



# Effect of physical training on education of students

Reza Rezaei\*

<sup>1</sup>Department of Educational Management, Islamic Azad University, Shiraz Branch, Shiraz Iran.

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## ABSTRACT

**Objective:** One of the most important institutions in contemporary society closely associated with physical education and sport and its function is widely used in continuous operation, which is a function of physical education training institutions to strengthen and develop this concept. However, in some communities to keep the community and especially the rule against alien tribes of Physical Education and Sport in order to physically and mentally prepare the people and the soldiers used to fight the enemy. **Methodology:** Cult of chivalry and generosity, helping mankind and the needy and the deprived and poor defense against a powerful part of sports and physical education at that time was considered and sports athlete must have superior mental powers and moral forces of good sportsmanship along with physical exercise and only to such persons as the hero would never refer to someone who only has superior physical strength and that it was not call hero. **Results:** The military aspects of combat sports and leisure and happiness and other aspects were not overlooked in these communities. But according to the type of physical education major figures who have shaped the cultural and religious, cultural and educational way. The people, the children of seven and eight years old were assigned to the educational system, and after the reading, writing, speaking, shooting, wrestling or other sports to know that the goal of this type of education, people were preparing for a full life. **Conclusion:** After the advent of Islam in Iran as well as in educational methods, standards of conduct and ideas of human good and virtue among the most significant figure takes into consideration the impact on itself in this time of mysticism and ethics, culture and roots mixed with faith to give a new look to the sports environment.

## 1. Introduction

### 1.1 Role of exercise in preventing youth obliquity

#### 1.1.1 Herodotus wrote about sports in ancient Iran

"It is clear that the Iranian objective of what we have called the Physical Education; surely the mental and physical training that young children have gone to together. Physical objects without raising instincts and emotions are considered to be incomplete without a trained body. "In general, exercise all human life is important, but it has to be based on physical and mental training at a young age should be more important in this era of exercise. In addition to exercising the cause, youth entertainment, perfect for your leisure have a significant effect on their physical and psychological health. Many of the adverse effects of social, economic, familial status, inheritance and so the sport can find a decreasing or even eliminating general (Javaher Zadeh, 1953).

### 1.2 Role of exercise in satisfying the needs of youth

Physical Education and Sport, the general principles on a regular basis and is used correctly, fulfill many of the needs of youth, healthy living and social understanding correct or prevent many deviant behaviors can be effective. Exercise in satisfying needs such as:

- 1- Need for a healthy and strong body.
- 2- Need for mobility and energy drain well.

\* Corresponding author: R.Rezaei@nomail.com

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- 3- Need for emotional balance and emotional.
- 4- Need for personal and family problems.
- 5- Need to learn the principles of social life and cultural values of absorption.
- 6- Need to understand the existence of self-worth.
- 7- Need to gain respect and acceptance and success.
- 8- Need to show the existence and apparent talent.

Desired effect and makes it possible for young people to solve the issues and problems of personal and social life or escape from the stresses and pressures of his physical and psychological needs not resort to ways and means of diversion. Many characteristics of adolescence, such as instability, impatience, fantasies, sexual excitement, and many other spirits are modifiable by exercise (Blanchard and Edwards, 1995).

### **1.3 Mental health**

According to the latest evidence, exercise is very effective in treatment of depression and anxiety in adults and children. Physical activity is one of the ways to combat mental excitement. According to studies conducted in about 220 adult females anxious, those who participate in sports programs are less difficult to suffer from physical and mental stress (Sabouri, 1992).

### **1.4 Planning and motivate students**

The most important point is that exercise positively to teachers, students tends to do a lot of exercise and realize that physical activity is good for a person and due to age, physical location, stage of development and interest of students to advise them on the most appropriate physical activity. Children with disabilities are less familiar with the sport of peers with respect to their ability. Interestingly, these people increase their physical strength and fitness require more exercise, therefore individuals, schools and various institutions to do their best every day to increase the positive motivation among students. Sports coaches can make a list of activities for students to understand the power consumption and physical activity. In addition, this approach helps educators to suggest exercise that is commensurate with age, body, desire body position. It is noteworthy that no single exercise is beneficial for physical and mental health of adolescents and children. It is very important that we help parents to select physical activities that are appropriate to the age and physical abilities of children. One of the main objectives is that professionals can incorporate 30 minutes of exercise most days of the week, students are light and quiet. Walking and jogging, causing overall fitness and health is increasing. We should be careful monitoring of the conduct rigorous physical movements is very important. Kids should not lift heavy objects, they also need to grow their skeletons completely refrain from throwing weights. Sometimes coaches can motivate their children to do exercises that do not fit with their abilities. Experts recommend that people with weak ligaments disease to pay more to avoid sports like basketball, swimming and cycling which leads to kink (Behmanesh, 1996).

