



**ROLE OF SPORTS AND PHYSICAL EDUCATION IN THE MAKING OF
AN IDEAL CITIZEN**



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ABSTRACT

The fate of any country depends on the citizens of that country. As is the attitude of most citizens, the image of the country is. In essence, citizens of every country are a reflection of that country. So if you want to make that country an ideal, then the citizen of the country should be the model first. What is the ideal citizen? What efforts should be made to create an ideal citizen? The researcher selected the exact problem and prepared a suitable research plan on what to do. The researcher first tried to understand the meaning of the ideal citizen in the research problem by studying the terms available in the library.

The researcher used secondary tools to study the research problem in detail. The researcher went to the library of Shri Venkatesh College Delagaon Raja, Dr. Babasaheb Ambedkar Marathwada University Aurangabad and studied the available books, Encyclopedia, and learned about the importance of sports and physical education in making them an ideal citizen. Secondary tools were used for data collection. Data analysis was performed after the data collection was completed. Conclusions were drawn after the analysis.

KEYWORDS

Nation, Education, Sports, Physical Education, Citizen

RESEARCH PAPER

Sport and physical education are an integral part of the overall education system in a nutshell, and sports and physical education is an effective means of developing children's national culture, character development, self-reliance etc., making them an ideal citizen.

In India, one of the largest democracies in the world, people of many castes and religions live together. This great saint, such as Lord Gautam Buddha Vardhman Mahavir Saint Tukaram Maharaj Mahatma Gandhi, who has given the message of peace, non-violence and world-wide all over the world. Also, Bhagat Singh Sukhdev Rajguru Krantivir Chandrasekhar Azad, who sacrificed against injustice, is also the son of this same Late. Former Indian President APJ Abdul Kalam, who dreamed of becoming a superpower in the 21st Century, considers Sachin Tendulkar as the god of cricket. Amitabh Bachchan, the great actor in the field of film, has a duty to make the whole of India jealous of the whole world.

Objectives of the dissertation

The following objectives are considered while agreeing the research paper presented.

- 1) Analyzing functional definitions of terminology
- 2) Getting information about citizens' behavior change
- 3) To study the effects of human health due to scientific advances and the mechanical age.
- 4) Explain the nature of sports and physical education.
- 5) To study the importance of sports and physical education in the process of getting an ideal citizen.
- 6) Suggest measures to improve the role of physical education in building the ideal citizen.

Functional definitions of terminology

- **Democracy:** State run by representatives of the people elected by free and fair elections on the basis of adult suffrage.
- **The ideal citizen :** Lord Price says that the person who has the qualities of patriotism, intelligence and patience is to be called an ideal citizen. A holistic approach to education for an ideal citizen Enhancement of national culture, self-reliance, self-reliance, patriotism, social commitment and ideological maturity etc. The qualities need to be increased.
- **Physical education :** Physical education is the education provided by the physical movement through the enhancement of the ability and speed of happiness for the physical, emotional and social development of the children.

Changes in behavior expected to be ideal citizens:

The important task is to shake the mind of every community among the students who are the cornerstone of democracy. Today, caste politics seems to be happening in the country. It is a matter of great concern that the student of today is divided among the castes. Political leaders are abusing these youths in the name of reservation. In order to become an ideal citizen of the country, it is necessary to mold the mind of the students without discrimination.

➤ **To uphold the values of intolerance and secularism:** India is a country with various castes, religious and costumes. In order to be an ideal citizen in a country where everyone has a different culture, everyone needs to respect each other's religion. First of all, the feeling that we are Indians must be rooted in everyone's mind.

➤ **It is important to share in everyone's happiness :** While living in the community, everyone should help each other, irrespective of caste and religion, when it comes to happiness and suffering.

➤ **To award a united sovereign Indian:** The country of India is intact All the Indians are one State, although the State is different, we must resort to the feeling that we are citizens of the same country.

Objectives of sports and physical education:

The goals of sports and physical education are as follows:

- To develop attractive personality through physical education.
- Encourage regular exercise and play to relieve the mental anxiety of children.
- Developing intelligence confidence:
- Developing these traits, for example social compliance.
- Developing qualities like patience, leadership, discipline, discipline and citizenship etc.
- To develop socioeconomic and political capacity.
- Regular and fixing the activities of daily living.
- Developing player attitude in children.
- Take control of physical activity.

The importance of sports and physical education in the process of building an ideal citizen :

➤ In the present age, the basis of education is limited to book knowledge only. As a result, children developmental intellectual moral development but not physical development. By the

way, today's era is a mechanical age. Most of the work is done through a device that is weakening the human muscle. Man is moving away from sound health. You can overcome this problem through sports and exercise.

➤ Rural people are much healthier than people in the city. Because they have to do everything themselves. As a result, their physical development becomes greater. In view of these reasons, the need for physical education seems to be high. Physical education is useful not only for physical development but also for the social, intellectual, moral, emotional and spiritual development of the individual.

Physical education is the education of the overall development of the body. A healthy body is a symbol of a healthy mind. A healthy mind produces beautiful wisdom. So physical education is an important part of life.

Through physical education:

- Natural development is achieved.
- Physical development takes place.
- Physical health requires growth.
- Obedience increases.
- The feeling of patriotism is increasing.
- The attitude of self-reliance increases.
- The attitude of self-reliance increases.
- Attractive personality develops through sports and physical education.
- A sense of social commitment grows.
- The mental attitude increases.
- More excitement increases.
- Sports and exercise reduce stress.
- Intelligence increases.
- Physical education gives rise to advanced self-talent.
- Playing brings new friends Friendships grow.
- Sports provide an opportunity to participate enthusiastically in the family and in the community.
- Confidence increases.
- Small illnesses can be easily overcome.

- Sports and physical education require courage.
- As the game requires skill, the player is playing the game consciously, thus increasing his concentration.
- Emotional balance increases. In the game, there is a fluctuation of the victories. Winning makes a man excited, and being disappointed. Players often experience both of these things. So he had a habit of enduring both defeat and victory. The advantage of this is that he easily accepts both the victories in life.
- He knows the purpose of life by playing.
- The player is leading as a captain while playing. The benefit of this is that he has a habit of leading in life.
- Players have to deal with various situations in the game. He has a habit of playing in that situation. So he gets used to living in situations where he lives. He learns to make adjustments.
- The game gives rise to a feeling of nationalism in every player.

Therefore, games and sports are very useful for the promotion of national culture, character development, self-reliance, patriotism, social commitment and ideological maturity.

Conclusion:

Following are the findings of the research paper presented.

- Physical education is the key to achieving the highest goals in life, and physical education is the key to achieving this goal.
- In addition to physical movement, psychology is involved in physical education.
- To create an ideal citizen, health, mental balance and awareness of problems require a sense of moral cooperation, and qualities of patriotism etc.
- Physical education plays a vital role in making the ideal citizen a study of all the subjects involved in physical education.
- Pranayama is the key to maintaining the health of the mind as it is through the pranayama to control the mind.
- As physical education is an integral part of the universal system of physical education, physical education is an effective means of developing children's national culture and developing all-round qualities of self-reliance, etc.

Changing lifestyles in our country The problem of addiction and unemployment is a big challenge for the country. The gang rape incident in Delhi, youth's rave party is a shining

example of reasons for the decline of moral values. Guidance on critical issues such as changing young people's lives, discouraging them from addiction, gaining control over their distorted minds has become essential. There is no other useful subject like sports and physical Education to achieve all this.

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