

ISSUES OF POPULARIZATION OF BASKETBALL SPORTS AMONG WOMEN

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ABSTRACT

The article deals with the issues of popularization of basketball among women. The article presents scientifically based conclusions about the advantages of playing basketball. It is also proved that the popularization of basketball plays an important role in strengthening women's health.

Keywords: Women's sports, physical education, sports, culture, basketball, movement, healthy generation, health, popularization.

INTRODUCTION

Every country starts with ensuring the health of its people, first and foremost the health of women. Because women's health is the key to the birth of a healthy generation. "It is difficult to realize our noble intentions without educating a generation that is worthy of all-round envy. There are a variety of guidelines, methods and techniques for the formation and upbringing of a healthy generation, and there are many factors." [9]. The rational and effective use of every factor that is a means of health in ensuring women's health is one of the most pressing issues today.

One of the tools that is becoming increasingly important today is physical education and sports. In the involvement of women in physical culture and sports, the development of each sport plays an important role in the popularization of physical culture and sports. Regular physical activity and sports not only ensure women's health, but also prevent diseases, increase labor productivity, and ensure good mood during the day.

During the years of independence, our country has paid great attention to the development of women's sports, and a lot of work is being done in this direction. The Women's Committee of Uzbekistan, the Ministry of Physical Culture and Sports, the Mahalla Foundation hold sports competitions in tennis, volleyball, basketball, chess and checkers among women working in ministries, agencies and organizations. The Women's Sports Festival, one of the traditional festivals held annually, had 280 participants in 2009 and more than 350 women in the Republican Gymnastics Festival in 2014. There are also competitions in 8 sports among women working in ministries, departments, organizations and enterprises under the motto "Healthy woman - healthy society", competitions "Queen of Sports" among girls, as well as "If a woman is healthy" with the participation of women living in remote areas. The Republican Women's Festival is being held under the motto "The generation is healthy."

The main goal of all efforts in this direction in our country is to draw the attention of the general public to the issue of popularization of sports and to promote the idea of transforming a healthy lifestyle into a daily life for women.

Every year, more than 500,000 women take part in the Women's Sports Festival, which has been held on a large scale in all districts of the country since 2005. Decree of the President of the Republic of Uzbekistan No. PO-5325 of February 2, 2018 "On measures to radically improve the activities in the field of support of women and strengthening the family" to increase the socio-political and social activity of women in our country, to create conditions for them to realize their abilities and potential in various fields and sectors, to ensure unconditional observance of their rights and legitimate interests, to provide comprehensive support for motherhood and childhood, as well as to strengthen the family. At the same time, the state of affairs in this area has a number of systemic problems that hinder the full support of women, the organization of targeted work with them, the strengthening of the spiritual and moral environment in families and the creation of effective mechanisms for health.

One of such problems is the development of each sport and the training of female coaches in each sport in our country, increasing their interest in sports, financial and moral support of their work, improving the skills of highly qualified female coaches in district and rural sports schools. should.

In this regard, special attention to the further popularization of the sport of basketball will help to further increase the activity of women. Given the level of development of basketball in developed countries and the ongoing reforms in the country, changes in the way of thinking and behavior of the population, it can be said that in the future there is a need to further popularize basketball in our country. It also contributes to the formation of women's stature, collective character [12]. It leads to an increase in the experience of interaction, emotional control between women.

1- Socio-pedagogical impact of basketball on women

№	Pedagogical impact functions of basketball	Pedagogical exposure function result
1.	Circulation	It gives information that has a stimulating and problematic character.
2.	Pertaining to an organization	The purpose codes, individual and jamoasi Hillary to organize files. Creativity and supervision rest time jismoniy and rest time.
3.	Control	The athlete controls his training, knowledge, skills and abilities.
4.	Evaluation and Correction	Correction and evaluation of the movement of athletes. Formation of the ability of athletes to self-regulate and control.
5.	Encourage	Direct basketball players towards the goal and motivate them to actively engage (motivation).
6.	Lightening	Support team coaching. Provide a psychological mood in the team. Mutual assistance. Tiradi develop a desire to work in cooperation.

In general, the popularization of basketball among women is important not only for their health, but also for the formation of educational skills. In order to further develop basketball in our country, it is important to properly organize the implementation of the following tasks.

The first is to study the situation of students studying basketball, that is, living conditions, payment agreement, employment; second - to study the general situation of female basketball coaches working in higher and secondary special education institutions and schools with the involvement of specialists; third, simplification of the system of advanced training of basketball coaches with higher education; fourth, the study of foreign experience, the introduction of pedagogical and information technologies in the educational process; fifth, the development of a training program for women; Sixth, to encourage and promote the achievements of women basketball players, as well as to further develop their moral image, exemplary aspects of the girls of our country, humility, personal qualities among young girls as an example.

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