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**Abstract:** This article examines the features of the process of adaptation of athletes to the higher education system after entering a university at the faculty of physical education. The nuances and difficulties of the process of their adaptation are noted in comparison with students of other areas of education, and an attempt was made to investigate the causes of these difficulties and indicate ways to overcome them.

**Key words:** physical culture, adaptation to the social environment, volume of physical activity, adaptation to the student community, strong psychological stress from mental activity, resource opportunities.

Today, all spheres of the life of New Uzbekistan have become the arena of deep reforms. In our country, in recent years, practical work on the organization of all stages of the educational system on the basis of modern requirements has entered a decisive stage.

The main part of the reforms carried out in the field of education, of course, is the reforms in the system of Higher Education. In particular, setting priorities for the systematic reform of higher education in the Republic of Uzbekistan, raising the process of training highly qualified personnel with independent thinking to a qualitatively new level, modernization of Higher Education, the concept of the development of the higher education system of the Republic of Uzbekistan until 2030, approved by the decree of the head of state of the Republic of Uzbekistan dated October 8, 2019, in order to develop social and economic sectors based on advanced educational technologies, serves as a prelude to new reforms in the field.

The question of studying the trends of adaptation of young students to the educational process in various educational institutions remains an urgent problem of our time. The adaptation of universities to training in Physical Culture and sports areas has its own characteristics in relation to other areas.

The process of scientific cognition takes place in parallel with the changes in the essence of the concept of “adaptation”. This is due to the following two situations: firstly, the fact that the problems of the illuminating process on the basis of the concept of “adaptation” are not sufficiently worked out theoretically in the fields of biology and medicine; secondly, the objective complexity and versatility of the subject of research itself is the presence of different views on the modern interpretation of the

The Encyclopedia cites the following review: “adaptation is the essence of the body's adaptation to external conditions, as well as its physiological effect on the constant, stable maintenance of the internal environment – hemostasis.” Adaptation should be recognized as a process of formation of a state that corresponds to existing conditions and provides for the implementation of the necessary activities. In this definition, both biological and social aspects of adaptation are expressed.

Today it is worthwhile to mention that the existence of two different forms of adaptation, namely biological and social adaptation, is recognized by the general public. Naturally, unlike animals, a person is socially accustomed to new conditions by his nature. However, the biological nature of humanity, which acquires a social character in the process of its historical development, makes it possible to research it as a natural, fundamental factor. Understanding adaptation from a biological (including physiological) point of view consists of a general and private description of the

process in which this phenomenon occurs. These descriptions are relevant for the entire system, regardless of the development and organization of the characteristics of the organism.

Physiological adaptation is understood as a stable level of activity and interconnection of the functioning system, organs, as well as the control mechanism. At the same time, the possibilities of human adaptation are determined by the fact that in most cases the activity is organized in a natural or artificial environment. After all, it is in these environments that the Reserve capabilities of the body come into play. The physiological basis of adaptation depends on the elasticity of the operating system, their interconnectedness and conditioning. Accordingly, adaptation occurs at two different rates – in the form of rapid (short-term) adaptation and slow (long-term) adaptation.

In the case of rapid (short-term) adaptation ensures that adaptation occurs in an evolutionary way, while slow (long-term) adaptation provides an opportunity for adaptation reactions to be triggered many times under certain conditions. This only happens under influences with a certain force, time of action and speed. The structural structure operating in the body is considered the main stimulator (inducer to action) of adaptation processes, which occurs at the expense of the consumption of power capacity, the movement of the internal environment. The structural basis of the action inducer (stimulator), the synthesis of a combination of proteins and the working structures are the possibility of power for practical activity, which is always the main formator. In connection with it, on the one hand, there is an increase in the efficiency of the functioning system, as well as its tolerance to a factor that is not suitable for it, and on the other hand, there is an increase in the phenomenon of adaptation in the body.

Among the studies that shed light on the essence of the adaptation process, the main place is occupied by works on the description of the body's influence on physical loads. The adaptation of the body to physical loads is directly reflected in the process of rapid (short-term) adaptation, in which muscle activity takes place. Their most important function is the renewal of power reserves, the supply of oxygen to the operating muscles, the supply of oxygen, the elimination of the last factor in the process of power exchange, the creation of conditions for the plastic supply of muscle activity, the provision of additional synthesis of new molecule enzymes on the way to additional maintenance of muscle activity. In addition, maintaining the constancy of the internal environment of the body in the process of rapid adaptation is reflected as the main task. The division of the state of homeostatic control when muscle activity is observed in the general structure of the adaptation process is considered the main, base description. [1]

The adaptation of young people to Student Life is considered a complex process that requires the adaptation of an organism whose social and biological reserves are not sufficiently formed. In the process of adaptation, students face difficulties associated with the transition to a teaching system in the form of Higher Education. These difficulties are explained by:

1) the transition of the system of continuing education to new forms and methods of educational work, which are strikingly different from the stages of the system of continuing education up to higher education (general secondary schools, secondary special educational institutions and academic lyceums; the conditions created for the organization of educational activities, as well as the specificity of each activity, the organization of pedagogical approaches to the educational process-organizational forms of training (lectures, seminars and practical classes), the imposition of pedagogical requirements of various levels, the manifestation of specific features in the personality of educators;

2) The occurrence of specific difficulties in adapting to the student body, in particular, when faced with a special social environment, overcoming the mental barrier between students and educators;

3) the conspicuousness of the difficulties associated with familiarizing yourself with the content of professional activity in the field of specialization as a future specialist.

