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ROLE OF PHYSICAL EDUCATION IN MAINTAINING A HEALTHY LIFESTYLE

MAHADEVI S INJAGANERI

College Director of Physical Education,
Govt First Grade College,
Ilkal (Karnataka, India)

E-mail: Jyothiinjaganeri@Gmail.Com

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Abstract:

In order to maintain and encourage a healthy lifestyle, physical education is crucial. It is an all-encompassing educational process that fosters social skills, emotional equilibrium, mental health, physical fitness, and healthy habits. It is not just about playing sports and games. Sedentary lifestyles, poor eating habits, stress, obesity, and lifestyle-related illnesses are all on the rise in today's kids, teens, and adults. Many of these issues can be avoided with adequate health and fitness education and regular physical activity. People who receive physical education are better equipped with the information, abilities, attitudes, and drive to maintain an active lifestyle. It enhances muscular strength, flexibility, coordination, cardiovascular endurance, body composition, and general physical fitness. By lowering stress, anxiety, and emotional strain, it also improves mental health. Participating in physical education also fosters the development of self-confidence, responsibility, discipline, teamwork, leadership, and sportsmanship. This article emphasizes the value of physical education for both individuals and society as it plays a significant part in sustaining a healthy lifestyle.

Keywords: Sports, wellness, physical activity, mental health, physical education, healthy lifestyle, and physical fitness.

1. INTRODUCTION:

One of the most important aspects of human life is health. A healthy individual can carry out everyday tasks effectively, engage in social activities, and have a higher standard of living. Rapid technological advancement has drastically altered people's lifestyles in the modern period. Opportunities for natural physical activity have decreased due to the increased use of computers, cell phones, televisions, cars, and other technologies. At the same time, poor eating habits, sleep deprivation, stress, and erratic daily schedules have become widespread.

A method of living that fosters social, mental, emotional, and physical well-being is referred to as a healthy lifestyle. Regular exercise, a healthy diet, enough sleep, personal hygiene, stress

reduction, avoiding bad habits, and constructive social interactions are all part of it. relationships. Physical education is an important means of developing these healthy lifestyle habits. Physical education is an educational approach that employs exercise as a means of fostering personal growth. People learn how to take care of their bodies and preserve their physical and mental well-being through physical activity, sports, games, yoga, fitness activities, leisure activities, and health education.

2. OBJECTIVES OF THE STUDY:

1. To examine the role of physical education in promoting physical fitness and maintaining overall health.
2. To study the contribution of physical education to mental, emotional, and social well-being.
3. To assess the importance of regular physical activity and physical education in developing healthy lifestyle habits and preventing lifestyle-related diseases

3. REVIEW OF LITERATURE:

Biber et al. (2022) A comprehensive study of physical activity interventions for college students was carried out by Biber, Stoecker, Davis, and Ha. The review looked at programs intended to boost physical activity as well as research involving college students. The significance of treatments that support college students in adopting and sustaining physically active behaviors was emphasized by the authors. Because college students are a crucial demographic for forming healthy living habits that last a lifetime, the study is especially pertinent to the current research.

Huang and Li (2025) in a systematic review, Li and Huang looked at how physical activity affected college students' mental health. The review took into account outcomes including subjective well-being, depression, and self-esteem. According to the reviewed literature, physical activity plays a significant role in higher education populations' mental health. This supports the goal of the current study, which is to investigate how physical education affects psychological and emotional well-being in addition to physical fitness.

4. RESEARCH METHODOLOGY:

4.1 Research Design:

Based on secondary data, the current study is analytical and descriptive in character. The purpose of the project is to investigate how physical education helps people, especially students, maintain and promote a healthy lifestyle. To gather, examine, and evaluate data on physical education, health, fitness, and lifestyle behaviors from a variety of published sources, a descriptive study approach has been used.

All of the data used in this study came from secondary sources. Information has been gathered from the following sources:

4.2 Methodology of Data Collection:

Secondary data was methodically gathered from a variety of printed and digital sources. A

review was conducted of pertinent literature on physical education, health, fitness, nutrition, mental health, and healthy living practices. The gathered information was arranged in accordance with the study's goals and examined using descriptive techniques.

Secondary data were collected from: Books on fitness, health education, and physical education. Research journals at the national and international levels. Articles and reviews that have been published. Reports from institutions like the World Health Organization (WHO). Publications from the government and reports on education. Academic materials, websites, and online databases.

4.3 Scope of the Study:

The study's focus is restricted to using secondary sources to investigate how physical education contributes to a healthy lifestyle the following topics are covered by the study:

- Physical education is essential for health and fitness.
- Physical activity's impact on social, emotional, and mental health.
- Physical education's role in reducing lifestyle diseases and fostering healthy habits.
- Lifelong physical activity is essential for a high quality of life.

4.4 Limitations of the Study:

The following are the limitations of the current study:

- There was no primary survey or field research done because the study is solely dependent on secondary data.
- The correctness and dependability of the available material determine the conclusions.
- There is no statistical analysis based on primary data in the paper.
- The conclusions may not be representative of certain groups because they are broad in nature.

