmore, 2012)

REVIEW OF LITERATURE

Kohl and Cook (2013) The study revealed that there is a relationship between physical education and health, and they are two sides of one coin. Physical education is a way of promoting high standards of health, and health is an integral part of physical education as well. Physical activity is central to health, and its importance clearly extends beyond its role in achieving energy balance to prevent and treat obesity and overweight. Adequate regular physical activity improves cardiovascular health, metabolic health, brain and mental health, and musculoskeletal health-benefits.

Rashmi Ramachandra, Apanna M.Gasti (2015) attempted to construct norms for 800 adolescent girls from Karnataka State. The subjects were studying in eighth and ninth grade and were taken from Bangalore academic division. They were randomly selected. The age of the subjects was 13-15 years. The physical fitness variables used for the study were: 50m dash, 600 yard, flexed arm hang, flexed leg sit-ups, shuttle run, SBJ. Percentile scale was used as statistical technique in the study. The results of this study revealed that 10th percentile was the lowest score and 100th percentile was the highest score. The results also revealed that construction of norms are important to monitor the level of fitness as well as to improve the physical fitness.

Vazgen Minasian (2018) constructed and created norms of physical fitness for the men of age 18-60 years. For the purpose of this research, 396 men were selected as respondents. The physical fitness variables used for the study were: Flexibility which were tested by sit and reach

test, 1 mile walk/run test, curl up, hand grip test and lastly push up tests. The researcher made a comparison of the results obtained from his study with other countries. It was found that the subjects were weak in cardiovascular endurance; their abdominal muscles also were found weak as well as the strength in their hands was not optimal. Therefore the results of the study concluded that the level of fitness of the subjects in general were not up to the mark.

Ramesh, U.N.Dhandargi (2019) showed that physical fitness in children is nowadays lacking due to which many health issues are arising mainly because of the lifestyle adopted by the children such as eating fast foods, not doing any physical activity. As per the Reports and study, He also emphasized that there is a need to create awareness among people on doing from the age group of 13-15 years. The study was conducted among boys from high school. The independent variables selected for the study were ES, AS, speed, agility, CRE, and flexibility. The Percentile scale results showed that the minimum sit ups done by the boys of age 13 were 13 repetitions and the best they could do were 23 repetitions. The results of the study further showed that there was significant difference found while assessing the different physical tests among the boys of age 13 to 15 years.

Harvard T.H.CHAN (2020) Participating in different kinds of vigorous activities during free time will bring deep satisfaction and release from tension. Physical education is an abstract form that is not only limited to a particular area of Physical health. Physical education is not only concerned with physical activities and needs to be termed as the education of body, mind, emotions, and soul. People are getting encouraged about their health and influenced towards physical education. Moderate-intensity activities like laborer, factory worker are those that get you moving fast enough or strenuously enough to burn off three to six times as much energy per minute as you do when you are sitting quietly, or exercise that clock in at 3 to 6 METs.

OBJECTIVES

- To observe the existing status of Physical Fitness in Present Society
- To understand the Demand and Importance of Physical Fitness in the present Mechanistic Life.
- To analyze the Advantages of Physical Fitness in the view of Physical and mental health.

METHODOLOGY

The present study is based on both primary and secondary data. The primary data is collected from the Districts of South Karnataka with the following objectives (i) To observe the existing status of Physical Fitness in Present Society (ii) To understand the Demand and Importance of Physical Fitness in the present Mechanistic Life. (iii) To analyze the Advantages of Physical Fitness in the view of Physical and mental health. The research methodology followed in the present study was descriptive research. A simple random sampling technique is adopted in the paper to select the sample respondents. The source of data is the primary research done by conducting questionnaire and survey of the targeted individuals. The targeted sample size was a total of 100 respondents from Districts of South Karnataka. All the respondents belonged to the National Capital Region. The Present study is irrespective of Class , Caste and Gender.

FINDINGS

Many reports suggests that increasing physical activity and physical fitness may improve academic performance and that time in the school day dedicated to recess, physical education class, and physical activity in the classroom may also facilitate academic performance. Physical education and its importance is the foundation of a Comprehensive School Physical Activity Program. It provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviors for physical activity and physical fitness. With respect to Physical health, Physical Exercise and Walk helps in strengthening Muscles and Bones.

