



Physical Education and Holistic Development: A Study of Social and Emotional Development among School Students



Neha Rani

Abstract: Physical education supports students' holistic development by promoting teamwork. It is significant for students' social and emotional development. Through physical activities and sports, students develop cooperation, communication, resilience and self-esteem. Physical exercise helps reduce stress, maintain discipline in their lives, and make them emotionally stronger. Physical education helps students' social development through teamwork, cooperation, social interaction, building strong bonds, accepting diversity, and respecting all fellow students. Physical education fosters students' holistic development by improving self-confidence and enhancing cognitive skills.

Keywords: Self-Esteem, Teamwork, Cooperation, Discipline, Resilience, Skills, Interaction, Stress, Fellows

Nomenclature:

SDGs: Sustainable Development Goals

I. INTRODUCTION

Achieving the educational goals outlined by the Sustainable Development Goals (SDGs) requires a focus on holistic education. Many people think that future education should be holistic—that is, inclusive, aspirational, and comprehensive. It is undeniable that physical education has been with humanity since ancient times. People are now slowly realizing its usefulness. It is crucial to understand that children's overall development is incomplete without physical education. Physical education is a simple and popular medium. Suppose the country's youth are to progress in every field. In that case, the medium of physical education will have to be adopted, and a properly planned programme will have to be implemented accordingly.

Physical education refers only to physical activities or the education of the body. But its meaning is not limited to the body; from time to time, it has been called by different names – sometimes physical training, sometimes physical culture, sometimes exercise or drill, and sometimes sports or gymnastics. Few systematic evaluations have been conducted to date that address holistic education in the context of schooling, and none have addressed it in the context of physical education.

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*Correspondence Author(s)

Dr. Neha Rani*, Assistant Professor, Department of Physical Education, Government College Nalwa Hisar (Haryana), India. Email ID: drmeenusharma@rediffmail.com, ORCID ID: 0009-0003-0777-8309

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The most obvious benefit of physical education is that it improves health and fitness. Regular exercise helps you stay fit, keep your heart healthy, and maintain a healthy weight. Through sports, workouts, and fitness routines, students learn habits that will help them live a healthy life in the long term. Physical education helps the brain grow in ways that don't involve the body. Being active improves memory, focus, and problem-solving. There is a positive link between regular physical activity and academic success, underscoring the connection between mental and physical health. Playing on a team or participating in group activities helps kids learn to work together and get along with others.

Students can work together, talk to each other, and pursue common goals through physical education. Students need to learn how to work well with others to succeed in their personal and professional lives. Two benefits of physical education are that it helps reduce stress and lets people express their feelings. Exercise releases endorphins, the body's natural mood enhancers, making us feel happier. Sports and physical challenges teach students coping mechanisms, resilience, and the importance of maintaining their mental well-being. The foundation for lifelong values and habits is laid by early instillation of the importance of physical activity [1]. There are many uses for the self-control, perseverance, and drive for excellence taught in physical education classes outside the gym or athletic field. A person's personality is shaped by these values, which affect how they react to opportunities and challenges in life.

II. REVIEW OF LITERATURE

Children who participate in sports have the opportunity to practice verbal and nonverbal communication, which is essential for social interactions. Students in school during the play and after the play discuss and exchange ideas/doubts. This improves their communication skills and socialization [2].

Students learn discipline and the importance of time in their lives through various physical and sports activities. In this way, they become more self-disciplined. Through discussions and conflict resolution, they learn new behaviours and try to adapt to new environments and social conditions [3]. The physical education curriculum in schools also influences students' social and emotional behaviour, conduct, and thinking. Different physical activities make them independent, caring and mentally strong. They can manage stress through physical exercise and spiritual practices [4].

Physical education focuses on the physical and mental aspects of students' bodies. Students can easily control



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their fear, stress, and mental health issues [5]. Psychological resilience helps them develop their self-esteem and self-discipline [5]. There is a close relationship between physically sound and fit students and their academic progress. Good physical health among students helps them make academic progress; they learn new knowledge more easily and concentrate better on their studies [6]. Bamta et al. (2023) say that students who actively participate in physical education activities are good communicators and good social people. Parents know that physical education and sports are suitable for their children's health and academic progress, but, under social pressure, they place greater emphasis on academic goals [5].

