



# Enhancing Well-Being through Physical Education & Sports

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## Abstract:

*A growing body of studies in the 21st century has demonstrated how lifestyle modifications, such as exercise, stress management, and nutrition may prevent almost 90% of chronic diseases in our society, as well as enhance quality of life and well-being for people. Exercise as a well-being element in schools and universities is intended to improve graduates' vitality, resilience and employment and social results. For example, lifestyle and emotional factors are discussed in relation to children's development. Reviewers believe PES can make a substantial and unique contribution to each of these areas. All stakeholders in the sport ecosystem may benefit from this framework as a comprehensive policy and implementation guide.*

**Keywords:** *Health, Well-being, Physical Activity and Sports*

## 1. Introduction

Any type of competitive physical activity that involves casual or structured involvement in teams and seeks to preserve or enhance human physical capacity and abilities is considered a sport. It is fairly uncommon for spectators or members of the general public to observe a sporting event without taking part. According to the dictionary, psychological well-being is the "personal perception and experience of positive and negative emotional reactions, together with global and domain-specific cognitive assessments of life satisfaction."

Physical activity (PA) standards are not being met by growing numbers of people in industrialized as well as developing countries. Thus, in industrialized countries such as the United States and Australia, overweight and obesity have become the top risk factors for poor health due to this. Unhealthy lifestyles are linked to a variety of chronic illnesses and premature deaths.

As a result of the government's assertion that "exercise and recreation is an important part of maintaining our health and well-being," with a particular emphasis on exercise being "good for mental health," exercise was included as a permissible outdoor activity (albeit in the vicinity of people's homes). Participation in sports has been shown to enhance mental and social health, in addition to physical health, according to growing research. Participation in organized sports may enhance health outcomes, mainly because of its social character.

Physical exercise and health principles are explained briefly at the beginning. A short explanation of how physical activity and training affect our bodies from a physiological viewpoint is then presented, followed by an analysis of the health consequences of physical activity and training, as well as a look at how sport impacts different aspects of health.

## 2. Literature Review

Samuel Giles, et al. (2020), Both in academia and in the public discourse, the significance of optimum well-being and mental health for top athletes is receiving growing attention and debates. Because of methodological and conceptual difficulties, there is a limited evidence foundation for intervention

despite the many obstacles and risk factors for mental health and well-being in top athletes' performance lifestyles. The story covers four important areas in the scale creation process: conceptual and theoretical problems, item development issues, measurement and scoring issues, and analytical and statistical issues, drawing on the wider literature in allied fields of psychology. We will end with a review of the main implications for sport psychology researchers who are working on a measure of well-being.

KatrijnOpstoel, et al. (2019), without physical education and sports, this review offers an overview of the current knowledge on school-aged children's and youth's personal and social development. Six databases yielded a total of 4359 non-duplicate articles. There were 88 papers that satisfied the inclusion criteria after title, abstract, and full text screening. Submitted articles have to have been published between 1 January 2008 and 6 December 2017 in a peer-reviewed publication. A variety of research designs, techniques, and instruments were employed in the 88 studies to explore a wide range of topics linked to personal and societal growth. Work ethic, control and management, goal-setting, decision-making, problem-solving, responsibility, leadership, collaboration, meeting people and making friends, communication, and prosocial behavior were some of the concepts grouped into 11 themes. For each of the 11 topics, the major results are presented, as well as limits and implications to guide future study and practice.

