

MODERN PROBLEMS OF PHYSICAL EDUCATION AND SPORTS IN SCHOOLCHILDREN AND STUDENTS

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ABSTRACT

The article is devoted to identifying current problems of modern sports and the physical health of students and schoolchildren. It contains data on surveys, in percentage terms. This article reflects the causes and global nature of problems with sports among students. It dispels the myths that sports are not for everyone and is engaged in attracting the attention of adolescents and students to physical activity. The article also talks about the role of physical education for the younger generation.

Keywords: physical education, e-sportsman, gambling addiction, psycho-physiological, e-sports, survey, teenager, laziness.

Recently, less, and less rational free time remains available to young people. Are young people currently experiencing a crisis of free time, and if so, why?

The purpose of this study is to identify the problems of self-education and self-expression of young people in physical culture and expose the internal spiritual guidelines of each of them, to guide students and schoolchildren towards a similar sports vector for the general improvement of the nation. But to understand why physical education is needed, you need to know how it affects a person's physical and mental preparedness in life.

The materials and methods of the research will be theoretical and practical knowledge about physical education and sports based on teaching aids, the results of practical surveys of students from various educational institutions and the opinions of experts, scientists, and doctors.

The research results showed that only 3% of 67% of respondents could give a correct definition of physical culture. It's worth starting with a definition: physical culture is, first, an area of social science aimed at the overall health of the body and strengthening the moral and spiritual qualities of a person through physical mobility, fulfilling a few conditions and exercises. This suggests a fair idea that physical education is the basis of a healthy lifestyle. Doctors say that avoiding physical activity and movement leads the body to weakening, and it is physical activity that helps maintain the cardiovascular and musculoskeletal system.

During physical activity, the body requires much more oxygen than in a stationary and calm state. This has a great effect on the functioning of the cardiovascular system. With frequent exercise, lung volume increases, gas exchange improves, which tones the blood organs, helping to lower blood pressure, preventing the occurrence of strokes, diabetes, and heart attacks. Physical activity awakens the central nervous system (CNS), as a result, accelerating not only metabolic, but also mental operations of the brain. Teenagers and students who are actively involved in physical education remember and assimilate the curriculum better.

They have a greater manifestation of endurance and performance. Physical activity is an excellent remedy for treating any disease. During exercise, insulin production is stimulated,

which controls acceptable blood sugar levels. In addition, moderate physical activity helps increase the body's defenses, which helps it resist respiratory diseases. Physical education classes help develop willpower and self-control. They teach you to overcome various difficulties and achieve your goals. These qualities are most important for people who are passive by nature. They have a beneficial effect on the musculoskeletal system and prevent the development of age-related changes. Regular training increases the flow of lymph to the spine several times, which makes it possible to forget about the development of osteochondrosis. Young people susceptible to certain diseases should not protect themselves from physical activity. If general hardening activities are contraindicated, health-improving physical culture will come to the rescue.

For opponents of an active lifestyle, it is strange to note, but physical education is not only the science of health-improving exercises and loads. It includes an interesting and multi-valued section called "Unnoticed Physical Education". What is invisible physical education? This is a significant prevention of all our diseases. Just when students feel very limited in time to play sports, then there is a simple way out of this situation. It's very simple, for example:

while brushing your teeth, turn your body to the right and left throughout the entire brushing process, or stretch the muscles of your shoulders and head while waiting for public transport at a stop or parking lot, walking along an escalator, unfortunately, this option is perfect only for residents of large populated areas cities where an escalator will not be a rare occurrence, but the following exercise will be very useful for everyone, warming up the hands during long handwriting of lectures or typing text on a computer. This is the set of exercises doctors advise the most sedentary of all people to do. The term invisible physical culture itself was coined in the USA under the pressure of people being overweight. And this is not the entire list of exercises, which could limit the discussion of such an interesting focus as inconspicuous physical education.

Having considered only one of the aspects of the problems of the young population, it is difficult to draw conclusions why the choice is increasingly being made not in favor of an active and sporting life. There are many problems, so the following no less urgent problem should be considered, which helps to reveal the reason for the passivity of young people in sports activities. Many people know that labor helps to ennoble a person's thoughts and to maintain his position in life. The most important scourge of modern youth is laziness. Each of us is faced with this concept, excessively often. Some can overcome this passive feeling in themselves, and some succumb to temptation and temptation, postponing all today's affairs for tomorrow and thereby burdening labor activity with an additional waste of time, which is always not enough. To understand where it comes from, it is worth understanding what laziness is. After all, the anatomy of the muscular cover of the body is only a small nuisance associated with it. The absence of a minimum level of activity and aspirations leads a person to depression and a strong psychophysical disorder of the body. An inveterate companion of laziness, in addition to a mental disorder, is obesity, which makes passive people think not only about their lack of desire to do anything, but also about their health. After all, for the meal to be both tasty and healthy, you need to try, and laziness makes it clear that there is not enough free time for this. From laziness to physical exercise and disruption of the thought process, half a step. It leads to the loss of moral and ethical orientation and internal values. Laziness makes sure that a person

