



International Journal of Advanced Academic Studies

E-ISSN: 2706-8927

P-ISSN: 2706-8919

www.allstudyjournal.com

IJAAS 2020; 2(2): 34-36

Received: 21-01-2020

Accepted: 22-02-2020

Ghulam Wali Mubariz

Sport Management

Department, Faculty of

Physical Education and Sport

Science, Shaheed Ustad

Rabani Kabul Education

University, Kabul,

Afghanistan

The role of exercise in personality development

Ghulam Wali Mubariz

Abstract

One of the main factors in the growth and flourishing of each person's mental and intellectual talents is movement. Psychologists believe that the more a wide range of environmental, educational, and psychosocial connections are given to a person, the more he or she will help his or her latent talents grow. Children and adolescents who have the opportunity to demonstrate their talents, abilities, competencies and skills in sports fields and show initiative, creativity and possibly innovation in relation to sports problems will have a more appropriate environment and educational conditions; Especially if these environmental factors are further supported by positive attitudes, appreciation and encouragement from parents, parents and peers for expressing creativity and achieving individual success.

Also, since during the game or before and after, all participants in the group practice have the right to express their views in order to improve the situation, the presentation of comments by each player at different times, is acceptable. Their opinions will be shared by others. This acceptance will gradually increase the power of one's field and leadership.

One of the most common classifications that psychologists use in relation to different types of personality types is introverted and extroverted. Introverts are people whose reaction to different situations is negative or who run away from these situations and are silent and calm. On the other hand, extroverts react positively to situations, talk more than introverts, and have more social contact.

Keywords: exercise, growth, development, personality, characteristics

Introduction

Today, with the advancement of vital sciences and psychology, it has become quite clear that a creature called a human being is a set of physical characteristics and psychological characteristics that are absolutely indistinguishable from each other. The changes in the human body are equal to the changes in the soul and the transformation of the soul is equal to the transformation of the body. The human body always acts as a whole unit, not as separate parts. The mind and the body are inseparable, and there is almost no phenomenon whose effects are only physical or mental. Neither the mind is made up of independent elements and talents, nor is the body made up of different parts. A change in any part of it can affect the whole body^[1].

Research has shown that athletes find an extroverted and active personality due to active participation in social activities such as training and competitions, as well as social acceptance due to athletic success. They get better with different conditions.

Regarding the effect of exercise on human personality, one of the most widespread beliefs is that exercise has a positive effect on the morale and personality of athletes in various ways. Such positive effects may be temporary or permanent, or in the case of younger individuals, because their process of mental and emotional development is evolving more than in older people. Probably the most important aspect of these influences is personality development. In addition to personality development, exercise has been effective in transforming a person's "social aspect of personality" or "social competence"^[2].

Exercise in general is full of opportunities to deal with obstacles and problems and to take appropriate steps to address them. This situation is very important for the mental health of people, especially children.

In fact, the choice of exercise or tactics that lead to overcoming obstacles (winning) is very important for mental health, because it not only expands the sense of satisfaction in the person. Rather, it has a resilient, searching, thought-provoking, flexible and tolerant spirit in dealing with obstacles and problems^[3].

Therefore, overcoming conflicts and problems in sports may increase a person's personal feelings about his or her competence and control, increase his or her inner motivation to

Corresponding Author:

Ghulam Wali Mubariz

Sport Management

Department, Faculty of

Physical Education and Sport

Science, Shaheed Ustad

Rabani Kabul Education

University, Kabul,

Afghanistan

display appropriate behavior and influence his or her personality in a very positive way.

Playing games and sports, in principle, expands the mind and refreshes. That's why a large group of people spend their free time working after such tedious work and tedious work. It has even been seen that people who are upset or sad about something, if they exercise with their own desire or the insistence of others to reduce the discomfort, really forget their discomfort for a few minutes, albeit briefly.

In people with stress, exercising helps to temporarily relieve stress, increases personal perception, and creates a good feeling after being able to find a solution to deal with stress. The role of exercise in personality development ^[4].

First of all, what do we mean by character? Everyone works in a social environment; describes the character in a three-part structure, including the core (Nucleus), the middle layer and the outer layer:

Nucleus: The psychological nucleus forms the center of personality, which includes the individual's self-concept, basic attitudes, and cravings. These features are more or less stable.

