Physical Education to Enhance Self-Esteem

by

GLENDA P. LINGAD
Master Teacher I/ Pagalanggang National High School

We all do want no less than but “a sound mind and a sound body.” The mind, no matter how powerful, cannot work alone because it is the body that executes whatever the brain processes. Likewise, the body does not have the capability to move unless it is dictated or controlled by the brain. These two should be used and enhanced together because they are interdependent with one another.

Physical Education plays an important role in the development of a holistic personality. Personal attributes like social development and emotional strength can be developed in every physical education activity. It also provides learning experiences that improves pupils’ mental alertness, academic performance, readiness and enthusiasm for learning.

Many people have known Physical Education that is only about the development of the physical body. But the definition of Physical Education describes that it also helps the individual not only physically, but also mentally, socially and emotionally.

Self-esteem and self-confidence are the most important factors in one’s personality development. These are the integrative functions of Physical Education. Numerous publications provide lists of positive outcomes of sports participation affirming its contribution to the holistic development of an individual and his/her personality and psychology well-being.

In the long run, our students may encounter problems and conflicts that they need to face and overcome in order to become successful in anything that they want to achieve. High positive self-esteem is considered necessary in one’s personal quest towards success.

Self-esteem is not innate. It is developed through the experiences one encounters in everyday life. That is why teachers are encouraged to provide experiences that will enhance students’ self-esteem. Through Physical Education, we may give our learners the best possible preparation to meeting life’s challenges and attaining success in the future.