III. OBJECTIVES OF THE STUDY

- A. To evaluate students' social and emotional skills and comprehend their variations across different contexts.
- B. To find effective ways to train people to improve these skills.

IV. RESEARCH METHODOLOGY

A mixed-methods approach combines quantitative surveys and qualitative interviews to provide a comprehensive picture of how college students are developing socially and emotionally. The study employs both primary and secondary sources for data collection. Social-emotional competency was measured using the Washoe County School District Social and Emotional Competency Assessment.

V. DATA ANALYSIS

The sample consisted of 150 people who revealed their gender. Of these, 66 were male, accounting for 44% of the total, while 84 were female, representing 56%. The dataset has no missing values. A derived Shapiro-Wilk statistic (W) of 0.930 indicates a relatively normal distribution, and a p-value of 0.522, which is relatively high and suggests that there is no discernible deviation from normalcy, supports the notion that the data has a central tendency, with a median value of 118 and an interquartile range of 26.0.

Table I: Data Analysis

Description Statistics	Social-Emotional Competence
N	150
Missing	0
Median	118
IQR	26.0
Minimum	70
Maximum	156
Shapiro-Wilk W	0.930
Shapiro-Wilk p	0.522

Source: data collected by the author from the field

The association between teenage social-emotional competence and academic achievement was evaluated using Spearman's correlation. The Washoe County School District Social and Emotional Competency Assessment was used to gauge social-emotional competence, while 12th-grade board scores were used to gauge academic accomplishment. In a Spearman's correlation analysis between academic achievement (12th board exam %) and social-emotional competence, the correlation coefficient does not assume

normality. At the $p < 0.001$ level, the table's Spearman's correlation coefficient of 0.339 is significant. This indicates that academic success and social-emotional competence are positively related. Accordingly, teenagers who perform better academically also typically have higher social-emotional competence. Some essential components contribute to the development of personal qualities, which can be achieved only through a well-planned physical education program. This has a direct or indirect impact on the student-athlete's physical and mental abilities. Sports foster qualities such as health, self-reliance, self-control, discipline, persistence, integration, and optimism. Health education helps individuals acquire knowledge and habits that support their physical, mental, intellectual, and social health. This is the education that teaches individuals to face problems at different stages of life while remaining healthy. This includes providing information about diseases and ways to control them. Thus, health education is the process of promoting health. A moderate association is shown by the correlation coefficient of 0.339.

This indicates that while academic achievement and social-emotional competence are firmly linked, the link is not perfect. Overall, the correlation matrix table indicates that SEC and educational achievement have a substantial positive relationship. The calculated Spearman's correlation coefficient was 0.339. This suggests that social-emotional competence and Academic Achievement are positively and significantly correlated ($p < 0.001$). Accordingly, students who are more socially and emotionally competent typically perform better academically. Because emotional intelligence and cognitive functioning are intertwined, there is a positive association between them. Health education helps individuals acquire knowledge and habits that support their physical, mental, intellectual, and social health. This is the education that teaches individuals to face problems at different stages of life while remaining healthy.

Well-developed social and emotional skills in adolescents are likely to be associated with greater problem-solving skills, improved interpersonal interactions, and higher self-regulation—all of which support academic success. Physical education develops their social and emotional skills, enabling them to concentrate more on their studies. The alternative hypothesis (H1), that students' academic achievement and social-emotional competence are positively correlated, is supported by the research findings.

VI. DISCUSSION

Studies in schools are increasingly showing a link between health and academic success, suggesting that physical education programs can improve students' overall health. By playing different sports in a group, students can learn many life and professional skills. They can communicate with others and tend to be polite in social life.

