

THE IMPORTANCE OF PHYSICAL CULTURE AND SPORTS IN THE FORMATION OF A DEVELOPED PERSONALITY

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ABSTRACT

article presents the results of an anonymous survey of students of the Kokand State Pedagogical Institute, which makes it possible to assess the true attitude of students of primary and preschool educational faculties of the institute to the values of Physical Culture.

Keywords: student, physical education and sports activities, physical culture of the individual, motivation, values of Physical Culture.

INTRODUCTION

Having achieved independence, Uzbekistan has embarked on such a path of socio-economic development that achieving great success along this path requires all members of society to pursue their potential. In the upbringing of the younger generation, national values and traditions began to make new sense. The formation of a harmonious, harmoniously developed personality in all respects was the most cherished dream of our people even in all times. A people who are physically healthy, who have a high degree of mastery of various sciences, will be able to build a worthy future for themselves. Physical education and sports are not only a means of physical development of a person, strengthening and maintaining his health, a sphere of interaction and social activity of people, but also a factor that deeply affects such aspects as their position in society, respect, labor activity, a system of mental and spiritual properties, a sense of beauty, attitude to values.

Physical education and Sports reveal for each member of society New expanses of development, a worthy place in life and self-expression, forcing to rejoice in victories, to face defeat with dignity and experience colorful emotions, to be proud of how Unlimited a person's capabilities are.

In our country, these concepts are perceived as one of the most important means of educating a person who proportionally embodies spiritual wealth, moral purity and physical perfection. While engaged in Physical Education, a person recovers his body, directs it to perfection, grows the ability to control his own activity of movement. But that's not all. Especially in the process of sports training, competitions, his Will, character are genuine, learn to curb his emotions, make quick and correct decisions in various complex situations, take reasonable risks.

The athlete is engaged in the company of his comrades, competes with opponents, and thus acquires the experience of communicating with people, understanding them. Sport assures people that the perfection of a person, just like painting, music and dance art, sculpture, is the most amazing value in life. Sports, in particular, competition activities, are very serious and complex in terms of influencing the individual. It requires incredibly great physical exertion. In conditions of sharp competition, the characteristics of the personality, character of each

person come to the surface. It is here that emotions are manifested by the height at which there is willpower. It is the difficulties that make clear all the hidden qualities of a person, as well as their defects.

Therefore, sports come to the field as a powerful tool for a person's self-awareness, self-expression. As you improve in sports, a person perfects in every possible way. A person who realizes his high grade as an athlete usually wants to transfer this grade even to his own person, a member of society. Thanks to sports, the forms of dealing with people around them expand and become richer.

Sports events contribute to the rapprochement of representatives of different nationalities, strengthening of friendship, friendly relations. Thus, national cultures are approaching and the spiritual and moral development of each people is accelerated. The cooperation, solidarity of athletes prevents the occurrence of various negative moods between nations. Physical education and sports create conditions for the rational organization of youth's free time, increasing their social activity, allowing labor activity to be productive, productive, cultivating mental abilities. From year to year, sports become more complex, smarter, more attractive, and more and more people have a growing interest in it.

Therefore, the contribution of physical education and sports to the formation of a person's personality is increasingly increasing. The sport of our shashti high, intense period embodies the same qualities of the times, reflecting its contradictory features, serma'no, serqirra problems, becoming its symbol.

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