

SOCIO-PHILOSOPHICAL SIGNIFICANCE OF PHYSICAL EDUCATION AND SPORTS IN THE HEALTH OF THE MAID-DEVELOPED GENERATION

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ABSTRACT

This article is devoted to the basics of the health of children and adolescents, a description of the socio-philosophical significance of sports is given, as well as a scientific and practical classification of experience.

Key words: teenagers, sports, rational nutrition, youth, family, society, healthy generation.

INTRODUCTION

The purpose of the study is to analyze the main criteria for the health and education of children and adolescents, the importance of sports in the classification of reforms carried out in our country from a socio-philosophical, medical point of view, to show its specific features. Objectives of the study: to clarify the meaning and essence of sport in the upbringing of a harmonious developed generation; show the motives that develop the health and sports of adolescents. Possibilities of application of the study: strengthening the study of certain aspects of adolescent health; expanding the scale of events demonstrating the formation of medical, cultural and spiritual foundations of physical education and sports among young people.

Novelty: the strengthening of the human factor in the development of the state and society, in particular, is inextricably linked with caring for the health of young people, ensuring their future, playing sports in their physical and spiritual development. Sport is an important criterion that determines the health of adolescents, life extension, change in their cultural and spiritual world, and is the subject of ongoing scientific research. Indeed, in any historical period, ensuring

human health, especially the maturity of young people, improving social living conditions is a priority of state policy, and the relevance of studying the educational foundations of a healthy lifestyle is as follows:

Firstly, since the majority of the population is made up of young people, sports are carried out as part of reforms aimed at their health and the proper organization of free time. Due to the fact that the formation of a healthy lifestyle in general has risen to the level of state policy, in particular, there is an increasing need to study the medical, social, educational and pedagogical aspects of attracting adolescents to sports.

Secondly, since the consumption of sports quality products is directly related to education, culture and spirituality, the study, analysis and search for solutions to the actual problems of its development is of great practical importance.

Thirdly, the democratic, humanistic content of physical culture and sports is to promote health, educate the mature generation, “Today, with great hopes, dreams and goals to contribute to the development of our country, to provide comprehensive support to our determined youth, this should become not only our task, but also our duty” [1].

Fourth, at the present stage of the development of society, maintaining the purity of the nation's gene pool, raising a physically and spiritually strong generation, and expanding the scale of organizational work has become an important social task. “In this regard, it is planned to build another 70 physical culture and sports institutions, provide all kindergartens and schools with sports equipment, build special pedestrian and bicycle paths in regional centers and cities” [2]. This, in turn, requires us to pay special attention to the regular sports activities of teenagers.

In the modern era of globalization, many popular science brochures and articles, textbooks and manuals contain a lot of information and different opinions about the importance of sports in their lives and introducing teenagers to sports. In some cases, the importance of physical education and sports in the health of adolescents is covered more from a medical point of view. However, to show the presence of a certain socio-philosophical content of sport helps to solve the problems existing in it. Since the content of our article is related to the importance of physical culture and sports, we considered it necessary to give specific definitions to these concepts: “Physical education is an integral part of general education aimed at improving health and harmonious development of the individual. This is one of the indicators indicating the state of physical culture in society. The main means of physical education: physical culture, occupational and household hygiene. Physical education is combined with mental, moral, labor and

aesthetic education. "Sport (from the old French word "desport" - "game", abbreviated as "interest") is a process based on certain rules of human activity, combining its physical and intellectual capabilities, as well as the totality of interpersonal relationships that arise in this process [3] (translation).

Regardless of how the concepts of "sport" or "physical education" are used in public publications (articles, brochures, textbooks, manuals and other printed publications), their content reflects medical, spiritual, cultural and socio-philosophical aspects. Therefore, when discussing the socio-philosophical significance of sport in the upbringing of the developed generation, it is necessary to point out that in addition to the medical aspect, it also has its own spiritual and cultural aspects. Of course, sport means not only physical training in the established (sports) order, but also a process that requires special spirituality and education.