demands, but does not give anything in return, absorbs, and does not create. And there are a lot of such people. And therefore, the state is pursuing a policy of sports improvement of the nation, psychophysical direction to achieve the set rational goals with the help of sports activity and physical culture. That is why it is important to realize what role physical culture plays as a science in our life.

The next accompanying problem is the imaginary workload of society. This problem is too relevant and closely related to the previous one. But sometimes it has a place and the right to exist independently. In our time, every student and schoolchild are forced to engage in the development of mental activity by increasing knowledge and their qualitative consolidation. But it is not always possible to do this in the specially allotted time in the classroom and in pairs, so students are forced to resort to additional study of educational materials in their free time. This suggests that the system of education and physical education are closely related and are directly proportional. Data from surveys show that 85% of schoolchildren are forced to engage in self-development and study in their free time from classes. They are convinced that going to different tutors will increase their level of knowledge because they themselves are not able to understand complex topics in various subjects. The data from student surveys is very interesting. Almost 100% of respondents conclude that self-education is a more useful use of time. Here, self-study takes up almost 50% of their free time, because in addition to the material they have studied, they are interested in various third-party useful materials. Why is the problem with education so vehemently and persistently taking up the time of young people, and is this even true?

This problem cannot be solved since a person learns something and comprehends something throughout his life. But there is also the other side of the coin, an imaginary lack of time for anything, for exercise and interest in sports activities.

Active use of time obliges people to value their own time more, paying close attention to one of the components of physical education - the daily routine. Despite this, not everyone can say with confidence that they are not wasting time and are getting everything done. Every time you must put off an immeasurable number of important things, and then draw a conclusion about your slowness and inferiority.

As a result, many people are forced to overwork every time in order to have time to complete all the tasks. As a rule, this rhythm of life can end not in favor of a person, because during this difficult time it is common to experience stressful fatigue, which can destabilize a person's psycho-physical mood and jump into the stage of depression. The disorganization of the younger generation may be the result of the mental stress of certain individuals. Psychologists make a fair assumption that our inability to manage free time may be closely related to mental health. The science of physical culture is responsible for the questions of the psychological and emotional state. And this once again is irrefutable proof of the usefulness of physical culture and the importance of the completeness of knowledge in this area.

Real youth forget about this area of life and assume that physical education is all about stress to improve the body's definition. But many people forget that this discipline answers deep moral, ethical, psycho-physiological, medical, and anatomical questions. Today, the real arena of sports is actively being replaced by an imaginary cyber-sports arena, created to enslave

youth, through the continuous involvement of youth in the ranks of gamers (e-sportsmen). This topic will become the next food for discussion, a problem on a global scale.

As scientists and psychologists note, gambling addiction is a problem of our time. Cases of the death of teenagers who have become addicted to immersed in the world of computer games have become more frequent. What threatens cybersport? The desire to receive a reward in the fight against other gamers. This jeopardizes the psyche of the younger generation and their psychological safety. Indeed, in the run for prizes and awards in e-sports, you can get rich quite well, because now this path is very well encouraged with financial investments. Now that esports has become an official sport, in the desire to achieve the highest rank of master of sports, one can simply get lost and spend an exorbitant amount of time on video games. The problem is relevant because such people completely forget about physical activity, so after a year the body of such people experiences maximum exhaustion from the most minimal and short loads. Gamers' disrupted sleep biorhythms are a sign of the success of these people. A special institute for such people was opened in Moscow. The state has chosen the path of encouraging all gamers in this way. The only level of re-education is to resort to the old wisdom of physical culture as a daily routine. But here too, many students and schoolchildren decide to ignore this rule.

In a survey about the need for esports, 25% of students in the school gave a positive answer. And of the 42% of respondents at the university, only 6% gave a positive answer. From this it is worth concluding that the teenage period is full of free time. Almost all schoolchildren answered that in their free time they realize themselves in this way and live the life of a video game. A certain category of schoolchildren gave a positive answer with a brief explanation that this is the meaning of their life. Students, on the contrary, are concerned about their realization in life, only a small part lives a carefree life that has no idea about their future.

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