

## DEVELOPMENT OF PHYSICAL CULTURE AND SPORTS AS THE MAIN FACTOR SOCIAL DEVELOPMENT OF THE YOUNG GENERATION

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### ABSTRACT

The article deals with discussing peculiarities of developing physical culture and sport as a power of social development of young generation. Physical education and sport is one of the most important factors in promoting and maintaining health. Physical education and sport are subjective aspects of people's lives and therefore are an integral part of the formation of a healthy lifestyle of each person individually and of society as a whole. The author analyzed the researches and views of scientists-researchers on the role of sports in society and issues on motivating pupils for sport reflected them in the article.

**Keywords:** Physical culture, sport, occupation, school, student, education, equipment, health, society, personality, self-development.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Sport provides each person with great opportunities for self-expression, self-realization and self-affirmation. Physical education is a wonderful opportunity to maintain our health in excellent condition, playing sports helps to study our body and find out the capabilities of it.

The complexity of the educational process contributes to reduced motor activity. This leads to muscle weakness, ligaments, bone apparatus, poor physical development, impaired nervous system function, and visual impairment. The only true way to counter this is the correct organization of physical education. For this, it is worth considering sports as a powerful social engine.

Physical education and sport in our lives train our muscles, the circulatory system, strength, and endurance of the body which has a positive effect on immunity, health, youth and beauty by maintaining the ability to work and an active lifestyle for long years. Physical activity directly affects mental activity and it gives a person such qualities as composure, motivation, organization, concentration, determination.

During the years of independence, modern conditions have been created for the regular involvement of the population, especially the younger generation in physical culture and mass sports, by strengthening the youth's confidence in their will, strength and capabilities, developing courage and patriotism, devotion to the Motherland. A large-scale work has been done to systematically select and train talented athletes.

The three stages combine sports competitions "Umid Nihollari", "Barkamol avlod", Universiade, which have become a platform for the school of young people, who are becoming increasingly popular among schoolchildren and students. Created a holistic system consisting

of through this system, today famous athletes, who raise high the flag of our country in prestigious international arenas, grow up. Most importantly, these competitions have become a means to massively engage our youth in sports and healthy lifestyles. For the purpose of further development of physical culture and mass sports in the territory of the Republic of Uzbekistan, involving all segments of the population, especially the youth in regular exercise, to increase the effectiveness of the conditions created in our country as the program of further development of physical culture and public sports in the Republic of Uzbekistan which was adopted according to the decree of the President of the Republic of Uzbekistan “On measures for further development of physical culture and mass sports” on June 3, 2017<sup>1</sup>.

Modern sport is also important in the development of contacts between people not only within the framework of one country, but also on an international scale, playing a significant role in deepening mutual understanding between peoples, in their rapprochement, contributes to the creation of an atmosphere of trust and peace. Therefore, sports are closely related to the mental, moral, aesthetic, communicative and other spheres of culture, are included in them by their specific functions and in this regard are their component.

The improvement of personality as a result of physical education and sports shows what effect is possible from the impact of sports and physical education on a person. Exercising will help a person look better, and will also allow a person to express their own personality. But again, within the framework of the traditional organization of physical education, there is no way to implement an individual approach to physical education, which is in any case necessary, since it is about the health of young people<sup>2</sup>. In addition, the traditional organization of physical education is not focused on the possibility of a student or schoolchild choosing physical activity. Lack of choice, as a rule, does not stimulate interest in classes<sup>3</sup>.

Everyone should understand that physical culture and sports are necessary for their physical development, and they should carefully form their health based on a particular system of physical activity they like. Comprehensive development of the physical abilities of the children of our nation is carried out in the process of physical culture, which is an integral part of our upbringing.

In the process of physical culture the following main tasks will be addressed:

- a) health promotion, physical training and physical development and ability to work;
- b) Acquiring skills and skills necessary for life, including practical character;
- c) upbringing moral qualities of a person;
- d) cultivation of physical quality (agility, strength, endurance, endurance);
- e) Acquisition of the technique of carrying out special exercises.

At the same time, the collection and implementation of national games of the Uzbek people, their rational use is an important task that has both theoretical and practical significance for us today. This task also places a great responsibility on the physical culture of bringing up the young generation healthy and harmoniously developed.

It extends the national games to some extent, enriches our people's perceptions of the cultural treasures of our nation for many years, and helps us to enrich our lives.

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<sup>1</sup> <http://lex.uz/docs/3226019>

<sup>2</sup> Kuramshina, Yu.F. Theory and methodology of physical education: a textbook for high schools / ed. Yu.F. Kuramshina.- M.: Soviet Sport, 2010.

<sup>3</sup> Matveev, L.P. The general theory of sports and its applied aspects: a textbook for universities of physical education / L.P. Matveev. - 5th ed., Rev. and add. - M.: Soviet Sport, 2010.

