

Kokand State Pedagogical Institute, Uzbekistan

**Gofurov Abduvokhid Makhmudovich**

Namangan State Pedagogical Institute, Uzbekistan

**Mahmudjonov Asilbek Abduvokhid o'g'li**

**Annotation.** As mentioned above, one of the criteria for physical and spiritual maturity is the love of sports, its development. Huge sports facilities built in a number of cities and districts of our region – swimming pools, tennis courts, football fields-are a practical answer to the great of the president of the Republic to the field of sports development. Thanks to such opportunities and conditions, the prestige of our motherland before the world community is further elevated if sports become the Daily need of everyone, including children and adolescents, especially women.

**Keywords:** Sports, peace, physical education, sports, healthy lifestyle, loyalty, healthy generation, healthy future, mental, Sports-age, moral qualities.

After a determined effort to achieve unprecedented Millennium Development Goals, the world community focused its emphasis on their successor, the goals and objectives of sustainable development, in the transition process. This was reflected in the new arrangement adopted for sustainable development in the period up to 2030. Based on the results achieved within the framework of the implementation of the goals of the international community and the analysis of the remaining unresolved tasks, there were extensive consultations with all interested parties of the society. Reflecting the desire to achieve the unity of peoples and the well-being of the planet without forgetting anyone, global, which is aimed at ensuring the development of education and sports in our country until 2030, is a unique opportunity in the field of sports development and use for peace.

Sport is proving its importance as an effective and flexible means of promoting peace and Development Goals. Sport is also an important factor in ensuring sustainable development. It promotes the principles of tolerance and respect and promotes the empowerment of women and youth, individuals and communities, as well as achieving the goals of health, education and social inclusion.

As part of this enormous sporting potential, it was engaged in promoting the use of sports to support peaceful initiatives, organizing sports competitions to develop and further strengthen health. These initiatives will help to realize its full potential in achieving the goals of sports development.

Regular participation in sports and physical education gives a number of useful results, including the expansion and wellness of social activity.

They not only have a direct health-improving effect on the physical condition of the body, but also help children and adolescents to remain active and fight non-infectious diseases, forming their need for a healthy lifestyle. In addition, a number of studies conducted by the World Health Organization show that exercise contributes to the formation of a healthy psyche in a person and promotes its mental development. Such exercises are associated with an increase in self-esteem and self-confidence in people, and also have a positive effect on people with signs of depression and anxiety.

Sport-contributes to the well-being of people, regardless of age, gender or ethnicity. Everyone loves to play sports. Organized federations to promote sports. The implementation of such sports federations of initiatives makes it possible to increase more awareness of sports in our country to the population. And it fits perfectly with its intended goals. In particular, such initiatives will help ensure a healthy lifestyle. And it consists in ensuring a healthy lifestyle through the goal and promoting well-being for everyone of all ages.

Increases the physical activity of children and adolescents energy receives a good charge. Together with school classes, physical education and Sports will become the basis for a

<b>13</b>	ISSN 2277-3630 (online), Published by International Journal of Social Sciences & Interdisciplinary Research., under Volume: 13 Issue: 01 in January-2024 <a href="https://www.gejournal.net/index.php/IJSSIR">https://www.gejournal.net/index.php/IJSSIR</a>
	Copyright (c) 2024 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a>

comprehensive education. The Sport provides an opportunity to learn throughout life and provide alternative education to children who cannot attend school. Through sports and physical education, along with school classes, students learn the core values of the sport, including community spirit, Fair Play, respect for rules and other participants, mutual assistance, discipline, and a sense of tolerance. These skills are then useful in teamwork and professional life, and can contribute to strengthening social integration at the local level and in society as a whole. Given the advantages that Spor offers for personal and social development, the task of expanding sports activities and sports activities should be among the priority development goals.

Therefore, the training of young leaders from low-income teams for young people is conducting a leadership development program aimed at preparing them for the use of sports as a means of development. They were introduced to various sports through the use of sports potential in order to promote the unification of young people. In addition, it provides for the possibility of participation of all in sports competitions and has the property of ensuring equality between men and women. Through sports and physical fitness, women's empowerment and access to positive qualities inherent in sports improve their health and psychological mood.

Women's participation in sports contributes to the development of spiritual and social roles that are usually associated with women. Sports can help women show their talent and talent to society. This, in turn, increases their esteem and instills self-confidence in the female participants. In addition, sports opens up opportunities for social interaction and the establishment of friendly relations, and this means that among their male colleagues, a deeper understanding of the role of women and men in society and can lead to both social and psychological benefits for each individual and a community of people.

For example, convincing confirmation of the ability to promote equality in sports. As part of this equality, sports centers have been established for women to practice sports, acquire the skills to be held, and acquire the knowledge necessary to get a job. In our country, the younger generation is teaching girls and giving them their knowledge. In addition, an extensive network of cooperation has been established in our country and cooperation with sports federations has been established, allowing women to regularly engage in sports in achieving the goals of sustainable development.

