



INFLUENCE OF SPORTS ON YOUTH EDUCATION

Turkmanov Tokhir Zurfilaevich

Lecturer, Department of Humanities
Tashkent State Agrarian University

Article history:	Abstract:
Received 4 th October 2022 Accepted: 4 th November 2022 Published: 10 th December 2022	The sport has taken a place in the life of society, which has no analogs in history. His problems have become the subject of a close study by physicians and educators, philosophers and historians, economists and sociologists. His influence is taken into account by politicians. Statesmen open major sports competitions, and the streets of multi-million cities are empty at the hours when the games of the world championships in football and hockey are held. The impact of sports on the mood and lifestyle of people is increasing

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Sport in our time has acquired such social power and significance, which, perhaps, never had an analog in the history of society. Sport is not only an effective means of physical development of a person, strengthening and protecting his health, a sphere of communication and manifestation of social activity of people, a reasonable form of organizing and spending their leisure time, but it undoubtedly affects other aspects of human life: authority and position in society, work 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 coaches, judges, and spectators. Sport provides every member of society with the widest opportunities for development, assertion, and expression of one's own «I», for empathy and participation in sports activities as a creative process, makes one rejoice at victory, grieve at defeat, reflect the whole gamut of human emotions, and cause a feeling of pride in the infinity of human potentialities.

In our country, sport is considered one of the most important means of educating a person who harmoniously combines spiritual wealth, moral purity, and physical perfection.

Today, the sport has taken a place in the life of society, which has no analogs in history. His problems have become the subject of a close study by physicians and educators, philosophers and historians, economists and sociologists. His influence is taken into account by politicians. Statesmen open major sports competitions, and the streets of multi-million cities are empty at the hours when the games of the world championships in football and hockey are held. The impact of sports on the mood and lifestyle of people is increasing.

Sports are good for everyone. Playing sports strengthens health, hardens, develops endurance, teaches discipline and the ability to realistically assess one's strengths, to be courageous, strong-willed, and responsible. All athletes are characterized by self-control, willpower, and the ability to achieve their goals. Only a strong spirit will be able to regularly defeat natural laziness and attend training. And in training, repeat sets of exercises and gradually achieve results. Classes in the sports section help to expand the circle of acquaintances and make new friends. Athletes learn to adapt to each other and find a common language. They know exactly what support is and how important it is in the pursuit of victory.

Sport is the best way to learn to follow the rules. The rules are very strict and they are not discussed. But even in adulthood, we often have to accept the rules invented by other people.

Sport contributes to intellectual, moral, and aesthetic education, strengthening and developing interpersonal communication not only in small groups but also on the scale of international relations.

In moral terms, playing sports can contribute to the development of such valuable personality traits as sociability, sociability, independence in decision-making, and the desire for creativity. The joy of victories and the bitterness of defeats, the ability to draw lessons from this and thereby create the prerequisites for self-improvement, participation and empathy, a heightened sense of duty and responsibility to the team and the whole society, awareness of one's honor and dignity, conscientiousness in wrestling - these are the qualities that formed in young people in the process of playing sports. Moral development in the process of playing sports is aimed at forming a person's socially valuable qualities that determine his attitude towards other people, towards society, towards himself, and in the aggregate represent what is commonly called moral education. This characteristic is pivotal in determining personality. Its content is determined by the norms of morality prevailing in society. Sports are developed against the background of communication, in a team, under the guidance of a coach. It is communication that is the most powerful factor in the formation of the moral qualities of those involved, from the very beginning of playing sports, they begin to realize their involvement

in the team and, by the rules and orders, learn to control their actions, correlate them with the actions of others. Thus, the will is strengthened, discipline is developed, and the habit of observing the norms of moral behavior is formed.

From an intellectual point of view, sport, sports activity is a wide field of creative search in mastering techniques, and tactics, and managing one's emotions and physical condition. In the process of doing sports exercises, motor cognitive situations continuously arise, the solution of which requires significant mental stress. Already a simple solution to motor problems: how to move faster, more precisely, what needs to be done to correct the mistake made, etc. - represents a chain of mental operations, including observation, generalization, and decision-making. The specificity of mental activity in the process of playing sports lies in the close interaction between body movements and mental operations: those involved continuously check the program of movements with its actual implementation. As a result, conscious connections between muscle sensations, a motor task, and a way to solve it are fixed. Movements become a way of knowing and mastering the world around us. All this contributes to the development of such distinctive features of a harmoniously developed person as breadth, depth, criticality, flexibility of thinking, and cognitive activity, which is greatly facilitated by the international nature and multi-contact of communication in the field of sports. Also, sports are often used as a means to relieve mental stress and stimulate intellectual activity.