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## **2. Materials and methods**

### **2.1 Role of physical education and sport in mental health and intellectual development of students**

Physical Education and Sport in the general sense of the word, is a social phenomenon that will promote the strengthening of relations between the community and the health of their body and soul. Thus, social relations and the mutual relationship between physical education and sports, and is very effective in providing child and adolescent mental health community as well as the desired orientation. According to research by the World Health Organization experts about ten percent of the population in industrialized countries suffer from some form of mental disorder, the mental health that aims to healthy psychological environment and prevention of mental disorders that are of particular importance as physical illness threatens the health of the human body, inevitably there are also risks for mental health. In everyone's life there are moments, situations and unfortunate circumstances. How the impact of such events on the person and how they treat someone with mental health point of view is very important to the family, school and community are the most important factors in the occurrence and the emergence of mental health. Consequently, "the mental health plan must take into consideration all the above factors. Human psychological environment includes all factors that affect a lot of confusion and perplexity on his behavior and psychological addiction a result of relationships with family and community (Mohammadi, 1996). So the development of the mental health of any society where all people of all classes and categories ranging from religious authorities, administrative, judicial, educational and daunting tasks in the cloud are responsible. Children's mental health, especially mental health of students makes up a third of the total population that is important. Every morning the kids to the place called school teaching the design and delivery will take their afternoon or evening. What happened in this period may happen to them? Something that kids should not suffer during this time. Where should I start? Should the school begin as a child until the age of seven in her family and the school will be from 7 to 18 years. The character of a person is formed before the age of 18. That is not to say that a person was normal but 18 years later it is impaired, hence, it is important that coaches or people who are dealing with school age children, to know how to talk with children. Due to the introduction of the definition of mental health should be said: Mental Health is the prevention of the emergence of mental illness and mental health environment to enable individuals with mental equivalent of having a good relationship with environmental factors to establish and win in the way of achieving to transcendent. Mental health is a broad subject and includes all individuals and groups in society and not solely to the mentally ill. In other words, mental health is a matter of public and is relevant to all classes and categories ranging from young and old and adult. This is basically the main activity of the mental health "mental illness should be allowed to occur. Though due to internal pressures or peripheral nervous happened should not prevent the conversion of psychological distress. Some researchers believe that stress, mental and emotional illnesses that can be caused to move almost all are genetically predisposed individuals. These diseases include asthma, cancer, digestive disorders and disease of the heart is disturbed. All these

diseases and other diseases those are prevalent in your family. What is certain is that society cannot and should not be treated as the subject of mental illness as something fun and frivolity. Society needs people who not only have the physical but it would benefit from mental health. Because the most common cause of psychological distress, family, school and community, and in some cases the person is wavering principles. Mental health activities should be paid attention to all the above factors. In providing such a service people need schools, universities, mosques, markets, cross the street and helping the educational, moral, spiritual and human become and be properly connected to people. Physical Education in Ministry of Education in its policy-based research on business opportunities and physical and mental health of boys and girls in schools through the sports activities are always trying to appreciation to the theoretical and practical actions, public opinion, parents, school administrators, coaches, officials raised the hand of those who understand this phenomenon may value the health of body and spirit. Exercise is defined as "the systematic and repetitive body movements to achieve strength, agility and greater health." And also mental health is based on three principles are: 1) keep health care and thought 2) eradication of pathogens and prevent the development of mental disorders. 3) Create a favorable context for the development and flourish right personality and talents to the fullest capacity (Akbari and Ardeshtari, 2007).

### ***2.2 Effect of exercise on the social development of children and adolescents***

Physical Education and Sport in the general sense of the word, is a social phenomenon that will promote strong community relationships and physical health and their spirits. Therefore, social and physical education and sport have a mutual relationship between the child and adolescent mental health and are very effective in the desired orientation. Exercise provides an opportunity for people to interact with each other and specify the target task to undertake and benefit is the result of the group. In the meantime, game as one of the important components of physical education, potential force that helps build a better relationship with children in a dynamic social force in society (Hassani et al, 2012). Vakavel in personal and social needs in their research on American children concluded that games and sports and similar activities teach kids to be as an active member in the group, and they are accepted as a member. And they went through these hands on experience acquired and to satisfy their need for social belonging and social reform to create tranquility achieve it is very effective in the development and delivery of mental health. Finally, the role and benefits of mass sports and social development in children and adolescent mental health listed the track: 1) Foster collaboration and cooperation. 2) Will Power and decision-making. 3) Create and strengthen the initiative. 4) Eliminate the spirit of apathy and motivate victory. 5) Respect the rights of others. 6) Treatment of social isolation.

## **3. Discussion and results**

### ***3.1 Effect of exercise to satisfy the psychological needs of children and adolescents***

In addition to the continuing nature of the human person's physical needs, emotional needs, as well as her cause is of such love, security, a sense of worth, and belonging to the group, self-expression, development, acceptability and cognitive and aesthetic needs. Failure to satisfy these requirements can cause problems in adulthood and origin of mental disorders, and disorders that time comes. As a result of these disturbances, depression, senility, fatigue, distress to a person loses his job and low performing without thinking and weakens. Physical exercise is considered as an effective means to meet the psychological needs that children who are able to satisfy their needs by taking advantage of the deal and express their inner feelings. It also gained experience in various fields of sports activities in accordance with their aptitude and interest, which enables children to engage in a positive manner and ability to express them and reveal its efficiency (Taghavi, 1992). Thus, acceptance by others as a substantially increased and will satisfy their need for self-esteem and sense of worth. Children's participation in community sports activities by providing an appropriate in order to satisfy the desires and strengthen the spirit of cooperation and a sense of belonging to a group is working on them. These factors provide favorable conditions for mutual love and enjoying each other's love. In addition to these works and activities that exercise is beneficial in increasing the knowledge and information, guide to indirectly detect problems and correct attitude and the consequences. Therefore, the effects of exercise on cognitive and foster a spirit of good will satisfy the needs of the individual aesthetic and thereby adds to the feeling of safety for children and adolescents and reduction and decompression, overcome fears and anxieties, open source and provides satisfaction and mental health of children and adolescents (Eshaghi, 2010).

