



THE ROLE OF PHYSICAL EDUCATION AND PHYSICAL CULTURE IN SOCIETY

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Annotatsiya

The article analyzes the interrelationship of physical education and physical culture and their health, as well as the role of physical culture and physical education in creating a healthy environment in society.

Keywords: physical education, physical culture, sports, society, health, youth, immunity.

Annotatsiya

Makur maqolada jismoniy tarbiya hamda jismoniy madaniyatning o'zaro bog'liqligi hamda ularni insonlarning salomatligi shu bilan birga jamiyatda ham sog'lom muhitni yo'lga qo'yishda jismoniy madaniyat va jismoniy tarbiyaning o'rni yuksak darajada ekanligi tahlil qilingan.

Kalit so'zlar: jismoniy tarbiya, jismoniy madaniyat, sport, jamiyat, salomatlik, yoshlar, immunitet.

Аннотация

В данной статье на высоком уровне проанализирована взаимозависимость физического воспитания и физической культуры и их здоровья, а также роль физической культуры и физического воспитания в создании здоровой среды в обществе.

Ключевые слова: физическое воспитание, физическая культура, спорт, общество, здоровье, молодежь, иммунитет.

It has been 31 years since the Republic of Uzbekistan gained independence. During this time, comprehensive historical, political and economic work was carried out in all branches of the national economy. On the international stage, a well-deserved reputation was achieved. In particular, if we look at the achievements in the field of sports, our hearts are full of pride.





In order to prevent premature aging, to preserve the ability to work for a long time and to protect health, a person should engage in physical education, sports and light physical work.

We can see the health of the society and the economic development of the state directly by the health of people and the productivity of labor capacity.

The emergence of physical education refers to the oldest periods in the history of human society. Elements of physical education were created in primitive society. People got their own food, hunted, built houses, and during this natural, necessary activity, their physical abilities - strength, endurance, speed - developed by themselves.

Gradually, during the historical process, people noticed that the representatives of the tribe, who lead a more active and mobile lifestyle, repeatedly repeat certain physical actions, and show physical strength, are stronger, more durable and more efficient. This led to people's conscious understanding of the phenomenon of exercise (repetition of movements).

The daily development of physical education and sports in Uzbekistan is pleasing to all of us. The incomparable importance of sports in forming a physically fit person is reflected in the decisions made by our government in recent years. This is the truth. Because it is no exaggeration to say that physical education and sports are the key to improving the health of the population and maintaining human health. We have been witnessing the confirmation of the sentence "Nothing can quickly introduce a country to the world like sports."

During the last years, athletes of our country have won more than a thousand medals in various international competitions, more than 400 of them are gold medals. Currently, the schools established in Uzbekistan for boxing, judo, freestyle wrestling, rhythmic gymnastics, weightlifting, chess and other sports are famous all over the world.

The Asian Olympic Council has decided to hold the Asian Youth Games in Tashkent in 2025. It is correct to say that this is a great trust and attention shown to our country [1]. One of the main methods for the comprehensive development of the human body is physical education and sports [2].

Today, the development of physical education and sports among the population, especially the role of sports in the education of young people, is given great importance, and a number of practical works have been started in this regard.

Today, young people make up an unprecedented majority of the world's population, clearly, more than 2 billion people [3]. In this regard, the fact that unemployed people between the ages of 15 and 25 make up nearly 50 percent of the world's population is





of great importance [4]. In Uzbekistan alone, more than 60 percent of the population are young people under 35 [5]. The future of any country is definitely built by the youth.

The COVID-19 infection, which has not lost its influence even today, shows how important the role of physical education and sports is in establishing a healthy lifestyle of people and increasing personal immunity. "659,675,056 people worldwide have been infected with Covid, of which 6,678,336 have died. In our country, this indicator is 249,045 people infected with Covid, and 1,637 of them died."

It was noted that immunity is the most necessary thing for the human body in the face of such a huge disaster that has befallen the entire humanity. People with strong immunity survived this disease mildly, but people with the opposite were not helped by medicine. Strong immunity can be achieved through a healthy lifestyle, consumption of useful and high-quality food products, and most importantly, continuous and systematic physical training.

The main way to form a healthy lifestyle and prevent various diseases is a properly organized physical activity culture, sports, and health care system. Physical activity normalizes the work of organs and systems in the entire human body, helps restore impaired physiological functions, increases mental and physical activity.

Physical education is an integral part of general education aimed at strengthening health and harmonious development of the human body. One of the population indicators of physical culture in society [6].

"A healthy mind in a healthy body" is a famous proverb that is relevant in modern society, because a healthy mind and a healthy body are needed to create a healthy environment in society. should be.

Physical education plays an incomparable role in developing not only physical but also mental health. It also protects mental health, increases resistance to stress and effectiveness in solving conflict situations.

This is the reason why physical education classes are introduced in all schools, colleges and HECs (higher education centers).

Quality physical education programs are necessary to increase physical competence, health-related readiness, self-responsibility, and enjoyment of physical activity for all students to be physically active throughout life [7].

At the same time, physical education and physical culture are closely related processes.

Physical culture is a collection of values and knowledge created and used by society for the purpose of physical and intellectual development of human abilities, increasing physical activity and forming a healthy lifestyle, as well as social adjustment.





Physical culture is also known as body culture. At the same time, taking a deeper approach to physical culture, physical culture strives for maximum physical development through means such as a philosophy, regimen or lifestyle, weight training, diet, aerobic activity, athletic competition, and mental discipline. Specific benefits include health, appearance, strength, endurance, flexibility, speed and general fitness, as well as greater skill in sports-related activities.

Physical culture also has a place in the process of human adaptability to physical activities. The specificity of this field of activity is reflected in the additional definition of "adaptive", which emphasizes the purpose of physical education tools for people with health problems. This shows that physical culture in all its forms should stimulate positive morpho-functional changes in the body.

Physical culture is a multifaceted social phenomenon that has a strong influence on the development and education of all layers of the population.

In general, the most important specific function of physical culture is to create an opportunity to satisfy the natural needs of a person for physical activity and, on this basis, to provide the necessary physical opportunities in life [8].

Physical culture is a unity of real (practical) and ideal (mental) activity. In the course of this activity, a person enters into contact and relations with the social and natural environment [9].

Physical culture, like the culture of the whole society, includes a fairly wide range of various processes and phenomena: the human body with its own characteristics; physical condition of a person; the process of his physical development; classes in certain forms of motor activity; will be related to the above knowledge, needs, values, and social relations.

Also, the formation of physical culture of a person is the goal of physical culture. The most important humanistic results specific to the educational system are the knowledge, skills, and abilities directed at physical culture, which are necessary for the use of physical exercises for the purpose of recovery, recreation, rehabilitation, and the formation of a healthy lifestyle. are skills. At the same time, a healthy, physically active lifestyle and the knowledge that forms the value directions of social relations to achieve it are of great importance. After all, general physical education should form a world view of a healthy and mandatory physically active lifestyle.

Each of the above is included in the world of culture as elements of a wider system that includes not only the socially formed physical qualities of a person, but also the norms and rules of behavior, types, forms and means of social activity. activity

Therefore, physical culture is a complex social phenomenon, which is not limited to solving the problems of physical development, but also fulfills other social tasks of the



society in the field of morals, education, ethics. Modern society is interested in the young generation growing up physically fit, healthy and happy.

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