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## **CHANGING ATTITUDE TOWARDS PHYSICAL EDUCATION AND MODERN LIFESTYLES**

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# Changing Attitude towards Physical Education and Modern Lifestyles

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**Abstract – Today the technology has changed life style of man largely and it will continue to do so. Physical work of person living in very fast lifestyle and pushbutton technology has become negligible. Things that were produced by labors system have been replaced by machines. Due to this reason man of today losing health and happiness. People become idle and dependent on technology. Obesity is the biggest issue now a day. Many inventions have been made by the medical science. They invent to cure the person after they become ill. Not all the persons attached to respective field should be inactive. On the contrary, they should be active to ensure that they may not be ill. We always say-‘Prevention is better than cure’. We should concentrate on contributing factors of physical-happiness. We should spare some time for physical labors, exercise, naturopathy, yoga & Asana, walking, jogging, swimming, recreational games to be healthy and fit in modern technologically featured life. We should know as to what are the physiological aspects among constituents of physical happiness, and what should be done for its proper development and what should be done for problem have developed. Persons work in various fields, if food habits are according to their duties and type of work, then serious problems of health do not rise. In existing circumstances, health and hygiene are important for everybody. Physical- Education is not only limited to physical activities but it helps to develop the art of learning, leaving intellectuality and attitude towards life. From the ancient time sports and games have been the part of human instinct to enjoy life and be happy. In tune with the growth of man and the value system in the society around him, the intensity and the goal of games and sports have changed. The modern era of science and technology is featured by the analysis and accuracy of questioning mind with a deterministic approach and economy based value system in the society. In tune with this the sophistication and complexities in sports and games have also increased.**

## GENERALLY PHYSICAL-ACTIVITIES FALL IN TWO CATEGORIES:

1. Health, recreation and fitness related activities.
2. Sports performance related activities.

Worldwide accepted concept about physical education is that it deals with all round development of an individual through active participation in various recreational and play oriented activities, and an integral part of total education. Physical education popularly known and accepted as a profession which enable an individual to develop his physical, mental, social, emotional and other qualities to live most, serve best and get wellness. It also provides an opportunity to involve in various leisure time activities to get relief from tension and worries. Moreover it develops competitiveness which in turn develops personality for better adjustment and understanding capacity.

Health habits should be developed from home and then in school. In modern lifestyle people have no more time to be spare for physical activities and

games. Normally people accept physical activity when they fall sick with advice of a physician, but this is not enough. There should be a lifetime approach towards different physical activities. There is no little doubt that physical activity with appropriate frequency, intensity, and duration produces significant health benefits. The Claude Bouchard the internationally renowned Canadian exercise physiologist estimate that- “Physical fitness in one’s richest possession, it cannot be purchased and it has to be earned through a daily routine of physical exercise.” Physical-education deals with the health and wellness of citizen, which directly leads to the fitness and progress of a nation. Wellness in holistic sense means a person must be full of life in good physical, mental, social and emotional state, and free from disease and tenderness to the maximum extent possible. Achieving a state of wellness means living a higher quality of life experiencing a peace that goes beyond what material wealth and external situation can offer.

**Old age approach:** People would like to take part in physical education programmer like, play combat,

games etc. to spend their leisure time and to have fun and pleasure or to show superiority over another during the time when society have limited goals to achieve even in educational institutions students used to take part in physical activities without any compulsion. The result behind is students were free than now when compare to present curricula and demand of education to find livelihood. On the other hand common man though less aware about health aspect but used to percolate with others due to be achievement motive but play oriented.

#### \*OLD CONCEPTS OF PHYSICAL EDUCATION

##### Recreation centered lifestyle-\* Joint family system

\* Life settlement

\* Limited ambitions

\* Communication

**0. Joint family system**-More number of individuals residing under one shelter used to get opportunities to interact and involve in recreational activities. Play used to be among the numbers of the kinship. Main intention was to interact and develop belongingness.

**1. Life settlement**-Commonly people used to reside in a particular place and this because workplace was attracted to the family moreover, all the members of the family are involved in same occupation. There is less movement from place to place.

**2. Limited ambitions**- People are satisfied with their type of occupation and earning. Moreover people were unaware about the world around them; they never used to attain height by hook or crook.

**3. Communication**- Communication system was primitive slow and limited to a particular community or area. People had no idea about what is happening on the other side of the globe. oor communication restricted people to a particular area and adapt similar lifestyle by all.

##### [B] Performance centered approach-\*Scientific approach

\* Professionalism

\* Propagandas

\* Superiority

**0. Scientific approach**- Physical education when became a part of the total education process that takes place in around the man, gradual

development has been made through implementing scientific facts and principals in obtaining high performance in sports and games to attain higher levels of goals. All efforts are being made with help of science.