1. ROLE OF PHYSICAL EDUCATION IN PROMOTING PHYSICAL FITNESS AND MAINTAINING OVERALL HEALTH:

One of the most significant results of physical education is physical fitness. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, coordination, balance, and body composition are all enhanced by regular exercise and sports involvement.

1. Cardiovascular Health:

Cardiovascular endurance is enhanced by exercises including cycling, swimming, jogging, walking, and athletics. Frequent aerobic exercise enhances the body's capacity for sustained physical activity and helps the heart and lungs work more effectively.

2. Strength and Endurance of Muscles:

Thru exercises, resistance training, gymnastics, sports, and other training methods, physical education offers chances to build muscle. Posture, movement, everyday tasks, and physical performance are all supported by strong muscles.

3. Adaptability and Mobility:

Flexibility and range of motion can be increased thru mobility exercises, yoga, gymnastics, and stretching. Being flexible can help people move more effectively and engage in physical activities more comfortably.

4. A Healthy Body Composition:

When paired with a healthy diet, regular exercise increases energy expenditure and helps people maintain a healthy body composition. Additionally, physical education raises awareness of the significance of eating a balanced diet and leading an active lifestyle to maintain a healthy weight.

5. Physical Fitness:

Basic motor abilities including running, jumping, throwing, catching, kicking, and balancing are developed throughout physical education. These abilities lay the groundwork for lifelong involvement in sports and leisure pursuits.

6. CONTRIBUTION OF PHYSICAL EDUCATION TO MENTAL, EMOTIONAL, AND SOCIAL WELL-BEING:

The benefits of physical education extend beyond the physical dimension. Participation in physical activity can positively influence mental and emotional health.

1. Mental Well-Being:

Exercise and sports provide opportunities for relaxation and recreation. Regular physical activity is associated with improved mood and psychological well-being. Participation in physical activities can also provide students with a healthy break from academic and work-related pressures.

2. Stress Management:

Students and adults often experience stress due to academic, professional, and personal responsibilities. Physical activity provides a constructive way to manage stress. Activities such as walking, running, yoga, recreational games, and sports can help individuals relax and reduce emotional tension.

3. Self-Confidence:

Learning and improving physical skills can create a sense of achievement. Successfully completing an exercise programme, learning a new sports skill, or contributing to a team can improve self-confidence.

4. Emotional Development:

Sports provide experiences involving success, failure, competition, cooperation, and challenge. These experiences help individuals develop patience, emotional control, perseverance, and resilience.

5. Social Advancement:

Cooperation, communication, respect, leadership, and teamwork are all fostered via team games and group activities. Pupils learn to respect opponents, take responsibility, abide by the rules,

and cooperate to achieve shared objectives.

7. HEALTHY LIFESTYLE PRACTICES AND PHYSICAL EDUCATION:

Healthy living is promoted by the information and real-world experiences that physical education offers. Students discover that engaging in physical activity should become a regular part of their lives rather than being restricted to designated physical education sessions.

The following are significant healthy behaviors that physical education promotes:

- Frequent physical activity
- Engagement in sports and leisure pursuits
- Sufficient hydration
- A healthy diet
- Appropriate warm-up and cool-down
- Sufficient sleep and rest
- Individual cleanliness
- Good posture
- Preventing injuries
- Controlling screen time and inactivity

8. PREVENTING LIFESTYLE-RELATED ILLNESSES:

Numerous chronic health disorders can be made more likely by sedentary lifestyles and poor behaviors. A healthy lifestyle includes regular exercise, which can help lower risk factors for obesity, type 2 diabetes, cardiovascular disease, and other non-communicable diseases.

Physical education promotes people to make better decisions and raises knowledge of the value of physical activity. Frequent exercise promotes long-term health when paired with a balanced diet and other healthful habits.

Therefore, by assisting people in creating an active lifestyle before bad habits are formed, physical education can serve as a preventive measure.

9. PHYSICAL EDUCATION'S CONTRIBUTION TO LIFELONG EXERCISE:

Developing a lifetime interest in physical activity should be one of the main objectives of physical education. Instead than seeing exercise as merely a required academic task, students should learn to love physical activity.

Activities like:

Walking, cycling, yoga, swimming, dancing, jogging, and recreational games Outdoor pursuits. Can be maintained throughout life based on a person's circumstances, age, interests, and degree of fitness. Healthy adulthood can therefore be facilitated by cultivating a positive attitude toward physical activity during school and college.

10. CONCLUSION:

Maintaining a healthy lifestyle is greatly aided by physical education. The current study shows that its benefits go beyond improving physical fitness. Physical education promotes discipline, self-assurance, emotional equilibrium, mental health, social growth, and good lifestyle choices. Frequent exercise improves a person's body composition, muscular strength, flexibility, coordination, and cardiovascular fitness. In addition, engaging in sports and physical activity offers chances to reduce stress, elevate mood, boost self-esteem, and cultivate constructive social connections.

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