

THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN THE FORMATION OF A COMPLETELY COMPLETE PERSON

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ABSTRACT

This scientific article discusses the profound impact of physical education and sports on the development of a well-rounded individual. By examining the benefits, physiological and social activities of participating in sports, this article explains how physical activity contributes to personal growth, emotional well-being and social integration. By synthesizing research and theoretical foundations, this article highlights the transformative role of physical education and sports in the upbringing and education of any well-rounded individual in society.

Keywords: Physical culture, sports, personality development, holistic growth, well-being, social integration

INTRODUCTION

Physical and sports play an important role in the development and education of the human personality. The interaction of physical activity, mental well-being and social activity contributes to the development of a well-rounded individual. The article explores the multifaceted impact of participating in sports on personal growth, experience creation, emotional intelligence and social cohesion. By exploring the interrelationship of physical and cultural personal development, this article highlights the transformative power of sport in nurturing individuals who embody balance, accountability and harmony in their personal and social lives.

Medical benefits of physical education and sport:

Engaging in physical activity is associated with numerous health benefits that contribute to holistic personal development. Regular exercise and sport are associated with stress reduction, mood regulation, self-esteem and cognitive function. Physical activity stimulates the release of endorphins, neurotransmitters that promote feelings of happiness and well-being, and leads to a more fulfilling life. In addition, sport gives people the tools to use their bodies, the most important of which is self-confidence, which instills a sense of accomplishment and self-control in various aspects of their lives.

Physiological effects on personality:

The physiological effects of physical education and sports also play a major role in monitoring personal qualities and behavior. Regular physical activity has been proven to improve cardiovascular health, improve immunity, and improve overall physical well-being. These physiological benefits not only contribute to longevity and vitality, but also affect people's mental and emotional well-being. Physical fitness is closely related to mental fitness, as a healthy body is the basis for a healthy mind. People who prioritize physical activity are more

likely to be disciplined, determined, and self-controlled, which is a necessary production for raising a well-rounded individual with balance and inner strength.

The presented physiological effects of physical education and sports on personal development are provided. Regular physical activity not only benefits the physical body, but also plays a decisive role in monitoring various aspects of the personality. Here is a created explanation of the physiological effects on personality development through physical activity:

Physiological effects on personality development through physical education and sports

Improving cardiovascular production:

Cardiovascular training: Regular physical exercise, such as aerobic exercise such as running, cycling or swimming, strengthens the heart, improves strength and overall cardiovascular production.

Support: Support for controlling physical activity.

Stress support: Helps improve cardiovascular health through exercise.

Immune Risk:

Immune Response: Physical activity helps fight infections and recovery.

Anti-Inflammatory Response: Regular exercise can help the body recover from illness, which has been linked to a variety of health issues, autoimmune disorders, and mental health conditions.

Overall Physical Well-Being:

Endorphin Release: Exercise stimulates the release of endorphins, which are mood-boosting and stress-relieving hormones that are often considered the “feel-good” hormones.

Energy Levels: Regular physical activity can combat feelings of energy loss and fatigue, while maintaining overall vitality and well-being.

Sleep Quality: Improved physical fitness is associated with improved sleep quality, which is essential for cognitive function, emotional regulation, and overall mental well-being.

Mood and Emotional Well-Being:

Neurotransmitter Regulation: Affects the regulation of neurotransmitters such as serotonin, dopamine, and norepinephrine, which play a role in regulating physical processes, motivation, and emotional well-being.

Cognitive function: Physical activity is associated with improved cognitive function, memory retention, and concentration, and is associated with increased mental alertness and problem-solving.

Stress management: Engaging in physical activity can be a healthy way to relieve stress, helping people to manage and cope more effectively with everyday activities.

Personal development opportunities:

Discipline and determination: Regular participation in physical activity builds discipline and determination, which are important for putting in the effort and helping with both sports and personal development.

Self-control and emotional regulation: Physical fitness helps people to control their emotions and regulate their emotions, which helps people to regulate their impulses, overcome their fears, and keep things in perspective.

Balance and inner peace: The combination of physical fitness and mental well-being contributes to a healthy, inner peace, and overall sense of well-being, which helps to maintain a healthy body and mind.

Social Integration and Interpersonal Vision:

Playing sports helps to foster social integration and harmonious relationships with others, which are important elements for building social integration and relationships with others. Team sports develop cooperation, communication and collaboration among players, fostering a sense of unity and camaraderie. Playing sports in a social context helps people to develop empathy, respect for others and conflict resolution. By working together towards common goals and celebrating common achievements, people learn the tools of mutual support, trust and inclusion that contribute to the pursuit of a well-rounded individual in different social settings.

Holistic approach to personality development:

Building a well-rounded individual requires a holistic approach that integrates the physical, psychological and social aspects of well-being. Physical education and sport serve as a catalyst for holistic development by nurturing a person's physical health, mental resilience, emotional intelligence and social skills. By engaging in regular physical activity, individuals develop a sense of wholeness, balance, and connectedness that transcends individual aspirations and relates to their relationships with others and the world around them. A well-rounded individual embodies the qualities of self-awareness, flexibility, empathy, and inner peace, contributing to a more harmonious and whole society.

CONCLUSION

Physical education and sport play a transformative role in shaping the well-rounded individual. By integrating elements of physical, psychological and social well-being, participation in sport promotes personal growth, emotional stability and social integration. The psychological benefits of sport improve mental well-being and self-esteem, while the physiological effects enhance physical health and vitality. Social engagement in sport activities develops interpersonal relationships, teamwork and empathy, contributing to harmonious relationships and social cohesion. Taking a holistic approach to personal development through physical education and sport fosters individuals who embody balance, resilience and harmony in their personal and social interactions, and develop a more harmonious and interconnected society.

In conclusion, the physiological effects of physical education and sport are an integral part of shaping personality traits and behaviour. Improving cardiovascular health, strengthening the immune system, providing general physical well-being, mental endurance and emotional stability through regular physical activity helps develop a well-rounded individual characterized by balance, discipline and inner peace. Prioritizing physical fitness not only strengthens physical health, but also cultivates important qualities that are essential for personal growth, emotional well-being and the development of a well-rounded individual.

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