

Physical Education in Promoting Mental Health and Well-Being

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Abstract: *Physical education plays a key part in promoting mental health and well-being by furnishing openings for regular physical exercise. Physical fitness and mental well-being meet at physical education, which provides a fruitful field for the study of natural health through educational enterprises. Physical education is vital in promoting mental health in individualities of all times. Regular physical exercise has been scientifically proven to have multiple benefits for mental well-being. Physical education is a foundation of holistic health, promoting both physical and mental well-being. Regular physical exercise has a profound impact on our emotional state, reducing stress, enhancing mood, enhancing nature-regard, and fostering better sleep. Physical exercise contributes to a healthier society, reducing the threat of mental health issues and promoting overall adaptability. It has been demonstrated that participation in sports, physical education, and physical exercise increases pupils' sense of connection to their academy and its objects. Pupils are also put under a lot of mental and physical stress because they spend so significant time on their studies. Some of that stress and anxiety can be reduced by engaging in physical exercise. To maximize the benefits of physical education, it's essential to find exercise that you enjoy and that fit your life. Regular physical exertion promotes growth and development and has multiple benefits for physical, internal, and psychosocial health that really contribute to knowledge.*

Keywords: Physical education, mental health, well-being, physical exercise, mental well-being