



## A Role of physical Activities Health, Sex in Psychological View

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### ABSTRACT

All normal people wish to live in peace and happiness. The feeling of happiness and satisfaction subjectively experienced by individuals has been termed as psychological wellbeing (Okun and Stock,1987). A few other terms like subjective wellbeing,mental health, life satisfaction,and quality of life have been global interest in the study of psychological wellbeing and quality of life.The paper describes about the psychological wellbeing of the individual through the yogic techniques. It highlights the concepts and principles of yoga psychology based on Patanjali's Yoga Sutras to demonstrate how the yoga psychology parents holistic view about psychological wellbeing. It explains the psychotherapeutic, preventine and promotive aspects of yoga psychology with the ultimate aim of harmonizing human personality and transcending the self and consciousness. Referring to the cognitive model of chittavrittis, kleshas and to the silent features of the yogic method of looking within,the author has discussed the use of yogic techniques in the psychological well-being of mankind,and has called for more expirical studies on their applications in different fieds with specific purposes.

Due to which they not only fight the germs of disease but also learn the art of living a confident and happy life.The strengthens the immune system of the body, which people in developed countrises avidly desire,and saves money on treatment which the average peson in developing and under-developed societies finds diffucult to afford.

All that vibrates in this universe in Prana; heat, light, gravity, magnetism, vigor, power, vitality, electricity, life and spirit are all forms of Prana. It is the cosmic personality, potent in all beings and non-being. It is the prime mover of all activity. It is the wealth of life.

Humans show a somewhat indiscriminate sexual reaction to a whole array of sexually arousing situations. In some instances, where the experience is particularly intense or pleasurable, a conditioned response may be established which does not readily extinguish. With time, however, sexual stimulation ordinarily becomes delimited to a narrow range of specifically sexual conditions.

Sexual behaviour not only is based upon a strong physiological drive but is reinforced by the pleasure ordinarily accompanying sexual gratification. This gratification can be had by any of the six chief sources of sexual discharge listed by Kinsey et al. (1948), Homosexual / Lesbian relations is one of them.

## **INTRODUCTION**

### **As one participates in Physical Activities of his own volition.**

As one participates in physical activities of his own volition, it provides a free, pleasurable, immediate natural expression of his innate desires, such exercise unfolds the hidden talents and desire, and helps in shaping up the personality. Physical activities meet the basic needs of human beings, such as the sense of security, the sense of sex, the sense of belonging beings, happiness, experience etc. Physical activities also provide recreations which go a long way in producing perfectly happy satisfied and balanced individual, having pleasing and energetic personality sex health having zest for life experience.

Physical activities and sports play an important role in the development of personality of an individual. The aim of physical psychological view is to strive for optimum development of an individual in all spheres of life and thus, physical activities play pivotal role in development of one's personality. Book Walters clearly illustrates the role of physical psychological view and physical activities in shaping up the personality of an individual. In his own words "The aim of physical education is the optimum development of the physically, socially, and mentally integrated and adjusted individual through guided instructions and participation in selected total-body sports rhythmic and gymnastic activities conducted according to social and hygienic standards." through psychological activity in psychological view in sex. The Lerner should have elementary knowledge and understanding about the nervous system and its functioning of any motor skill is controlled by the complicated mechanism of the nervous system i.e, it is key to the

development of motor skill. Therefore, providing some basic knowledge about the nervous system and its functioning will enhance the capabilities of the learner to learn a motor skill.

Evolutionary psychology offers the following answer. By having sex with many different women, men can father a large number of children-many more than if they had sex with only one woman. In contrast, no matter how many lovers a woman has, She can only have one pregnancy at a time. Moreover, the investment in having a child is much greater for women than men. Women are the ones who are pregnant for nine months and must care for the child after it is born. Evolutionary psychology suggests that because of these facts, natural selection has tended to produce a stronger preference for sexual variety among males than among females. The reasoning behind this suggestion is as follows. Men who prefer many different mates produce more offspring than men with a weaker preference for sexual variety. As a result, a preference for variety has become widespread among males. In contrast, women who prefer sexual variety do not necessarily produce more children, so a preference for sexual variety is not as strongly favoured by natural selection.

It is also clear that men could never have evolved a strong desire for sexual variety if no women ever showed an interest in such behaviour. After all, making love requires two partners. Throughout the evolution of our species, therefore, some women, at least, must have been interested in variety, too. Why would this be the case? Evolutionary psychology suggests explanation such as these: By having multiple partners, women could gain valuable resources from them (e.g., food, gifts); alternatively, by having many lovers a woman could perfect her love making skills and so, perhaps, replace her current mate with a more desirable one. As noted by Buss (1999), there is some support for both of these hypotheses.

Biological evidence also suggest that some women have sought variety in their sexual partners. One such piece of evidence is the fact that human sperm are not all alike. Most are what can be described as "egg getters" – they race towards the egg to fertilize it. But other sperms have a different shape and can be described as "blockers" – their function seems to be that of blocking the sperm of other men. There would be no need for such sperm if all females were monogamous; so the fact that these "blockers" exist suggests that in the past, as now, some women did indeed have more than one lover at a time (Baker & Bellis, 1995). Interestingly, the proportion of such "blocker" sperm rises when a man has been separated from his mate for a long period of time, during which perhaps the woman has had other lover (Baker & Bellis, (1995).

