

THE INFLUENCE OF PHYSICAL CULTURE FOR THE HARMONIOUS DEVELOPMENT OF PERSONALITY AND STRENGTHENING THE HEALTH OF PUPILS

Siddiqov Bahtiyor Saidkulovich

Candidate of Pedagogical Sciences, Associate Professor Ferghana State University. Dean of the faculty
"Pedagogy, Psychology", **UZBEKISTAN**

ABSTRACT

The article raises the question of the role of physical culture in the process of forming a healthy lifestyle among students, and also discusses the relevance of this issue, its need, main tasks and goals for attracting young people to physical education to maintain health and personal development.

Keywords: Physical culture, healthy lifestyle, health, personality development.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Physical education is part of human culture. Physical culture is an organic part of human culture, its special independent area. Physical culture affects the vital aspects of the individual, obtained in the form of makings, which are transmitted genetically and develop in the process of life under the influence of education, activity and the environment. At its core, physical culture has appropriate motor activity in the form of physical exercises that can effectively form the necessary skills and physical abilities, optimize the state of health and performance.

Physical culture is the basis of the social and cultural life of the individual, the fundamental modification of his general and professional culture. Physical culture acts as an integral quality of personality, as a condition and prerequisite for effective educational and professional activity, as a generalized indicator of the professional culture of a future specialist and as a goal of self-development and self-improvement. It characterizes the free, conscious self-determination of a person who, at different stages of life development, selects and masters from those many values that are most important to her.

The motivational-value component reflects an actively positive emotional attitude to physical culture, the formed need for it, the system of knowledge, interests, motives and beliefs that organize and direct the willful efforts of the individual, cognitive and practical activities to master the values of physical culture, focus on a healthy lifestyle, physical improvement.

In modern society, the problem of preserving and strengthening children's health is more relevant than ever. This is due to the fact that very high requirements are imposed on them, which only healthy children can meet. And one can talk about health not only in the absence of any diseases, but also under the condition of harmonious neuropsychological development, high mental and physical performance.

At the same time, the results of scientific research indicate that already in preschool age healthy children are becoming less and less. Most preschool children have different disorders in their psychophysical development.

Health, as you know, is 50% determined by lifestyle, and a lifestyle model is formed in childhood. Therefore, it is so important to form a habit of a healthy lifestyle at preschool age. Health education is a tool to achieve a high quality of life. The main result of a health-saving education should be a state of harmony, peace of mind and vitality.

Education of children is one of the leading tasks of school institutions. Good health obtained at school is the foundation of the overall development of man.

V.A. Sukhomlinsky emphasized that their spiritual life, worldview, mental development, strength in knowledge, and self-confidence depend on the health and vitality of children. Therefore, it is extremely important to organize physical education classes precisely in childhood, which will allow the body to accumulate strength and ensure further comprehensive harmonious development of the personality.

Physical culture and sport are not only an effective means of a person's physical development, strengthening and protecting his health, the sphere of communication and the manifestation of people's social activity, a reasonable form of organizing and spending their leisure time, but they also undoubtedly affect other aspects of human life: authority and position in society, labor activity, on the structure of moral and intellectual characteristics, aesthetic ideals and value orientations. And this applies not only to the athletes themselves, but also to the coaches, referees, spectators. At the same time, physical education and sport themselves are subject to "feedback" from other social institutions and social phenomena. Physical education and sport provide each member of society with the widest opportunities for development, affirmation and expression of their own "I", for empathy and participation in sports action as a process of creativity, make one rejoice in victory, be upset by defeat, reflecting the whole gamut of human emotions, and cause a feeling of pride in the infinity of potential human capabilities [3].