The great scientist Ibn Sina says about physical culture: "A person who does physical culture on time and on his own does not need any treatment. Physical activity also refreshes the human spirit. But physical activity should not be excessive, otherwise the body will quickly get tired. A complete rejection of physical training will lead to aging of the body and rapid failure" [4]. From this recommendation of Ibn Sina, we understand that a person needs to have certain standards and knowledge in sports. Because the world of thinking and spirituality is enriched by the accumulated positive knowledge about each process.

The development of physical culture and sports in the development of states is characterized by the scale and quality of organizational work in this regard. Of course, these works are expressed in the practical significance of the meaningful organization of adolescents' free time and their more active involvement in sports.

In a subsequent commentary by the President of the Republic of Uzbekistan Sh. M. Mirziyoyev, the need for "regular involvement of children in sports, improving the quality of children's sports education, further developing a network of children's sports facilities in all regions, especially in rural and remote areas" is highlighted [5]. As a result of the qualitative organization of physical education and sports in our republic in recent years, "...381 of our athletes won prizes at world and Asian competitions, and 43 of our talented and knowledgeable youth became winners of prizes at prestigious international scientific Olympiads and competitions" [6].

The inextricable link between rational nutrition and sports is another important feature of socio-philosophical significance. Modern teenagers spend most of the day in educational institutions. From this point of view, they focus on foods that can be eaten quickly and do not take much time. Of course, this can save

them some time, but the fact that they do not have certain knowledge about the side effects on their health is a negative factor. An example of this is fast food (hot dogs, hamburgers, etc.). Such products will satisfy the need for nutrition for a certain period of time, but this does not guarantee health promotion. Despite the many publications and opinions published in the media, it is still a certain food in the diet of teenagers. Also, “recommendations on healthy eating are not communicated to people, and physical exercises are not taught to people of different ages. After all, this is the basis of human health and medicine! Therefore, we will start the new national movement "Proper nutrition and a healthy lifestyle" from the mahalla. All our compatriots, young and old, must find their place in this movement. Each micro district should have its own library, sports ground” [7]. Neglect of young people's eating habits, lack of information about it, misuse of sweet, narcotic sweets and juices (coffee, alcohol), the impact of nutrition on human health, lack of knowledge about how to organize nutrition depending on age and load, constant fasting to maintain altitude is harmful to his health due to the neglect of such negative situations. This attitude to food... leads to diseases of the cardiovascular, endocrine, digestive and immune systems, as well as to overweight and underweight” [8].

The **family** is the main subject in physical education and love for sports. The physical and spiritual maturity of a boy or girl brought up in a family is determined by the environment in which they are brought up and their interaction with their parents. Equal participation of parents in regular morning physical education not only strengthens relationships, but also serves to acquire parents' knowledge of physical education and sports. Since physical education and sports are an important criterion for promoting the health of adolescents, we must adhere to them in the future, as well as leave important experience and moral foundation in this regard for future generations. After all, “Today we must act responsibly, realizing that the effectiveness of physical culture and health-improving processes is inextricably linked with the tasks of building New Uzbekistan” [9].

Based on the above opinions, the following general conclusion can be drawn:

- **firstly**, the promotion of physical culture and sports, its use shows the possibilities of spiritual, educational and moral education of a harmonious developed generation;

- **secondly**, the study of the basics of attracting adolescents to physical culture and sports reveals important meaningful aspects in improving the fitness of the body, strengthening health, meaningful organization of free time, shows new aspects of spiritual education;

- **thirdly**, the implementation of scientific and practical projects related to physical culture and sports serves the effectiveness of educating a harmonious advanced generation;

- **fourthly**, a deeper study of the methodological foundations of physical education and sports from a modern pedagogical point of view and strengthening their application in teaching acquires a decisive importance in the development of science and education.

In connection with the improvement of physical education and sports in raising a healthy generation and strengthening its health, it is **recommended**:

- human health has been the most important social problem since time immemorial, to ensure the priority of more physical culture and sports in order to form a healthy lifestyle;

-development of natural science, medical, philosophical, aesthetic, ethical, religious, political, legal, economic foundations of children's and youth sports;

- medical and social sciences taught in educational and vocational education institutions, higher educational institutions, to enrich with scientific materials on the philosophy of a healthy lifestyle; type of culture - hygienic, ecological, physical and others;

-providing materials, useful recommendations, under the heading "Physical culture and sports" in the media and ensuring the activity of the population in this direction.

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