

Physical Exercise in Personality Development

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Abstract

Introduction: This research aims to find out the impact of physical and sports activities on the social adaptation of university students, focusing on their integration into academic life and the development of essential skills for future professional success.

Materials & Methods : A survey was conducted among 210 students of the Jeevan Shree Nursing College, Jaipur, comprising both genders and various academic years. The study employed questionnaire surveys, pedagogical observations, literature analysis, and statistical methods for data analysis.

Results: Collective physical and sports activities significantly contribute to students' communication skills, fostering social integration and unity within training groups. Furthermore, participation in physical activities is deemed important for preparing students for their professional endeavors. A majority of respondents also acknowledged the role of physical training in cultivating strong-willed personality traits and moral qualities such as courage, determination, discipline, and responsibility. Additionally, a significant portion recognized its potential to develop team management skills and assume new social roles. Multifaceted nature of students' social adaptation, influenced by both subjective factors like individual characteristics and objective factors such as pedagogical and social environments. The study suggests that physical and sports activities serve as a platform for enhancing social adaptability by promoting physical fitness, health, and positive interactions within the academic community.

Conclusions: There is a pressing need to enhance students' sports activities through optimized educational processes and diverse training methodologies. These efforts aim to cultivate individuals with the requisite skills for social adaptation, continuous self-improvement, and professional competence in an ever-evolving society. This research contributes to the ongoing discourse on the significance of physical education in shaping well-rounded and adaptable individuals within educational settings.

Keywords: Role, physical, exercise, personality and development.

Introduction

One of the most effective factors contributing to the social adaptation of students to training conditions of the university, and developing the ability of a future specialist to quickly adapt in society, is the physical and sports activities conducted by the university during classes of physical education and after them.¹ It creates a favorable environment for effective integration of a freshmen into the new student body, a new educational life much different from the previous, school life (in style, requirements, content, and teaching methods, in the interactions of the individual with the environment).² Today sports activities are becoming a part of the daily life of the population, receive mass recognition and development, become popular among young people.³ Physical exercises are effectively used in the work and rest of people, become real and effective basis for improvement of health, quality of life, and human selfimprovement.⁴

Materials & Methods :

The research methods were: questionnaire survey, pedagogical observation, and analysis of scientific literature. The research was carried out in 2023. An anonymous survey involved 1st-4th-year students of the Jeevan Shree Nursing College; Jaipur.⁵ The sample (210 people) consisted of students who were regularly attending classes in physical culture using purposive sampling technique. Total 92 boys and 118

girls were interviewed. Distribution of the number of the students by the year of study is also represented in roughly equal proportions.

Results

71% of respondents consider that the collective physical and sports activity contributes to the development of their communication skills and expand the range of social communication; 67% - that it contributes to the unity of the training group, the establishment of friendly relations in it; 64% - that it is highly important to prepare for the professional activity. 75% of respondents said that the process of physical improvement and participation in student competitions helps them to form such strong-willed personality traits as courage, determination, perseverance, and insistence. 12% of respondents do not agree with this statement, and the rest were undecided. The fact that physical training sessions contribute to the development of morals qualities (such as discipline, kindness, honesty, responsibility) was confirmed by 77% of the students. 8% of respondents do not share this point of view, and 15% found it difficult to give either positive or negative response to this issue. The question of whether the physical and sports activity forms the team management skills, and whether it contributes to the development of new social roles, was positively answered by 59% of respondents, negatively by 27%, and 14% of respondents were undecided.

