



Physical Activity and Self Esteem

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Abstract

Many researchers have reported the powerful relationship that participation in physical activity has with self-esteem. In most elementary settings, the development of self-esteem is a primary goal because it is considered to be an underlying factor determining student motivation, persistence, and academic success. Many children wish to be seen as competent in physical activity, especially within their own peer group, and thus achievement in the physical domain may have a strong causal link to self-esteem. Spending time during school hours on physical activity inhibits Children's chances of success in academic pursuits. Sports may be good for self-esteem if you're good at sports. If you're not good at sports, this is another way to be rejected by other children, and another instance to be humiliated, sometimes with a large audience. And the idea that sports are good for all children.

Keywords: Physical Activity, Self Esteem, Health, Success.

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Introduction

Belief and confidence in your own ability and value. It is an important part of success. Too little self esteem can leave people feeling defeated or depressed. It also lead to fail to live up to their full potential. Self esteem levels at the extreme high and low ends of the spectrum can be damaging, so the ideal is to strike a balance somewhere in the middle.

Physical Activity, Self-Esteem

Many researchers have reported the powerful relationship that participation in physical activity has with self-esteem. In most elementary settings, the development of self-esteem is a primary goal because it is considered to be an underlying factor determining student motivation, persistence, and academic success. Many children wish to be seen as competent in physical activity, especially within their own peer group, and thus achievement in the physical domain may have a strong causal link to self-esteem. Spending time during school hours on physical activity inhibits Children's chances of success in academic pursuits. Learning to improve your self-confidence can help you to meet your goals and to find the success that you want in life. Having confidence helps you to take on challenges, to focus on your goals, and to take risks. Without strong self-esteem, you are more likely to take a passive approach to your life, to make excuses for not going after your goals, and to become apathetic about your future.

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The great developmental psychologist Jean Piaget argued that the foundations of self-esteem were laid between the ages of about 6 and 11 years of age. Importantly, this is also the time when children are most likely to be introduced to sports. It is impossible to over-state the importance of positive early sporting experiences for the development of both self-esteem and on-going participation in sports and other physical activities. Teachers, coaches and parents have a responsibility to ensure that these experiences 'catch' as many children as possible, and for this to happen they need to remember 'three fundamental principles of child development':

1. Children are not mini-adults;
2. Children are not mini-adults;
3. Children are not mini-adults.

Ways to Improve the Self-Confidence It Makes Feel Better

According to a center for CBT Therapy in London, when you feel better physically, you feel better mentally. You are better able to take on challenges. You feel more interested in exploring new places and meeting new people. You have the energy to overcome obstacles. Exercise helps you to feel better physically and mentally, helping you to develop a positive attitude and the emotional stamina needed to take on personal goals.

It Makes Look Better

Exercising helps us to build our self-esteem by improving the condition of our bodies. Even if you don't lose a lot of weight while exercising, you are likely to strengthen and tone your body, making it more firm. Seeing these kinds of results can make you feel better about the way you look and bolster your self-confidence.

It Makes Stronger

Physical strength can often give you mental strength. When you see what your body is capable of achieving, your self-confidence soars. Exercise shows you what is possible when you put effort into meeting your goals. Every day that you workout, your body grows stronger, giving you nearly immediate results for your hard work. When you are able to lift heavier weights, and achieve harder exercises without as much effort, you start get a feeling like you can do anything!

It Gives a Sense of Accomplishment

Exercise is all about setting and achieving a series of goals. Maybe you start out hoping to walk for a half an hour every day. Then maybe you graduate to running a mile a day. Soon, you may be running several miles a week and lifting heavier weights. You may be losing weight, or improving your stamina, or developing greater endurance. Exercise promotes a sense of accomplishment by helping you to meet small, successive goals. There is always opportunity to set your sights higher and to meet new goals. Each time you succeed, you get a sense of accomplishment and improve your self-confidence.

It Reduces Stress

Exercise releases feel-good chemicals in the brain like dopamine and endorphins, and it helps to regulate stress hormones like cortisol and adrenaline. Regular exercise helps you to relieve stress and anxiety, helping you to relax and to focus better. When you feel less stress, you feel better able to manage the challenges that you face every day. You feel calm and able to concentrate on the tasks that you need to accomplish. All of this helps you to feel more confident — knowing that you are not overwhelmed by stress and anxiety and are fully in charge of your own feelings and actions, guiding your own success.

It Makes Smarter

Exercise feeds your brain. It helps to feed valuable oxygen and nutrients to your brain to improve cognitive functioning. Improved mental function and focus will help you to complete your goals more efficiently, thus helping to improve your self-confidence. Exercise helps you to feel mentally and physically prepared for the challenges before you, so that you feel better prepared to achieve your goals. Knowing that you can take on the tasks that you set for yourself helps you to feel confident in any situation. Feeling good about the way you look and the physical achievements you have made only further enhances this self-confidence.

How Does Exercise Affect Self-Esteem?

There are many ways exercise can increase your self-esteem. Lifting weights has been found to lower anxiety. Aerobics classes can improve mental positivity. Tai chi can increase a person's feeling of self-worth. The reasons behind the phenomenon of self-esteem boosts

through exercise are still being investigated. Different studies posit reasons, some widely recognized and some unique, for why self-esteem is affected by exercise.

Men vs Women

The 2008 study, conducted in Athens, Greece, found that male participants' increase in self-esteem through exercise could be linked to an increased feeling of sports competence after exercise, whereas the female subjects' increased self-esteem from exercise was linked to increased positive feelings about improvements in physical attractiveness. Regardless of the gender-specific reasons, the outcome was the same: Self-esteem was increased through exercise.

Weight Lifting

A 1989 study published in "Medicine and Science in Sports and Exercise" found that weight lifting has been tied to an increase in self-esteem when the person exercising increases the amount of weight she is able to lift. Every time you are able to add more weight to your barbell for a bench press, you feel more capable. This feeling leads you to believe you are more competent at something, which directly increases your self-esteem. Becoming stronger, faster or better at an exercise over time directly leads to an increased sense of self-worth.

Aerobics

A 1994 study conducted at UCLA discovered that aerobics classes had a profound effect on the self-esteem of pregnant women. Pregnancy can cause hormonal and physical changes that can be very challenging to mental health. This study showed that a six-week aerobics program showed a decrease in physical complaints associated with pregnancy, a significant decrease in depressive symptoms and an increase in total self-esteem.

Sports

Sports may be good for self-esteem if you're good at sports. If you're not good at sports, this is another way to be rejected by other children, and another instance to be humiliated, sometimes with a large audience. And the idea that sports are good for all children. Skilful and sensitive teachers know how to organise and present these activities so that such awful experiences do not arise. There is no evidence that playing and competing in sports necessarily has any harmful consequences for self esteem for relatively poor performance. Positive and developmentally appropriate experiences of sports can contribute to the development of self-esteem. But so much depends on the quality of the teaching or coaching.

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