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ROLE OF PHYSICAL EDUCATION IN DEVELOPING LIFELONG HEALTHY HABITS

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Abstract:

The promotion of people's physical, mental, emotional, and social well-being is greatly aided by physical education (PE). Sedentary lifestyles, poor eating habits, excessive screen time, stress, and irregular exercise have become important public health issues in today's society. Children and young people who get physical education are equipped with the information, abilities, attitudes, and drive necessary to engage in physical activity for the rest of their life. It fosters an awareness of fitness, nutrition, personal hygiene, mental health, teamwork, discipline, and other topics outside sports and games and making wise choices. Good habits are more likely to persist into adulthood if they are formed during childhood and adolescence. In addition to discussing physical fitness, mental health, social development, healthy lifestyles, disease prevention, and general quality of life, this article explores the importance of physical education in creating lifetime good habits. It also emphasizes how crucial it is for educators, schools, families, and communities to foster an atmosphere that promotes physical exercise throughout one's life.

Keywords: Health education, fitness, mental health, lifestyle, wellness, physical activity, and healthy habits

1. INTRODUCTION:

One of the most important resources in a person's life is their health. A healthy individual is more capable of learning, working, engaging in daily activities, and participating in society. However, many people now engage in less physical activity due to changes in lifestyle and technology. Kids and teens are spending more time on computers and social media, playing video games, watching television, and using smartphones. However, poor eating habits and erratic daily schedules can lead to obesity, low physical fitness, stress, and other health issues.

One crucial component of education that tackles these issues is physical education. It gives students the chance to engage in physical activities while educating them about the benefits of exercise

and a healthy lifestyle for general wellbeing. Students acquire basic movement abilities, sports skills, fitness principles, safety procedures, teamwork, discipline, and the value

Lifelong healthy habits are long-term, health-promoting practices. These include engaging in regular exercise, eating a nutritious diet, getting enough sleep, maintaining good personal hygiene, managing stress, maintaining positive relationships, and abstaining from dangerous substances. Many of these behaviours can be directly or indirectly influenced by physical education. As a result, physical education ought to be regarded as a crucial part of both public health and education. It could lay the groundwork for a healthy lifestyle that lasts from childhood into maturity and old age.

2. OBJECTIVES OF THE STUDY:

The following goals guide the study "Role of Physical Education in Developing Lifelong Healthy Habits":

1. To investigate how physical education helps students form regular habits of physical activity.
2. To evaluate the role that physical education plays in encouraging healthy lifestyle choices, Such as stress reduction, good eating, personal hygiene, and enough sleep.
3. To investigate how physical education affects students' development of lifelong fitness and health consciousness.
4. To determine the significance of physical education in avoiding sedentary behavior and Health issues associated with lifestyle choices.
5. To investigate how kids' involvement in sports and physical education promotes lifelong Healthy habits.

3. REVIEW OF THE LITERATURE:

1. Bailey, R. (2006). The main advantages of physical education and school-based sports were examined in the Journal of School Health article "Physical Education and Sport in Schools: A Review of Benefits and Outcomes." Regular physical education involvement benefits psychological, social, and emotional development in addition to physical fitness, according to the review. Bailey stressed that well-thought-out physical education programs may foster a good attitude toward exercise and motivate pupils to continue being active after school. The study is pertinent to current research because lifetime healthy lifestyles can be facilitated by the formation of beneficial physical activity habits during school years. Ending the role of physical education in developing lifelong healthy habits among students.

2. Ministry of Education, Government of India (2020) in the **National Education Policy 2020** emphasized the importance of holistic education, including physical education, sports, health, and well-being. The policy recognizes that education should develop not only academic abilities but also physical and emotional well-being among learners. It promotes sports-integrated and experiential learning approaches that encourage students to participate in regular physical activity and develop

healthy lifestyle practices. The policy also highlights the importance of fitness, health awareness, teamwork, discipline, and active living as essential components of overall development. From the perspective of lifelong healthy habits, the **National Education Policy 2020** provides a strong framework for integrating physical education and sports into mainstream education. It suggests that developing healthy habits during the formative years can help individuals maintain active and healthy lifestyles throughout adulthood. Therefore, the policy provides significant support for underset

4. RESEARCH METHODOLOGY:

4.1 Research Design:

The current study uses a descriptive research approach to investigate how physical education contributes to the development of healthy behaviors that last a lifetime. The study is mostly based on secondary data about physical education, physical activity, health, fitness, nutrition, and healthy living habits that were gathered from books, research articles, academic journals, government reports, and trustworthy internet sources.

