
RESEARCH ARTICLE

Investigating Obstacles to the Development of Physical Education in the Schools of the 6th District of Kabul City

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ABSTRACT

Sports and physical education are considered vital necessities for learners, teachers of physical education, and other members of society. Physical education is present during the stages of human life through daily activities and is related to the lives of both teachers and students. Physical education skills are important for the development of nervous, physical, and motor skills, as well as for the growth of body muscles and the strengthening of the circulatory, digestive, and respiratory systems. Therefore, it was felt necessary to conduct a detailed investigation. The research aims to identify the professional needs of physical education teachers and to uncover the problems they face, along with possible solutions. Given the importance of physical education in improving athletes' performance, it is crucial to address issues in teaching physical education content in schools.

KEYWORDS

Obstacles, development, physical education

ARTICLE INFORMATION

ACCEPTED: 12 August 2024

PUBLISHED: 02 September 2024

DOI: 10.32996/jspes.2024.4.3.1

1. Introduction

Currently, the importance of physical training and exercise in the holistic relationship between physical and intellectual aspects of human life has been recognized. Physical activity plays a significant role in people's daily lives, and engaging in physical exercises is considered essential for a healthy and fulfilling life. Physical activities have become an integral part of human life, as movement and activity are essential for meeting basic needs. Individuals who engage in regular physical exercise and excel in various sports fields exhibit talent that should be nurtured through professional physical education teachers. Serious attention needs to be given to physical education to identify and train talented individuals effectively.

1.1 Research matter

The needs and obstacles to the development of physical education in the schools of District 6 in Kabul present a significant challenge that hinders the identification and training of sports talents across different age groups in Kabul's schools. This foundational aspect should be addressed professionally to achieve better educational outcomes. The physical education curriculum should cater to the students' physical needs. If teachers view this subject as merely a way to pass the time, it may be due to their lack of professionalism or the students' lack of interest, which can impede progress in the educational system. The importance and necessity of physical education

The effective use of human resources in order to mentally and physically strengthen the people of the society at different levels of life in different important and central areas of our society is sports, higher education, and related organizations can play an important role in the development of all social and moral dimensions and education based on the correct principles of sports movements, creating a strategic plan and creating a development plan for education, there are five issues as guidelines.

Undoubtedly, this action will have a significant impact in the field of recognizing the deficiencies, fixing them, and bringing the scientific and research centers of our country closer to acceptable global standards at the level of higher education.

General purpose

- Investigating the barriers to the development of physical education in the schools of the 6th district of Kabul
- Investigating the management challenges and obstacles to the development of physical education in the schools of the 6th district of Kabul
- Investigating the lack of equipment and facilities that hinder the development of physical education in the schools of the 6th district of Kabul

1.2 Research questions

Key question

1. Have management challenges caused the lack of development of physical education content in the schools of the 6th district of Kabul?

Sub questions

1. Has the lack of sports equipment and sports facilities caused the underdevelopment of physical education in the schools of the 6th district of Kabul?
2. How can the theme of physical education be established as a fundamental aspect in the schools of the 6th District?
3. To what extent is the effectiveness of physical education content for students in the 6th district of Kabul?

1.3 Background

Physical education is a type of education through which sports activities educate the whole human being. Physical education is an educational process whose purpose is to improve the all-round development of a person through physical activities. Physical education includes the acquisition of movement skills, the development and maintenance of physical preparation for wellness and health, the acquisition of scientific knowledge about physical activities and practice, and the development of a positive mindset about physical activities as a means of human performance. Physical education is a scientific, principled, and gradual system that aims to fully strengthen the body, raise physical factors, fertilize talents, and cultivate moral qualities from childhood to old age (Ebrahimi, 2008).

From the beginning of life in the scene of life, alongside work and activities, in order to develop their physical activities as much as possible for the purpose of their basic needs in nature, humans have always engaged in physical exercises. Aristotle evaluated the goal of physical education as excellent and believed that physical training should take place before mental training, which Zanzak Raso considered in the 11th century to be the basis of physical training exercises for the development of human society and the development of quality (Namazi, 2009).

History says that the civilized nations of the world have always paid special attention to the role and importance of sports and used them to solve individual and social problems. Reasonable and approved values in society can determine the type of sports activities and implementation methods in social disciplines (Sadeqi, 2013).

The need for new teacher, like other human beings, has a variety of basic needs, such as the need for food, clothing, housing, appreciation, respect, peace, and social security, as well as dozens of other needs that are essential for teachers. These needs must be met for a teacher to make wise decisions, remain calm in the face of incidents and problems, and seek solutions to each of the issues (Frotan, 2015).

