



Physical Culture in the Formation of a Highly Moral Personality

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ABSTRACT

Recently, sport has become an increasingly popular activity among people, but few people know about its main features. So the main purpose of this work is to show how this sphere of human activity can affect not only the physical health of a person, but also the formation of a highly moral personality.

Keywords:

physical culture and sports; personal qualities; moral and ethical education; will formation; the process of self-realization; self-knowledge and self-improvement

In the modern world, sport is an integral part of many people's lives. Anyone who has attended a training session at least once in childhood, or attended physical education classes at school, he certainly has a desire to participate in sports games and competitions. In our opinion, a person should first of all take care not of the improvement of his body, but of the development and formation of a personality, which in turn will consciously take care of the perfection of the body. Thus, sports activities serve the cause of educating a harmonious person, and it does not really matter what kind of sports activity this is. The concept of harmonious human development, in addition to anthropometric data, which are largely determined by hereditary factors and difficult to change for the better, should also include unity, consistency and proportionality, inherent human qualities of will, morality, aesthetics, intelligence. And all this is in the aspect of the unity of spirit and body. With this understanding of the harmony of development, the general orientation of the personality becomes the leading one, understood as a

need-motivational orientation within its framework of a common culture. Physical culture is the interaction of at least three personality traits of a person: Correct value orientation in lifestyle; A certain level of physical fitness and education; The need for regular physical exercises for the purpose of an active process of self-improvement. The most necessary condition for the free development and disclosure of their physical and spiritual powers is the meaningful attraction of each person to achieve physical culture. Sport also gives people confidence in themselves and their abilities. Every person, including an athlete, has a need to evaluate themselves and their capabilities. All our actions are constantly being evaluated by someone. From this, a person develops a certain self-esteem about himself. Increasing the level of self-esteem affects volitional aspirations and goal building, fruitfulness, quality and usefulness of human activity. And how to show it to an athlete? That's right, thanks to the competition. Consequently, the sports result is the basis of the athlete's self-esteem. We can say that,

moving up the ladder of a sports career, there is growth in communication with people and in other spheres of life and activity besides the team. Also, thanks to sports activities, the intellectual abilities of a person also develop. This happens in the process of creative search for mastery of technique and tactics, the ability to manage your emotions, find instant decisions and make them. Consequently, in a person, all this is deposited in his head, and on a subconscious level it manifests itself in his actions and actions in social situations. All this contributes to the development of depth, breadth, criticality, flexibility of thinking, as well as cognitive activity, which is greatly facilitated by the international nature and a lot of contact in communication in the field of sports.

Speaking about beauty, it must be said that each person receives his bodily appearance not as something final and complete, but as a kind of source material, the processing and formation of which is entrusted to his soul, we can say that a person is the creator of his body, and everything that he experiences in the soul is immediately and inevitably imprinted in his body and in the features of his face. Thus, in traditional Russian culture, the beauty of a person is determined by his spiritual development and the beauty of his soul, manifested in his external appearance, bodily beauty. The phenomenon of body aesthetics can be interpreted in three aspects:-

- the natural body is the biological body of an individual, obeying the laws of existence, functioning, development of a living organism;
- the social body is the result of the interaction of a naturally given human organism with the social environment;
- the cultural body is a product of culturally appropriate formation and use of the human body principle.

In a strong-willed attitude, it is impossible to achieve a productive result in sports without overcoming a whole complex of both objective and subjective difficulties. Every day, showing an intense struggle with oneself every hour, a favorable atmosphere appears for creating objective conditions for the formation

of such vital strong-willed qualities of a person as perseverance, purposefulness, courage and determination, self-discipline and initiative. It can also be noted that many people establish relationships through sports, get to know other people and themselves. As a rule, the opportunity to express your feelings comes to the fore. Moreover, sport also has an important practical benefit: anxiety, tension and aggression decrease in people, a positive impact on human health, an impact on self-organization. Sport is a kind of antidepressant that helps to forget about your problems at least for a while, unload and just relax, spending this time with benefits for the body. Of course, not all people have the opportunity to engage in professional sports, because someone cannot overcome the required effort costs. But physical education classes in sections, gyms, clubs, etc. help a person to resist in some life situations. After all, sport develops proper coordination of movements, fortitude, a beneficial effect on the cardiovascular, immune systems and the body as a whole.

But no matter how we talk about the beneficial effects of a sports lifestyle, many people believe that physical activity has no effect on human health, that it is a useless and pointless waste of time. Unfortunately, this opinion is erroneous. It is regular loads, although short in time, or not particularly severe in terms of difficulty, that are able to maintain a constant tone of the human body, strengthen muscles, and health. Therefore, many women actively go to fitness centers and willingly go in for sports. Some of them want to lose weight quickly, while others want to maintain their figure in perfect condition. But that's not the main thing. The main thing is that they know about the benefits of sports exercises and have set themselves some kind of goal, to which they are getting closer with each lesson. Sports should be started from early childhood. Now a huge number of techniques and recommendations have been created for educating a child in the love of sports. And the love of sports should start with the family. This brings the family closer together on the one hand, which affects the correct formation of

personality. Evening jogging, cycling, ice skating, winter skiing, and you can list any sports that you can do with your family, which will directly affect the child's consciousness, the formation of his personality, but it will also favorably affect the family environment. Sport strengthens family ties. This helps you feel more confident and comfortable. Doing it together with your loved ones, with your family is the key to a good and favorable future.

Every year the sport becomes more difficult, smarter, more interesting, however, the active manifestation of interest in sports also increases. And this means that the share of the influence of physical education and sports on the formation of a person's personality is constantly increasing.

Literature.

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