

FORMING THE NEED FOR SPORTS: PEDAGOGICAL AND SOCIAL FACTORS**Madaminov R***Information and Communication Technologies and Communications Military Institute of the
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Annotatsiya: Ushbu maqola sportga bo'lgan ehtiyojni shakllantiruvchi omillarni tahlil qiladi. Ayniqsa, yoshlarni jismoniy mashqlarga qiziqtirish va ularni kun davomida faoliyatga jalb qilishda muhim ahamiyatga ega bo'lgan pedagogik va ijtimoiy omillarni yoritadi. Jismoniy tarbiya va sportning salomatlikka, ijtimoiy faoliyatga va umumiy hayot sifatiga ta'sirini tushuntiradi. Maqolada jismoniy tarbiya va sportni o'quv tizimiga kiritishda pedagogik metodlarni, shuningdek, ijtimoiy-sotsiologik omillarni qo'llashni ko'rib chiqiladi.

Kalit so'zlar: jismoniy tarbiya, sport ehtiyoji, jismoniy madaniyat, pedagogik nazorat, sport etikasi, ijtimoiy omillar, sog'lom turmush tarzi.

Annotation: This article analyzes the factors that shape the need for sports. In particular, it highlights the pedagogical and social factors that are important in attracting young people to physical exercise and engaging them in activities throughout the day. It explains the impact of physical education and sports on health, social activity, and overall quality of life. The article examines the use of pedagogical methods, as well as sociological factors, in introducing physical education and sports into the educational system.

Keywords: physical education, sports needs, physical culture, pedagogical control, sports ethics, social factors, healthy lifestyle.

Аннотация: В статье анализируются факторы, формирующие потребность в спорте. В частности, выделяются педагогические и социальные факторы, которые важны для привлечения молодежи к занятиям физическими упражнениями и вовлечения ее в деятельность в течение дня. Объясняется влияние физической культуры и спорта на здоровье, социальную активность и общее качество жизни. В статье рассматривается использование педагогических методов, а также социологических факторов при внедрении физической культуры и спорта в систему образования. Ключевые слова: физическое воспитание, спортивные потребности, физическая культура, педагогический контроль, спортивная этика, социальные факторы, здоровый образ жизни.

Physical education and sports play an important role in the development of every member of society, especially in the upbringing of the younger generation. These two fields contribute not only to improving physical health, but also to shaping moral, intellectual, and aesthetic upbringing. From this point of view, examining the role and significance of physical education and sports in youth development is considered a particularly relevant issue. Today, a number of systematic measures are being implemented by the state to promote a healthy lifestyle and popularize physical education and sports. These efforts are aimed not only at

increasing national sports achievements but also at expanding a healthy lifestyle in society and nurturing youth as intellectually and physically mature individuals.

The importance and role of physical education and sports in modern society are increasing day by day. Health, which is shaped through sports and physical exercises, improves an individual's psychological and social activity, as well as their ability to socially adapt. As a result, physical education ensures not only the strengthening of physical health but also the development of intellectual and moral qualities. In other words, physical education is a necessary tool for the comprehensive development of society.

Moreover, in order to promote physical activity among young people and encourage them to engage in sports, not only pedagogical but also psychological and sociological factors play an important role. Promoting physical activity among youth and explaining its social significance, as well as developing effective methods for fostering the need for physical exercise and sports, are of great importance. For this, it is necessary to develop scientifically grounded pedagogical approaches and implement them in practice. At the same time, it is essential to identify the tools and methods required to regularly engage students in physical education and sports activities, ensuring their moral and physical well-being.

Physical education and sports also play a significant role in shaping social and moral values. Moral qualities such as perseverance in work, teamwork, honesty, patience, and respect for opponents, which are learned during sports activities, play an important role in the development of young people's personalities. These values not only apply on the sports field but also help shape young people's social adaptation, personal values, and culture in everyday life.

In recent years, the scientific foundations of physical education and sports have been explored through extensive research. Physical education primarily contributes to the morphological and functional improvement of the human body. However, a deeper understanding of this process is also linked to its role not only in physical but also in mental and psychological development. Research shows that regular participation in sports and physical exercises, as well as increasing intellectual activity during physical education, helps promote innovative thinking, and enhances the creative and intellectual potential among young people.

Furthermore, the social and cultural importance of physical education and sports activities is also increasing. The adaptability of physical education tools to changes in the social environment plays a vital role in meeting the growing societal demand for a healthy lifestyle among youth. The successful implementation of this process requires effective cooperation between educational institutions, sports organizations, the public, and the state.

On the other hand, modern working and living conditions, the widespread use of technology, and professions that require high intellectual labor can reduce physical activity and lead to changes in society. These changes, especially among young people, may result in declining health, loss of physical activity, decreased life expectancy, and a general decline in quality of life. Therefore, there is a growing need to develop modern pedagogical and sociological approaches based on the scientific foundations and practical application of physical education and sports in order to raise youth as healthy, active, and resilient individuals.

This article examines the main factors in forming the need for physical education and sports, as well as their importance in the physical and intellectual development of young people, social adaptation in society, and the formation of moral values. Such approaches help students understand the significance of physical activity and recognize sports not only as a means to maintain health but also as an essential part of social life and its importance within society.

Today, physical education and sports have become very popular. Numerous articles and books are written about sports, films are made, and sociologists, doctors, historians, teachers, and other specialists are paying close attention to studying its related issues. All of this reflects not just the prestige of a trend, but also the vital role that physical culture and sports occupy in modern society. The consistent development of a lifestyle based on physical culture and sports, as key factors in shaping a well-rounded and comprehensively developed individual, is of particular importance. Physical education is a pedagogical process aimed at forming a healthy, physically developed, and socially active generation.