4.2 Method of Data Collection:

Secondary sources were used to get the data needed for the investigation. A review of pertinent material was conducted from:

- Studies that have been published in both domestic and foreign periodicals.
- Books about fitness, health education, and physical education.
- Institutional and governmental reporting.
- Dissertations and theses published.
- Reputable scholarly databases and webpages.
- Prior research on healthy lifestyle choices and physical activity.

4.3 Population of the Study:

College students and young adults make up the study's population, with a focus on how physical education affects their fitness, physical activity, health consciousness, and lifestyle choices.

4.4 Variables of the Study:

The major variables considered in the study are:

1. Physical education participation.
2. Physical activity and exercise habits.
3. Physical fitness.
4. Healthy eating and nutritional awareness.
5. Personal hygiene and health awareness.
6. Stress management and mental well-being.
7. Development of lifelong healthy lifestyle habits.

4.5 Data Analysis:

The collected secondary data was analysed using a descriptive and qualitative approach. The key themes used to evaluate, analyse, and organize the findings of previous studies included physical fitness, regular exercise, nutrition, mental health, disease prevention, and upholding healthy behaviours.

4.7 Limitations of the Study:

The following are the limitations of the study:

1. The study does not collect primary data; instead, it is primarily dependent on secondary data.
2. The quality and accessibility of previously published literature determine the conclusions.
3. Comparisons between earlier research may be impacted by variations in population, Technique, and geographic contexts.

5. PHYSICAL EDUCATION AND DEVELOPMENT OF PHYSICAL FITNESS:

One of the biggest achievements of physical education is the improvement of physical fitness. Physical fitness is the body's capacity to perform daily work effectively without being too tired and to have enough energy for leisure activities and unforeseen requirements. Several aspects of fitness are developed through physical education, such as:

5.1 Cardiovascular Endurance:

The efficiency of the heart and lungs is increased by running, jogging, cycling, swimming, and aerobic exercises. Students' endurance and stamina may increase if they engage in these activities on a regular basis.

5.2 Muscular Strength and Endurance:

Sports, resistance training, climbing, and body-weight exercises all contribute to the development of physical strength and endurance. The execution of daily duties, posture, and mobility are all supported by strong muscles.

5.3 Flexibility:

Flexibility can be increased by yoga, gymnastics, stretching, and suitable sports. Sustaining flexibility throughout life may facilitate mobility and lower the chance of specific injuries.

5.4 Body Composition:

People can maintain a healthy body composition by engaging in regular physical activity and maintaining a balanced diet. Students can learn through physical education that fitness should be addressed from a long-term perspective and that health is more important than beauty.

5.5 Motor Skills:

Physical education helps students learn vital abilities like running, jumping, throwing, catching, balancing, and other basic movements. People can engage in a variety of activities with greater assurance if they have basic movement competency. As a result, physical education gives pupils the

physical groundwork they need to lead active lives.

6. DEVELOPMENT OF LIFELONG PHYSICAL ACTIVITY HABITS:

Encouraging people to continue being physically active after finishing their formal schooling is one of physical education's core objectives. It takes more than just going to required physical education sessions to form this habit. Students should be taught the value of physical activity and how to incorporate it into daily life. For instance, individuals can be encouraged to walk or ride a bicycle for short distances, take active breaks when sitting for extended periods of time, play leisure sports, utilize the stairs rather than the elevator when appropriate, and spend their free time outside. Students are also exposed to a variety of activities through physical education. While some students could like yoga, dance, swimming, walking, cycling, martial arts, or individual fitness activities, others might favour competitive sports. Students can find activities that fit their interests, skills, and lifestyles when there is variety.

