

INTENSIFYING STUDENT'S SELF-ESTEEM THROUGH PHYSICAL EDUCATION

by:

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The philosophy "a sound mind and a sound body" gives emphasis on the importance of having a harmonious mind and body thus both should work together to achieve an individual's total development. No matter how powerful, the mind cannot work alone because it is the body that executes whatever the brain processes. Likewise, the body doesn't have the ability to function neither move unless it's controlled or instructed by the brain. As these two are interdependent, it is necessary develop these two and be enhanced altogether.

Physical Education plays a major role in having and developing of a holistic personality. Attributes in personality like emotional strength and social development can be honed through various physical education activities. It also provides learning experiences that improve pupils' mental alertness, academic performance, readiness, and enthusiasm for learning.

A lot of people knew that Physical Education is only all about the development of the physical body. But aside from the development of the physical body, Physical Education also plays a large role in the development of mental, social and emotional aspect. Self-confidence and self-confidence can be considered as the most crucial factors in one's personality development. These are the integrative functions of Physical Education and sports participation affirming their contribution to the holistic development of an individual and his/her personality and psychological well-being.

Our pupils may experience having problems and conflicts that they have to face in the long run but as they overcome these situations, they are likely to get higher chances in achieving their goals. High positive self-esteem is considered necessary in one's personal quest for success.

Self-esteem is not innate, but surely can be developed through the experiences one encounters in everyday life. That is why teachers are encouraged to provide that will enhance pupils' self-esteem. Through Physical Education, we may give our pupils the possible preparation to meet life's challenges and attain success in the future.

References:

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