All physical activities must be learned involves analytical thinking analyzing and inter printing new situation. This, mental exercise enhances the intellectual abilities of the participants and broadens their mental horizon. One also learns to control and regulated one emotion while participated in computation as well as during practice sessions. Sports persons are not unduly disturb by their emotion. They learn to take the successes and failures, achievement and disappointments as part of game and except the same in their stride. Unutilized energy undoubtedly has harmful effects on ones personality make up. Physical activities and sports provident in stinted and challenging outlet for such energy as well as for blowing out other emotional storms building within.

### **SAMPLE :-**

The sample collect of 400 subjects them in 200 students from rural and 200 students from urban area. The distribution of psychological view in role of psychological achievement health and sex. Score (SEA)

### **Psychological vies :-**

There is a urgent nedd of concentrating on the interrelationship between social meaning of intellectual disability and the women who are affected in the indian context.

Report on women with disability in the Durg district of Chhattisgarh state indicated that the literacy rate of such women was 7% at last handful result in the field of mental disability. The study was conducted in Durg District . This Area was chosen as they were true representatives of other villages in this area. The total population of Durg district 2810436 out of which were males (60.9%) and 40.2% were females of the population were children below the age of 18 years (470879) Average family size was 5.7 members per family.

Out of the 470879 children screened, 3575 were positive on the screening instrument. On administration of Binet Kamath test of intelligence, 100 children those whose child were not registered in special school they form control group were examined in details. But all of them had I.Q more than 70 showing that the questionnaire had 100% sensitivity.

Sex	No. of children in the age group 0-18	No. of cases	Prevalence rate M.R.
M	256189	2145	8.37
F	214690	1430	6.66
	470879	3575	1.5703

**Health View :-**

Groups	Initial	Final	Difference	t-value
<8g%	7.70+0.1	8.5+0.1	0.80	8.0*
8-10g %	9.05+0.43	9.7+0.45	0.65	2.95**
10-12g%	10.82+0.59	11.25+0.45	0.43	3.20***
12g%	12.3+0.10	12.50+0.10	0.20	2.00****

Groups	Initial	Final	Difference	t-value
<8g%	7.26+0.24	9.5340.30	2.27	9.15*
8-10g %	8.9340.58	10.96+0.64	2.03	10.51*
10-12g%	10.740.41	12.40+0.40	1.70	12.05*
12g%	12.340.10	13.00+_020	0.70	7.00*

Hb level	Initial	Final	Difference	t-value
<8g%	7.60+0.16	10.0640.24	2.46	4.44*
8-10g %	m+0.43	11.064038	236	12.62*
10-12g%	10.60+037	12.654032	Zo5	8.76*
12g%	1230+0.10	13.60+0.20	1.30	5.55*

Groups	Initial	Final	Difference	t-value
Control	9.85+1.61	9.81+1.60	-0.04	-
Antiparasit c	10.13+1.47	10.64+1.28	0.51	12134
Iron-folic acid	9.52+1.64	11.33+1.25	1.81	4.123*
Antiparastic iron folic acid	9.48+1.50	11.60fl.19	2.12	5.011*

Distribution of Modernisation scores of Rural –LFS students		Distribution of Modernisation scores of Rural –MFS students		Distribution of Modernisation scores of Rural –SFS students	
Class-Interval	f	Class-Interval	f	Class-Interval	f
191-200	01	201-210	02	201-210	02
181-190	02	191-200	02	191-200	03
171-180	04	181-190	04	181-190	05
161-170	06	171-180	07	171-180	05
151-160	03	161-170	03	161-170	06
141-150	04	151-160	06	151-160	04
131-140	10	141-150	11	141-150	06
121-130	13	131-140	09	131-140	08
111-120	11	121-130	10	121-130	11
101-110	07	111-120	08	111-120	06
91-100	05	101-110	05	101-110	03

81-90	04	91-100	02	91-100	01
		81-90	01		
	N=70		N=70		N=60

### Result and Conclusion :-

Physical activities and sports play an important role in the development of personality of an individual. The aim of physical psychological view is to strive for optimum development of an individual in all spheres of life and thus, physical activities play pivotal role in development of one's personality. Book Walters clearly illustrates the role of physical psychological view and physical activities in shaping up the personality of an individual. In his own words "The aim of physical education is the optimum development of the physically, socially, and mentally integrated and adjusted individual through guided instructions and participation in selected total-body sports rhythmic and gymnastic activities conducted according to social and hygienic standards."

As one participates in physical activities of his own volition, it provides a free, pleasurable, immediate natural expression of his innate desires, such exercise unfolds the hidden talents and desire, and helps in shaping up the personality. Physical activities meet the basic needs of human beings, such as the sense of security, the sense of sex, the sense of belonging beings, happiness, experience etc. Physical activities also provide recreations which go a long way in producing perfectly happy satisfied and balanced individual, having pleasing and energetic personality sex health having zest for life experience.

1. Socio-cultural deprivation influences personality characteristics.
2. Dalit students are significantly lower on extra on extraversion, stability and self-concept and higher on anxiety than Non-Dalit students.
3. Residential area significantly influences personality characteristics.
4. Urban students of both Dalit Non-Dalit groups are significantly higher on extraversion, neuroticism, anxiety and self- concept than rural students.



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