**Used literature:**

1. President Of The Republic Of Uzbekistan Sh.Mirziyoyev's appeal to the Supreme Assembly. Tashkent:"image publishing house". 2020.
2. N.K.Korabeynikov, A.A.Mikheyev, LG.Nikolenko, Fizicheskoyc vospitaniye. M., "Vsmaya scale" 1989. 250-279 PP.
3. Makhmudovich, G. A., & Makhmudovich, G. A. (2023). Age characteristics of school-aged children. International journal of social science & interdisciplinary research issn: 2277-3630 Impact factor: 7.429, 12(09), 16-18.
4. Гофуров, А. М. (2022). Jismoniy tarbiya va sportda menejment hamda marketing predmetining maqsad va vazifalari Jismoniy tarbiya va sport tizimining o'ziga xos xususiyatlari. Иновации в педагогике и психологии, 5(4).
5. Makhmudovich, G. A., & Makhmudovich, G. A. (2023). The Use Of Physical Exercises In Order To Improve The Healthy Lifestyle Of Students. Journal of Positive School Psychology, 545-550.
6. Makhmudovich, G. A. (2022). Movement is the main factor of a healthy lifestyle. Open Access Repository, 9(12), 4-9.
7. Makhmudovich, G. A., Makhmudovich, G. A., & Mukhtorovna, Y. J. (2022). The role of gymnastics in the educational process. Open Access Repository, 8(12), 5-8.
8. Mahmudovich, G. A. (2022). Analysis of the fast-power capabilities of nuclear propellers. Asian Journal of Research in Social Sciences and Humanities, 12(4), 506-507.

9. Akramjonovich, Y. I., & Anvarovich, I. S. (2023). Peculiar features of volleyball training. *International journal of social science & interdisciplinary research issn: 2277-3630* Impact factor: 7.429, 12(12), 35-37.
10. G'ayratovich, S. S., & Akramjonovich, Y. I. (2023). Development principles of young sportsmen's strength by updated technologies. *International journal of social science & interdisciplinary research issn: 2277-3630* Impact factor: 7.429, 12(12), 32-34.
11. Akramjonovich, Y. I., & Ismailovna, Y. F. (2023). Development and Improvement of The Motor Qualities of Volleyball Players Based on The Educational and Training Process. *Journal of Advanced Zoology*, 44(S6), 1499-1503.
12. Akramjonovich, Y. I., & Ismoilovna, Y. F. (2023). Fitness training in the education of students. *Open Access Repository*, 10(10), 171-174.
13. Якубжонов, И. А., & Якубжорова, Ф. И. (2023). Развития реакции быстроты у спортсменов. *Образование наука и инновационные идеи в мире*, 32(1), 51-55.
14. Якубжонов, И. А., & Якубжорова, Ф. И. (2023). Развития физического воспитания студентов с ослабленным здоровьем. *Образование наука и инновационные идеи в мире*, 18(4), 127-131.
15. Якубжорова, Ф. И. (2023). Обучение игровой тактике настольного тенниса. *International scientific conference" innovative trends in science, practice and education* 2(9), 5-11.
16. Rozmatov, I. E. (2022). Bosque Throwers Sport Many Years Of Work Procedure For Planning. (On The Example Of Athletes Aged 14-16). *International journal of social science & interdisciplinary research issn: 2277-3630* Impact factor: 7.429, 11(10), 354-359.
17. Ro'zmatov, I. E. (2022). Bosqon uloqtiruvchilarni mashg'ulot jarayonida kuch jismoniy sifatini rivojlantirishning o'ziga xos ahamiyati. *Youth, science, education: topical issues, achievements and innovations*, 1(7), 17-22.
18. Ro'zmatov, I. E (2022). The importance of the methods used in the development of physical quality of behavior of invading athletes carrying out hard work. *Asia pacific journal of marketing & management review issn: 2319-2836* Impact Factor: 7.603, 11(12), 325-330.
19. Ro'zmatov, I. E. (2022). Bosqon uloqtirish mashg'ulotlarida maxsus mashqlarni ahamiyati. *Youth, science, education: topical issues, achievements and innovations*, 1(7), 10-16.
20. Rozmatov, I. E. (2021). The Development Mechanism of Hammer Throwers Technique. *Middle European Scientific Bulletin*, 19, 158-162.
21. Erkozovich, RI (2023). Bozon otirganlarni o'ylash jarayondagi pedagogik nazorat. *Xalqaro jurnali ijtimoiy fan va fanlararo tadqiqot ISSN: 2277-3630* Ta'sir omili: 7.429, 12 (05), 137-143.
22. Ro'zmatov, I., & G'ulomjonov, S. (2023). Qisqa masoflarga turishda maxsus mashg'ulotning motor usullarining o'ziquish ahamiyati. *Amaliy fan va texnologiya xalqaro byulleteni*, 3 (3), 89-93.
23. Rozmatov, I., & Gulomjonov, S. (2023). The specific importance of motor methods of special training in short-distance running. *International Bulletin of Applied Science and Technology*, 3(3), 89-93.
24. Tohirjonovich, Arabboyev Qahramon. "The role of physical culture and sports in student activity and lifestyle." *international journal of social science & interdisciplinary research issn: 2277-3630* Impact factor: 7.429 12.09 (2023): 58-63.
25. Tokhirzhonovich, Arabboev Kakhramon. "The effect of physical activity on the body of schoolchildren in physical education lessons." *Galaxy International Interdisciplinary Research Journal* 11.12 (2023): 112-115.