From an aesthetic point of view, the main thing in playing sports is the knowledge of the beauty of physique and movement, the demonstration of this beauty, and the inexhaustible spiritual and physical capabilities of a person.

From a volitional point of view, productive employment in any kind of sport is inconceivable without the active overcoming of a whole complex of objective and subjective difficulties, without the highest degree of tension. This highest tension of the will in the daily hourly struggle with oneself creates objective conditions for the formation of vital volitional qualities of a person - purposefulness, perseverance, courage and determination, self-discipline, and initiative.

Almost all sports can serve as a positive means of educating a person, given the possibility of their impact on morality, intellect, aesthetics, and will.

Modern sport as a social phenomenon is multifaceted. It acts in many guises: as a means of healing, as a means of psychophysical improvement, as an effective means of rest and restoration of working capacity, as a spectacle, and as professional work. Sport is a compressed model of life. In it, due to the extreme conditions, you can find all the richness of the manifestations of human nature. He, more than other types of activity, forms the versatile adaptive capabilities of a person and is associated with the opening of human reserves, the identification of the maximum capabilities of a person. That is why sport has deservedly taken one of the leading places in the education of young people, in the formation of moral values among the younger generation.

And yet, sports increase the number of positive people on the planet. Indeed, during physical exertion, the human body produces "happiness hormones". And, as a result, those who go in for sports are less prone to despondency and depression.

Sports develop such qualities as:

Purposefulness is a manifestation of the will, characterized by clarity of goals and objectives, regularity of activities and specific actions, and the concentration of actions, thoughts, and feelings on the inexorable movement towards the goal.

Persistence and perseverance are manifestations of the will, characterized by long-term conservation of energy and activity in the struggle to achieve a goal and overcome many, including unexpectedly arising obstacles.

Decisiveness and courage are a manifestation of the will, characterized by the timeliness and thoughtfulness of their implementation in practical actions, the absence of fear to take responsibility for the decision and its implementation even in conditions of risk and danger.

Initiative and independence are manifestations of the will, characterized by personal initiative, innovation, creativity, and quickness of thinking in actions aimed at achieving the goal, lack of orientation to outside help, and resistance to the inspiring influence of other people and their actions.

Endurance and self-control are manifestations of the will, characterized by the preservation of mental clarity, the ability to control thoughts, feelings, and actions in conditions of emotional arousal or depression, intense stress, fatigue, unexpected obstacles, failures, and the influence of other adverse factors.

Sport contributes to the fact that the forms and shades of human behavior and communication become wider and richer. Improved in the course of sports, the ability to be with people, interact and communicate with them is transferred to other areas of life and activity.

Yes, sport deservedly occupied one of the leading places in the education of young people, in the formation of moral values among the younger generation. That is why we are far from being indifferent to what the personality of an athlete is, and how harmonious his development as a person, and as a member of society is.

To raise worthy youth, it is necessary to invest in it, as in any business, and these funds are considerable today. It is necessary to attract investments in this area, to develop new forms of sports activities - this is not a matter of one year, but it is necessary to do this.

Sports are very complex and sometimes contradictory. Therefore, its influence on the formation of personality is not unambiguous. It is quite obvious that going in for sports, a person, first of all, improves and strengthens his body, his body, his ability to control movements and motor actions. Sport, without a doubt, is one of the main means of educating movements, improving their fine and precise coordination, and developing the motor physical qualities necessary for a person. But not only. In the process of playing sports, his will and character are tempered, his ability to manage himself is improved, and he quickly and correctly navigates in a variety of difficult situations, makes timely

decisions, takes reasonable risks, or refrains from risk. An athlete trains next to his comrades competes with rivals and is sure to enrich himself with the experience of human communication, and learns to understand others.

And I want to believe that all this will be done, and sports will become accessible, attractive, and satisfy the needs of the most important part of modern society - young people.

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