

THE ROLE OF SPORTS IN ENSURING THE PHYSICAL AND SPIRITUAL DEVELOPMENT OF THE YOUNGER GENERATION

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ANNOTATION

This article discusses the role of sports in ensuring the physical and spiritual well-being of the younger generation. Based on pedagogical data, the author analyzes the problem on the basis of the existing scientific literature and explores the specifics of the role of sports in ensuring the physical and spiritual well-being of the younger generation.

Keywords: Youth, physical condition, spirituality, sports.

INTRODUCTION

Physical education and sports should serve not only to train talented athletes, but also to provide a healthy gene pool and nurture a harmoniously developed generation. As the head of our state said, "a nation with healthy, educated and selfless children will surely build its future." So, the development of mass sports, especially women's sports on a scientific basis, the creation of its organizational and technological basis is one of the most pressing issues today.

Ensuring the physical and spiritual well-being of the younger generation, the formation of a healthy lifestyle and the development of love for sports, the creation of material and technical base of children's sports on the ground, the construction of a network of modern children's sports complexes, sports equipment In order to further intensify the work of mining, in October 2002, the "Fund for the Development of Children's Sports of Uzbekistan" was established¹.

In 2014, the Fund for the Development of Children's Sports built 18 model sports facilities and 73 school gyms, reconstructed and overhauled 24 facilities at a cost of about 100 billion soums². From 1991 to 2021, the development of physical culture and sports in Uzbekistan can be observed in four main areas: mass sports, children's sports, women's sports, high-performance sports.

In order to develop mass sports, representatives of all walks of life are involved in sports through mass competitions. Annual "Kamolot Cup" basketball and volleyball competitions among youth, workers and employees, culture, law enforcement and defense workers, "Alpomish" sports competitions on national games, "Shunkorlar" youth military sports competitions, Sports competitions for the disabled "Jasorat-iroda victory", "Umid Nihollari", "Barkamol Avlod", "Universiada", women's sports festival "Tomaris"³.

¹ Decree of the President of the Republic of Uzbekistan No. PF-3154 of October 24, 2002 "On the establishment of the Fund for the Development of Children's Sports of Uzbekistan" // Bulletin of the Oliy Majlis of the Republic of Uzbekistan, 2002, No. 10-11, Article 197.

² Karimov I.A. In 2015, our priority is to open the way for private property and private entrepreneurship through radical structural changes in our economy, the gradual continuation of the process of modernization and diversification. / Report of the First President of Uzbekistan Islam Karimov at the meeting of the Cabinet of Ministers on the results of socio-economic development of the country in 2014 and the most important priorities of the economic program for 2015. // "People's speech", January 17, 2015.

³ Axmatov M.S. Effective management of mass sports and health in the system of continuing education. / Monograph. - T.: 2005. - P. 142, 278.

The number of our sisters participating in various competitions dedicated to different holidays and dates is growing every year.

In particular, the development of women's sports, the training of highly qualified athletes who can compete strongly in the international arena, the training of worthy reserves in various sports and the training of highly qualified specialists with scientific and practical potential have become a priority of our policy. Analyzing the achievements of our female athletes over the past period, it was possible to determine the prospects for the development of women's sports in Uzbekistan.

According to leading international institutions, Uzbekistan is one of the leading countries in the world among 125 countries in terms of creating favorable conditions for women and protecting motherhood. In the world ranking, our country is among the top ten countries that care about the health of the younger generation. As a result of measures taken to improve the gene pool of the population, the average life expectancy of women will increase from 66 to 73.5 years. Maternal and infant mortality has decreased by 3 times⁴.

The issue of development of women's sports in our country, making sports a part of everyday life and thereby protecting women's health, strengthening women's responsibility for their own health, ensuring the birth of a healthy generation has become one of the priorities. The Uzbek State Institute of Physical Culture has organized the "Development of Women's Sports" and trained highly qualified female coaches and physical education teachers. Today, there are 25,169 physical education teachers in secondary schools, including 6,763 women, and a total of 9,983 coaches in children and youth sports schools, including 2,536 female coaches. In 1999, the number of female coaches was 2,845, while in 2012-2018 it was 15,426.

Also important was the decision of the Cabinet of Ministers in 2010 "On measures to encourage the work of female sports teachers engaged in children's sports facilities in rural areas." It stipulates a 15 percent increase in the salaries of female physical education teachers and coaches working in rural areas.

According to the survey, the number of female students between the ages of 6 and 15 involved in sports was 2,257,151, a total of 46.9 per cent, and 44.7 per cent in rural areas. In 2015, the total number of coaches at children's sports facilities was 10,612, including 2,809 women (26.5%), including 5,045 coaches with higher education (47.5%), including women accounted for 1,327 (47.2 percent).

Today, about 2 million children in Uzbekistan, including 842,000 girls, are regularly involved in more than 30 sports. That's 1.4 times more than in 2003. Involvement of schoolchildren in physical education and sports increased from 20.4% to 40.5%, including 16.4% to 32.5% among girls. The number of sports clubs in secondary schools is 65,432, with a total of 1,637,933 students, including 706,878 girls, regularly participating in sports. In the last decade, the number of children regularly participating in sports in rural areas has increased from 14.5% to 39%. In 1990, 7.4% of 448,800 students were involved in sports, while in 2014, 2,219,000 students, or 34.8%, were provided with regular sports.

⁴ Republican conference on "Ensuring women's rights - in constant focus", dedicated to the 21st anniversary of the adoption of the Constitution of the Republic of Uzbekistan by the Women's Committee of Uzbekistan. http://uza.uz/oz/society/khotin-izlar-uularini-taminlash-doimii-etiborda-1.11.2013-29595?sphrase_id=1523745 (Electronic resource). Retrieved September 14, 2016.

In the regions of the country at the initiative of the Women's Committee of Uzbekistan every year since 2005 under the motto "Gymnastics for all" sports festival, "My father, mother and I - a sports family", "Healthy woman - healthy society" sports competitions are organized, which are attended by more than 500,000 women.

In 2015, a total of 314 medals (140 gold, 83 silver, 91) were won by 479 students (166 girls) in 27 sports at 53 international sports competitions held in more than 24 countries. bronze) (the number of gold medals increased by 14 compared to 2014)⁵.

At the 2016 Summer Olympics in Rio de Janeiro, 70 Uzbek athletes (22 of them women) qualified for the competition.

"We all respectfully and proudly mention the names of our famous athletes, such as Nigina Sharipova, Barno Mirzayeva, Umida Abdullayeva and Gulnoza Matniyozova, who are currently raising the flag of our country in the international arena"⁶.

In short, thanks to independence, women's sports are growing day by day due to the wide range of opportunities created.

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⁵ You are unique, my holy Motherland, my love and devotion to you, my Uzbekistan. Study guide. - T.: «Manaviyat», 2014. - P. 125-126.

⁶ Mirziyoyev Sh.M. "We will resolutely continue our path of national development and take it to a new level." - Tashkent: Uzbekistan, 2018. - P. 413.