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Annotation: The article discusses the role of physical culture and sports in the life of modern society. The positive role of physical activity on the functional state of the human body is noted.

Sport as a prevention of deviant behavior in modern society.

Keywords: health, physical culture and sports, healthy lifestyle.

Today, sport is an integral part of society's life. Permeating all stages of modern society, it has a great influence on the main spheres of society. Sport affects relations at the national level, the position of a person in society, thereby forming fashion, ethical values, and the way of life of people. In addition to the prevention of bad habits, physical culture satisfies the spectacular demands of humanity.

In the XXI century, there is not a single person who would not be engaged in physical culture and sports, did not participate in any competitions, relay races, flash mobs. The proof of all the above points is that interest in the largest international competitions, such as the Olympic Games, World and European Championships, World University Games is steadily growing. Every second inhabitant of the planet watches these competitions, because these are the most exciting and unpredictable spectacles. Watching the outstanding athletes of the world, people get a storm of emotions that are incomparable. Such major events attract people to physical education and sports.

Physical education and sports solve a number of problems that have become very acute in modern society in the XXI century. These are lack of mobility, bad habits, deviant behavior.

Sports and physical culture play a significant role in the formation of personality. An athlete acquires life experience due to the fact that many social situations are lost in sports. Getting into a new social sphere, a sports section or a school, a young athlete finds himself surrounded by elements of a new social sphere: coaches, judges, a sports team are specific people whose shoulders are responsible for upbringing and education, teaching cultural norms and behavior, ensuring the effective development and implementation of a new social role. Primary socialization plays a special role for each person, in which the fundamental psychophysical and moral qualities of the individual are laid. The social institute of Physical culture and Sports participates in the primary socialization of an athlete simultaneously with parents and school. Among the representatives of primary socialization, not everyone plays the same roles and has an equal position. Among the agents of primary socialization, the roles are unevenly distributed. Parents, in relation to the child, have a predominant position. In the relationship with the young athlete, the coach, as well as the parents, has a significant influence, thereby strengthening the positions of the former.

In the opposite direction from the coach and parents, the influence on the child is exerted by his peers. When they influence an athlete, they forgive him a lot of things that parents and the coach do not forgive.

In our century, physical culture and sports are a multifunctional social phenomenon. First of all, this is directly related to the fact of the impact on the upbringing of a person, as well as the prevention and reduction of the risk of a wide range of diseases. Physical education and sports on a regular basis lead to an increase in the functional capabilities of a person, the activity of metabolic processes in the body, the stabilization of metabolism and energy. Otherwise, a sedentary lifestyle leads to muscle atrophy, a decrease in bone strength, deterioration of the functional state of the central nervous, respiratory, cardiovascular and other systems. The tone and vital activity of the body is significantly reduced.

Many doctors recommend sports as a prevention of many diseases, as well as physical activity has always been, is and will be the basis of rehabilitation after any diseases, operations, injuries. They also recommend that absolutely all people, regardless of age, engage in cyclical sports (running, swimming, skiing). These sports, with proper dosing of the load, have a huge positive effect on the musculoskeletal system, when doing these sports, all muscle groups are involved in the work. Physical education increases stress resistance, which is important for modern society. But there is also another side of the coin, such as the abuse of physical activity,

especially seen in modern society. Since the modern beauty industry dictates its own rules and people adapt to it, and there are problems with understanding what physical activity is.

Many desperately spend hours in gyms, running grueling cross-country, without a fitness instructor, coach, thinking that reading on the Internet or asking a friend for his workout program, it will have a positive effect after a short period of time. Often this does not happen, because a person does not know his capabilities of the body, does not know its functional state, and does not even imagine that his ignorance causes great harm to his body. Abuse of physical activity can cause no small harm, therefore, when choosing a load, an individual approach is needed, which can be found by a specialist in this field, in other words, a trainer, a fitness instructor. But in the XXI century there is a serious problem for physical culture and sports — this is the outflow of qualified specialists, coaches and athletes abroad. This is due, on the one hand, to the high level of preparedness of our specialists, coaches and athletes, their demand at the world level, and on the other — the lack of conditions for full-fledged work in our country.

Improving not only physical and athletic, but also moral, aesthetic, intellectual education — all this is provided by sport. The health and recreational function of sports has a positive effect on the functional capabilities of the human body, the effect of which is difficult to overestimate in the childhood and youth periods of human life.

