

THE ROLE OF PHYSICAL CULTURE IN THE FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS

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Abstract

In the modern world, there is an increase in the influence of adverse factors on the body, such as environmental pollution, sedentary lifestyle, poor nutrition, stress. Technological progress has led to a low level of motor activity of modern man. The article discusses the importance of physical culture and sports in the life of every person, will help in mastering knowledge in the field of healthy lifestyle organization.

Keywords: Sport, physical culture, physical education, health, healthy lifestyle, student's health.

Physical culture and sport are an inseparable part of the culture of society and of each individual. Currently, it is impossible to find a single sphere of human activity that would not be related to sports and physical culture.

The importance of physical education and sports in human life has increased significantly in recent decades. Sports and physical education significantly affect the state of the body as a whole, the psyche and the status of a person.

In modern society, with the advent of new equipment and technologies, there is a reduction in people's motor activity and at the same time an increase in the influence of adverse factors on the body, such as environmental pollution, malnutrition, stress. In addition, immunity decreases, which entails a significant susceptibility to infectious diseases.

Currently, the number of people with various diseases is growing, so a decrease in motor activity is an urgent problem.

Physical education is necessary for a person at all periods of his life. In childhood and adolescence, they contribute to the harmonious development of the body. In adults, they improve the morphofunctional state, increase efficiency and preserve health. In the elderly, along with this, unfavorable age-related changes are delayed.

Systematic physical education and sports help people of all ages to use their free time most productively, and also contribute to the rejection of such socially and biologically harmful habits as alcohol consumption and smoking.

Abuse of physical activity can bring considerable harm, therefore, when choosing the degree of stress on the body, it is necessary to apply an individual approach.

One of the tasks of physical education in our country is the comprehensive, consistent development of the human body. A person should be strong, agile, hardy at work, healthy, seasoned. Regular physical exercises or sports increase the activity of metabolic processes, maintain at a high level the mechanisms that carry out the metabolism and energy in the body. An insufficient amount of motor activity or a violation of the functions of the body with a restriction of motor activity negatively affects the body as a whole. People can live with limited movements, but this will lead to muscle atrophy, a decrease in bone strength, deterioration of the functional state of the central nervous, respiratory and other systems, a decrease in the tone and vital activity of the body. Human motor activity has decreased due to the modernization of modern production and living conditions. According to academician A.I. Berg, in the last century, the expenditure of muscle energy in production was 94%, and currently only 1%. Lack of movement negatively affects human health. The decrease in motor activity can be divided into physiological (night and day sleep), domestic (excessive TV, reading, etc.) and forced. Forced refers to professional, i.e. related to the nature of work, decreased motor activity in schoolchildren and students, as well as related to illness. Any kind of decrease in motor activity, except physiological, is harmful to health. Currently, it is a kind of conflict between the biological nature of man and the social conditions of life.

A decrease in motor activity is manifested in the premature development of atherosclerosis, cardiovascular diseases. They occur due to a deterioration of blood circulation in the heart muscle, an increase in peripheral blood resistance, which makes it difficult for the heart to work. It also reduces the immunological resistance of the body, weakens the compensatory capabilities of cells. With constant low motor activity of a person, an increased breakdown of proteins begins. As a result, the muscles gradually become flabby, later atrophy, the fat reserve in the tissues increases. The respiratory system also suffers: it becomes harder to breathe, breathing becomes shallow, less oxygen enters the blood. All these factors contribute to the development of various respiratory diseases. Hypokinesia (insufficient motor activity) it also affects the digestive tract: digestion is disrupted, harmful microorganisms develop in it.

All of the above negative effects of physical inactivity on the human body indicate that constant muscle activity is necessary as a guarantee of health and longevity. Regular physical exercises make it possible to minimize these harmful phenomena.

In the process of physical education and sports, the number of heart contractions decreases, the heart becomes stronger and begins to work more economically, the pressure normalizes. All this contributes to the improvement of metabolism in tissues. Scientists have found that recovery processes follow intensive physiological expenses. Adrenal hormones, which are produced during physical activity, have a beneficial effect on the heart.