### ***3.2 The effect of exercise on the growth of talents and interests of children and adolescents***

Needs and talents can be the origin of humans and the evolution of human excellence. In the course of human evolution, should be fertile talent lies within his knowledge. It's the best time to acquire capabilities during adolescence. In terms of philosophical, scientific and research the best way to help young people gain capabilities, movement, games and sport. In addition gaining abilities, talents flourish. Every person has different talents. Correct enjoying the game and sports talent can be mental, intellectual, cognitive, and physical skills in children and adolescents growing up in a range of capacities and moral, educational, social and emotional for them. The effect of exercise on a sports scholarship will grow the talent and athletic talents. So that Investigations in Iran shows that there is a positive relationship between participation in sports and academic talents, this is corroborated by the finding that adolescents in sport "learn that subtly move" in the direction of learning, his talent is recognized. Another important value is impact of games and sports in children and adolescents (Mohammad Nejad and Nasrollahi, 2009). This is a growing interest in the development of their talent leads that's life has great value for the development and delivery of mental health for children and adolescents. Experience gained from sports activities to create interest and desire to understand the capabilities and talents, which are the foundations of mental health have beneficial effects according to Favorites school counselors and the natural tendency of sporting activities and entertainment as a vehicle for self-discovery and environment and the means to satisfy needs and develop talents and interests guide the academic life and future career is applied to children and adolescents (Haji Arez, 1994).

## 4. Conclusion

### 4.1 Effect of exercise on the moral development of children and adolescents

Ethical aspects in order to give children the desire and motivation to be guided by the way he was on the right track. Children morally neutral and more aspects of their innate and instinctive affected. His actions and demands are also influenced by biological and instinctual needs and games, thus, games, field training and orientation for all interest rate, the child's emotions and innate tendencies and concepts such as altruism, cooperation, dedication, patience and endurance to teach him unawares. The major factor that motivated the child puts on a path of robust growth, the inclusion of moral values within the bracing games and sports. These values are causing kids to enjoy the game and try to reach them. Kids and teens enjoy the opportunity to play and exercise-induced coordinate and communicate the meanings of moral values. The relationship between exercise and fun bridge to the child normally lives and that's bound to bring ethics. Sports experiences and satisfaction of the positive sentiment improving and enhancing the growth of moral virtues and cause inappropriate behavior is modified and makes people than kind, cheerful emotion and the sense of responsibility, respect for law and stylized personal and social emotions in general in order to achieve the objectives of mental health (Nabavi and Zokaei, 1996). I mean, this refers to the fact that I am well articulated, I have asked this time and the game went to the school yard to see you guys look good in two modes: First, express emotions while playing his kids (I mean the game is not really playing a serious match). Second, facial expression of emotions after the game when the children play carefully, you will probably be faced with these situations: Shout for playmate attention, a cry of joy to meet the goal of expressing a willingness to act, flushed face from being focused and ready, high arousal caused by trying as much as possible, yelling or regret from failing and so now turn to the second condition facial expression going kids after the game. The maximum time that can be seen on the faces of children is "Satisfaction." I've asked at least ten times that of the satisfaction that I see repeatedly in the face after the game where the kids come from? And finally came to the conclusion that not only satisfy the kids after the game to win, score goals and be successful, but the fact that they have an opportunity to express feelings, emotions themselves. Even when the child takes a cry of anger or regret over Oh has contributed to his mental health. At least two reasons: first, that perhaps the only opportunity for the child to be able to so easily and the freedom to express their excitement. And second, that very soon, even after a few seconds of his anger and regret, happy position is provided for him. And you have seen this child laughs at the extreme joy of his soul. Do you have a noble way to use it to tell your children that there is no sorrow in the world is stable? Dear Manager: You definitely know the blessings of peace largest and highest blessings. You're definitely paying attention to children's happiness and well as the health and vitality you're happy with them. You are most definitely one of the ways to achieve health and vitality you do provide sporting activities. So, Dear Manager, you'll know that this benefits the athletic activities. This is a school that will provide more opportunities for children to take more steps to mental health. As much as possible, to equip schools with sports facilities, these activities provide opportunities for students and creating healthy children, and therefore it is a society of free and proud. Mental health is desirable emotion regulation, attributes and modes. Move the game under the supervision of school education provides an opportunity to regulate emotions and ultimately the children's mental health will increase their growth and excellence.

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