



ANALYSIS OF PSYCHOLOGICAL ASPECTS OF PHYSICAL ACTIVITY IN YOUNG PEOPLE WITH DISABILITIES

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Abstract: The problem of analysing psychological aspects of motor activity of young people with disabilities is very relevant today. The problem of disability is global and very important for any country in the world. This article presents scientific information about the basic principles and principles of health promotion among people with disabilities. In addition, important conclusions about the importance of physical education and sport in the health of these individuals are outlined.

Key words: Physical education, motor activity, healthy lifestyle, physical education, sports promotion, disabled people.

According to the UN, about 450 million have been identified as having disorders in human mental and physical development. This is 1/10 of the world's population.

These include: people with hearing impairments (deaf, hard of hearing, acquired deafness); people with severe speech impairments (logopaths); people with severe intellectual developmental disorders (people with mental retardation); people with complex mental developmental disorders (blind and deaf-mute people, blind and mentally retarded people, etc.); there are basic apparatus system diseases; includes people with psychopathic behaviour. In addition, there is such a stratum that they go to secondary educational and pre-school educational institutions. They experience a state of discomfort under the influence of negative social factors and especially interpersonal relationships, which increases as they grow older. In the future, this will have a psychotraumatizing effect. Accordingly, such people need special help in adapting to society.

According to the International Nomenclature of Social Vulnerability and Disabilities and Impairments, 'the concept of disability means any limitation in the performance of activities considered normal for a given age period, or in the methods of performing them'.

A disabled person (invalid) is any person who cannot partially or completely independently provide for his or her personal needs and deficiencies of social life. According to the accepted classification, disability is interpreted as a social weakness resulting in persistent disorders in the body, causing limitation of life activity, creating the need for special social support.

One of the directions of such social assistance is social rehabilitation, which is becoming increasingly important in modern society. Social rehabilitation of disabled people is one of the complex modern and important systems of social assistance. Its main task is to restore a person's social status through specially organised conversation, to ensure his/her participation in social relations. Disability is a disability that prevents people with disabilities from joining society and participating in family or community life due to physical, psychological, emotional, social, cultural and other barriers. The notion that a person with a disability is a sick person and therefore cannot lead a healthy life has long been firmly entrenched in modern society. This statement is incorrect. In fact, it is necessary to restore and improve the health of a disabled

patient in order to avoid more serious consequences. In modern science there are many approaches to the theoretical understanding of social problems of disabled people. One of the priorities of work with people with disabilities is to address the issues of creating a barrier-free environment for them. In order to make work in this direction more successful, as a rule, the regions take measures to develop and adopt comprehensive programmes for medical and social rehabilitation and employment of disabled people, social protection of disabled children, and raise the issues of social protection. Adaptive physical culture is a field of physical education for people with health problems, including disabled persons, aimed at the rehabilitation of disabled persons and their adaptation to a normal social environment, the elimination of psychological barriers that prevent them from engaging in sports and other activities. a set of cultural activities. One of the leading directions of adaptive physical education is adaptive sport, the main direction of which is the formation of motor activity as a biological, mental and social factor affecting the human body and personality [3].

Striving for a healthy lifestyle is of great importance for effective rehabilitation of people with disabilities. One of the aspects of the impact of quality comprehensive rehabilitation on each disabled person is his or her motivation to actively participate in the rehabilitation process. A very important factor in the formation of a healthy lifestyle of a disabled person is the possibility of his or her participation in physical training and recreational activities under the supervision of a medical organisation, a rehabilitation therapy centre and a rehabilitation doctor. Therapeutic physical training is very relevant not only in terms of preventing diseases, but also in terms of preventing their exacerbation, the formation of complications, and disability due to the continuation of functional disorders of the organism/ Morphophysiological (physical development, physical fitness, physical deviations), ecological environment (availability of equipment and places for physical training, seasonality, safety), psychological, sociological and demographic factors are decisive factors in physical activity, which are active in the health of the disabled person. All these factors can be fully taken into account in relation to disabled citizens. Within the rehabilitation process of citizens with disabilities, sport as a factor in the formation of

CONCLUSION. Thus, physical education is an important factor in the formation of a healthy lifestyle of persons with disabilities, sets and solves complex problems of maximum distraction of disabled citizens from their diseases and disabilities, as well as from the problems of isolation from society. It is necessary to form and expand this social circle, to expand its active possibilities. a healthy lifestyle solves the following important tasks: pedagogical, educational, developmental, rehabilitative, compensatory, preventive [5]. The strategy of achieving better results in medical and social rehabilitation of disabled people is related to the assessment of the quality of life in modern society, which is determined by a number of factors: medical, biological, psychological, economic, cultural. WHO experts consider it important to develop research on quality of life as a field that has its own methodology, arsenal of criteria and is a very sensitive indicator for comparing different methods of treatment, prevention and rehabilitation.

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