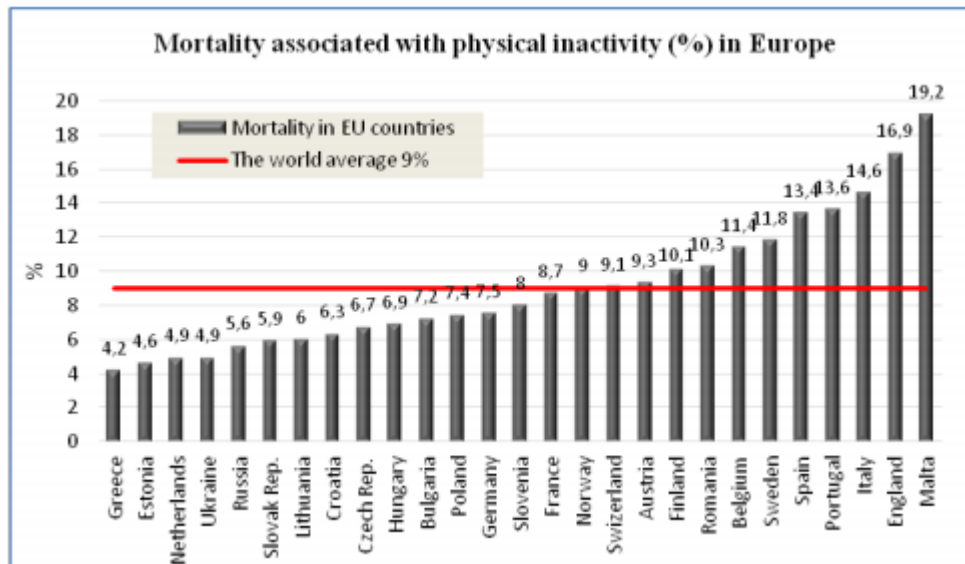
Alicia Garcia-Falgueras (2015), Physical exercise improves a variety of metabolic and cognitive processes, according to a growing body of research. For example, depression may be prevented, the immune system can be strengthened to combat certain illnesses, and stress and pain-related incapacity can be reduced. When it comes to potential health benefits, factors such as frequency and intensity of physical activity should also be considered. When it comes to designing a working out athletic training program, seconds, minutes, and repetitions of each particular activity are crucial.

G. Grimby, M. et al. (2015), This article discusses the use of a four-level questionnaire to measure leisure time physical activity (PA) and its validation. More than 600,000 people have filled out this questionnaire since it was released in 1968, mostly in demographic studies in the Nordic nations. Some changes to the questionnaire have been made. Minor modifications such as providing actual examples of tasks to demonstrate PA levels are the majority of them. A number of writers have additionally added criteria for duration that were not present in the initial edition for all levels of PA. Aerobic capacity and movement analysis using objective measures have both been proven to have excellent concurrent validity, as have other health problems and morbidity-mortality risk factors.

### **3. Physical activity**

Physical Exercise has been shown to protect against cardiovascular disease as well as metabolic diseases as well as bone and mental health problems, it is vital to a healthy lifestyle. For their significant and long-lasting health advantages, researchers and doctors, as well as non-specialists in physical education and sport, advocate frequent physical activity. There is no question that exercise has the ability to enhance both physical and psychological well-being. There is a category called psychological well-being that encompasses a wide range of thoughts and views about body image and health. Most of them may be improved via physical exercise. Scientists have shown a significant correlation between exercise pleasure and body image improvement. People who work in a nice and encouraging environment are more likely to participate in fitness, aerobic, dancing, and mountaineering courses. Individuals may be encouraged to participate in a physical activity by working in a pleasant group, seeing others exercise, and getting positive feedback and help from those who are participating.

A growing body of evidence suggests that physical inactivity, as a result of rising amounts of time spent sedentary, is a problem with grave repercussions, resulting in more than 5 million deaths per year worldwide.



**Fig. 1 Mortality associated with physical inactivity (%) in Europe**

When it comes to avoiding physical inactivity among the younger generation, education is crucial. Family and school teaching of healthy lifestyle information, skills, and behaviors has greater outcomes if they are taught from an early age. The impact of family life spans generations. Obesity and overweight also seem to run in the family. There is a 50% probability that a kid will be overweight if one or both parents are overweight or obese, and 80% if both parents are overweight. An overweight teenager has a 70% probability of being overweight or obese as an adult; this likelihood increases to 81% when their parent is overweight. A child's body mass index (BMI) correlates with their chance of developing asthma or type 2 diabetes, being bullied, learning issues, poor self-confidence, and social hesitation.

When it comes to exercise, just 20% of youngsters in 2012 (OECD) participated frequently in formal and informal physical activity. A physical activity is any activity that involves bodily movement, whether it is part of a game or a job or a home task or an exercise routine. Exercises performed in a formalized setting are pre-planned, organized, and repetitious, with the goal of improving or maintaining one or more components of physical fitness. It is important to maintain a balance between calorie intake and energy expenditure while engaging in physical education, exercise, training, leisure, or utilitarian physical activities. 9% of high school graduates were overweight or obese, according to a survey we performed. Overweight and obesity risk rose by 3,67 times between 1999 and 2014 when compared to a similar sample from 1999 with a roughly 2,5 percent overweight population (Pop, Nae, 2014). The proportion of overweight and obese people in the 18-20-year-old age group is expected to reach 10.5 percent by 2020 if the current trend is maintained.

