

PSYCHOLOGICAL FEATURES OF INCREASING PHYSICAL ACTIVITY OF CHILDREN OF TEENAGER AGE

Lieutenant I. M. Gaydarov

teacher of the department "Psychology of official activity" of the Academy of the Ministry of Internal Affairs

ABSTRACT

Nowadays, there are various deductions about human and his role of in society. In this way, happened in human psychological conditions, affect, apathy, appearing of feelings, occurred process, conditions in them and issues of forming are given in this article.

Keywords: Man, person, human, poll, individuality, affect, apathy, experiment, environment.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Thanks to national independence, spiritual innovations carried out in our society primarily serve to the integration of moral traditions, patriotism and democratic values into the minds of the younger generation. In his address to the Oliy Majlis on December 22, 2018, the head of our state Shavkat Mirziyoyev noted that the problems committed by the youth are causing serious reverence. For this reason, increasing the popularity of sports, making them more productive in their spare time and covering a wide range of clubs were emphasized. So we will not be mistaken if we say that with the rise of the spirituality of a person, his will also goes to strengthen. After all, will is a voluntary activity, which is expressed in the conscious behavior of a person, in his ability to behave, especially in overcoming physical and mental difficulties encountered in the pursuit of a goal.

In this regard, if we look at the meaning of the word activity, then in many publications it is said that activity means intensity, vivacity, impressiveness in labor or in some action, in the process. In fact, among the many personality qualities in human perfection, physical activity plays also a key, important role. In particular, the individual, along with self – consciousness, will be able to control himself, and through this he will find the ability to control his act and behaviour.

Physical activity is a set of personality traits, consisting in a high level of understanding and creative application of one's own vital force.

Physical activity is a positive quality that consists in consciously controlling the physical and mental activity of a person, there are many types of it:

1. **Impulsivity.** As an example of this type, we can bring young people from the East who are engaged in solo training and Box training (learning methods in combat conditions, diversity of free combat situations) in which it is proved that competition, aspiration to leadership, achievement of results, self-motivation lead to an increase in motivation.
2. **Endurance.** In young athletes with this feature, psychological qualities such as perseverance, endurance, ability to behave, willingness to take risks are important.
3. **Agility.** In this case, mainly in overcoming difficulties and managing emotional states, important qualities of the individual are formed and arise, which are associated with the psychological stability of the athlete and the duration of his sports activities.

Teaching actions in physical education is carried out under the direct guidance of the educator, as well as in the independent activity of children under his supervision. When teaching movement activities, the child develops consciousness, willpower and emotional forces, as well as his practical skills of movement are formed. Teaching actions, which is purposefully aimed at the activities of the movement, useful for health and universal development, affects the inner world of the child, his sense, his vision, his gradually forming worldview, his moral qualities.

Physical activity in a teenager creates a positive emotional mood in a child, overcoming difficulties and solving new tasks. This complex process should always be under the supervision of a tutor. On the one hand, it is necessary to ensure that the child understands the task of the new movement, and on the other hand, it is necessary to arouse independence, interest and enthusiasm in the child.

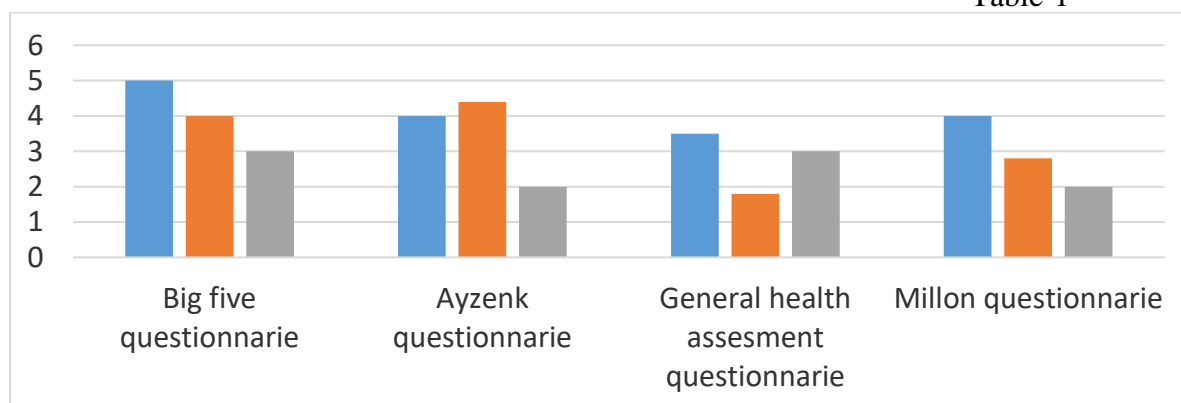
The importance of the competition method in the upbringing of willpower and moral qualities, such as initiative, perseverance, tolerance, courage, nobility, companionship, is of great importance. But, it should not be forgotten that competing for the first, fighting can lay the groundwork for the content of negative features (selfishness, envy, rudeness,...). Therefore, the method of competition is skillfully guided by pedagogy, and only in fate can it justify its role in the sphere of spiritual education. That is why he can substantiate his role in the field of spiritual education with the help of a well-prepared pedagogical method.

Methods for determining the physical activity of a child in the process of practice are several, in particular observation, conversation, testing and many methods. One example of this is the test method, that is, the "personality image study test" we can get a big five questionnaire. The test score is as follows: respectful respondent The test presented to you does not contain any comments reflecting the good or bad qualities of a person, both right and wrong.

Rate 75 pairs of comments using the following rating system: (-2; -1; 0; 1; 2). Read the first couple and find out what you like best from both alternatives. If your comment is to the left of the rating scale, use -1 or -2 to mark this review. If your comment is to the left of the rating scale, rate it with a value of -2 or -1. -2 or -1 is evaluated if the feedback is very pronounced. If the value is weak, a value of -1 or -1 is used. If there is no feedback of the same strength, please rate it at 0. The value chosen for the first comments is assigned to the left cell 1 of the answer sheet. The values for all comments are recorded in the left cell in accordance with the corresponding serial number.

We also witnessed the following pointer when we saw a lot of scientific research work.

Table-1



So it turns out that we can say that the big five questionnaire is a methodology that has found its confirmation in the process of practice. If we look at history, in addition to psychologists, many educators have a lot of views on physical health, for example, the process of Abdulla Avlani's education is divided into 3 parts: the first of them is physical education, intellectual education and moral education.

After all, health and strength of the body is the most necessary thing for a person. Because to read, learn, and teach, a person needs a strong, ill-free body. People who do not have a healthy body can not afford many good deeds.

In conclusion, we can say that we have paid special attention to the consistent continuation of great work in the field of physical education and sports, especially in the development of children's sports, the construction of sports complexes and stadiums that meet the demand of the period in our cities and villages, providing them with modern sports equipment, highly qualified sports masters and of course, this will further enhance the scope of work on the formation of a healthy lifestyle, raising the medical culture of the population, the development of mass sports.

REFERENCES

1. 1. "The National Program of Personnel Training of the Republic of Uzbekistan". "Sharq" 1997
2. The Law of the Republic of Uzbekistan "On Education" Harmoniously developed generation is the foundation of the development of Uzbekistan. - Publishing house "Sharq" 1997
3. Gaziev E. Management of student learning activities. Tashkent. "O'qituvchi", 2004
4. R.A. Mavlonova. General Pedagogy // Navruz . Tashkent 2016

Internet resources:

1. Tdpu.uz
2. Ziyonet.uz