During physical exertion, the body's functions can selectively improve both motor (increasing endurance, muscle strength, flexibility, coordination of movements) and vegetative (improving the work of the respiratory and other body systems, improving metabolism).

Physical education and sports contribute to the expansion of blood vessels, normalization of the tone of their walls, improved nutrition and increased metabolism in the walls of blood vessels. All this leads to an increase in the elasticity of the walls of blood vessels and the normal functioning of the cardiovascular system, which is an important component of the human body. Moderate physical activity also has a positive effect on the kidneys: the load is removed from them, which leads to their better functioning.

Exercises such as swimming, running, skiing, cycling have a particularly beneficial effect on blood vessels. Regular exercise helps to safely strengthen the joint-ligamentous apparatus. Prolonged moderate physical activity makes the ligamentous and articular tissues more elastic, protecting it from tears and sprains in the future. In the process of any activity, a person becomes tired and overworked. However, performing even short-term sets of physical exercises leads to effective recovery of both physical and mental performance, as well as the removal of nervous and emotional overstrain.

It is very important for students to lead a healthy lifestyle, strengthen their health, and play sports. It is proved that in the process of studying, most students become sluggish, less active and creative by the third and fourth year, their attentiveness and mental performance decrease, rarely attend couples, including physical education, because they believe that they will only waste time. Therefore, it was decided to take measures to popularize sports and physical culture in universities. Physical exercises and sports reduce the risk of emotional breakdowns, increase physical and mental activity, improve performance, raise mood and "fighting spirit". Of course, if you look at it from the other side, there are cases when physical exertion has a negative effect, for example, students may not calculate their own strength and overtrain, which will cause overloads, or overwork due to frequent competitions. But physical culture includes not only a list of exercises and standards, but also a certain body of knowledge that helps to avoid those same overloads and overwork. In universities, it is necessary not only to encourage sports and active activity of students, but also to set the limits of permissible loads, which should be strictly individual for each student. If students' approach to physical culture is properly organized, then a negative effect can be avoided and it will be easier for students to go through a period of social adaptation, their personal sports performance will improve and the concept of a healthy lifestyle will be formed.

In general, physical education is aimed at solving the health-improving task facing universities for the education of the next generation. This fact is very important for the overall uniform development of a person, in particular students. Therefore, the problem of physical and mental health of students is more urgent than ever and requires special attention.

Recently, the issue of health problems and healthy lifestyle of young people has been raised many times within educational institutions, including higher educational institutions. The general state of health and physical fitness of students are discussed, factors influencing the formation of a healthy lifestyle are determined, the degree of alcohol and drugs distribution among youth is investigated, ways of introducing students to a healthy lifestyle and sports are being searched.

As mentioned above, one of the main goals of physical education in universities is to improve the health of students, as well as, importantly, instilling a conscious attitude to sports and physical culture. This goal implements the following tasks:

- 1) creating conditions for comfortable physical activity;
- 2) explaining to students the main points of how to lead a healthy lifestyle;
- 3) strengthening the health and improving the performance of students;
- 4) formation of a responsible attitude to one's own health;
- 5) popularization of sports, active recreation, tourism.

The listed goals imply mandatory compliance with the following points:

- 1) students should perceive physical education classes at the university not only as an academic discipline, but also as the most important step on the way to a healthy lifestyle;
- 2) students should have access to recreational activities (for example, recreational recreation centers);
- 3) throughout the training, students should be given a choice of various sports and wellness sections.

The formation of a conscious attitude to one's own health and teaching the basics of a healthy lifestyle to students is a goal that justifies all the funds spent on its implementation. We must restore the sports movement in youth circles, continue the search for effective sports and wellness technologies and involve as many students as possible in physical education.

Thus, sports and physical culture are a multifunctional mechanism for improving people's health, self-realization of a person, his self-expression and development. Therefore, recently the place of physical education and sports in the system of human values and modern culture has increased dramatically.

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