

WAYS TO ATTRACT YOUNG PEOPLE TO SPORTS

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Annotatsiya: Ushbu maqolada yosh avlodni sportga jalb qilishning samarali usullari, sportning ular hayotidagi ahamiyati hamda jismoniy va ma'naviy tarbiyadagi roli tahlil qilinadi. Maktab, mahalla va ommaviy axborot vositalari orqali sport targ'ibotini kuchaytirish, sport inshootlarining mavjudligi va ulardan foydalanish imkoniyatlarini yaxshilash muhim omil sifatida ko'rib chiqiladi. Shuningdek, oilaviy qo'llab-quvvatlash, motivatsiya va yetakchi sportchilar namunasi yoshlar sportga jalb etilishida muhim rol o'ynashi ta'kidlanadi. Maqola yoshlar orasida sog'lom turmush tarzini shakllantirish va kelajakda sog'lom jamiyat barpo etish yo'lida sportning o'rni haqida fikr yuritadi.

Kalit so'zlar: yosh avlod, sog'lom turmush tarzi, maktab sporti, sport targ'iboti motivatsiya, sport inshootlari

Аннотация: В этой статье будут проанализированы эффективные способы вовлечения подрастающего поколения в спорт, значение спорта в их жизни, а также его роль в физическом и духовном воспитании. Важным фактором считается усиление пропаганды спорта через школы, районы и средства массовой информации, а также улучшение доступности и доступности спортивных сооружений. Также подчеркивается, что поддержка семьи, мотивация и пример ведущих спортсменов играют важную роль в вовлечении молодежи в спорт. В статье рассматривается роль спорта в формировании здорового образа жизни среди молодежи и построении здорового общества в будущем.

Ключевые слова: подрастающее поколение, здоровый образ жизни, школьный спорт, спортивная пропаганда мотивация, спортивные сооружения

Annotation: this article will analyze effective methods of involving the younger generation in sports, the importance of sports in their lives and their role in physical and spiritual education. Strengthening sports promotion through school, neighborhood and media, and improving the availability and access to sports facilities are considered as important factors. It is also emphasized that family support, motivation and the example of leading athletes play an important role in the involvement of young people in sports. The article reflects on the role of sports in the formation of a healthy lifestyle among young people and the creation of a healthy society in the future.

Keywords: younger generation, healthy lifestyle, School Sports, Sports Promotion motivation, sports facilities

Introduction

The widespread development of Information Technology in the process of globalization today leads to a decrease in physical activity among young people. As a result of the overuse of mobile devices, social media and digital games, many readers are moving away from an active

lifestyle. This has a negative impact on youth health, and medical and practical studies confirm that various diseases are causing their development at an early age. Initiatives promoted by the president of the Republic of Uzbekistan such as “youth notebook”, “Iron notebook” and “sports notebook” show a special focus on youth. In particular, important legal and regulatory documents and state programs are being adopted in order to develop physical education and sports in our state, ensure the popularity of sports, attract the younger generation to a healthy lifestyle. In particular, it is not for nothing that the “youth policy strategy” for 2022-2026 defines the strengthening of youth health and their involvement in sports as a priority. At the same time, factors such as insufficient development of sports infrastructure in places, shortage of qualified coaches, neglect of parents are considered important problems that prevent young people from playing sports. In response, the study of the issue of youth involvement in sports through scientifically based, modern, effective methods is of urgent importance. The purpose of this article is to identify effective ways to attract young people to sports, analyze existing problems and develop scientifically based proposals.

Literature analysis

In recent years, there has been a lot of research on the issue of youth involvement in sports. Kadamov S. and Makhkamov I. A study presented by (2023) outlined ways to increase interest in sports in students through gamification and innovative technologies. Sharifbayev D. and Otakulov M. (2023), however, has developed a methodology for the systematic development of physical qualities of young athletes. Danieva Ch. and partners (2022) analyzed the pedagogical foundations of qualifying for athletics in sports schools. Khasanov D. (2022) has provided an in-depth analysis of the role of sport in society and youth education. Omonova D. and others (2021) reflected on the role of sports in the formation of a healthy lifestyle. This literature shows the advantages of modern approaches to attracting young people to sports and justifies the need to improve existing systems.

Research methodology

As part of this article, the following research techniques were used:

Analytical method-previously published scientific articles were studied and compared.

The survey method was conducted to determine the level of interest in sports among students aged 14-18.

Statistical method-the results of the survey were analyzed and shown in graphic form.

Experiment-the level of youth participation was observed through the use of gamification elements in sports circles.

Result and discussion

According to the survey, 65% of respondents expressed interest in sports, but only 38% are engaged in regular sports. This suggests that there is interest, but the circumstances or motivation are insufficient. The results of the experiment showed that the number of participants increased by 25% when Interactive Games, competitions and reward systems were included in sports activities.

This situation confirms the effectiveness of gamification and pedagogical approaches. Also, during interviews with students, the lack of sports facilities, sports equipment, lack of incentive from the family and the school were noted as the main problems.

Conclusions and suggestions

The following recommendations can be made to attract young people to sports:

To stimulate interest in sports – to organize sports competitions, challenges in schools.

Improving infrastructure-increasing the number of sports facilities and clubs.

The pedagogical approach is to provide training to teachers based on gamification and motivational methods.

Informational work-propaganda campaigns aimed at popularizing a healthy lifestyle.

Increased parental participation is the involvement of parents in sporting events.

It is also possible to cover more young people by establishing free sports clubs in the neighborhoods, based on territorial conditions.

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