

PHYSICAL AND MENTAL ACTIVITY OF STUDENTS AND IT EFFECTS OF DIFFERENT HORSES

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ANNOTATION

In the article, the objective and subjective factors of learning and the attitude of the students' body to them, changes in body condition under the influence of educational methods and conditions, signs of fatigue in the process of mental work, as well as work ability and various effects on it as an effect of factors.

Keywords: work; fatigue; students; physical exercises; physical activity.

ФИЗИЧЕСКАЯ И УМСТВЕННАЯ АКТИВНОСТЬ СТУДЕНТОВ И ЭТО ВЛИЯНИЕ РАЗНЫХ ЛОШАДЕЙ

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АННОТАЦИЯ

В статье рассмотрены объективные и субъективные факторы обучения и отношение к ним организма студентов, изменения состояния организма под влиянием методов и условий обучения, признаки утомления в процессе умственной работы, а также работоспособность и различные воздействия на нее как действие факторов.

Ключевые слова: работа; усталость; студенты; физические упражнения; физическая активность.

O'QUVCHILARNING JISMONIY VA RUHIY FAOLIYATIGA OTLARNING TA'SIRI.

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Annatatsiya:

Maqolada o'rganishning ob'ektiv va sub'ektiv omillari va ularga o'quvchi tanasining munosabati, o'qitish usullari va sharoitlari ta'sirida tana holatining o'zgarishi, aqliy mehnat jarayonida charchoq belgilari, kabilar muhokama qilinadi. shuningdek unumdorlik. va omillar 'sir kabi, unga turli ta'sir.

Kalit so'zlar: ish; charchoq; talabalar; jismoniy mashqlar; jismoniy faoliyat.

INTRODUCTION

Efficiency is the ability of an individual to perform a specific activity within specified time limits and performance parameters. On the one hand, it reflects the abilities of a person's biological nature, serves as a sign of his ability, and on the other hand, it is a sign of the success of mastering the requirements of certain activities, and represents his social essence.

Special knowledge, skills and abilities, as well as certain psychophysical qualities, such as attention, memory, cardiovascular and endocrine systems, are the basis of a person's professional activity. In addition, personal characteristics such as ingenuity, responsibility, honesty and a set of special characteristics that require a specific activity play a major role in order to achieve success in the activity. Effectiveness also depends on the level of motivation for a given task that matches the individual's abilities. All of these, without exception, affect work efficiency and productivity.

Performance in any period is determined by the influence of various external and internal conditions, not only individually, but also in their totality. These conditions can be divided into three main categories: physiological - general state of health and multifunctional preparation, sleep, nutrition, etc.; physical - impact on the body through emotions: level and type of light in the workplace, temperature in the room, noise level, etc.; mental - well-being, mental state, motivation, etc.

Youth is more favorable for physiological and intellectual work. In science, experimental data is collected, which directly shows the abilities of a young organism to change and assimilate a large educational material during the teaching process, and to implement it in a new way at the oldest age. allows.

Numerous studies on the study of the dynamics of thinking, memory, stability of interest, intellectual work ability during production work in people adapted (trained) and not adapted (untrained) to regular physiological overloads. Intellectual work ability is directly general and depends on the level of special physiological training. If you deliberately use the resources and methods of physical culture (for example, physical training, outdoor activities, etc.), intellectual work is least affected by negative conditions.

Physical and intellectual performance is considered the opposite of fatigue - the more overwork, the lower productivity. Usually, the physiological process of fatigue is equated to a decrease in the functional ability of the body, which provokes a certain amount of intellectual and physical activity. The level of physical and intellectual activity is determined by the speed and nature of fatigue, that is, when there is a lack of recovery processes in the body, there is a condition that appears as a result of activity. However, the main result of fatigue is always a decrease in labor productivity, its efficiency.

Physical fatigue is manifested by both local and general physical overload. It is associated with a change in the functional activity of nerve nodes, pathology of nerve impulse transmission functions, and in addition, a decrease in functional reserves in the muscle.

Mental overwork and the decrease in efficiency associated with it have their own characteristics. With mental fatigue, the power of memory decreases, so everything that has been learned recently is quickly lost from memory. With long-term mental work, functional changes in the body have almost all the possibilities that occur due to lack of physical activity. It manifests itself in deterioration of heart function, sclerotic modifications of blood vessels,

hypotension, hypertension and neurosis. In addition, the performance of absolutely all internal organs decreases. This is explained by the fact that a small stream of information enters the brain from the inactive muscle system, and this is what leads to the weakening of the detonator process and inhibition in certain areas of the cerebral cortex. There is a condition of high fatigue, a decrease in the level of intellectual and physical work ability. Decreased muscle tone worsens the condition.

A student's day is full of impressive intellectual and emotional overload. A forced work position in which the muscles hold the body in a certain position and are tense for a long time, frequent violations of the work and rest routine, irregular physical overload - all this, without exception, can be the cause. fatigue that accumulates and becomes fatigue.

To avoid this, one type of work should be replaced by another. The physiological essence of the renewal of forces, at first glance, is very simple. However, after heavy physical work, the train of fatigue lasts for several days, and after intensive intellectual work - even up to two weeks. And almost no one understands that a week off after the exam session is too short a time for full recovery. And if preventive measures are not taken in any way (increased physical activity, time spent outdoors, etc.), overtime will be important until the end of the second semester. And this can hinder effective learning.

The most effective model of rest in the conditions of intellectual work is active rest in the form of small physical work or physical exercises. A well-chosen routine of the working day, physical training and sports activities will greatly help in reducing fatigue.

A person's ability to work long and hard is mainly limited by his personal physical capabilities. But under the influence of physical training and concentrated use of sports, a person's physical capabilities can change. Such activities increase the level of functional abilities, physical and psychological stability; reduce morbidity; guarantees significant saturation and individual work efficiency. All this, without exception, emphasizes the importance of taking care of physical and psychological readiness for intensive professional work in advance, during training, for the future specialist.

SUMMARY

Summarized information on the effective use of physical culture tools in the educational process, which ensures the important state of work ability of university students in their educational and work activities, is as follows: long-term support of work ability in educational work; accelerated flexibility; emotional stability in the face of confusing situations; successful completion of educational requirements and adequate academic performance; high discipline and organization in studying, everyday life, recreation; rational use of free time for personal and professional development.

It should be noted that the combination of educational activities with sports activities should have an optimal balance, which depends on the individual's personal qualities and capabilities, as well as on the availability of study, living conditions and sports facilities.

Regular physical exercise, most importantly, playing sports, has a positive effect on mental functions, forms intellectual and emotional stability for strenuous activities from infancy.

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