



## **ROLE OF PHYSICAL EDUCATION IN PREVENTING ADDICTION TO MOBILE PHONE AND DRUGS AMONG CHILDREN**

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### **ABSTRACT**

The purpose of study was to investigate the feeling of anxiety by male and female volleyball players before and during the competition. In the present time, addiction to drugs and mobile phones has become a serious challenge to children's mental and physical development. This research paper explores this issue and presents physical education as an effective solution. Physical education can help children adopt an active lifestyle, develop social skills, and enhance self-control.

**Keywords: Role, Physical Education, Mobile Drugs , Children**

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## 1. INTRODUCTION

In today's world, technological advancement and changing social environments have significantly increased children's access to smart-phones, tablets, and the internet. Additionally, the growing trend of drug abuse, smoking, and alcohol addiction among teenagers has become a major concern. These addictions negatively impact children's physical, mental, and social development. Physical education is an effective tool that can help children stay away from such harmful habits. It not only improves their health but also develops life skills and self-discipline.

## 2. PROBLEM STATEMENT

### 2.1 Effects of Drug Addiction: Physical Effects:

Health deterioration, heart diseases, liver problems. Mental Effects: Anxiety, depression, mental disorders. Social Effects: Family disputes, criminal tendencies

### 2.2 Effect of mobile addiction physical effect :

Eye strain, obesity, lack of sleep. Mental Effects: Reduced concentration, stress, aggression. Social Effects: Social isolation, lack of social skills.

## 3. OBJECTIVES

1. To analyze the cause and effect of drug and mobile addiction.
2. To understand the utility of physical education in combating addiction.
3. To explore ways to use physical education as a tool to bring positive changes in children's lives.
4. To raise awareness among children, teachers, and parents.

## 4.METHODOLOGY

### 4.1 Survey:

Data collection from children aged 11 to 18 in schools using questionnaires. Interviews with teachers and parents to understand their perspectives.

### 4.2 Interviews:

Discussions with physical education experts, psychologists, and sports coaches.

### 4.3 Literature Review:

Analysis of health institution reports, government publications, and previous research papers.

## 5. ROLE OF PHYSICAL EDUCATION

- 5.1 Improvement in Physical Health: Regular physical activities prevent obesity, diabetes, and heart diseases. Strengthens muscles and bones.
- 5.2 Improvement in Mental Health: Exercise and sports reduce stress and keep children happy. Enhance mental focus and memory.
- 5.3 Development of Social Skills: Develop teamwork, leadership, and tolerance. Boost positive competition and self-confidence.
- 5.4 Life Skills and Self-Control: Sports instill discipline and time management habits. Strengthen self-control and decision-making skills.

## 6. FINDINGS

- 6.1 Survey Results: Physically active children are less likely to be addicted to mobiles or drugs. Children involved in sports show a more positive attitude and perform better academically.
- 6.2 Expert Opinions: Psychologists noted that regular exercise and sports help reduce stress. Physical education trainers observed significant improvements when sports were made mandatory in schools.

## 7. RECOMMENDATIONS

1. School Reforms: Make physical education a compulsory subject  
Conduct daily sports and yoga sessions.
2. Parental Involvement: Encourage children to play outdoor games instead of using mobile phones. Set screen time limits for children.
3. Awareness Campaigns: Conduct awareness campaigns at schools and community levels. Educate children about the harmful effects of drug and mobile addiction.
4. Positive Environment: Organize motivational sports competitions and reward systems. Inform students about sports-related career opportunities.

## 8. CONCLUSION

Addiction to drugs and mobile phones poses serious threats to children's mental and physical development. Physical education offers a natural and effective solution by promoting positive attitudes, physical strength, and self-discipline among children. Schools, parents, and society must work together to make physical education an essential part of life, ensuring a healthy and empowered future.

## REFERENCES

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