#### 4. Well-being, Sport and Physical Activity: A Positive Account

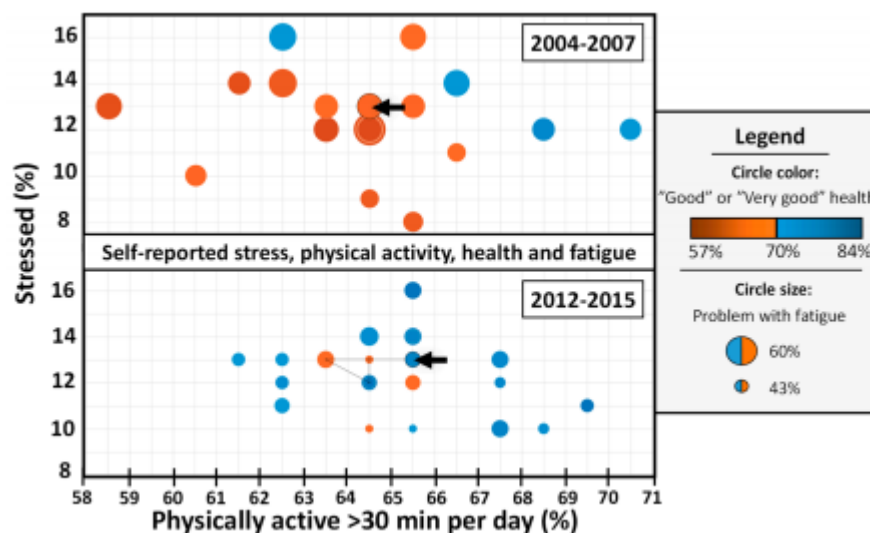
All of the psychological research on well-being has centered on subjective experiences. As an example, Biddle (2000) cites an improvement in mood and increased self-esteem (Fox, 2000). However, we have argued that this emphasis hinders a more comprehensive examination of the benefits of physical exercise to our well-being. To comprehend the role pleasure plays in well-being, we must also grasp the values that go along with it. As a result, subjective feelings and assessments are not guaranteed to be accurate. To consider both well-being and physical activity's worth, we propose a value conception that is independent of subjective judgments. Densely speaking, though, we do not want to support any particular notion of objective well-being whatsoever.

In terms of physical exercise and its contribution to human well-being, we believe that the discussion must be expanded to incorporate objective values of health and wellness. In order to be most persuasive, both subjective descriptions of well-being and the biological argument for the benefit of

physical exercise must presuppose certain fundamental goals in order to be effective. Dense but not subjective experience or want fulfillment are not sufficient measures of the worth of these goals As a further step, we will look at theories of well-being that are more suited to answering the concerns raised above. To be clear, we are not arguing in favor of any specific theories, but rather arguing that objective theories provide a better framework for understanding the benefits of physical exercise.

### 5. Health Effects of Physical Activity and Training

To sustain excellent health and well-being, human body needs a certain level of physical exercise. It would take several generations for the human body to adjust to a life with less physical exercise. 40,000 years ago, people's physical activity needs were similar to those of today's population. It is estimated that a 70 kg guy would walk 19 kilometers a day in addition to his normal physical activity. For the majority of individuals, everyday physical activity declines, while planned, intentional exercise and training rise in frequency and intensity. Energy consumption is growing faster than production, leading to a surplus. Overweight individuals are becoming more prevalent, and this contributes to a wide range of health issues. When coupled with an increase in calorie consumption, sedentary lifestyle (not achieving prescribed levels of physical exercise) degrades physical and mental capacities and raises the risk of illness. Although Swedes (as one example) seemed to be as physically active and stressed in 2015 as they were in 2004, their overall health looked to have improved (Figure 1). As compared to 2004-2007, the Swedish population in 2012-2015 reported improved overall health (more county-dots are blue) and less tiredness (smaller county-dots), with comparable levels of physical activity (65 percent indicated at least 30 minutes daily physical exercise) and stress (13 percent).