Of course, physical activity is of paramount importance for the normal course of mental processes due to the fact that there is a very close relationship between the activity of the central nervous system and the work of the musculoskeletal system. Specific nerve endings (proprioceptors) are located in the skeletal muscles, which, when muscle contractions are used, send stimulating impulses to the brain during feedback. Studies confirm that many CNS functions depend on muscle activity. On the one hand, the task of impulses coming from proprioceptors is to signal the brain about the implementation of the performed movements. On the other hand, specific nerve cells simultaneously increase the general tone of the cerebral cortex, as a result of which its overall functional ability increases. It is well known that many people think better when walking than in a sitting position, that speakers tend to accompany their speech with gestures, and actors prefer to learn their role while walking.

A prerequisite for the harmonious development of the student's personality is sufficient motor activity. In recent years, due to the high teaching load at school and at home and other reasons, most students have a deficiency in the daily regimen, insufficient motor activity, which causes hypokinesia, which can cause a number of serious changes in the student's body. Hygienist studies indicate that up to 82 - 85% of the daytime, most students are in a static position (sitting). A change in the magnitude of motor activity in different academic quarters was noted. The motor activity of schoolchildren is especially small in winter; in spring and autumn it increases. Pupils not only have to limit their natural motor activity, but also for a long time to maintain an uncomfortable static position for them, sitting at a desk or training table. Inactive children have very weak muscles. They are not able to maintain the body in the correct position, they develop poor posture, stoop is formed. With systematic physical education and sports,

there is a continuous improvement of organs and systems of the human body. This is mainly the positive effect of physical culture on health promotion. Under the influence of muscle activity, a harmonious development of all parts of the central nervous system occurs. Moreover, it is important that physical activity was systematic, diverse and did not cause overwork. Physical exercises have a beneficial effect on the development of such functions of the nervous system as strength, mobility and balance of nervous processes. Even intense mental activity is impossible without movement. Sufficient motor activity is a prerequisite for the harmonious development of personality. Exercise contributes to the good functioning of the digestive system, helping the digestion and assimilation of food, activates the liver and kidneys, improves the endocrine glands: thyroid, genital, adrenal glands, which play a huge role in the growth and development of the young body. Under the influence of physical exertion, the heart rate increases, the heart muscle contracts more, the heart ejection of blood into the main vessels increases.

Constant training of the circulatory system leads to its functional improvement. In addition, during work, the blood that in a calm state does not circulate through the vessels is also included in the bloodstream. Exercise causes an increased need for oxygen in the body. As a result, the “vital capacity” of the lungs increases, and chest mobility improves. In addition, the full expansion of the lungs eliminates the congestion in them, the accumulation of mucus and sputum, serves as a prevention of possible diseases.

The lungs during systematic physical exercises increase in volume, breathing becomes rarer and deeper, which is of great importance for ventilation of the lungs.

Exercise also causes positive emotions, vitality, creates a good mood. Therefore, it becomes clear why a person who knows the “taste” of physical exercise and sports, seeks to engage in regular exercise. I, as a teacher, try to form a self-developing and self-fulfilling personality in the lessons of physical culture and physical education. To educate value orientations on healthy lifestyle, to develop ideas about the physical culture of the individual and methods of self-control. To realize this, it is necessary to solve the following tasks:

- physical education and sports;
- development of students' physical abilities;
- education of a person capable of independent creative activity.

A healthy lifestyle includes the following basic elements: fruitful work, a rational regime of work and rest, the eradication of bad habits, an optimal motor regime, personal hygiene, hardening, and rational nutrition.

The task of physical education teachers:

- form students' adequate assessment of their physical abilities;
- success in fostering value orientations for a healthy lifestyle;
- create a positive emotional attitude towards the work of all students;
- inform students of the organization of educational activities during the lesson;
- discuss with the children at the end of the lesson not only what we learned (what we mastered), but also what we liked (did not like) and why, what we would like to do again, and what to do differently;
- encourage students to choose and independently use various ways of completing assignments.

Health is the first and most important need of a person, which determines his ability to work and ensures the harmonious development of personality. Therefore, the importance of physical culture in the development of a healthy lifestyle for schoolchildren is enormous. I

want every family to have traditions of physical education. I believe that this should lead to better health and to the establishment of a healthy lifestyle in our society.

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