

## Social Health, Sports and Physical Education

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### **What is Social Health?**

Social health is a term generally used to refer to two different concepts, though they are somewhat interrelated. In one sense it refers to the health of a person in reference to his or her ability to interact with others and thrive in social settings. It can also refer to the health of a society in general, and how the members of that society are treated and behave toward each other. This type of health is often considered of great importance in regards to individual health, especially how social interactions can assist in improving other forms of health.

Along with physical health and mental health, social health forms the last of the three fundamental and vital forms of health for a person. Physical and mental health typically deal with an individual and how well his or her body and mind are functioning and keeping his or her various systems running properly. Social health, on the other hand, often indicates how that person interacts with other people, as well as the consequences or benefits of such interactions in relation to the well-being of that person. While it is still heavily invested in individual health, it also considers the interconnected nature of society in general.

Social relationships both quantity and quality affect mental health, health behavior, physical health. Sociologists have played a central role in establishing the link between social relationships and health outcomes, identifying explanations.

### **Effect of Social Health :**

- (1) Social relationships have positive effects on an individual health.
- (2) Social relationships affect health through behavioural, psychosocial, and physiological ways.
- (3) Relationships have costs and benefits for health.
- (4) Relationships shape health outcomes throughout the life course and have a cumulative impact on health.
- (5) Social relation make great impact on personality development.

### **Different Types of Personality**

Since the days of Ancient Greece and continuing onwards to the present day, it was confirmed that there are four different types of personality. These are broad basic personality types that are usually present in a unique mix that defines how you think, feel and behave.

These personality types are

- Sanguine
- Phlegmatic
- Choleric
- Melancholic

Long ago each of these types was associated with a dominant humour present in the body: sanguine blood humour, phlegmatic phlegm humour, choleric yellow bile humour, melancholic black bile humour.

Additionally to that, the latest research shows that these four basic temperaments are associated with chemicals, like dopamine (for sanguine type), estrogen (for phlegmatic type), testosterone (for choleric type) and serotonin (for melancholic type).

#### **The Sanguine Type**

This type is characterised by spontaneity, optimism, enthusiasm, high energy, mental flexibility, novelty seeking, impulsiveness and curiosity. These traits are associated with specific genes in the dopamine system. These people often have very expressive faces and love using words like “adventure”, “energy”, “new”, “fun”, “active”, “travel” and similar.

#### **The Phlegmatic Type**

These people are mainly defined by their social skills, such as their ability to express themselves and read other people face expressions and body language. They do well at connecting facts and seeing “the big picture”.

They are nurturing, sympathetic, agreeable and emotionally expressive. Some of these character traits are linked with estrogen that is present in both men and women.

Physically you can recognize them by their smooth skin, full lips, round faces and small noses. Their favorite words are “passion”, “passionate”, “sensitive” and “sweet”.

### **The Choleric Type**

This type is associated with testosterone, which is also present in men and women, but more so in men. These people are direct, focused, tough, analytical, logical and strategic. They have a great deal of courage and like to compete, often against each other. They often have square jaws, high cheekbones and high foreheads and love to use words like “intellect”, “ambition” and “challenge”.

### **The Melancholic Type**

Melancholics tend to be calm, loyal and orderly, just as their personality name sounds. They are cautious and conventional. These men and women inherited genes in the serotonin system and their favorite words are “family”, “loyal”, “respect”, “caring”, “values” and “moral”.

Most people are unique blend of four different types of personality, where all of the traits are present to some extent. However, some of these traits will be predominant. Your predominant type will be considered your main temperament and while you most probably display all four temperaments to some extent; you still can easily identify two leading temperaments your basic temperament and your secondary temperament.

### **How do Relationship Benefit Health?**

Once the clear link between social relationships and health was established, scientists devoted themselves to explaining how this occurs. Generally speaking, there are three broad ways that social ties work to influence health: behavioral, psychosocial, and physiological.

### **Behavioural Explanations**

Health behaviours encompass a wide range of personal behaviours that influence health. Some of these Health behaviours such as exercise, consuming nutritionally balanced diets, and adherence to medical regimens tend to promote health and prevent illness. while other behaviours such as smoking, excessive weight gain, drug abuse, and alcohol consumption tend to undermine health.