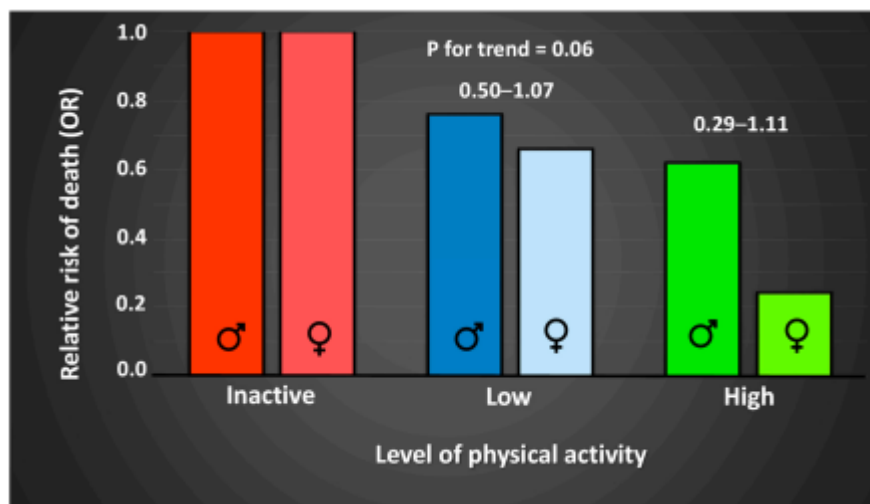
**Fig. 2: Selected physical and mental health indicators, in relation to the degree of physical activity for the period of years 2004–2007 (N = 29,254) and years 2012–2015 (N = 38,553)**

Data represents median scores of four years, not adjusted for age. Surveyed participants range in age from 16 to 84. Number of respondents who report being worried on y-axis; Axis: Percentage of respondents who say they exercise at least 30 minutes a day on the X-axis In each county (Län), each dot symbolizes a different level of tiredness and wellness. The dot becomes blue if 70% of the population says they are in "Good/Very Good" health. The dot becomes red if less than 70% of respondents say they are in excellent or very good health. National Median is represented by black arrows. From 2004 to 2007, and 2012 to 2015, respectively, the movement in the X-Y plane is shown by the black line linked to the country circle. Public Health Agency of India data obtained on 2019-04-22.

People who are physically active are more likely to have positive outcomes, as seen in Figure 1. A similar center tendency (mean/median) may be seen when some people are highly active and others are quite lethargic. It is clear from the data that other variables must be more significant to our general health and tiredness than physical exercise or mental stress. It was recently discovered via an extensive

survey that the vast majority of Swedish 11- to 15-year-olds are inactive, meaning that they sit, stand or move relatively little. For 11-year-olds, the percentage of time spent sedentary rose from 67% to 75%. Researchers found that inactivity is equally spread throughout the week for all age groups: school, leisure and weekends.

In many instances, the health benefits of physical exercise are proportional to the amount of physical activity. When smoking, occupational group, and alcohol use are taken into account, the connection between risk of mortality and physical activity in a Finnish twin cohort may be shown in Figure 2. One research found that the odds ratio (OR) between occasional exercisers and all-cause mortality was 0.80 ( $p = 0.002$ , 95 percent confidence interval [CI] = 0.69–0.91). Multiple studies have shown a dose-response connection between risk of all-cause death and physical exercise. Duration, intensity, and frequency are all factors that influence the overall dosage (how often). Sitting for long periods of time is likely to be equally harmful for men and women, as shown in Figure 2. However, conflicting findings may arise owing to insufficient assessment methods, or limited statistical power. A fundamental knowledge of how these factors influence the dosage of activity is needed, as well as an understanding of how they may be adjusted to fit individual needs. Having a physically active population is essential for the individual as well as the community's health, with involvement in sports becoming an increasingly significant motivation for exercise.



**Fig.3: Relative risk (odds ratio; OR) of premature death in relationship to level of physical activity, in 286 male and 148 female twin pairs, adjusted for smoking, occupational group, and use of alcohol**

A significant link between physical activity and excellent physical and mental health has been shown by science. Decreased musculoskeletal problems, reduced disability owing to chronic illness, and improved mental health with reduced anxiety, sleeplessness, sadness and stress are just a few examples. Health issues, both physical and emotional, are linked to an increased chance of acquiring a number of our major public health illnesses, and may even lead to early death.