National action games are one of the most effective methods of physical education and are an important tool for the successful implementation of mental, ethical and emotional education in students. That is why it is important to pay attention to aspects such as the spirit, nature, level and behavior of the participants.

The same features should be used when using some of the national games<sup>4</sup> that we recommend to make the physical culture of elementary school fun and useful.

Teaching pupils a love for values and preserving national traditions is largely dependent on the effective use of Uzbek national games. Because, through national games, a child acquires physical knowledge on the one hand and, on the other, it is important to have an interest in the physical culture.

Much has been done to study the socio-pedagogical peculiarities of folk games. Several scholars have commented on the use of folk games in their studies to some extent.

Factors that contribute to the increased activity of children and adolescents include national action games, elements of national exercises, contests and sports, and ways to use traditional means of physical education.

In addition, the annual scientific conferences and the related collections are also showing increasing interest in national games, studying and collecting them. This is a great way to influence the younger generation and a great opportunity to guide them on the path to a healthy lifestyle, as fashion has a big impact on adolescents. And there is a good platform for the realization of these desires, namely: a large number of centers for sports are built; many programs have been developed; inventory and equipment selected; an impressive amount of special clothing and equipment for sports is being created. For some people, sport is an active form of leisure, hobby and lifestyle. Some people like to just watch the achievements of athletes on TV, someone prefers to engage in a particular sport in their free time from work or school, and for some it is a means of subsistence. The relevance of sports is primarily due to comfort, motivation for high performance and long-term ability to work, which in the social sphere is of great importance.

Therefore, sports and physical education are an important type of activity, the final results of which are useful both for society and for the person himself. Sport and physical culture provide ample opportunity to enable the young generation to be involved in the active life of society, to form their experience of social relations and communication.

In the context of a modern school and an ever-increasing demand for improving the quality of education, the question of the motivation of learning is becoming increasingly relevant. Motive, as we know, is a source of activity. In the absence of motivation, the activity is not carried out at all, or is carried out extremely unstable.

Educational motivation is considered by Russian and foreign scientists as an activity approach, according to which, as its carrier, the student acts as an active developing subject, and the environment is the source of this activity (P. Ya. Halperin, D. B. Elkonin, V. V. Davydov et al.)

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<sup>4</sup> Yuldasheva R. Uzbek folk games - educational importance. T: "Teacher" 1992.

Such a dual approach to understanding motivation defines its components: on the one hand - situational motivation, on the other - a stable personal education<sup>5</sup>.

Educational motivation is prompted by a hierarchy of motives, in which internal, related to a specific activity and its implementation, and external, related to a child's need to take a certain position in the system of social relations can dominate.

That is why, while analyzing the motivation of educational activity, it is necessary to determine the dominant motivator and take into account the student's motivational sphere<sup>6</sup>.

Learning activity is prompted, first of all, by internal motives, when the cognitive need is met with the subject of activity and "objectified", at the same time it is prompted by external motives, such as self-affirmation, prestige, duty, necessity, achievement, avoidance.

Younger school age is an important period in a person's life. V.M. Minaeva notes that "during this period, teaching is the main activity in which a person is formed. The thinking of the student is actively developing. The development of thinking leads to a qualitative restructuring of other cognitive processes, giving them a regulated, arbitrary character: "memory becomes thinking, and perception becomes thinking". Therefore, it is very important, precisely during this period, to lay the foundations for the perception of physical culture - as the only right way to develop the physical health of a child, schoolchild, and personality.

In the modern world, a primary school student, outside the classroom, is faced with a lack of external incentives for physical education. First of all, the workload is quite high. The technical condition of gyms, school stadiums, locker rooms, school vehicles for moving to sports facilities (a pool, a ski base), the lack of specially trained teaching staff in a modern school will slow down the grafting of physical education and sports at school.

The stimulation of interest in educational activities in primary school students is carried out by the assessment system. Mandatory should be its use in physical education lessons. Grades for completing assignments must be in accordance with a specific educational standard. The primary task of the modern parent is to provide the child with an interactive tool.

It requires the development of regulatory documents for assessing the level of physical fitness, the introduction of an examination in physical culture, and the annual monitoring of the state of physical fitness of schoolchildren. Particular attention should be paid to the attitude of the teaching staff to physical education lessons, the introduction of "five-minute physical education", the introduction of mandatory competitive elements in physical education among the teaching staff, the involvement of parents for competitions and their involvement directly in the educational process. Modern technical equipment of school sports fields, financing of school sections, and the introduction of a school competitive system are required.

We can conclude that the creation of a new national system of physical education and sports education of the population, as well as the modernization of the physical education system of various categories and groups of the population, including in educational institutions of vocational and primary education can provide socialization of young people and having active position in educational sphere.

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<sup>5</sup> M.A. Rodionov, Yu.A. Makarov. - Penza, Ed. PSPU them. V.G. Belinsky - 2004.-P. 186.

<sup>6</sup> Winter I. A. Pedagogical psychology.- M.: Logos, 2004.- P. 384

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