



PHYSICAL CULTURE AS A MEANS OF FIGHTING FROM OVERFATIGUE AND LOW WORKING CAPABILITY

Zainabiddinov Dilshod Kabulovich

Andijan Machinebuilding Institute,

Faculty of Innovative Educational Technologies,

Teacher of Physical Culture

Annotation

Lack of free time, extreme busyness, constant rush, numerous problems, frequent stress, ambient noise - and so on almost every day. As a result - a decrease in efficiency, daytime sleepiness, frequent headaches ... Overwork is an irresistible feeling of fatigue and weakness.

The modern world creates an incredible variety of opportunities and prospects for a person. The priority attitude to the physical condition of an individual deserves special attention. The relevance of this topic lies in the fact that the need for movement is, as you know, the most important general biological feature of the body. Therefore, the prevention and recovery of the body in case of fatigue, fatigue and overwork are an integral part of physical education and they are no less important than daily physical activity.

The purpose of this article is to substantiate the role of physical culture as a means of combating overwork and low performance. In the course of writing the article, the ways of restoring the body were identified, and recommendations were made to improve the process of their preparation.

Keywords: physical education, physical culture, fatigue, overwork, low performance.

Introduction

Physical culture is one of the most important factors in the preservation and promotion of health. Modern society faces two main tasks: the first is the preservation and improvement of both physical and mental health of a person; the second is to increase his intellectual potential. The lack of these factors is felt today, especially in a metropolis, with a sharp decrease in physical activity.

Everyone knows the benefits of exercise. But not everyone understands how to exercise properly without causing even more harm to their health. The most basic rule is the alternation of the regimen of classes and rest and the ability to give your body to recover, avoiding overwork.





Fatigue is a physiological state of the body, which occurs as a result of some load and is manifested by a decrease in endurance. Often, instead of fatigue, the term "exhaustion" is used, but these concepts are not identical: exhaustion is a subjective sensation, a feeling that reflects fatigue, and most often occurs without prior physical exertion or without real fatigue [2]. Physical fatigue is expressed by the following symptoms: a decrease in strength, speed of muscle contractions, endurance and rhythm of movements.

The appearance of fatigue is determined by working conditions: a constant, rarely changed posture, tiring frequent movements. In many ways, the manifestation of fatigue plays the role of a person's attitude to the work performed.

Violation of the alternation of work and rest often leads to overwork. Overwork is a pathological condition of the body that develops as a result of prolonged physical or psychological overstrain. Symptoms are functional disorders in the central nervous system: headache, memory loss, distraction of attention, impaired duration and quality of sleep.

To combat fatigue, you should master a number of specific physical exercises. When performing them in the process of work, three main results are achieved: accelerating the process of eliminating fatigue, increasing the importance of short-term rest in the process of work; maintaining the health of workers [1].

The task of restoring the proper functioning of the body and its ability to work after the work done is of great importance in physical exercises. The inevitable consequence of muscle tension is some degree of fatigue. Fatigue stimulates the subsequent increase in endurance and fitness of the body. There is no training without fatigue. It is important that the degree of fatigue corresponds to the work done [4].

Pedagogical tools increase the effectiveness of recovery due to the appropriate construction of training and regimen. This group of funds should be considered as the main one. Pedagogical means include: a combination of general and special training, load variations, alternation of rest and load, a balanced warm-up, the choice of suitable exercises for muscle relaxation, as well as breathing exercises and self-massage methods.

This also includes the optimal moral climate, positive emotions, comfortable training conditions, lengthening sleep, color and musical exercises, and ways of muscle relaxation.

The basis of medical and biological means is: rational nutrition (including vitamins), physical factors (hydro-, balneo-, electro-, light and heat procedures, massage), rational daily regimen, climatic factors. The functions of these funds should be presented as a combination of non-specific (the effect on the protective and adaptive





forces of the body) and specific influences that are aimed at the speedy elimination of manifestations of general and local fatigue.

Recovery processes are characterized by unevenness. Heterochronism is the development of individual functional systems of the body at different times [3]. In the restoration of the autonomic and motor systems of the body, heterochronism in the late recovery cycle is manifested in less trained individuals. That is why, when choosing restorative agents, it is necessary to foresee the simultaneous effect on various functional links of the body, which ensure its ability to work, in order to simultaneously remove both the nervous and physical components of fatigue.

Fatigue is a necessary physiological process that can occur as a result of mental or physical stress. Fatigue is a subjective feeling of tiredness that can occur even without prior exercise. Overwork is a pathological condition of the body, which should not be allowed. It is the result of chronic mental or physical overexertion.

The specialization of the training process is of primary importance, which to a greater extent determines not only the selection of means that have a selective or predominant effect on certain functional parts of the body, but also the tactics of their use. Particular attention is paid to the effect on the state of those body systems that have undergone the greatest changes during exercise and are the most slowly restored.

Literature

1. Безруких М.М., Сонькин В.Д., Фарбер Д.А. "Возрастная физиология", Академия - Москва 2015. - 416 с.
2. Бирюков А.А. Спортивный массаж. – 2-е изд., - М.: Издательский центр «Академия», 2017, - 576с
3. Озерникова Т. Профессионализм и трудовая мотивация // Служба кадров. – 2016. – №2.
4. Патрикеев А.Ю. Физическая культура. Поурочные разработки. К УМК В.И. Ляха. – М.: ВАКО, 2015. – 256 с.
5. Физическая культура как средство борьбы от переутомления и низкой работоспособности Пузырева А.В. Актуальные вопросы управления, экономики и права. Наука на современном этапе: вопросы, достижения, инновации . Томск, 2019. С. 49-52.