Physical education addresses important issues such as strengthening health, developing physical and spiritual abilities in a comprehensive manner, increasing work capacity, promoting creative longevity, and extending the lives of people engaged in various fields of activity. In the process of physical education, improvements in the morphological and functional aspects of the human body, development of physical qualities, formation of motor skills, and acquisition of specialized knowledge systems — as well as their application in public practices and everyday life — are implemented. Physical exercises influence labor productivity and contribute to the high creative activity of individuals engaged in intellectual work. Regular engagement in specific sports and physical exercises, and their proper integration into training routines, help enhance students' mental abilities and improve a number of essential qualities such as depth of thinking, combinatory abilities, operational, visual and auditory memory, and sensorimotor reactions. Physical education and sports also play an important role in reducing the incidence of diseases and injuries in the workplace.

Physical education and sports are essential not only for individuals in general but also for those whose professions require significant physical strength or special mental effort, as modern living conditions — both in production and daily life — inevitably lead to a decline in physical condition.

Physical culture and sports offer great opportunities for nurturing a well-rounded individual. During training sessions, moral, intellectual, labor, and aesthetic upbringing is carried out. At the same time, the impact of physical culture and sports on an individual is highly distinctive and cannot be replaced by other means.

Physical education is closely linked with morality. In training sessions and especially in sports competitions, a person gains physical strength, which helps to develop qualities such as willpower, courage, self-control, determination, self-confidence, endurance, and discipline. Physical exercises and sports are directed and usually carried out in groups. Therefore, sports activities evoke a sense of collectivism and loyalty to one's team. In sports, moral qualities such as honesty, respect for opponents, and the ability to subordinate one's behavior to the rules of sports ethics are manifested.

Systematic physical education and sports play a crucial role in improving mental performance. For example, developing modern academic curricula for university students is associated with significant neuropsychic loads. A high level of physical fitness is one of the key factors ensuring mental stability throughout the academic year. In the system of "body condition – optimal physical activity – mental work capacity," it has been found that the latter is directly dependent on the first two. It has also been observed that by the end of the academic year, students who had not engaged in sufficient physical activity showed a noticeable decline in indicators such as attention, memory, and the number of mental operations. During this period, maintaining mental performance requires ensuring the continuity of physical exercise and sports based on each student's physical condition, regulating academic loads accordingly, and providing a positive emotional environment in the classroom.

The idea of strengthening human health is central to the entire physical education system. The principle of improving the direction of physical education gives rise to the following rules:

Responsibility of the state for improving the health of those engaged in physical exercise. Physical education institutions, teachers, and coaches (unlike doctors) usually work with healthy individuals. They are responsible to the state not only for maintaining the health of those involved in gymnastics, sports, games, and tourism but also for improving it.

1. **The obligation and unity of medical-pedagogical supervision.** Physical exercises yield therapeutic benefits only when used correctly. Therefore, the age, gender, and biological characteristics of individuals engaged in physical activity must be taken into account. Systematic medical and pedagogical monitoring includes strict consideration of these factors. It should always be remembered that neither the teacher nor the well-trained instructor — and often not even the student themselves — can fully and timely recognize the bodily changes occurring due to physical exercises. The physician steps in to help.

Medical supervision is required for all institutions engaged in physical education. However, medical observation should not be limited to reporting bodily changes. Alongside specific pedagogical observation indicators, medical data serve as objective phenomena that allow for assessing the positive or negative effects of physical activity and modifying or improving physical education methods.

The principle of health orientation within the internal system of physical education, based on the daily creative collaboration of the doctor, teacher, and practitioner. If a therapist notices a deterioration in health, and this is confirmed through medical analysis, the individual should reduce involvement in intensive sports and instead rely on therapeutic physical exercises.

Doctors and teachers must be able to anticipate the possible long-term outcomes of physical education sessions based on accounting for the bodily changes occurring during exercise.

Conclusion:

Physical education and sports play an essential role as an integral tool in the development of society, especially in shaping and educating young people. They are not limited to forming a healthy body and mind but also contribute to intellectual and moral development, social adaptation, and the formation of personal values. Today, the popularization of physical education and sports—especially engaging the younger generation in physical activities, promoting a healthy lifestyle, and creating the necessary conditions for achieving high results on international platforms—is of great importance.

The effective application of scientific approaches and pedagogical methods in this field further enhances the positive impact of physical education. Regular physical exercise not only improves physical health but also contributes to increasing the intellectual activity of young people. Qualities developed through sports and physical education—such as discipline, endurance, teamwork, and honesty—play a crucial role in raising young people as active and responsible citizens of society.

Within the process of physical education and sports, the role of pedagogical and medical supervision is especially important for strengthening health and supporting the physical development of youth. Through systematic medical-pedagogical monitoring, it is necessary to ensure that physical exercises are conducted effectively and safely and to develop efficient methods for improving students' health. Furthermore, implementing individualized approaches adapted to the age, physical condition, and pedagogical needs of students can have a more effective impact on their physical, mental, and intellectual development.

In conclusion, physical education and sports are vital tools in nurturing well-rounded, healthy, and active youth. Their full social and moral significance, along with their role in fostering social activity and healthy lifestyles among young people, will only increase the need for physical education and sports in the future. Therefore, it is essential to improve the physical education system by integrating modern pedagogical approaches, sports methods, and medical supervision to enhance its effectiveness. No one can compare with the transformative power of physical culture and sports. This force turns fatigue into strength, hardship into resilience, and transforms the weak into the powerful. Good physical preparation allows one to quickly master new, complex industrial professions and has become a decisive factor in training pilots, astronauts, and military personnel.

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