The main place in adaptation to the educational process in higher educational institutions is clearly manifested by the activities of students of the first stage. That is why the first year of education is called adaptation directly to higher educational institutions.

Higher educational institutions, first of all, provide for the improvement of the special education and behavior of students, which are based on a significant level of self-awareness. The emergence of a need in this regard:

- 1) lack of daily control over daily tasks and their implementation;
- 2) explained by the presence of great freedom in the conduct of independent work for students and the establishment of a way of life.

The transition to the form of education in higher educational institutions, the main supporting element in the distribution of study time, as well as the factor ensuring the occurrence of a number of difficulties, are independent works, the constancy and systematicity of which in most cases depends on the successful assimilation of the curriculum.

A kind of acute process in the life and activities of students is considered to be a period of Final control. In addition, the following factors are considered characteristic for the tension of mental activity: strong mental tension (in most students they acquire a negative character); distrust of one's own strength; excessive anxiety, fear of losing one's own social status (a student can undoubtedly be seen as a separate social group). The psychophysiological state of educators is constantly changing during the period of final controls. During this period, such phenomena as exhaustion from strong mental labor, lack of time in preparation for exams to strong emotional tension in the waiting period for exams, as well as the renewal of all forces in the body during the passing of exams occur. All this leads to a decrease in workaholism and the occurrence of depression. Depression, caused by tension and prolonged duration of mental activity, is considered a reversible process, a process that acts as a kind of signal to change the type of mental activity caused by the nature of rest or depression. Increasing mental performance at the expense of functional strain is considered dangerous for the body and leads to a strong depression. Strong depression, in turn, requires the implementation of special medical rehabilitation work. Also, severe depression can be the cause that causes serious illnesses.

In general, education, which is organized in higher educational institutions, is characterized by the presence of significant emotional and mental tension arising from situations of hypoxines (muscle and base apparatus, as well as pathological slowness of movement activity) and depression. It is known that the educational process takes place, mainly in a team, in a strictly defined time frame. And in order for the educational process to be successful, it is important for students to study independently at a high level, organize a household lifestyle and rest. At the same time, the effectiveness of Education also depends on the individual activity and its pace, which is organized by the student in the process of cognition, which requires a certain rhythm and systematic course. [3]

According to this aspect, adaptation can be considered a quality that manifests itself in a person in his appearance, ensuring his adaptation to certain conditions or becoming an obstacle. Therefore, adaptation is an innate or acquired individual qualities in a broad sense, mental and physical abilities, personal description, mental and physical perfection, tolerance to life difficulties, passion for education. Adaptation is manifested, first of all, in difficult life situations, in certain test periods, in unfavorable natural climatic conditions. It should also be emphasized once again that adaptation is not only an innate, but also an acquired quality. Accordingly, a high level of Innate adaptation can also subside if unfavorable conditions arise or an unhealthy lifestyle is decided. Likewise, at a low level, congenital adaptation can accelerate the adaptation process that is being carried out. Applying the principles of a healthy lifestyle in practice also helps a lot to ensure the effectiveness of adaptation.

It should be noted that the influence of physical education and sports is necessary in increasing the body's ability to adapt to the organization of mental activities. Without having a certain volume

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of base activity, the body will not be able to accumulate energy for its vital activity, resisting moderate daily exertion. The duration of mental labor characteristic of obtaining education in a higher educational institution is manifested in the change in the functioning of all organs and systems. That is:

- 1) the activity of the cardiovascular system changes;
- 2) gas exchange increases;
- 3) hemodynamics occurs in the brain;
- 4) body temperature rises.

Accordingly, mental activity requires a sharp exchange of psychophysiological state in the body.

It is under the system of physical exercises that functional changes occur in the body (blood circulation in the muscles and nutrition of the heart are improved, the amount of erythrocytes and hemoglobin in the blood increases, the workability of the brain cells increases, and they become more resistant to negative influences). Accordingly, the general adaptive capacity of the organism rises to an even higher level.

For this reason, physical education teachers are required to take into account many social factors that influence the lives of students, as well as to focus on them in training.

Including scientifically analyzed the development of small business and business, and the legal basis, at this time financially support small business and business, the latter is amended and the rules for this branch of national legislation are added.

Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

Studies on increasing workability in students have shown that stability in production, high workability, general adaptation in the exchange of periods of their decline are associated with the response of a psychophysical microorganism to training loads. Training loads are determined by the specificity of the organization of education and the way of life activity of students. The laws of change in workability determine the use of a physical education tool for organizing educational activities and increasing the effectiveness of the educational process in higher educational institutions.[1]

Adaptation to education in higher educational institutions takes place in the following two forms:

- 1) adaptation to existing conditions;
- 2) adaptation to the re-formation of existing conditions.

The pedagogue, applying the achievements of Pedagogical Sciences to practice, focuses on the efficient use of the second form.

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