In education, successful teachers play a crucial role in shaping individuals to lead fulfilling and healthy lives. To achieve this ambitious goal, the responsibilities of a teacher are expanding. It is emphasized that merely imparting scientific knowledge is insufficient; a teacher must also embody a well-rounded and knowledgeable individual who is proficient in effective teaching methodologies. This comprehensive approach enables teachers to guide and educate students in a manner that equips them with the necessary skills to lead a prosperous life and maintain a healthy body (Ibn Khaldon, 2015).

If the educational system wants to coordinate the standard developments of their society today, they need new and creative models of education so that the students are equipped to deal with the crises of social life and take advantage of the opportunities for physical ability and creativity. The structure of the content, learning methods, and changes in future sports-based education are among the main priorities of society (Sadeqi, 2015).

Previous research indicates that a majority of students from various schools enjoy their physical education classes, while some lack access to necessary equipment, posing a challenge. The lack of equipment and supplies discourages students, leading to decreased interest in physical education courses due to insufficient support from administrators and PE officials. Many students end up

spending class time taking notes and avoid visiting sports fields. This discrepancy was highlighted in a study conducted by a prominent physical education and sports science professor, which revealed that inadequate sports equipment and facilities contribute to students' negative perceptions of physical education classes. The study stressed the importance of physical education as a fundamental necessity for society, akin to the essential needs of water and food. The research emphasizes the significance of physical activity and movement in human existence (Sadiqi, 2015).

On the other hand, sports culture is an important part of the culture of nations in the contemporary world.

With reference to the political dimension of physical education and sports, in these discussions, sports as a strengthening factor in promoting democratic goals and policies in a democratic society and strengthening national politics in resolving political and national disputes have been addressed. One of the important impacts of sports on politics can be the promotion of peace between two different nations (Azarbai, 2012).

Physical education encompasses various stages that involve movement and training of educational movements, concluding with the application of motor skills. Each stage of physical education plays a crucial role in the development of children and teenagers. To excel in sports competitions held globally across various disciplines, athletes require continuous and fundamental training. Moreover, practical physical education is integrated into school curricula. Physical education teachers and sports coaches are tasked with designing plans, setting goals, and organizing lessons effectively. To achieve these goals, specific tasks need to be outlined. As such, having a structured method of teaching physical education is essential for all educators and coaches in this field. With the continuous growth and expansion of sports science, coaches must stay informed and updated to ensure the physical and mental readiness of athletes of varying age groups.

By carrying out physical training programs in schools, it is possible to improve the exercise of children, teenagers, and young people. Some people believe that exercise causes disruption and destruction of the developed cartilages, and the child's height remains short. However, this belief is wrong. Research has shown that exercise does not have any effect on preventing the growth of bones; rather, it causes them to grow better. Moreover, the practice of sports increases the feeling of cheerfulness and relaxation in children, adolescents, and young people, and they also feel that they become stronger and gain more self-confidence (Ismaili, 1399).

It is indeed important for elementary school children to participate in sports and physical activities for their overall development. Teachers and coaches working with this age group should possess adequate knowledge and understanding of physical activity tailored to the needs and capabilities of elementary school students. By incorporating scientific programs aligned with educational standards, professional teachers can effectively enhance the physical education experience for young learners, ensuring that they receive the necessary guidance and support to engage in sports and activities safely and enjoyably (Ismaili, 2019). This approach can contribute significantly to the physical and mental well-being of elementary school children, fostering a positive attitude towards physical fitness and promoting a healthy lifestyle from a young age (Erkan, 2020).

1.4 The necessity of physical education

Physical Education and Sports Sciences are important parts of Kabul University of Education and Training. The university, with a history spanning over seventy years, holds the distinction of being the first academic institution in the country recognized for publishing heroes of education. It plays a significant role in promoting and developing sports, offering 30 graduate courses to society. The faculty members, ranging from Co-teachers to professors, are dedicated to teaching, research, textbook preparation, and modernized lectures in the field of physical education and sports sciences, utilizing the latest teaching methodologies. Their efforts have greatly contributed to institutionalizing the sports process.

1.5 The application of physical education in Afghanistan

Those who complete a bachelor's degree in physical education and sports science can teach physical education courses in schools, educational centers, and provincial sports directorates. A physical education graduate can also work as a coach and sports manager in ministries and departments that have a physical education focus. They can operate as consultants and designers in the creation of sports-related equipment because the expert opinions of a sports professional significantly impact sports improvement. In general, graduates in this field, if they are active individuals, will never be unemployed. They can work as trainers in free sports clubs or as coaches, experts, or fitness instructors hired by the Ministry of Education's Department of Physical Education or the National Olympic Committee of the country to promote sports.