Boost happy chemicals :- Physical exercise along with walk and Jog releases endorphins in our body, which create feelings of happiness and euphoria. This happiness and satisfaction is needed in our life to lead a peaceful life. Studies have shown that exercise can even improve symptoms among the clinically depressed. Most of the doctors recommend walking and Physical exercise for the person who are depressed, has anxiety and mentally not healthy. In some cases, exercise can act as antidepressant pills in treating depression. Higher energy levels resulting from exercise help a person in remaining fresh and happy. Following a suitable exercise program can add some fun and brightness to the day. Working out for just 30 minutes a few times a week can instantly boost overall mood. The present study analyzed that 78% of the respondents agreed and had a positive thinking that Physical exercise and brisk walking helps in curing mental health problems and create a feeling of happiness and Peace.

Improves muscles and bones strength :- Physical Exercise involves a series of sustained muscle contractions and relaxation, develop and improve the stability of muscles, depending on the nature of the physical activity. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment and it also prevents from fractures as well. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Physical exercise and Physical fitness improves to the circulatory and respiratory systems to facilitate better delivery of oxygen and glucose to the muscle . The Present Research reveals that doing Physical exercise and being Physically fit atleast a moderately-intense level can slow the loss of bone density that comes with age, along with that hip fracture is a serious health condition that can have life-changing negative effects, especially if you're an older adult. As per the Present report research shows that people who do 120 to 300 minutes of at least moderate-intensity aerobic activity each week have a lower risk of hip fracture . The study also analyzed that 93% of the respondents said that Muscles and Bone strength can be improved by regular Physical exercise, brisk walk and being Physically fit.

Preventing Obesity :- In the Present existing commercialized life, Obesity is the common disease due to unbalanced diet and lack of Physical exercise. Obesity is a significant health problem all over the world for all ages. Exercise can help prevent excess weight gain or help maintain weight loss. Excess calories are stored as fat in the body, and with long-term caloric excess, an individual eventually becomes obese. Genetics can play a role in the possibility that a person will become obese, the condition occurs when the amount of calories consumed exceeds the amount of calories expended over a long period of time. The more you exercise, the easier it is to keep your weight under control. The more intense the Physical activity, the more calories you burn. Regular exercise along with proper nutrition can help reduce body fat. Weight loss will achieve most effectively when we follow a cardiovascular exercise of moderate- intensity activity accumulated over 5-7 days per week. The present study analyzed that 95% of the respondents said that Regular Physical exercise and brisk walk play an important role in reducing obesity.

Reduce the Risk of Heart Diseases:- When a person exercise, walk and is Physically fit, the heart can pump more blood through the body and continue working at optimal efficiency with little strain. Regular Maintanance of physical fitness will result n less chance of Heart attack and Heart arrest. Daily exercise helps in strengthening of heart muscles. It helps maintain desired

cholesterol levels. Regular exercise also helps to keep arteries and other blood vessels flexible, ensuring good blood flow and normal blood pressure. Daily physical activity reduces one's chances of stroke and the risk of heart disease. According to the Reputed American Heart Association (AHA), exercising 30 minutes a day, five days a week will improve your heart health and help reduce your risk of heart disease. The present study analyzed that 78% of the respondents agreed that Physical exercise and brisk walking helps in Reducing the risk of Heart Diseases.

CONCLUSION

Physical activity or exercise can reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Sport's main purposes are to promote physical activity and improve motor skills for health and performance and psychosocial development. Physical exercise with brisk walking is regarded as the "miracle" or "wonder" drug which cures diseases. Regular exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. According to several reviews, there is a correlation between high daily physical activity in children and a low risk for obesity, improved development of motor and cognitive skills, as well as a stronger skeleton. Positive effects on lipidemia, blood pressure, oxygen consumption, body composition, metabolic syndrome, bone density and depression, increased muscle strength, and reduced damage to the skeleton and muscles are also described.

Maintaining a good PF is a result of regular physical activity, healthy diet and a suitable program for physical restoration. No matter what age, in its simplest form, physical fitness helps people in leading a healthy life. PF is made up of several qualities that enable a person to perform well in intensive physical activities. The more fit a person is, the longer he/she will give a better performance and will be able to recover quickly. "Physical fitness is not a static factor and it varies from individual to individual and in the same person from time to time depending on factors."

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