Fig 1 : Average duration of Physical Exercise

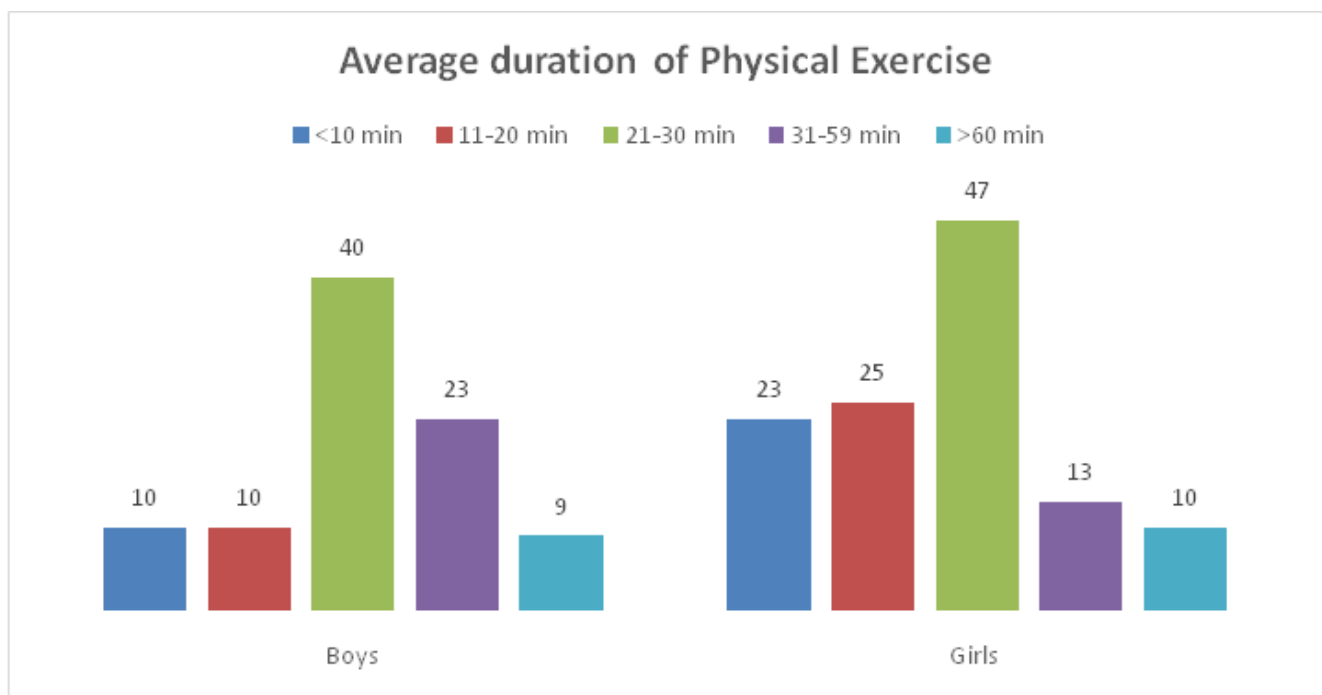


Fig 1 depicts that on an average, boys tend to engage in longer durations of physical exercise compared to girls. Among boys, the majority (40) spend between 21 to 30 minutes on physical exercise, followed by 23 boys who exercise for 31 to 59 minutes. Only a small proportion of boys (9) exercise for over 60 minutes. In contrast, girls predominantly spend 21 to 30 minutes on physical exercise, with 47 participants

falling within this range. However, a significant number of girls (25) also exercise for 11 to 20 minutes. Fewer girls engage in longer durations of exercise, with only 10 spending over 60 minutes. Overall, these findings highlight differences in exercise habits between genders, with boys generally allocating more time to physical activity than girls

