



PHYSICAL EDUCATION AND ITS ROLE IN THE FORMATION OF PERSONALITY

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Abstract

The all-round development of the individual reflects the biological regularity, the need for the harmonious development of human systems and organs, which always have a single social personality, both socially and biologically. All this determines the multifaceted nature of the impact on human beings in the process of physical education, and determines the organic connection between the different types of education that physical education should take into account and use purposefully in all cases. This article discusses about physical education and its role in the formation of personality.

Keywords: physical education, physical culture, sports, human activity, society, social relations.

Introduction

Physical culture and sports are an independent type of human activity, which plays an important role in the development of society. They have a significant impact on social production, the development of social relations, the formation of a person as a person. Nowadays, physical education and sports are very popular. Articles and books have been written about the sport, films about it have been written, and sociologists, doctors, historians, teachers and other experts are focusing on studying its problems. All this reflects not only the prestige of fashion, but also the place of physical culture and sports in modern society. Of particular importance is the consistent development of a lifestyle in which physical culture and sports are factors in the formation of a comprehensively and comprehensively developed personality. The concept of physical education. Physical education is a pedagogical process aimed at forming a healthy, physically fit, socially active generation. Physical education solves the problems of strengthening health, comprehensive development of physical and spiritual strength, increasing the ability to work, longevity of creativity and prolonging the life of people engaged in all spheres of activity. In the process of physical





education is carried out morphological and functional improvement of the human body, the development of physical qualities, the formation of motor skills, special knowledge systems and their use in public practice and in everyday life. Exercise affects labor productivity, which contributes to the high creative activity of people engaged in mental labor. Conducting regular sessions with specific sports and exercises, using them correctly in the training mode will help to improve the mental abilities of students, a number of necessary qualities - depth of thinking, combinatorial skills, operational, visual and helps improve auditory memory, sensory motor reactions. Physical education and sports are important factors in reducing the incidence of diseases and injuries in the workplace. Physical education and sports are necessary not only for people, but also for those whose professions require special physical strength or special mental strength, because modern living conditions (both in production and in everyday life) inevitably lead to a decline in physical condition. human activity. Decreased motor activity, in turn, leads to a decrease in the body's flexibility, which is accompanied by a decrease in mental and physical functioning and a decrease in the human body's resistance to disease.

Physical culture and sports have great potential for nurturing a comprehensively developed personality. Ethical, mental, labor and aesthetic education is carried out during the training. However, the impact of physical culture and sports on the individual is very unique and cannot be replenished in other ways. Moral education. Physical education is inextricably linked with morality. In training and especially in sports competitions, a person has strong physical strength, which helps to form such qualities as will, courage, self-control, perseverance, self-confidence, endurance, discipline. Exercise and sports are focused and are usually held in a team. That is why sports activities evoke collectivism, a sense of loyalty to one's team. In sports, such moral qualities as honesty, respect for the opponent, submission of their behavior to the rules of sports ethics are manifested. Mental education. Systematic physical education and sports play an important role in improving mental performance. For example, the development of modern curricula for university students is associated with a significant neuropsychic burden. A high level of physical fitness is one of the important factors that ensures mental activity stability during the school year. In the "body condition - optimal physical activity - mental work ability" system, the last connection was found to be directly related to the first two. It was also noted that by the end of the school year, indicators such as attention, memory and mental operations of students who were not adequately trained had significantly decreased. Maintaining mental disability during this period is to ensure the continuity of exercise and sports, taking into account the physical condition of each



student, and to regulate the learning load in this regard, as well as to ensure a positive emotional environment in the classroom. Labor education. The essence of labor education is the consistent and systematic development of personality traits, which determines the level of his preparation for life and socially useful work. In this case, the main qualities are diligence, a conscious attitude to work, a skillful demonstration of the culture of work. Hard work is trained in direct training and sports competitions, athletes are trained to perform and repeat exercises to achieve results in exercise or sports training, that is, to work regularly to overcome fatigue. Perseverance in achieving the goal, hard work nurtured during physical education and sports are then transferred to work. Aesthetic education. A person who does sports is constantly acquainted with the emblems of beauties. Under the influence of exercise, body shapes develop harmoniously, movements and movements become more delicate, energetic, beautiful. Many engage in sports, pursuing only specific practical goals - improving health, setting records, and so on. In many ways, they have the opportunity to enjoy the lessons aesthetically, to constantly observe beauty, and to create it in the form of perfect beauty movements with the elegance of owning your own body. The connection between physical education and sports and aesthetic education is effective because it allows not only to create a beautiful appearance, but also to influence moral and volitional qualities, aesthetics of actions and behavior in modern society. In pedagogy, the concept of "principles" is understood as the most important and necessary rules that reflect the laws of education. They spend less energy and time on the activities of the teacher involved in the planned goal. In the theory and practice of physical education there are different groups and types of principles: general principles of the system of physical education, methodological principles that express the specific features of individual types of physical education (for example, sports). They are closely related to each other and form a single system of principles. In my abstract, only the general principles of physical education are considered. These include:

1. The principle of comprehensive and harmonious development of the individual;
2. The principle of the relationship between physical education and life practice;
3. The principle of focusing on the health of physical education.

The principle of comprehensive and harmonious development of the individual. Everyone should strive to be useful to their country and society. But this can only be done by people with all-round developed spiritual and physical powers. But they can occur under the influence of certain social conditions of life, among which physical education has a special place. Physical culture and sports contribute to the development of intellectual processes - attention, clarity of perception, memory,





reproduction, imagination, thinking, improvement of mental activity. Healthy, hardened, physically well-developed boys and girls are generally more receptive to learning materials, less tired in school classes, and do not miss classes due to colds. Physical education is also the most important means of shaping an individual as a person. Exercise allows you to influence your mind, will, moral character, and character traits of boys and girls in many ways. They not only cause significant biological changes in the body, but in many ways determine the development of moral beliefs, habits, tastes, and other aspects that characterize a person's spiritual world.

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