Physical education and sports, as integral parts of education, play a significant role in promoting national and international unity. They display discipline, cooperation, mutual coordination, feelings of love and harmony, active body movements, and the main aim of achieving the



highest ranking for their team or group. This goal helps them develop many qualities. Some essential components contribute to the development of personal attributes, which can be achieved only through a well-planned physical education program. This has a direct or indirect impact on the student-athlete's physical and mental abilities. Sports foster qualities such as health, self-reliance, self-control, discipline, persistence, integration, and optimism. Health education helps individuals acquire knowledge and habits that support their physical, mental, intellectual, and social health. This is the education that teaches individuals to face problems at different stages of life while remaining healthy. This includes providing information about diseases and ways to control them. Thus, health education is the process of promoting health. To be healthy, it's essential to be physically and mentally fit. Mental health means a person is happy and cheerful within themselves, rather than living a life of worry, frustration, depression, stress, and laziness. Games play a vital role in a child's life. They teach them how to live in society and also provide them with the skills to gain social acceptance. There is no doubt that children play in groups, which indicates socialisation through play, but in some games, a person plays alone. Discipline, adjustment, decision-making ability, and psychosomatic problems are of great importance in a student's life. During training in colleges and physical education colleges, students are taught about discipline, adjustment, decision-making ability, and psychosomatic problems, which are essential for their future lives.

A rise in psychosocial factors causes a surge in spiritual factors. Conversely, a child's spiritual aspect increases while their psychological aspect decreases, and vice versa. Sports and physical education are therefore expected to foster psychosocial development and lessen negative psychological aspects (stress, anxiety, and sadness). Physical activity types and forms can be a driving factor in enhancing spiritual and psychosocial qualities and mitigating negative psychological features.

Following the intervention, children in the enriched physical education group showed improvements in their motor and prosocial skills, which were mediated by a path. They also demonstrated an interactive effect of prior and current physical education experience on decision-making, but no differential effects were observed on other variables. An integrated, theory-based physical education intervention may yield advantages in both motor and non-motor domains pertinent to whole-child development, even though it does not permit disentangling the contributions of individual components to its effectiveness. Physical education in schools can support students' holistic development through physical activities, games, and practices that help them manage emotions and improve concentration. When students take on different roles in groups, they learn to handle other people's opinions and express their own thoughts clearly. This helps them get along better [7].

The importance of physical education has increased in the modern age. It would not be wrong to say that this age has become an age of stress, in which humans are becoming physically and mentally weak. College students' soft skills—such as communication, teamwork, leadership, problem-solving, and adaptability—can be successfully improved by

incorporating outdoor education into physical education classes. Kids can learn how to handle stress, anxiety, and peer pressure in physical education classes that focus on mental health. This helps them get stronger on the inside [8]. A vast array of pedagogical approaches and philosophical stances are included in holistic education. It aims to avoid omitting any crucial facets of the human experience and emphasises totality. The fundamental tenet of this diverse and inclusive movement is that educational experiences cultivate more dynamic and holistic perspectives of reality as well as less materialistic and more spiritual worldviews. Teaching kids how to handle things and stay strong is a big part of physical education. This helps them grow in many ways. Exercise is good for your body, mind, and mood [9].

Additionally, it suggests that educational experiences foster a more balanced development of the various facets of the individual (intellectual, physical, spiritual, emotional, social, and aesthetic), as well as the relationships between students and their natural surroundings, their inner selves and the outside world, emotion and reason, and various disciplines and forms of knowledge. Life experience is more critical to holistic education than strictly defined "basic skills."

In addition to significantly improving students' athletic morals and willpower, the combination of education and athletics positively impacts the development of character and temperament. It is acknowledged that physical education has a significant role in fostering children's and teenagers' health and well-being. The UNESCO Global Status Report on Physical Education (2024) says that countries that spend more on physical education see a 20–30% rise in student well-being indices [10].

VII. CONCLUSION

Human life is a process of constant adjustment. Because in this rapidly changing era, every moment of a person's life is spent mentally and behaviorally adjusting to their physical and internal needs, as well as to psychosocial, cultural, and geographical conditions. He leads a successful life and can prove helpful to society and the nation. School integration of students is essential for their all-around development across various fields and for a successful life, which is the source of their strength. For every child to lead a happy life, their internal and external integration should be of a high standard.

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AUTHOR'S PROFILE



Dr. Neha Rani is an Assistant Professor of Physical Education at Government College Nalwa, where she plays a key role in strengthening the institution's academic and sports culture. She completed her PhD from the prestigious Lakshmibai National Institute of Physical Education (LNPE), Gwalior, one of India's

leading institutes in sports science and physical education. With a strong research foundation, Dr Neha Rani has published four papers in reputable journals, offering valuable insights into sports psychology, physical fitness, and training methodologies.

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