

PHYSIOLOGICAL-PSYCHOLOGICAL SIGNIFICANCE OF PHYSICAL EDUCATION AND SPORTS IN PERSONAL DEVELOPMENT

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Annotation: This article describes the place, importance, and specific features of physical education and sports in the formation of a healthy lifestyle among the population.

Also, the fact that children are a priority area for the development of sports in our society, the prosperity of the state, and the development of a harmonious personality is analyzed theoretically and practically.

Keywords: health, healthy lifestyle, physical education, sports, personal development, physical activity, public health, sports games, harmonious generation, physical training.

ФИЗИОЛОГО-ПСИХОЛОГИЧЕСКОЕ ЗНАЧЕНИЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТА В РАЗВИТИИ ЛИЧНОСТИ

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Аннотация: В статье рассматриваются роль, значение и особенности физической культуры и спорта в формировании здорового образа жизни населения.

Также теоретически и практически проанализировано, что в нашем обществе дети являются приоритетным направлением развития спорта, процветания государства и развития гармоничной личности.

Ключевые слова: здоровье, здоровый образ жизни, физическая культура, спорт, личностное развитие, физическая активность, общественное здоровье, спортивные игры, гармоничное поколение, физическая подготовка.

Further formation of a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy and spiritually mature generation, ensuring the broad involvement of citizens in active physical education and sports are among the priority areas of state policy in the system of reforms being implemented in our country. In particular, physical education and sports serve as a means of comprehensive and harmonious development of schoolchildren. If a child is constantly engaged in sports or physical exercises from a young age, he will overcome various types of diseases more quickly and will develop immunity. Conscious organization of physical activity ensures the physical development of children and adolescents and improves nervous

processes. Based on such theoretical and practical analyses, the physical education of children and adolescents is becoming the main content of the state program. Because the fate of future generations is connected with the spiritual and physical well-being of our healthy people today. In this regard, in our country, extensive work is being carried out to strengthen the physical and spiritual health of the younger generation, ensure a healthy lifestyle for our children, and instill in them a love of sports.

The development of children's sports in our country, the systematic progress of work on the physical and spiritual upbringing of future youth, is an important factor in the development of a healthy lifestyle among the population. This ensures that our children will not encounter any obstacles in the future in mastering knowledge based on modern technologies. Because we live in the 21st century, an unforgettable turning point in the history of mankind, when science, technology and engineering advanced, and we must not forget that we all have a duty to build a legal democratic state and civil society in our country. At the same time, it is worth noting the importance of physical education and sports in creating a healthy lifestyle among youth and adolescents [1].

Our ancestors, who have been living in the land of Turan, which has a long history, have been engaged in physical education and sports for centuries. We know this from the epics of Alpomish, Gor ogli, Avazbek, Rustamkhan in folk oral literature. Therefore, our ancestors raised physically strong, spiritually healthy children and portrayed them as folk heroes in legends with great skill. Today, research is being conducted on the role of physical education and sports in raising our youth to be such high-potential, physically strong, and perfect people. In order for this process to be carried out systematically and consistently, the joint work of sports specialists, coaches, and each parent is an important factor in the further development of sports among the population and the improvement of a healthy lifestyle [2].

Today, as a result of scientific analysis by specialists, it is recommended that the stages of mastering theoretical and organizational knowledge and practice be carried out in the following technological order.

1. To ensure that each person understands through physical education that he is personally responsible for strengthening his own health.
2. To ensure that he acquires knowledge about the fact that in modern times, environmental problems, pollution of the external environment, the increase in natural and technological disasters are placing new demands on human physical health.
3. To be informed in a timely manner about the laws, decrees, and decisions adopted by our government aimed at developing physical education and sports in the country and further strengthening human health, and to know that the requirements set in this regard are the duty of every citizen living in the country to fulfill for the sake of the agenda set for him and personal development.
4. It is known that there are two most important needs for every person, namely material and spiritual needs, and of these, having knowledge that ensures the implementation of the necessary level of physical nutrition for each person based on their daily life experience.
5. Every person should know their physical capabilities, have scientific, theoretical and practical knowledge related to demonstrating and preparing for high results in sports training and competitions.
6. Every person should have knowledge and experience about which physical movements and how they can be used in their lifestyle and to what extent they will benefit their physical development and preparation.

7. A person should be aware of all relevant information about physical education and sports in the region, country, and world in which they live, which serves as one of the main factors in implementing the technology of physical culture education in the above order and in forming the physical culture of people [3].

Nowadays, the main task of education is to educate young people as well-rounded, highly spiritual and physically healthy individuals, and sports play a significant role in their comprehensive development. Therefore, the promotion of a healthy lifestyle in our lives should be carried out in various directions. The correct use of various means of physical education in these directions has a deep and comprehensive effect on the human body, provides strong health and the necessary physical fitness. On the one hand, this is aimed at providing students and adults with certain medical and hygienic knowledge about a healthy lifestyle, awakening in them ideas about how a healthy lifestyle affects the development of the body, and on the other hand, education is aimed at forming the skills to follow hygienic rules and make it a daily habit to protect one's own and others' health [4]. To this end, we need to widely promote a healthy lifestyle through the media, as well as in all social institutions, in a spirit of solidarity with everyone. It is worth noting that the successful implementation of such measures requires coordinated efforts of state bodies, public organizations and enterprises. Therefore, significant results can be achieved only through joint efforts in the formation of a healthy lifestyle and increasing the physical activity of the population.

Summarizing the above attitudes towards the formation of a healthy lifestyle, it can be said that as long as a person exists, his health, especially the physical fitness of the younger generation and its preparation for any possible emergency situations, is one of the important issues that has always been in the public's attention.

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