Middle layer: This section includes the kind of responses that our usual way of responding to the environment, such as making a sports mistake or winning a difficult race.

External layer: Behavior depends on the role of the external part of our personality and depends on the situation or environment in which we are.

Such a view of personality is useful, but it does not tell us what personality is.

definition of personality is as follows: "The set of characteristics of a person that distinguishes him from others."

This definition goes back to the aspect of personality that psychologists agree on, that is, the uniqueness of each person's personality, but how long these traits last over time, what their relationship to behavior is, and how and when. The environment affects them; it is a matter of disagreement among psychologists ^[5].

To distinguish between personality and exercise, we need to know what exercise is.

Exercise is an institutionalized activity that requires the use of intense physical force using complex physical skills by participants who are stimulated by internal and external factors. This definition is related to organized sports activities

In Islamic societies, due to the fact that all policies are in the service of the school, physical education is not separate from this general principle, and while the foundation of this science is based on physical and physical issues, it is ultimately a means. Which is effective in the perfection and excellence of human beings and can take a step towards the superior goals of human beings, which is the path of God.

Strengthen your mental strength as well as exercise. Just as you try to keep your body strong, try to keep your soul strong.

According to the World Health Organization, "Health is not just about not having the disease, but about physical, mental, social and mental health. In fact, the two main goals of health are to delay death and prevent disease.

Findings from research on international athletes have shown that they share several personality traits. They have higher

self-esteem than non-athletes and are more competitive and social. Does this mean that young athletes are more likely to succeed - with these characteristics - than those who do not? This is not necessarily the case. For example, David Hammer has reported on athletes who are motivated to progress a lot ^[6].

Research on the effect of exercise on socialization and its relationship to personality states that:

Research on the socialization of sports has been directly linked to the development of the sociology of sports. During the 1960s and early 1970s, explaining the various aspects of participating in sports meant how and under what circumstances a person turned to sports, and secondly, the consequences of participating in sports. Also called social.

Therefore, in most sources, there are two titles: socialization in sports and socialization through sports. In the first, the individual plays a social role such as "athlete" and in the second, he refers to learning attitudes, values, skills and general tendencies such as chivalry, discipline, which is thought to be in activities. Get sports.

Socialization through exercise is the effect of exercise on one's beliefs, attitudes, and beliefs. It is believed that in the lessons we learn from participating in sports, it is transferable to other social aspects and helps a person to participate successfully in those fields.

Ewing's hypothesis that exercise is a factor influencing a person's social development and that participation in sports is usually a personality type, especially in children.

Ewing stated that participation in sports is possible in six ways which affect the child's development:

1. Get ready
2. Social competence
3. Physical fitness
4. Moral growth
5. Aggression and anger
6. Training

The evidence for the benefits of exercise in these areas is complex. On the one hand, sports provide opportunities for young people to cultivate their social competence while experiencing cooperation and collaboration. On the other hand, research findings show that athletes are more fanatical and sexually aggressive than non-athletes.

Social personality reflects the correct and natural mental development of individuals. If physical education in a society is considered in accordance with the principles of this science, it removes athletes from individualism and self-centeredness and improves the development of natural spirits in the individual. He establishes and lives next to them.

George Kelly, a well-known psychologist, defines personality as the specific way in which each person seeks to find and interpret the meaning of life. Studies show that athletes and champions are courageous and self-sacrificing and master their will.

Exercise games are closely linked to the growth and development of a child's personality and bring it to the stage of maturity and social awareness. Researchers have done a lot of research on the role of games and games in socialization, as well as how physical activity overall affects the development of a clear image of the body in the child's mind, known as the body image. An image on which the concept of the physical self and therefore the concept of self-concept is based, and is considered the first brick to build the personality of individuals ^[7].

The view also believes that sport is a mediator between a person and himself or others. This multifaceted cognition can be involved in social adaptations and personality.

Commenting on the relationship between exercise and personality traits, Eisenhower said by compiling an important list of sports and personality research results that there are three good personality traits associated with exercise such as extroversion, neuroticism and psychoticism, and some traits, moods and moods. And temperament has a good relationship with sports behavior. "Changes in exercise in personality occur gradually and slowly over the years, because exercise changes the functioning of the sympathetic nervous system, changes expectations and values," he says [8].