Fig 2: Frequency of physical exercise

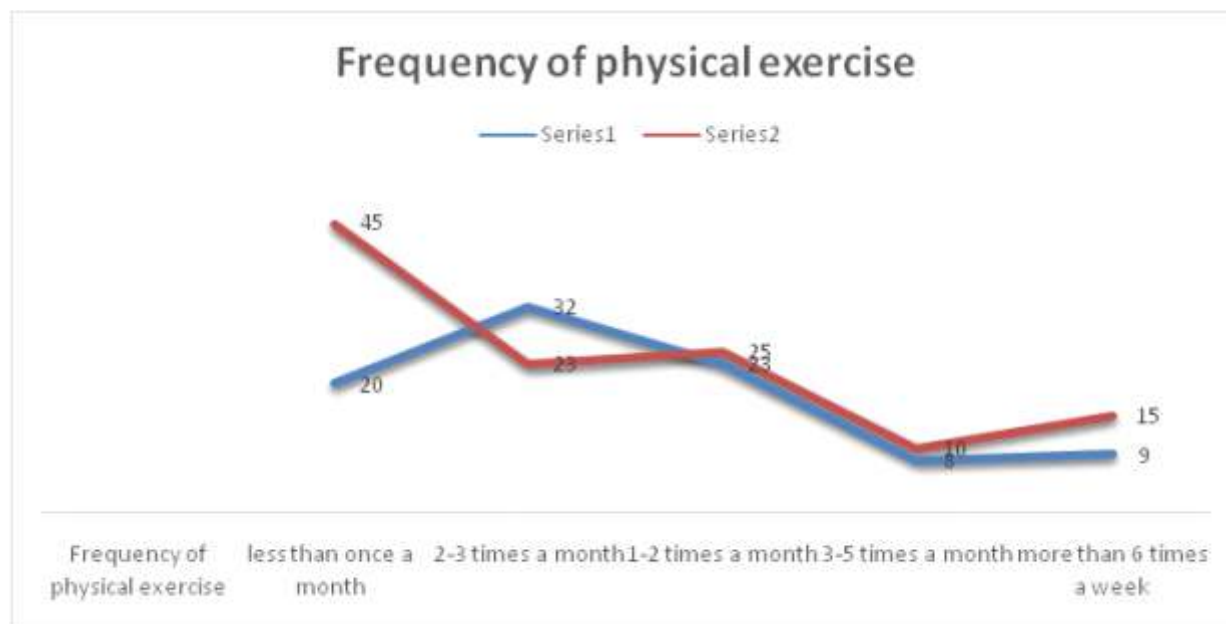


Fig 2 depicts that the frequency of physical exercise varies among participants, with notable differences observed between genders. A significant portion of both boys and girls exercise less than once a month, with 20 boys and 45 girls falling into this category. However, a larger proportion of boys (32) exercise 2-3 times a month compared to girls (23). Similarly, more boys (23) exercise 1-2 times a month compared to girls (25). Fewer participants engage in exercise 3-5 times a month, with 8 boys and 10 girls falling into this range. Interestingly, a notable number of participants, particularly girls, exercise more frequently, with 15 girls exercising more than 6 times a week compared to 9 boys. These findings underscore varying exercise habits among participants, with differences in frequency observed between genders.

Discussion

Analysis of scientific literature, pedagogical observation and the results of the survey allow us to make a number of conclusions.⁶ The effectiveness of students' adaptation to the conditions of educational activity at the university and their social adaptability

depend on many objective and subjective factors.⁷ The subjective factors include those related to the personal psychological and physiological characteristics of the students, namely, their innate abilities and personal aspirations, the development degree of social skills and performance, the level of health and physical fitness, etc.⁸ It should be noted here that physical fitness as well as a high level of health and performance having a positive impact on social adaptation of students are achieved in the process of physical training. The objective factors of social adaptation should include the conditions of pedagogical and psychological and social environment where the process of development of the individual is implemented.⁹ These include a respectful attitude of teachers to student's personality, his/her friendly perception by the social environment, the atmosphere of confidence in the student team, etc. All these can also be implemented in the course of physical and sports activity.¹⁰

Conclusions

Nowadays the necessity of improving students' sports activity on the basis of optimization of educational

process, using the most effective methods and forms of classes, expansion of the applied means of physical training remain still relevant; all these points serve for the purpose of developing a person with the required properties, including the ability to social adaptation which are regarded as willingness for continuous self education and a factor of professional competence. The finding of this research showed that physical activity modifies the interaction between personality traits and psychosocial development. Therefore, active living style in life span, probably with the effect of positive personality traits, could postpone physical and psychosocial regression during aging.

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