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Influence and the role of sports in human life.

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ABSTRACT

Sports are an independent type of human activity, which plays an important role in the development of society. They have a vital impact on social production, the development of social relations, the formation of a person as a person. In this article, the author describes in detail the role of sports in public life.

Keywords:

humanity, sports, physical education, physical activity, energy, health, prophylactic effects, willpower, exercise, etc.

Sport evolves self-discipline in a person, develops the practice of following a daily schedule and not allowing himself to be lame in any way. A person who does sports increases willpower, durability, perseverance, self-confidence. An athlete can always stand up for himself and his friends, who also want to play sports. Sport plays an important role in improving human well-being. It will help to strengthen not only physical health but also morality for many years. Some people don't understand why they need sports. Sport helps a person to be in good physical condition, moreover, it rears character and will.

Firstly, any exercise has a healing and preventive effect. For example, a student spends all day sitting (lessons at school, homework, computer work, television). As a result of this lifestyle, the muscles become peripheral and do not work at full capacity.

Secondly, exercise improves health, provides a healthy heart, lungs, controls blood pressure and prevents blood clotting. Remember that physical activity always maintains body tone.

In addition, sports strengthen the psyche. People become purposeful and responsible and

learn to go towards a specific goal, organize themselves and their time properly, moreover, a person who engages in sports raises his mind. Concentration is improved due to sports, a person can not only master a lot of materials, but also apply it skillfully in life, further, sport is a way to express oneself, to gain self-confidence. Success in sports helps in the recognition needed in every situation. In addition, various chemicals in exercise, such as endorphins ("joy hormone") or adrenaline ("stress hormone"), give a person a feeling of complete happiness and joy.

The benefits of exercise to the human body, he or she is already well aware of the need for physical education that promotes good health. Sport is a fun, exciting activity that not only strengthens a person's muscles and will, but also gives him excitement, a spirit of fair competition and a confident desire to win. These feelings help a lot not only in sports success, but also in everyday life. A person who is accustomed to winning in sports has a similar approach to study, career, and daily work. A person who is constantly engaged in sports will change for the better, his character

will be strengthened, he will be purposeful and determined. Equally important effects of sports are resistance to various diseases, even in the most severe cold season of winter and seasonal epidemics of colds, flu, sore throats. The body, accustomed to regular exercise, has a serious temperament, and now it is not afraid of any disease. There is an opinion that the practical importance of physical education is only to develop the motor skills necessary in life. That is, if the skill formed as a result of training with this or that type of exercise is applied. can be transferred to a working or military environment, then such physical training is life-related

If a person engages in sports, he gains strength and confidence. Man's spiritual and moral strength increases. Ideally, they form a stable personality. Physical strength helps solve many problems. Such a person can easily fight his enemies, even without the use of force. Impressive appearance commands respect. In addition, you can protect your loved ones, family, friends. Moral strength helps to cope with the difficulties of life, to get rid of bad habits, to overcome depression. The person is filled with energy and is ready for any success. Exercise helps promote good health. An active lifestyle has a positive effect on the body. A few hours is especially important for office workers who spend most of their work day sitting. Sports strengthen the immune system. Athletes are less sick and enjoy life more. A person who does sports is constantly acquainted with the emblems of beauties. Under the influence of exercise, body shapes develop harmoniously, movements and movements become more delicate, energetic, beautiful. Many engage in sports, pursuing only specific practical goals - improving health, setting records, and so on. In many ways, they have the opportunity to enjoy the lessons aesthetically, to constantly observe beauty, and to create it in the form of perfect beauty movements with the elegance of owning your own body. The connection between physical education and sports and aesthetic education is effective because it allows not only to create a beautiful appearance, but also to influence the

moral and volitional qualities, aesthetics of actions and behavior in modern society.

Sport solves the problems of strengthening health, comprehensive development of physical and spiritual strength, increasing the ability to work, longevity of creativity and prolonging the life of people engaged in all spheres of activity. In the process of physical education is carried out morphological and functional improvement of the human body, the development of physical qualities, the formation of motor skills, special knowledge systems and their use in public practice and in everyday life. Exercise affects labor productivity, which contributes to the high creative activity of people engaged in mental labor. Conducting regular sessions with specific sports and exercises, using them correctly in the training mode will help to improve the mental abilities of students, a number of necessary qualities - depth of thinking, combinatorial skills, operational, visual and helps improve auditory memory, sensory motor reactions. Physical education and sports are important factors in reducing the incidence of diseases and injuries in the workplace. Physical education and sports are necessary not only for people, but also for those whose professions require special physical strength or special mental strength, because modern living conditions (both in production and in everyday life) inevitably lead to a decline in physical condition. human activity. Decreased motor activity, in turn, leads to a decrease in the body's flexibility, which is accompanied by a decrease in mental and physical functioning and a decrease in the human body's resistance to disease. Physical culture and sports have great potential for nurturing a comprehensively developed personality. Ethical, mental, labor and aesthetic education is carried out during the training. However, the impact of physical culture and sports on the individual is very unique and cannot be supplemented in other ways.

Sports contribute to the development of intellectual processes - attention, clarity of perception, memory, reproduction, imagination, thinking, improvement of mental activity. Healthy, hardened, physically well-

developed boys and girls are generally more receptive to learning materials, less tired in school classes, and do not miss classes due to colds. Physical education is also the most important means of shaping an individual as a person. Exercise allows you to influence your mind, will, moral character, and character traits of boys and girls in many ways. They not only cause significant biological changes in the body, but in many ways determine the development of moral beliefs, habits, tastes, and other aspects that describe a person's inner world.

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