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Development of problem solving skill of adolescents through physical education

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Abstract

Adolescence is the span of years of life between childhood and adulthood. The adolescents of this age enjoy challenging physical and mental activities that prefer group activities than individual activities. The subject physical education has dual nature. It is a body of knowledge of as well as it is seen as a process of thinking. Like any other healthy adult, the adolescent also takes a delight in physical activity. Through the physical benefits derived conducive to the general development of the personality as well. The field of physical and sports provide ample to engage himself in physical activities for his own benefit and for the benefits of the society of which he is and integral part.

Keywords: Problem solving skill, physical education, mental activities

Introduction

The terms adolescence, adolescent age adolescent period, or teen-age phase of development are used variously to designate the period of transition from dependents upon adult at direction and protection to self dependence and self determination. This is that period of life when the individual is in the process of transfer from the dependents, irresponsible age of childhood to the self-reliant, responsible age adulthood. Psychologically, this is a period of adjustment to the physical and social changes which distinguish childhood behavior from adult behavior.

Self-confidence and self control heading are in their fullest sense, qualities of the 'whole man' and not just qualities of the mind. The first step of some physical skill. All sports and games contribute to same extent to this end. The degree to which they do will vary with the complexity of the skill that adolescents involve themselves, and the amount of application that it takes to acquire those skills. The activities that offer a definite challenge to courage and endurance have a special contribution to make towards knowledge of self.

Control or Aggressive

Everyone inherits from his ancestors certain definitely aggressive instincts. Unless these instincts can find expression in action, there will be repressed and will exert a distorting influence on adolescent's personality. Many sports and games give outlets of aggression. In the absence of such legitimate outlets, uncontrolled aggression will commonly appear in the form of delinquency. This principle, to a certain extent, is true of both sexes though it is much more apparent in the boys than in the girls. Any keenly competitive activity will absorb a certain amount of aggression. It will be surprising to see how a young thug or bully can be civilized by taking up boxing seriously. He reserves his aggression for the ring, and out of it he is content to live at peace with his fellows.

Social virtues

Man is a social animal and his social instincts must have it fling if he is to acquire emotional balance, Loyalty and unselfishness are indispensable social virtues, and the team for the same. These games, therefore, rightly take a prominent place in any Programme of adolescents sports. Membership of an athletic club or gymnasium is often sage guard against recruitment into antisocial gangs.

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Physical benefits

Physical activities apart from the direct physical benefits that they confer, will also give opportunities for the acquisition of deep aesthetic satisfaction. Hiking cycling, field sports and sailing, all bring the participants into close contact with nature and may awake an interest in their ways that will give lifelong pleasure. Few will deny that these aesthetic contribution are valuable influences in the developing of the adolescent's personality.

Helpful in Adjustment

Physical education and sports also encourage an adolescent to take up some sport which will develop a trait in which he is thought to be lacking. For example, to inculcate a virtue of patience he may be encouraged to take part in games like rifle shooting, chess, archery etc. this will go a long way in moulding his personality for adjustment in his life.

In almost every sport, adolescents will show a degree of aptitude that will justify an ambition to pursue that sport at its highest competitive level. This ambition can be of great importance as it enables them to avoid frustration and can lead to achievement that contributes considerably in the formation of self determined and self sufficient personality.

Total Personality

Participation of an adolescent in physical activities and games contribute greatly toward the development of his total personality individual. This will enable him to overcome the problems associate with irritability, rebelliousness, moodiness etc. which are common to Adolescent's behavior.

There are a number of adolescents who are physically incompetent through weakness or lack of coordination. This incompetence can often give rise to deep discouragement and feeling of inferiority which affect the whole of an adolescent's approach to life. Physical education and sports can do much to help these cases. Such child can be introduced to a progressive course of training which works in two ways. In the first place it corrects in time the basic weakness or lack of coordination. In the second place it enables him to compete effectively against himself fellows. Suitable tests can be administered at intervals that will give objective evidence of his improving performance. This will often light the spark of physical ambition and before long he will be able to hold of his own on the ladder of general adolescent physical accomplishment. This achievement can often have a very significant effect on his performance in other fields.

Control on Bad Habits

There are certain body functions that we take very much for granted. The way in which we sit or stand, the way in which we sit or stand, the way in which we walk or run, even the way in which we breathe are all matters of unconscious habits. Bad habits can develop particularly during adolescence. Bad habits of posture or function interfere with the mechanics of the body and cause various organs to work at disadvantages. While this may produce few symptoms during the adaptable period of adolescent, it may often sow seeds of trouble n later life. The detection and correction of these habits is, therefore, important, their treatment lies within the sphere of the remedial and rehabilitative programmes of physical education. If such remedial measures were applied more widely in adolescence we should see less of the bad feet, slipped disc and chronic respiratory troubles.

Helpful in Rehabilitation

Adolescence is the age of adventure and thrill, Taking part in physical activities and sports involving adventure and thrill like paragliding, diving etc. provide and outlet to adolescents for getting rid of undue anxiety and fear, thought it carries a special liability to injury. Modern methods of rehabilitation provide through physical education can do a lot to help the adolescents to be back in the normal life with ease.

Some adolescents suffer from permanent physical disabilities as a result of accident, disease or congenital defect. The body may be crippled but the mind retains its normal need for physical activity and special physical education and sports programmes cater fro their need to the maximum degree possible.

Conclusion

Thus the importance of physical education and sports in solving the problems of an adolescent cannot be over emphasized. It plays a very significant role in disciplining the feelings in controlling the emotions, in channelizing the energy and in stimulating and motivating an adolescent to form a constructive approach to life.

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