

THE IMPACT OF SPORTS ON STUDENT LIFE

Kokand State Pedagogical Institute, Uzbekistan

Umarova Zulxumor Urinboyevna

student Kokand State Pedagogical Institute, Uzbekistan

Umarov Yunusxon Yokubjon o'g'li

Annotation. This article discusses the general concept of sports, how sports affect the general condition of a student, what a student can achieve by doing sports. Regular physical education and sports activities are offered to improve the health of students, their impact on students and their importance in the educational process are studied.

Keywords: physical education, sports, sports, sports, students' health, physical qualities.

Sport is an integral part of physical culture, in which the main emphasis is on the very physical development of a person, strengthening his health and well-being. A person engaged in sports will have good health and be patient himself. Our ancestors say it for a reason: "In a healthy body, a healthy mind."

It is known that playing sports is closely related to health. The rhythm in the modern world has become much simpler. New ways of movement have become much more convenient, but this has reduced motor activity. Technological progress has affected all areas of activity. Smartphones, computers and other devices have had a huge impact on lifestyle. And it became easier and much easier to do everyday things and work, and this also affected the students. It also had a negative impact on human health.

The internal organs work somewhat differently, but these changes take place for the worse, not for the better. And since movements are minimized, a sharply falling level of energy consumption will affect the failure of the muscular, cardiac, vascular and respiratory systems. Sport is an area that ensures the physical and moral education of the population, and the ability of a person to work at work is preserved. It helps students to allocate their time, be more collected and concentrated. It also raises self-esteem and promotes a positive attitude.

The implementation of the principle of the wellness orientation of the physical education system and contributes to the implementation of medical supervision. The number of students who are in the medical group for health reasons is increasing year after year. This was influenced by a decrease in physical activity. Sport for a student is the basis of his own development. Sport helps students stay in good physical shape, overcome their own weaknesses, discipline themselves and achieve their goals. This is a very important step in the future life of young people. Each student chooses a sport individually. Whatever kind of activities the youth is engaged in, all decisions can have a strong impact on their future.

The majority of modern youth prefer entertainment, more often passive, less often active. Only a small part devotes their free time to education, cognition and self-development. Therefore, students should be involved in sports and physical development. It is important that they understand that taking care of health from an early age is the key to a brilliant future, physical development, which is closely related to health, is the process of changing and becoming the natural morphological and functional properties of the human body during his life.

It must be understood that the physical condition of a person is manageable. Even to learn your profession, sport plays an important role. Therefore, all universities pay great attention to sports and physical education. Student sports - in the structure of educational and professional training of future bachelors and specialists, they act not only as an academic humanitarian discipline, but also as a means of directed development of a holistic personality. The selection is carried out among students who are capable of any kind of sport.

There are different competitions in different sports. Such events provide an incentive not only for students but also for teachers. A warm harmony, intimacy, and trust are created. This way, the

| | |
|----|--|
| 26 | ISSN 2277-3630 (online), Published by International Journal of Social Sciences & Interdisciplinary Research., under Volume: 13 Issue: 01 in January-2024 https://www.gejournal.net/index.php/IJSSIR |
| | 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 https://creativecommons.org/licenses/by/4.0/ |

student will actively participate in all university events, show leadership qualities and there will be no time for bad habits or hooliganism. Numerous studies and experience in the use of means and methods of physical culture and sports in the process of physical education in universities prove their effectiveness in the formation of students.

Necessary physical fitness, spiritual and moral education, contribute to successful socialization and professional self-determination, health promotion, personal security, which ultimately contributes to strengthening the civic position, patriotism and position of a responsible citizen in the student environment, as well as increasing the level of unification of society to solve various issues and further stable development.

Sports in free time is an integral part of physical education of students. Such classes are held on an amateur basis, without any conditions and restrictions for students. In their free time, students can engage in sports sections, training groups for individual sports. In conditions when a person's motor activity is limited by the peculiarities of work and everyday life, it is regular physical exercises and various sports that help to reveal the natural inclinations and abilities of a young person. Such activities can make up for what was missed in childhood.

It is no coincidence that teenagers, young men, and even the elderly are faced with a choice: what, what exercises, what kind of sport and how to do it to promote health, for physical development, to maintain and improve the level of performance. Successful combination and realization of personal and socially significant goals by a student at a university requires from him adaptive practices, effective actualization of his own abilities, creative attitude to the main types of activities at the university based on awareness of social responsibility, his social mission.

At the same time, it is important to note that socially healthy student practices (educational, professional, scientific, socio-managerial, creative, sports) should be implemented not only within the university, but also outside it. The university serves, on the one hand, as an educational and experimental platform for these practices, on the other hand, as a launching pad that forms the potential for effective "post-university" self-actualization in professional, personal and public life. This can be achieved, among other things, through the effective use of university resources for the full disclosure of the student's own capabilities, personal and professional development.