7. ROLE OF PHYSICAL EDUCATION IN MENTAL AND EMOTIONAL HEALTH:

Mental and emotional health are greatly enhanced by physical education. Frequent exercise can help people feel better and manage their stress. Exercise is also linked to psychological advantages like increased wellbeing and self-confidence. Exams, social difficulties, academic pressure, and other stressors can all be a part of school life. Students can manage these stresses and unwind in a healthy way by engaging in physical activity. Engaging in games and physical activity can offer a respite from academic pursuits and generate chances for enjoyment and social engagement. Physical education also exposes students to a range of activities. Some students may like competitive sports, while others may prefer yoga, dance, swimming, walking, cycling, martial arts, or individual fitness activities. When there is variety, students can find activities that suit their interests, abilities, and lifestyles.

8. PHYSICAL EDUCATION AND SOCIAL DEVELOPMENT:

An essential environment for social development is physical education. Students must work with others, adhere to rules, communicate clearly, and show respect in many physical activities.

Football, basketball, volleyball, cricket, and relay sports are examples of team sports where players must cooperate to achieve a common objective. Students discover that teamwork is frequently more important for success than individual skill.

Important social values like these can be developed through physical education:

- Cooperation
- Respect
- Responsibility
- Leadership
- Fair play
- Communication

- Empathy
- Discipline
- Teamwork
- Tolerance

Opportunities for leadership are very beneficial. Students may be assigned tasks like team organization, leading warm-up exercises, outlining regulations, or helping peers. These kinds of encounters can foster self-assurance and leadership skills that are beneficial off the field.

Inclusion can also be fostered through physical education. Students learn to recognize differences and encourage one another when activities are modified to accommodate varying abilities. Therefore, inclusive physical education can help create a school community that is more cooperative and accepting.

9. PHYSICAL EDUCATION AND HEALTHY EATING HABITS:

Healthy diet and nutrition are intimately related to physical education. Students who engage in physical activity become more conscious of their bodies and have the opportunity to talk about how exercise, food, hydration, and health are related.

The fundamentals of a balanced diet, such as the value of fruits and vegetables, whole grains, enough protein, healthy fats, and enough water, should be taught to students. They should also be aware of the significance of eating meals high in harmful fats, added sugars, and salt in moderation.

10. PREVENTION OF LIFESTYLE-RELATED DISEASES:

Numerous non-communicable diseases, such as obesity, type 2 diabetes, hypertension, and cardiovascular disease, are linked to modern lifestyles. A key element of tactics meant to lower these risks is regular physical activity. Before unhealthy sedentary habits become thoroughly ingrained, physical education helps young individuals form active routines. Positive relationships between students and physical activity may increase the likelihood that they will continue to be active as adults. Frequent exercise promotes metabolic health, bone health, muscle health, and cardiovascular fitness. When paired with a balanced diet and other behaviors, it can also assist people in maintaining a healthy body weight.

11. DEVELOPMENT OF HEALTHY DAILY ROUTINES:

Consistent daily practices are essential to a healthy lifestyle. Students can establish routines that promote long-term wellbeing with the aid of physical education.

A healthy regimen could consist of:

- Regular physical activity
- Adequate sleep
- Balanced meals
- Sufficient hydration

- Personal hygiene
- Appropriate rest and recovery
- Limited sedentary screen time
- Stress-management activities
- Time spent outdoors
- Positive social interaction

Students might be encouraged by physical education to schedule their time such that they regularly engage in physical activity. For instance, kids can create individualized exercise regimens that incorporate sports, leisure activities, stretching, and walking.

12. ROLE OF PHYSICAL EDUCATION TEACHERS:

Teachers of physical education are crucial in helping students form healthy habits that last a lifetime. They are educators who have the power to change students' perspectives on health and exercise, not only teachers of sports practices.

A good physical education instructor ought to:

1. Establish a secure and encouraging learning environment.
2. Encourage every student to participate.
3. Offer exercises suitable for a range of skill levels.
4. Instruct proper exercise and safety methods.
5. Promote pleasure instead of intense rivalry.
6. Give precise information about fitness and health.
7. Assist students in establishing reasonable personal objectives.
8. Set an example of responsible and healthful behaviour.
9. Promote physical activity throughout one's life.
10. Encourage cooperation, inclusivity, and respect.

