

## EFFECTIVE USE OF PHYSICAL EDUCATION IN FIGHT AGAINST ADDICTION IN YOUTH

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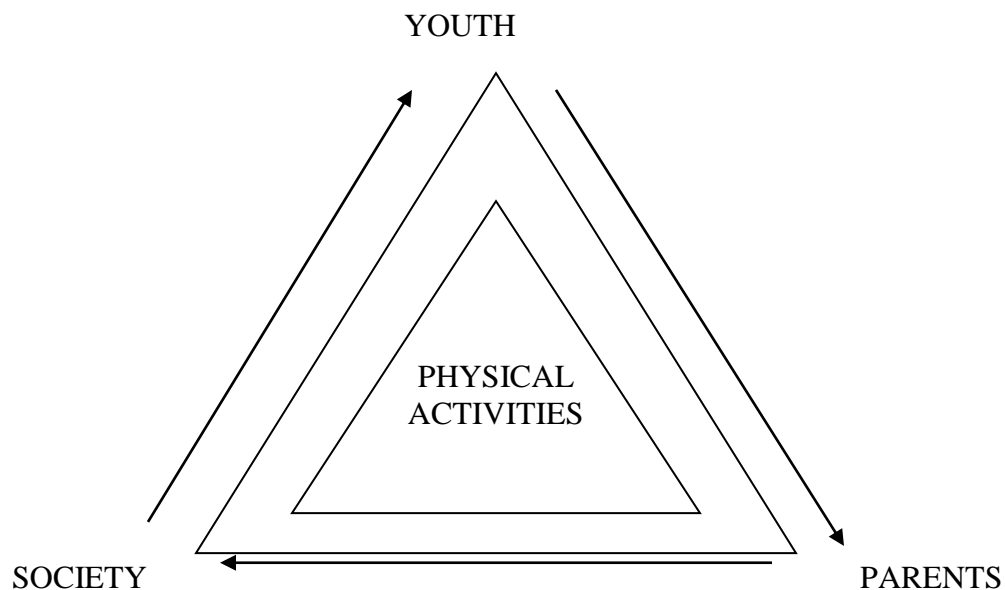
### INTRODUCTION

The term addiction means – “Being abnormally tolerant to and dependent on something that is psychologically or physical habit-forming”

Physical Education refers to the functional capacity of an individual to perform certain kinds of tasks requiring muscular activity. It implies soundness of the body organs. In other words, it reflects the physical fitness of an individual. Physical Education is the quality of whole body in terms of its state of adaptations to physical activity.

The addict’s organic cells are fed by way of the drugs so a need of consuming comes afloat. That is to say, the same organism demands for drugs consuming as a way to feed him self. What ever the from of addiction can destroyed the alpha waves or rays which serve to connect the mind with the brain, thus causing severe mental deterioration and leading addiction to madness on other hand, it causes a disorder of the brain neuron that hallucinations are generated. Hallucination is the most noticeable feature of an insane person’s behavior.

### TRIANGULAR RELATION SHIP



Alcohol/drugs damage brain cells (Neurons) and causes decay in the gray mass of the brain, this has been scientifically proven by means of the scanner. Liver function is impaired, and the normal functions of converting nutrients into a usable form is limited. As alcoholism progress, the body eventually shuts down. If the youth extrovertly participate daily in any physical activity for some time certainly will reach or attain the good healthy habits.

## **MATERIAL AND METHODS**

The criteria for diagnosis of addiction include

1. Changes in appetite and weight
2. Disturbed sleep
3. Fatigue and loss of energy
4. Loss of interest or pleasure in usual activities
5. Feelings of worthlessness, self-reproach, excessive guilt
6. Suicide thinking and attempts
7. Difficulty with thinking or concentration

## **PSYCHOLOGICAL DESCRIPTION**

An addictive personality may be defined as a psychological set back that makes a person more susceptible to addiction. This can include anything from drugs and alcohol abuse to pornography addiction, gambling addiction, Internet addiction, cell phone addiction, addiction to video-games, over eating, exercise addiction and even relationship with others. Experts describe the spectrum of behaviors designed as addictions in terms of five inter related concepts which include

1. Patterns
2. Habits
3. compulsions
4. Impulse control disorders
5. Physical addiction

Of all these addictions of youth, Physical Education provides and facilitates different programmer to eradicate the addiction though the medium to Physical activity

effective use of Physical education provides benefits associated with it such as maintaining a healthy habits, improving bodily functions.

Physical activities increase the neuron transmission, required secretions of hormones and enzymes, including vital capacity, minute ventilation, cardiac output Etc... so that if we motivate the adductors towards the physical activities slowly, they will get free from addiction.

On study showed that youth want to free from addiction but they ignore how they can come out. The simple reason is the youth don't know the healthful benefits in participation of physical activities.

Recovery programs for youth people offer the chance for teens to identify with others who have similar experiences and stories and thanks these programs many young people who have not crossed the lined into addiction have stopped using and found happier, more fulfilling lives with out experience in the severity of long-term addictions.

### **BENEFITS OF PHYSICAL ACTIVITES**

1. Reduce the stress, tension, aid relaxation and risk of heart and arterial diseases.
2. Help to relieve pains.
3. Improve - strength, flexibility, cardio vascular system, appearance of body, concentration of mind, sexual life and general health.
4. Resistance to diseases.
5. Aging process and longevity.
6. Proportionate development of body.
7. Success in games and sport.
8. Aid weight loss and control.
9. Readiness of the body mass.
10. Development of body appearance.

## CONCLUSIONS

The best method is to avoid the addition is to pull the youth towards to the physical activities intensively. The physical activities are merely helpful to the adductors to covert the people in to free from addiction.

1. Regular participation in games and sports help to avoid the addiction.
2. Clinical awareness programs should be encouraged.
3. Psychological test should be adopted.
4. Recreational activities should be encouraged.
5. Use of leisure time must frame in such way that the youth compulsorily participate in to physical activities.
6. Free de addiction centers are opens.

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