Therefore, in principle, the student's choice of any form of motor activity: a variety of physical labor, dancing, physical education, various sports - in itself becomes a favorable phenomenon for the body, since it reduces the deficit of motor activity, promotes the normal functioning of various body systems, strengthens health.

Because a healthy lifestyle consists not only of proper nutrition, the body needs physical activity. So these events will help to attract the attention of students, with their help you can popularize physical education and sports.

References:

1. T. Ilyina. A. Pedagogy: a course of lectures. Studies. handbook for students of pedagogical institute. M.: Enlightenment, 1984. - 496 p.
2. Umarova, Z. U., & Ugli, Y. D. N. (2023). Innovative technologies and their application in sports.
3. Umarov, A. A., & Umarova, Z. U. (2023). Talaba-yoshlarni jismoniy sifatlarini rivojlantirishda milliy va harakatli o'yinlarning o'rni. Scientific progress, 4(1), 260-265.
4. Umarova Zulxumor Urinbaevna, Umarov Abdusamat Abdumalikovich. "Physical development of youth in preschool education." Asian Journal of Research in Social Sciences and Humanities 12.4 (2022): 405-406.
5. Yakubjonov Ikrom Akramjonovich 1, Umarov Abdusamat Abdumalikovich 2, Umarova Zulxumor Urinboyevna 3, Mo'yidinov Iqbol Abduxamidovich 4, Azizov Muxammad Azamovich 5, Aminov Botir Umidovich 6, et al. "Main Characteristics Of Table Tennis In International Sport And Technologies Of Playing It." Journal of Positive School Psychology 6.10 (2022): 2183-2189.

6. Умарова, З., & Эргашев, Ш. (2018). Педагогические проблемы преподавателей физической культуры при подготовке к формированию у учеников навыков здорового образа жизни. *Актуальные научные исследования в современном мире*, (5-3), 159-165.
7. Дехканова, М. О., Умарова, З. У., & Набиева, Ш. (2016). Вертикальная механическая работа в аспекте оценки техники бега. *Ученый XXI века*, (6-2 (19)), 16-19.
8. Дехканова, М. О., Умарова, З. У., & Набиева, Ш. (2016). Вертикальная механическая работа в аспекте оценки техники бега. *Ученый XXI века*, (6-2 (19)), 16-19.
9. Гофуров, А. М. (2022). Jismoniy tarbiya va sportda menejment hamda marketing predmetining maqsad va vazifalari Jismoniy tarbiya va sport tizimining o'ziga xos xususiyatlari. *Инновации в педагогике и психологии*, 5(4).
10. 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.
11. Makhmudovich, G. A. (2022). Movement is the main factor of a healthy lifestyle. *Open Access Repository*, 9(12), 4-9.
12. Якубжонов, И. А., & Шокиров, Ш. Г. (2022). Кувватов У.Т "Развитие воспитательной работы в студенческой футбольной команде.". In *International conference: problems and scientific solutions* (Vol. 1, pp. 140-147).
13. Yakubjonov, I. A., Yakubjonova, F. I., & Azizov, M. A. (2022). The role of physical education and sports in the development of the human organism. In *International conference: problems and scientific solutions* (pp. 124-130).
14. Yakubjonov, I., Azizov, M., & Yakubjonova, F. (2022). Development of physical training and sports in the formation of a healthy young generation. *Educational Research in Universal Sciences*, 1, 170-173.
15. 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.
16. 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.
17. 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.
18. Akramjonovich, Y. I., & Ismoilovna, Y. F. (2023). Fitness training in the education of students. *Open Access Repository*, 10(10), 171-174.
19. Якубжонов, И. А., & Якубжонова, Ф. И. (2023). Развития реакции быстроты у спортсменов. *Образование наука и инновационные идеи в мире*, 32(1), 51-55.
20. Якубжонов, И. А., & Якубжонова, Ф. И. (2023). Развития физического воспитания студентов с ослабленным здоровьем. *Образование наука и инновационные идеи в мире*, 18(4), 127-131.
21. Якубжонова, Ф. И. (2023). Обучение игровой тактике настольного тенниса. *International scientific conference" innovative trends in science, practice and education* 2(9), 5-11.
22. Якубжонова, Ф. И., & кизи Баходирова, М. А. (2023, November). Обучение игровой тактике настольного тенниса. In *international scientific conference" innovative trends in science, practice and education"* (Vol. 2, No. 9, pp. 5-11).
23. Якубжонова, Ф., & Иномжонова, Д. (2023). Физические и психологические качества у волейболистов. *Models and methods in modern science*, 2(12), 129-134.

24. Arabboyev Qakhramon Tohirjonovich. (2022). Adaptation of athlete students to student life. International journal of social science & interdisciplinary research issn: 2277-3630 Impact Factor: 7.429, 11(11), 272–276.

25. Arabboyev Qahramon Tohirjonovich. (2022). The importance of functional training in the athlete training system. International journal of social science & interdisciplinary research issn: 2277-3630 Impact Factor: 7.429, 11(11), 261–264.