



RECENT TRENDS IN PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

Rapidly changing social, moral, ethical and religious values have ushered in certain 'life styles' in the present society especially among the youth. Certain inbuilt buffers of the society (both as support and control) are no longer available to the adolescents of today (for instance: extended family system) the smaller community that is personal and closed uniform culture- in the smaller circle of living, traditional ways of thinking. The stress faced by the adolescent in such a current situation is enormous. This is reflected by raising suicide rates and growing crime among young persons. There is an urgent need to provide today's youth with a new set of ways and systems to deal with the demands of life.

Education plays very important role toward the overall development of human beings. School education helps in the formation of a sound personality in the child.

Today, more and more societal pressure, greater complexity and continued deprivation put adolescents at the crossroads of their lives facing an uncertain future in facing the responsibilities of adulthood and to enter the world of work.

LIFE SKILLS

Life skills education is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way, it contributes to the promotion of personal and social development, the prevention of health and social problems, and the protection of human rights. Life skills education promotes well-being in young people and equips them to face the realities of life. By supporting mental well-being and behavioral preparedness.

- United Nations Inter Agency Meeting held at WHO headquarter in Geneva April 1998.

Life Skills education equips individuals to behave in a pro-social ways and it is additionally health giving (Birell Weisen and Orley, 1996)



DEFINATION

- “The abilities for adaptation and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.”
-World Health Organization.
- “A behavior change or development approach designed to address a balance of three areas: Knowledge, Attitude and Skills.”
- UNICEF

CORE LIFE SKILLS-

A Affective Life Skills

1. Coping with Stress
2. Empathy
3. Inter personal relationship
4. Coping with Emotions

B Cognitive Life Skills

1. Self-awareness
2. Critical thinking
3. Decision making
4. Effective communication
5. Creative thinking
6. Problem Solving

EXPLANATION

1. **Self-awareness:** includes recognition of ‘self’, our character, our strengths and weaknesses, desires and dislikes. Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It is often a prerequisite to effective communication and inter personal relations, as well as for developing empathy with others.
2. **Empathy:** To have a successful relationship with our loved ones and society at large, we need to understand and care about other peoples’ needs and feelings. Empathy is



the ability to imagine what life is like for another person. Without empathy, our communication with others will amount to one-way traffic. Worst, we will be acting and behaving according to our self-interest and are bound to run into problems. Empathy can help us to accept others, who may be very different from ourselves. This can improve social interactions, especially, in situations of ethnic or cultural diversity.

3. **Critical thinking:** is an ability to analyze information and experiences in an objective manner. Critical thinking can contribute to health by helping us to recognize and assess the factors that influence attitude and behavior, such as values, peer pressure and media.
4. **Creative thinking:** is a novel way of seeing or doing things that is characteristics of four components- fluency (generating new ideas), flexibility (shifting perspective easily), originality (conceiving of something new), and elaboration (building on other ideas).
5. **Decision making:** helps us to deal constructively with decision our lives. This can have consequences for health. It can teach people how to actively make decisions about their actions in relation to healthy assessment of different options and, what effects these different decisions are likely to have.
6. **Problem Solving:** helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.
7. **Inter personal relationship:** skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships.
8. **Effective communication:** means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and desires, and also needs and fears. And it may mean being able to ask for advice and help in time of need.



9. Coping with Stress: means recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax.

10. Coping with Emotions: means involving recognizing emotions influence behavior and being able to respond to emotions appropriately.

My professional colleagues, the promoters of Physical Education and Sports: it's time to come together and share how to inculcate "Life Skills" in adolescents with the help of Physical Education and Sports, which will make adolescents able to deal effectively with the demands and challenges of everyday life.

With the financial assistance of 'UNICEF' Maharashtra State Educational Research and Training Council, Pune, conducted research project in Maharashtra. With the help of this findings- State Boards have been included 'Life Skills' in school curriculum. CBSE Board also have been did same.