Social ties can instill a sense of responsibility and concern for others that then lead individuals to engage in behaviours that protect the health of others, as well as their own health. Social ties provide information and create norms that further influence health habits. Thus, in a variety of ways, social ties may influence health habits that in turn affect physical health and mortality.

**Psychosocial Explanations**

Social support, personal control, symbolic meanings and norms, and mental health. These mechanisms, it is clear that connections between mechanisms are complex, and that these interconnections may explain the linkage between social ties and health better than any single mechanism.

Social support refers to the emotionally sustaining qualities of relationships (e.g., a sense that one is loved, cared for, and listened to). Social support may have indirect effects on health through enhanced mental health, by reducing the impact of stress, or by fostering a sense of meaning and purpose in life. Supportive social ties may trigger physiological sequelae (e.g., reduced blood pressure, heart rate, and stress hormones) that are beneficial to health and minimize unpleasant arousal that instigates risky behavior. Personal control refers to individuals' beliefs that they can control their life outcomes through their own actions.

**Physiological Explanations**

Psychologists, sociologists, and epidemiologists have contributed a great deal to our understanding of how social processes influence physiological processes that help to explain the link between social ties and health. For example, supportive interactions with others benefit immune, endocrine, and cardiovascular functions and reduce all ostatic load, which reflects wear and tear on the body due, in part, to chronically overworked physiological systems engaged in stress responses. These processes unfold over the entire life course, with effects on health. Emotionally supportive childhood environments promote healthy development of regulatory systems, including immune, metabolic, and autonomic nervous systems. Social support in adulthood reduces physiological responses such as cardiovascular reactivity to both anticipated and existing stressors.

**Key to develop Social Health****Good Communication**

Powerful reasons exist for why you will want to enhance your ability to communicate effectively interpersonally. You will create more opportunities to accomplish your work mission. You will build better and more rewarding relationships others. You will accomplish more goals with less energy and reduce the opportunity for misunderstandings and cross purposes. Great communicators are viewed as successful individuals by society. They become go-to people in an organization because people equate efficacy with effective communication. Great communicators contribute more in their organizations and receive more opportunities to other people.

**Build the relationship first - always.**

Build the relationship first for successful communication. For even more successful communication, continue to build the relationship in all interactions in any setting over time. Good will has an accumulative effect.

**Know what you are talking about.**

Obtain the knowledge, insight, and forward thinking ability necessary to earn the respect of others. They don't respect or listen to, let alone be influenced by, individuals who do not know what they are talking about. So, when you think about secrets of great communicators, subject matter expertise may head the list.

**Listen more than you speak.**

Great communicators listen more than they speak. When they speak, they are frequently asking questions to draw out the knowledge and opinions of others

When you allow yourself to listen, you often hear what is not being said. You can read between the spoken lines to understand the whole context of the other person's thinking and needs. This does not mean that they never speak, but it places the emphasis on using the knowledge of the others.

**Focus on understanding what the other person is saying.**

When anyone is speaking, don't spend the time preparing your response in your mind. Instead, ask questions for clarification and to make certain that you thoroughly understand what the other person is communicating. Focus your mind on listening and understanding.

**Feed back what you understood the other person to say.**

Say, here is what I heard you say and repeat the gist of the content of the message that you received from the other person's communication.

When you check your understanding, you avoid miscommunication and misunderstanding. You circumvent hard feelings and protracted explanations about what other person meant.

**Listen to the nonverbal communication the other person exhibits.**

Nonverbal communication is a powerful voice in any interaction. The voice tonality, body language, and facial expressions speak more loudly than the verbal communication (sending) or the actual words in many communication exchanges.

This is why you find that great communicators seek in-person interaction.

Benefits of good Communication

- Develop social skills and enhance team building
- Acquire self-confidence
- Learn more age-appropriate behavior
- Improve problem-solving skills
- Improve leadership skills
- Recognize, label, and verbalize feelings
- Learn appropriate assertiveness
- Improve impulse control
- Develop conflict management skills

#### **Negative impact of absence of social skills**

For example, argue that racial-ethnic identity may correspond with the meaning of certain health behaviors, such as consuming particular foods or avoiding alcohol, in ways that promote and sustain those behaviors. Moreover, the notion of “meaning” may help explain health behavior contagion across social networks: for example, the spread of obesity across social networks appears to be influenced by perceptions of social norms about the acceptability of obesity and related health behaviors (e.g., food consumption, inactivity) among network members who are socially close, rather than members who are simply geographically close. Poor mental and physical health and unhealthy behaviors exact a huge toll on individuals, families, and society.