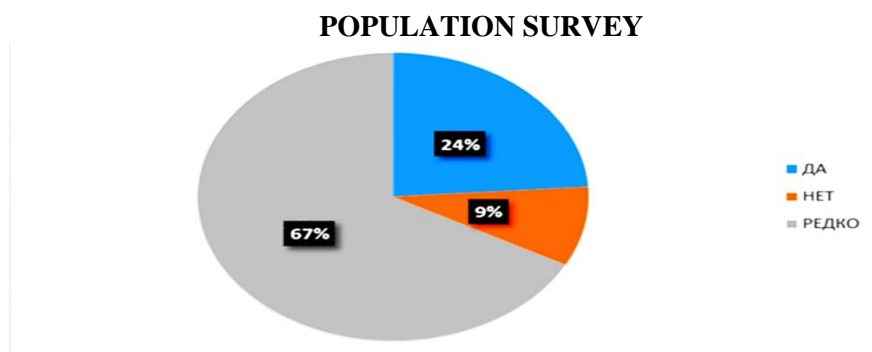
Sports and physical education are especially important not only for children and young people, but also for elderly people. Physical activity slows down the aging process, and is also the prevention of a number of age-related diseases such as arthritis, arthrosis, hypertension, etc. But it should be understood that physical exertion, exercise, their intensity, regularity depends on the age stage and its characteristics.

I conducted a survey in Namangan city, asking the question:

Do you regularly do physical education and sports?

By offering three possible answers "YES", "NO", "RARELY". 120 people aged 18 to 65 took part in the survey.

The diagram below shows the results of the survey "Do you regularly engage in physical culture and sports?"



Средний возраст, ответов «ДА» людей, участвующих в опросе, — 23 года.
 Средний возраст, ответов «НЕТ» людей, участвующих в опросе, — 57 лет.
 Средний возраст, ответов «РЕДКО» людей, участвующих в опросе, — 34 года.

From this survey, it can be assumed that the population is engaged in physical culture and sports at a low level. Accordingly, sedentary activity prevails. Basically, young people who attend various sports sections are engaged in systematic physical education and sports. Rare physical education classes are engaged in people of mature age. This can be explained by the fact that at this stage people do not think about their health, working hard without leaving time for active recreation and physical education. People of older mature age, elderly people do not engage in physical culture and sport. Many of them live by stereotypes that say that they are no longer able to exercise because of their advanced age. And they also don't know that there are classes and exercises for their age. But in order to dispel these stereotypes among the adult population, it is necessary to promote physical culture and sports much more than it is being done now. But this propaganda should be aimed at the fact that everyone, regardless of age, can engage in physical culture. And it should also be available to every citizen of the country. Taking care of the development of physical culture and sports is the most

important component of the state's social policy, ensuring the implementation of humanistic ideals, values and norms, giving a wide scope for identifying people's abilities, meeting their interests and needs, and activating the human factor.

Therefore, during the period of the change of Uzbekistan's economy to a market economy and the adoption of universal values and ideals in the country, new requirements are being put forward for the system of physical culture and sports.

This system in the new conditions is designed to solve the problems of human development and the main focus is not only on the general problems of the entire population, but also on an individual approach to each person. Our state pays great attention and tries to involve more and more people in sports. To do this, preferential visits are made to sports sections, facilities for different organizations. Children's and youth sports schools are being built so that schoolchildren can have the opportunity to attend a variety of sections, as well as benefits are provided for pensioners to visit various sports facilities. Based on this, it can be concluded that the state pays due attention to physical culture and sports and approaches each age category with full responsibility. But this is not enough to increase the motor activity of the entire population, the desire of the person himself to engage and move as often as possible is important here.

Currently, modern society prefers to follow sports lying on the couch, without making any effort. A person undoubtedly has an emotional rest when watching sports broadcasts, because he worries about his idol or team. In the XXI century, physical culture and sports have become a business in which modern society invests huge amounts of money.

Having considered physical culture and sports from an economic point of view, it can be seen that the material investments of modern society in sports pay off dozens of times. First of all, this is due to the strengthening of health and an increase in life expectancy. And only then with business and fame. Also, in sports activities, various specific relations of rivalry and community of individual athletes arise, between teams, organizers, sports referees, etc., which are somehow included in the system of social relations that go beyond sports.

In conclusion, we can say that physical culture and sports are gradually developing all over the world, and every day more and more people are joining sports events and trying to participate in them. Currently, an active interest in a healthy lifestyle is being formed in our country. In fact, we can say that a new social phenomenon is emerging in Uzbekistan, which is expressed in the acute economic interest of citizens in maintaining health as the basis of material well-being.

It is necessary to preserve and restore the best traditions of the national physical culture and sports movement and continue the search for new highly effective physical culture and sports technologies aimed at maximizing the involvement of all segments of the population in active physical culture and sports.

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