## 6. Life-Style Development

A significant risk factor for coronary heart disease, early death, and obesity is inactivity. PES programs – some of the few chances to encourage physical activity amongst all children — have been suggested as a cost-effective method to influence the future generation of adults to lead physically active lifestyles, which is not unexpected. However, it is not apparent how young individuals become active adults. Study indicates that a variety of variables contribute to physical exercise being a part of a healthy lifestyle, but more research is needed. Health-related habits acquired in childhood are frequently carried over into adulthood, according to some research. How well physical activity habits persist over time is unclear? The Amsterdam Growth Study found no indication of physical activity monitoring between the ages of 13 and 27. Another study showed that adolescent activity persists

throughout adulthood. It was shown in a meta-analysis of both retrospective and longitudinal research that physical activity and sports involvement in childhood and youth are important predictors of later activity. Study after study shows that inactivity in youth is linked to poor health in adulthood, thus exclusion from PES may be linked to a legacy of inactivity and related bad health in the years to follow.

A lot of people have said that school PES influences physical activity levels by creating significant settings in which physical activity levels are affected. In studies, it has been shown that school-based activities may contribute to physical activity levels, both during childhood and later in life. It appears that PES programs have the greatest impact on physical activity when they combine classroom study with physical activity, when they allow students to experience self-determination and feelings of competence in their own abilities, and when they emphasize enjoyment and positive experiences.

### **7. Affective Development**

Recent research suggests that regular physical exercise may have a beneficial impact on children's and adolescents' mental health, but the underlying mechanisms for explaining these benefits are yet unknown. Regarding children's self-esteem, the data is especially robust. There have also been reports of decreased stress, anxiety, and depression in those who engage in regular exercise. They all support the notion that a well-designed and delivered PES may help to the development of young people's psychological well-being.

In this context, one particularly important set of results pertains to the development of perceived physical ability. A person's views of competence or ability to succeed may affect their self-esteem, and it is worth noting the increasing interest in the connection between PES and kids' attitudes about school. Small-scale research and anecdotal evidence are the main sources of evidence for such assertions. It is true that some studies report positive outcomes in terms of pupil attendance following the introduction of PES schemes, and there is evidence from studies of pupils at risk of exclusion from school that an increase in the availability of PES programs would make the school experience more appealing.

It is important to recognize that not all students like PES activities, at least when they are presented in a particular manner. Many girls, for example, get more disillusioned with some elements of PES as they go through secondary school, and eventually stop participating altogether. The idea that PES would inevitably result in a good attitude toward school among all students is thus false, since improper provision may instead promote disaffection and absenteeism. Many studies indicate that when PES activities are offered in an appealing and meaningful manner to females, they may enjoy participating just like boys.

### **8. International Trend Analysis in Regard to Sport and PA Policy Integration**

We have spoken about it before, but on the international level there has been an increasing focus on elite sport-driven policy development. Recently, however, several (already successful athletic) countries have begun to reconsider their national level of sport expenditures due to strong signs that an obesity pandemic is falling on much of the industrialized and developing globe.

This ministry is responsible for formulating and implementing sport policy for the Netherlands. Most of the sport policy is implemented by local governments, with the function of the central government being mainly coordination. A growing number of Dutch people are realizing that government investment is essential for encouraging an active and healthy lifestyle, even though the Dutch government has traditionally made substantial investments in community-based sport (above average in comparison to other countries). We recommend creating and expanding opportunities for specialist physical education teachers, as well as assisting and supporting other educators in delivering such

programs; increasing the frequency of moderate-intensity PA from primary to secondary school students to twice a day for at least half an hour; and anchoring the programs delivered at schools.

As early as 2014, the Sports Act in India focuses on increasing participation in sports for all Indians. In the act, it is stated that sport and physical activity should be available to all people. It is important to note that in India "sport policy is intended to promote sport and PA and, via them, the welfare of the people, along with competitive and performance sports, and associated civic activities"

## 9. Conclusion

Schools and colleges that promote physical exercise as part of a well-being program are targeting the enhancement of vigor and resilience, as well as employment and social outcomes for graduates and their communities. In addition, our own habits and behaviors influence our health, and the accumulation of good and bad impacts on health and well-being occurs throughout the course of a person's lifetime. Physical exercise would be aided by cognitive development in conjunction with a healthy and active lifestyle. They must not only fight for the inclusion of PES in the curriculum and for enough time, but also emphasize the significance of the quality of the program and share information on the advantages of PES with administrators, parents, and policy makers. Given both sport and physical activity habits change over time, the PASP framework may help create coordinated and integrated policies for both, which can lead to measures to combat the worldwide physical inactivity epidemic. However, sports will continue to play a role.

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