Additionally, teachers can spot kids who are reluctant to participate and assist them in locating activities that align with their interests. Students' attitudes about exercise can be significantly changed by positive encouragement.

13. ROLE OF SCHOOLS, FAMILIES, AND COMMUNITIES:

Physical education instructors are not the only ones who can help students build lifetime healthy habits. Communities, families, and schools must collaborate.

Schools

Schools can offer recreational opportunities, strolling areas, sports facilities, and safe playgrounds. Sports activities, exercise regimens, active breaks, and health awareness initiatives can all be planned by them.

Families:

Through their own lifestyle decisions, parents and guardians have an impact on children's conduct. Families may promote healthy nutrition, sports involvement, walking, cycling, and outdoor play. Physical activity becomes a regular part of daily life when family members are involved.

Communities:

By offering parks, playgrounds, sports facilities, walking trails, swimming pools, and reasonably priced leisure programs, communities may promote healthy living. People find it easier to stay active in public areas that are accessible and safe.

Healthy behaviour is encouraged both within and outside of schools when a coordinated approach is used.

14. CHALLENGES IN DEVELOPING LIFELONG HEALTHY HABITS:

Physical education has many advantages, but its efficacy may be diminished by a number of issues. One significant issue is that some educational institutions only allot a little amount of time for physical education. There can be less time for physical activity if academic courses take precedence. Inadequate infrastructure is another problem. Certain schools might not have adequate playgrounds, equipment, restrooms, or qualified physical education instructors.

15. STRATEGIES FOR PROMOTING LIFELONG HEALTHY HABITS THROUGH PHYSICAL EDUCATION:

Several strategies can make physical education more effective in promoting lifelong health.

15.1 Provide Variety:

A variety of activities, such as team sports, individual exercise, yoga, dance, swimming, athletics, cycling, and leisure pursuits, should be offered to students.

15.2 Focus on Personal Improvement:

Instead of focusing solely on athletic performance, assessment should take into account effort, improvement, participation, knowledge, and skill development.

15.3 Encourage Goal Setting:

Students are able to define and track personal health and activity objectives. This fosters accountability and self-motivation.

15.4 Teach Health Knowledge:

Exercise, nutrition, sleep, hydration, injury prevention, and mental health should all be covered in physical education.

15.5 Make Activities Inclusive:

Activities should be modified to enable meaningful participation from children with varying abilities.

15.6 Encourage Active Living Outside School:

Through walking, cycling, leisure activities, and family activity, students should be encouraged

to apply what they learn in physical education to their daily lives.

15.7 Use Technology Positively:

When used properly and with consideration for privacy and wellbeing, activity trackers and fitness apps can assist students in understanding their activity levels and setting reasonable objectives.

16. LONG-TERM BENEFITS OF PHYSICAL EDUCATION:

Good physical education has advantages that go well beyond childhood. Positive attitudes toward physical activity increase the likelihood that people will look for opportunities to exercise throughout their adult lives. Engaging in physical activity throughout life can enhance one's quality of life, independence, and functional abilities. Frequent exercise might also offer chances for leisure and social engagement. Thus, it is possible to think of physical education as an investment in one's future health. Warming up, safe exercise, teamwork, goal-setting, maintaining fitness, and enjoying movement are all lifelong lessons that can be applied in the classroom.

17. CONCLUSION:

The development of lifetime healthy habits is greatly aided by physical education. Its significance goes beyond physical fitness and athletic performance. Students can acquire physical competence, self-assurance, discipline, teamwork, emotional resilience, and information about healthy living through suitable physical education programs. Engaging in physical activity on a regular basis as a child can help form lifelong habits. Students can learn about nutrition, hydration, rest, stress management, safety, and illness prevention through physical education. Schools can foster a favourable attitude toward active living by making physical activity accessible and pleasant. Communities, schools, parents, and educators all play crucial roles in fostering environments that encourage healthy choices. Students of all skill levels and interests should have access to inclusive physical education. Rather of concentrating solely on competitive success, it should highlight lifetime involvement.

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