**1. Professionalism**-Purpose of recreation has become profit motive and people began to move from amateurism to professionalism. Many people and organizations have made sports as a means of gaining money.

**2. Propagandas** -Wide publicity through various mass media attracted people to perform better in sports and get the motives achieved. Similarly media helped in comparing efficiency of one over another.

**3. Superiority**- Sports have become the means for providing superiority over others. People ready to accept defeat in the battlefield but not on the play field. Superiority strength and the power of the nation are scaled through sports achievement.

**[C] Spectator centered**-Over the years drastic change from participation as spectators is seen all over the world this is due to many changes that taken place in the lifestyle of the people. Attitudinal change parents, children's, students and people can never be over looked in assessing the present development of spectators. Change in the lifestyle, need for better placement, higher ambitions in life and due to mechanical life, attitude has been changed from time to time. Incidentally even active spectators taking a deviation as passive viewers or spectators.

##### \*Reasons of Attitude Change:-

**1. Urbanization**:-People started moving towards urban areas to revise their standard of living and to have easy and fast life. Occupation becomes clock demanding and shifted to work place. Which in turn developed mass spectators? Moreover, common holidays demanding certain entertainment for the people to get relief from tension.

(a) Limited play areas- Urban areas give rise to shortage or non-availability of sufficient play areas. Since people do not get access to playgrounds and recreational areas, because find it difficult to involving big muscle activities.

(b) Machine Mania-Arrival of various machine to perform domestic as well as productive functions of man, created easy and inactive life. This also gives rise to non-constructive

leisure time, which may people to sit and watch television and other mass media.

2. **Heroism**-Most of the people would like to see and satisfy the action made by the active participants, which they cannot perform due to their limitations.
3. **Mass media**-Recreational games, ply (local or regional) has become national and internationalized and brought down to global village by the mass media. Whatever actions are being performed anywhere in the world could be easily viewed by the huge mass all over the globe. Moreover nuclear family system welcomes mass media to get solutions for childcare.
4. **Commercialization**- Hooliganism developed due to the influence of professional competitions conducted at various levels for the purpose of profit making. Different contest announced through mass media to attract sports and games lovers towards money making.
5. **Academic Advancement**-To meet the changing social needs and create human resource, too much of academic emphasis is given at various levels of education. Students do not find sufficient time to time participate in physical education activities. To release their mental tension and aggression, watching sports competitions is the only alternatives. Wide range of curriculum facilitates students to make career advancement in various disciplines. Multi discipline oriented education does not provide any opportunity to engage in sports and games. Student community by and large converted as spectators to come out with their inner urge of participation for which there is no time and place and to get the burden of huge curriculum. Now it is high time for physical education profession to make such changes, which can affectively attract youth. Greater emphasis should be made on health related fitness. As we observe people suffer from diseases like cardiac arrest, diabetes, blood pressure, stroke, sodalities, and meningitis, so on and so forth due to lack of physical exercises. One of the commonest old age health problem seen today is stress related problems like depression; psychosomatic diseases etc. physical education profession should come forward to make people aware about the need of physical exercise.

#### **SUGGESTIONS FOR THE REMEDY:**

- [1] **Elementary school physical education program**-Informal activities, playing recreational and minor games and some of the general fitness activities, which will help to develop neuromuscular co-ordination, general strength, endurance and speed as well as to develop better posture.
- [2] **Secondary and higher Secondary physical education program**- Emphasis on fitness consciousness and voluntary participation in physical activities of big muscle. Reduce selection of students, coaching and competitions which demands screening and elimination. Educate students regarding hazard and need for physical exercises.
- [3] **Higher education**-All those who receive higher education must compulsorily indulge in physical activities at least thirty to sixty minutes a day. Stress on maintenance of muscular strength, cardio respiratory endurance and flexibility through stretching.
- [4] **Veterans and old age physical activities**- Setup facilities at various levels to indulge in physical activities in the form of recreation, joking and general exercises. Opportunity must provide to make use of available facilities extended by physical education departments in various centers with proper propagandas.

#### **CONCLUSION:-**

Physical education is a dynamic profession and it is in our hand that how perfectly and efficiently we execute to keep up the status of the profession. As there is a saying that-"There is no shortcut for success ". Physical education personnel should try to follow the ethics of physical education and sports, so that possible justice could be done to the people and youth who are being cheated and diverted by our own personnel in obtaining results by hook or crook. All must make collective efforts for the better progress and promotion of physical education

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