2. Research Methodology

This excerpt discusses the importance of scientific investigation in discovering the truth. It highlights that scientific research methods involve following a systematic procedure using statistical methods to explore and analyze factors related to the research subject. The passage emphasizes the significance of measurement, evaluation, and comparison of factors based on accepted

scientific principles to solve problems and make informed decisions. Additionally, it mentions that researchers must choose appropriate research methods to meet demands accurately and effectively.

In this research, a mixed methods approach (combining quantitative and qualitative methods) was employed, involving the use of a questionnaire to collect statistics.

2.1 Method of collecting statistics

A sample was used to collect statistics, and the selection of the sample was conducted systematically to ensure the representation of various stakeholders.

2.2 Place of research

In total, the sampling process involved selection from three schools categorized under education in the city, as well as experts from the Department of Education.

2.3 Describing the demographic information of the research

A- Age of statistical sample

Table 1 shows the statistical indicators of the age of the statistical sample of the research groups.

Variable	Minimum age (year)	Maximum age (year)	Mean
Age (year)	30	59	45/7

B- Work history of the statistical sample

Table 2 shows the work history of the statistical sample of the research groups.

Variable	Minimum (year)	Maximum (year)	Mean
Work Experience	8	30	18

C- Working position of the statistical sample:

Table 3 shows the working position of the statistical sample of the research groups.

Work position	Number of people	Percentage
Principal	6	16.6
Manager	7	19.4
Teacher	23	63.8
Total	36	100

4. Research results

Based on the findings of the present research, it can be concluded that the index of equipment resources, when compared to the index of human resources, is considered to be the primary obstacle to the development of physical education in the schools of the 6th district. The respective means and standard deviations of equipment resources and human resources are 16/08 ± 3/08 and 13/91 ± 3/5.

Variables	Mean	The standard deviation
Human resources index	13.91	3.5 ±
Equipment index	16.08	3.08 ±

4.1 Dispute

In this research, the requirements and obstacles for the development of physical education in the schools of the sixth district of Kabul city, which are crucial issues related to the teaching process, have been revealed and discussed. The results obtained, which have been previously researched in this area, indicate that a number of physical education teachers in Kabul schools have various basic needs. These needs include the requirement for sports equipment and guidance from experienced teachers, the necessity for sports fields, the need to construct sports halls in schools for use during the rainy season and hot summer, the establishment of a physical education department in schools to enhance teaching practices, and the need for peace and social immunity. All these needs, along with many others, are outlined in this plan and must be fulfilled (Sediqi, 2015).

According to the research findings, the construction of indoor gymnasiums equipped with special sports equipment is vital for teaching physical education in schools. These sports facilities are essential for catering to the development needs of athletes and students, as well as for enhancing the effectiveness of teaching through better facilities, making them a critical requirement across all educational institutions. Sports halls are not only a necessity but also play an active role in promoting physical education programs in schools and other educational settings. They serve to enhance students' interest and talent in practical sports while contributing to the growth and development of their skills.

The results of the questionnaires indicate a discrepancy between students' and teachers' perceptions regarding the harmony between them in schools. Students believe that the level of harmony is somewhat lower compared to teachers, who view it as very high. This difference in perception may be attributed to factors such as alignment with students' interests and the challenges they face. Furthermore, students from various schools have highlighted the lack of sports equipment as a significant obstacle in their physical education, pointing towards a need for greater resources in this area.

The great scholar Shariat Madari spoke about the concept of education and training, educational goals, teaching materials, their organization, and the basic method in education and training, of which physical education is one of its very important branches that form the foundation of the work of schools. Scientists should prepare physical education teachers in the broad framework of education and training. From the time of ancient Greece to the present era, clothing, physical existence, and sports equipment have also been created. Spending an hour of physical education in the gym, especially in the gym and sports fields, will also make students interested in sports and physical education.

5. Conclusion

The subject of physical education is considered one of the most basic subjects, taught theoretically and practically in schools and high schools from the first to the twelfth grades.

In order to promote the growth of sports and make it universal, necessary attention should be paid to the country's education. Most of the young heroes of our country are born from education, so it is essential to focus on physical education for individuals, and professionals who are graduates of the University of Physical Education and Sports Science should be employed.

Educational sports festivals performed by students are the result of professional teachers. According to the findings, the majority of the students did not have access to any physical education equipment, which was considered a challenge due to the lack of equipment. Physical education lessons have become a situation where they still spend a lot of time in classes taking notes, most of the time not participating in sports activities on the fields. This challenge has always been considered for students to be in class during physical education hours.

Funding: This research received no external funding.

Conflicts of Interest: The authors declare no conflict of interest.

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