Because physical education programs have the potential to reveal and reveal the personality and nature of individuals, they are known to behave inappropriately and to replace human traits and rules. In this way, each person can have the necessary respect between their group and society. This desirable relationship is formed and moralized and transferred to the external realms.

Herbert Reid did not exaggerate, saying: "I completely agree that sports training is partly about cultivating the will. Also, I'm not sorry that our schools spend time on games, but on the contrary, this is the only time they have the best time.

Because sports skills are practiced according to the specific rules and regulations of each discipline and the rules of the game are mandatory for all players, the game is a situational game to teach the observance of social rules and conventions, especially for cocaine involved in social rules at an early age. No, it has practical effects.

Summary

One way to deal with stress, depression, anxiety, and mental illness, which is often caused by severe inactivity, is exercise and exercise. Exercise increases blood flow to the brain and increases the nutrition of brain cells, raises body temperature and leads to the secretion of substances in the body that create happiness, as well as increase self-confidence and satisfaction in people who are depressed. Exercise, in turn, improves the activity of the nervous system, calms, softens and improves skills.

According to the World Health Organization, "Health is not just about not having the disease, but about physical, mental, social and mental health. In fact, the two main goals of health are to delay death and prevent disease.

Socialization through exercise is the effect attitudes, and beliefs. It is believed that in the lessons we learn from participating in sports, it is transferable to other social aspects and helps a person to participate successfully in those fields. of exercise on one's beliefs,

The view also believes that sport is a mediator between a person and himself/ Herself or others.

Findings

From the research done, the following can be deduced:

Knowledge states that children acquire communication and decision-making skills by participating in sports (Abdoli, 2007)

Physical education is involved in accepting responsibility for nurturing and promoting social values in people in society, especially school students, and is effective as a factor in strengthening social values and desirable human behaviors.

Attention to the issue of socialization and its relationship with sports reached its peak when Seminar International was established under the title "Socialization through Sports". The seminar, held in Canada in 1971, concluded that physical culture was an important factor in the socialization of the individual.

According to Roger kai Leva, "civilization was created only in the shadow of the supremacy and high value of heroism, that is, a competitive game and a competition that is the source of democracy and the rule of the people over the people.

The process of socialization of children begins with their initial sports activities and causes the growth and development of movement in childhood and their sports participation in later years.

Conclusion

One of the most distinctive aspects of each person's spiritual life is his or her personality. Thus, it can be said that the meaning of a person's personality, set or total characteristics and traits. One of the most widespread beliefs about the effect of exercise on human personality is that exercise has a positive effect on athletes' morale and personality in various ways.

Although some aspects of personality are quite stable, they are likely to be influenced by gender or behavior. Personality is influenced by past experiences.

The most important theory in the psychology of sport in explaining the effect of experience on personality explains social learning theory based on the principle of modeling and reinforcement. Social learning plays a role in understanding and developing sports behavior and is particularly influential on sports models. Family and culture are powerful sources of influence on a child's athletic development. Social learning theory is important in understanding how these effects work.

The choice of exercise or methods that lead to overcoming and overcoming obstacles is very important in terms of mental health, because it not only makes a person feel satisfied, but also makes them resistant to obstacles and mental problems. Be thoughtful, flexible and tolerant.

Therefore, overcoming conflicts and problems in sports may increase a person's personal feelings of worthiness and control, increase his inner motivation to behave properly, and affect his personality in a very positive way.

References

1. Abolhassani, Sayeh. Advanced Bodybuilding Exercises. Tehran: Asim Publications, 2009.
2. Ahadi, Hassan. Developmental Psychology. Tehran: Tehran University Press, 1387, 86.
3. Mobarez, Ghulam Vali. The role of exercise in mental health. Kabul: Payam-e-Maaref, Shaheed Rabbani University of Education, 1393, 131.
4. Mojaab, Mansour. Sports counseling book. Kabul: Mentalization Publications. 1395, 19.
5. Woods, Barbara. Sport psychology. Tehran: Book morning, 1398, 25-26.
6. Hodges, Jeffrey. Psychological preparation for athletes. Tehran: Bam dad Ketab Publications, 2007, 103.
7. West and Butcher. Fundamentals of Physical Education and Sports. Tehran: Sunovbar Publications, 2002.
8. Alijani, Noorbakhsh. Sports Psychology. Tehran: Physical Education Education and Research Office, 1987, 83