#### **Stress, anger, loneliness, lake of confidence,**

As our society becomes more health-conscious, there has been an increased focus on the importance of exercise. Many people exercise to control weight and get in better physical condition to become more healthy or physically attractive, but exercise and stress management are also closely linked. Exercise can be an extremely effective stress reliever for several reasons:

#### **Outlet For Frustrations:**

\When life's annoyances or frustrating situations build up, you can feel stressed or experience low-grade anger.

More high-energy forms of exercise like boxing, martial arts or weight training can also provide an effective release of these negative emotions, turning these otherwise potentially unhealthy emotions into motivation for increased health and well-being.

**Exercise and Stress Hormones:**

Exercise can decrease 'stress hormones' like cortisol and increase endorphins, your body's 'feel-good' chemicals, giving your mood a natural boost. (This is the chemistry behind a 'runner's high'.)

**Distraction:**

Physical activity itself can take your mind off of your problems and either redirect it on the activity at hand or get you into a zen-like state. Exercise usually involves a change of scenery as well, either taking you to a gym, boxing ring, a park, a scenic mountain, a biking trail or a neighborhood sidewalk, all of which can be pleasant, low-stress places.

**Look in' Good:**

I have to include this possibly superficial, but significant, benefit of exercise: it helps you lose weight, tone your body, and maintain a healthy glow and a smile.

**Physical Education Activity Helps Improve Social Skills**

Physical education activity can help adolescent children develop important skills such as leadership and empathy. In turn, these skills can influence healthy behaviors.

While team sports and physical activity have been associated with improved self-esteem, better nutrition and no smoking and drug abuse among children.

**Social Health and Physical Education**

Often their physical education experiences are limited to learning just sport specific skills and the learning environment is very competitive and exclusive. It is not one that creates a positive sense of community or sense of belonging for many students. Yet the goal of physical education is to ensure that all students acquire the knowledge, skills, and attitudes to lead healthy active.

“Physical activity through team sports and exercise classes may have benefits beyond physical fitness. These findings suggest that children who develop leadership and empathy toward others are more likely to care about their own health, perhaps adopting life-long healthy behaviors that can prevent heart disease.”

“Health behaviors are tied to other behaviors, so we can consider schools an excellent place to help children start caring for themselves and others,”

While awareness of the importance of physical activity to health has certainly increased, what most people do not understand is how important physical activity is to the well-being of children and youth in areas other than health. Although these contributions may not receive as much press, they are equally important.

**Growth and Development**

Children and adolescents are growing and developing as physical beings. Regular physical activity is essential to their growth and development. Regular physical activity helps build strong bones and muscles, helps control weight, and may play a major role in improving blood pressure and cholesterol levels. Strong bones develop as a result of weight-bearing activities and those that stress the bones. Active children have a higher bone mass and are less likely to have problems (osteoporosis) later in life. The development of all systems of the body is affected by the level of physical activity of children and adolescents.

**Social and Emotional Well-Being**

Play is an important human behavior. While the forms of play change throughout the life span, the need for playful activity does not. There is evidence that motor skills used in play and learned early in life enhance a child's ability to participate in activities later in life . Physical play is a critical contributor to the development of children's social skills and the well-being of adults.

Physical play is important to our emotional well-being. Studies show that regular physical activity in childhood and adolescence reduces stress and improves self-esteem.

**Cognitive Functioning and Academic Performance**

A common misperception of educators is that if they take time out to provide students with the physical activity they need, the students will not do well academically.

**Factors That Affect Physical Activity**

There are many factors that affect the level of physical activity of children and adolescents. Where you live, whether you are a girl or a boy, how old you are, what race you are, your socioeconomic status, whether you are successful in physical activities, and whether you enjoy your physical education class all affect your level of participation in physical activity.



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