

IMPORTANCE OF MUSIC IN PHYSICAL EDUCATION

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In general, physical education is an education course related to maintaining human health through physical exercises including sports and fitness skills. In encyclopedia Britannica it is described as “training in physical fitness and skills requiring or promoting such fitness. Many traditional societies included training in hunting, ritual dance, and military skills while other especially those emphasizing literary often excluded physical skills”.¹ When we go through the physical education curriculum of graduate and post graduate classes of Indian universities, study of yoga is added but highly developed classical and regional dances of India are not included. Similarly music which provides balm to the dry strenuous muscles through psychomotor communication is not taught to students. The objective of the physical education is to provide the learner with physical, cognitive (knowing, learning and thinking), social and emotional development. It is true that above traits are not found in music directly but it helps to develop in individual. Similarly psychomotor skill is developed through dance and music which is related to cultural growth.

Music helps the students in the integration, management and improvisation of physical education class.

INTEGRATION

When a student takes physical education as a subject, first time in the class, activities which shed inhibitions and encourages sharing his feelings with others should be undertaken. 'Drum Circle' is such an activity which explores recreational music making use of percussion instruments like drum, table, djembe etc. to promote mental, physical, spiritual and

community wellness. Students can sit in a circle and play drum with the help of facilitator. No formal training is required for performing Drum Circle activity. The purpose of Drum Circle event is to empower students to use their own rhythmical spirits in a playfully cooperative, interactive and fun filled celebration. Although Drum Circle events are not popular in India but seeing its high potential it must be included in the physical education curriculum at school and college level.

MANAGEMENT

Music is used as a tool in the class room management. “Classroom management refers to organizing students, space, time, and materials so that student learning can take place”.² It has many benefits:

- a) Music is always used as distraction while exercising and it has been shown to decrease an individual awareness of how hard he or she is working (Lociks, 2000). Music can also be a strong motivator for running and can help maintain movement intensity and student interest (Hill, 2000). HCI & Wong (2002) discovered that students find more satisfaction in exercises when music accompanies physical activity.
- b) Music can be used as behavioural control of students. When fine music is in place they will do their physical activity in zeal. But in the absence of music work remains boring.

IMPROVISATION

Tatiana Dubrescu and others in their article find that “musical accompaniment represents an acoustical- aesthetic component, associated to the motor behaviour, with a role in directing, regulating, organizing and constructing movement structures, having a specific importance and interpretation with the implication on the education of rhythmicity and psychomotor skills. Motor musically represents the ability to ensure a certain concordance between the motor act and the particularities of the means of expressing music: beats measurements; duration and particularities of the musical phrase, tempo, intensity, and sound height variations, particularities of the musical piece.”³ Their study shows a tremendous improvement in students' physical education class.

Nowadays, yoga is also a part and parcel of physical education class. Patanjali's yoga sutra says: Yogas chitta vritti nirodhah i.e. the purpose of the yoga is to calm the fluctuations of the mind. In yoga music, particularly instrumental music is suitable as it helps to increase our

concentrations. Of course, pop, rock, and heavy beat music is suitable only in strenuous exercises. Music for physical education is commercially available in the market, internet and YouTube. Likewise there is a huge market of music songs for gym and physical exercises.

Use of Indian dances and music are wanted in the physical education classes of schools and colleges. Results of music accompaniments in physical activities are encouraging but how to incorporate in PE classes is a challenge in the traditional Indian set up.

References:

1. www.britannica.com
2. www.wtc.ie
3. TatianaDubrescu, Gloria, Rata, Silvinsalgu- Music as a mean of optimizing the physical education lesson in pre-university education (www.sciencedirect.com)