

Importance of Physical Education to the students for happiness of life during the COVID-19

¹Mr. Mahesh Bendbhar, ²Dr. BalajiPote
¹Hockey Coach, Pune, Maharashtra, India.
²Professor CACPE, Pune, Maharashtra, India

Abstract

Today in the world of competition our children face demands to be more focussed on their academics so that they can achieve higher education in reputable educational institutions. Reality of today children need more time for study and to do research online. Nowadays many students are leading sedentary lives. Although use of gadgets. Social media and online games create technology children however they are physically inactive. WHO states that levels of physical activity are rising and are responsible for increasing the risk of diseases As these variables affect's mental health and cognitive process.

Key points: Education, physical education, physical activity.

Introduction

Famous personalities like Ms Dhoni. Who shows that sports and personality are interwind. Playing sports have an important role to formulate your personality. Field games have different psychological effect whereas mind games like chess Playing sports helps you discover yourself and you dug dep into your inner talent to bring out your best performance when it is needed the most.

Objective:

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1. To design a physical training activity to improve BMI of the students
2. To study the effect of training program on BMI of students.

Methodology:

This research was done with experimental method.

Population: In the population included all the students of 17 – 19 yrs. old students of Pune district.

Sample: 30 students were selected from MHB society airport road Pune

Procedure of the Study:

I Phase: Pre-Test

Collect the BMI data from all students with the help of height and weight

II Phase: Training Session

The programmed intervention was conducted every day. The intensity of the selected training program was 45 min. Total duration of training was for a minimum 6 week. Create 2 group for this study one group is experiential group and second group is control group. Each group were including 15 students. This physical activity applies only experiential group.

III Phase: post Test

Collect the BMI data from all group. Calculate the effect physical activity on experimental group and also check the control group.



Following activity used for training session

Warming up, stretching exercise, run in place, skipping, side shuffle, jumping jack, burfy jumping, plank, squats, suryanamaskar, cool down.

Statistics Tools: descriptive statistics use for present student

Table No.1 Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair	Pre. Exp	27.7467	15	1.57972	.40788
	Post Exp.	25.6733	15	1.17502	

Table No. 2 Correlation

		N	Correlation	Sig
Pair	Pre Exp & Post Exp.	15	.939	.000

From the above table we can see that BMI of all 15 students is decrease due to the treatment given.

Table No. 3 Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair	Pre. Control	27.3000	15	1.16005	.40788
	Post Control	25.24400	15	1.12237	.28979



Table No.4 Correlation

	N	Correlation	Sig
Pair Pre. Control & Post Control	15	.995	.000

From the above table we can see that BMI of all 15 students there is no any changes due to the non-treatment.

Finding

From above analysis it is concluded that effect of 6-week physical actives helps reducing the BMI percentage of students.

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