

SOCIAL FUNCTIONS OF PHYSICAL CULTURE AND SPORTS IN MODERN SOCIETY

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ABSTRACT

The article considers the problem of reducing the level of physical activity of a modern person, as well as the reasons for this phenomenon. The negative factors affecting the lifestyle and health of people in the modern world are indicated. The statistics on the population engaged in physical culture are given, as well as the biological processes resulting from low physical activity are described.

Keywords: Physical culture, sports, health, modern society, physical activity, lifestyle.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

There is nothing more valuable to humans than health. However, alas, not everyone is aware of the importance of adhering to a proper lifestyle, balanced diet and physical activity. But it is physical culture and sport that is the key to good health, energizes, gives strength. That is why in recent years, Uzbekistan has been actively promoting physical activity among the general population. For this, a number of important documents of the President and the government were adopted, including the Decree of the Head of State of Uzbekistan, Shavkat Mirziyoyev, "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" dated January 24, 2020, which approved the Concept for the development of physical culture and sports in the Republic of Uzbekistan until 2025 [1].

The development of the sports sphere is among the priority directions of the formation of New Uzbekistan. Based on this, on October 30 of this year, the President of Uzbekistan signed a decree "On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports," aimed at ensuring the formation of a stable immune system against diseases in every citizen through regular physical education and mass sports and the formation of healthy lifestyle skills, rejection of bad habits, adherence to the principles of proper nutrition, systematic and effective organization of work on recovery and rehabilitation, mass events for physical activity, creation of appropriate infrastructure and other necessary conditions [2].

Among other things, the main directions of the widespread introduction of a healthy lifestyle into life and the further development of mass sports are: creating conditions for physical culture and mass sports in every family, in makhallas, districts (cities), institutions of all links in the chain of continuous education, as well as others. organizations; holding sports competitions for the development of mass sports between families, labor collectives and regions on an ongoing basis; ensuring the satisfaction of the needs of different groups of the population in healthy nutrition, reducing morbidity, cases of overweight (obesity).

Doctors all over the world tirelessly repeat how important physical culture and sports are: it serves as an effective prevention of a number of diseases, including problems of the

cardiovascular system, low immunity, overweight and much more. Moreover, physical activity in a special way affects the appearance, emotional state, and in general makes life more interesting and fulfilling.

If we start talking about physical culture, then it began to develop from ancient times, and since then it has been an integral part of human life. It develops the body and maintains health for many years. Physical culture is also a part of the culture of a person and society as a whole, allowing to achieve a harmonious development of his physical and intellectual abilities. It forms a healthy lifestyle and promotes social adaptation through physical education, physical fitness and physical development. Physical culture and sports are an inseparable part of the culture of society and each person individually. At present, it is impossible to find a single sphere of human activity that would not be associated with sports and physical culture.

In recent years, physical culture has been increasingly mentioned not only as an autonomous social fact, but also as a stable personality quality. Historically, physical culture was formed under the influence of the needs of society in the physical preparation of the younger generation and the adult population for work. At the same time, as the systems of upbringing and education evolved, physical culture became the basic type of culture that forms motor skills and abilities. Physical culture should accompany a person throughout his life. Sport is one of the components of the physical culture of society. Often these two concepts are identified, but there is a significant difference between them: physical culture is aimed at improving health, and sport is aimed at obtaining maximum results and sports awards. It is the competitive element that distinguishes sport from physical education. Training in both sports and physical education involves similar activities and exercises, but the goal of the athlete is to evaluate and compare their results with the success of others. Sport presupposes not only physical development and high achievements, it also develops the mental qualities and properties of a person, acting as a kind of "school of will", "school of emotions", "school of character". This is due to the high demands placed on sports competitions, as well as constant training by willpower and self-discipline. Unfortunately, the importance of physical education and sports in human life has significantly decreased in recent years.

Sports and physical education significantly affect the state of the body as a whole, the psyche and status of a person, but in the modern world, people pay less and less attention to their physical shape and maintaining health. This is due to the constantly accelerating pace of life, advertising and marketing imposing an unhealthy lifestyle, as well as the widespread introduction of new technologies. The latter, in turn, gave rise to a separate class of working citizens - office workers. Such people spend most of the day in a sedentary position working with a computer, which has a detrimental effect on their health. With the advent of new equipment and technologies, there is not only a decrease in people's physical activity, but also an increase in the influence on the body of unfavorable factors, such as environmental pollution, lack of sleep, unhealthy diet, stress. In addition, immunity decreases, which greatly increases the susceptibility to infectious diseases. Relatively recently, people went to and from work on foot, in production they were required to use great physical force. Today, movement during the day is kept to a minimum. Technological progress has given mankind a lot of opportunities, but along with progressive phenomena, it has provided a number of adverse factors, first of all - atrophy, stress, nervous tension. All this leads to diseases of the cardiovascular system, overweight and other complications. Automation, electronics and robotics in production, cars, an elevator, washing machines in everyday life have increased the deficit of human motor activity so much that it has already become alarming. The adaptive mechanisms of the human body work both in the direction of increasing the efficiency of its

various organs and systems (in the presence of regular training), and in the direction of its further decrease (in the absence of the necessary motor activity). Consequently, urbanization and tonification of life and activities of life and activities of modern society inevitably entail hypodynamia, the negative impact of which affects all contingents of the population and requires the use of all means, forms and methods of physical culture and sports in the fight against it. As for the young population, the situation with schoolchildren and students is not the best. The life of a modern student consists of lessons, classes in courses, additional lessons or with a tutor, preparation for exams or admission to university. Already as students, young people are faced with credits, exams, coursework, essays, practice and other integral components of student life. Plunging headlong into their studies, young people often neglect taking care of their health, or even completely ruin it, addicted to bad habits [8]. Moreover, at such a young age, the body is much more resilient than, for example, after 30 years, so in youth it seems that you will always be healthy even without physical education. Unfortunately, awareness often comes too late, when health has already been undermined, and irreversible changes have occurred in the body. The decrease in motor activity can be subdivided into physiological (night and day sleep), everyday (excessive interest in TV, reading, etc.) and forced. The forced include professional, that is, associated with the nature of work, a decrease in motor activity in schoolchildren and students, as well as associated with illness. Any kind of decrease in motor activity, except physiological, is harmful to health. At present, it is a kind of conflict between the biological nature of man and the social conditions of life.

The National Society has entered a phase of progressive development, in the conditions of which socio-economic and political transformations are aimed at establishing humanistic values and ideals, creating a developed economy and a stable democratic system.

For the concept of "healthy lifestyle", which unites all spheres of life of an individual, collective, social group, nation, the most relevant and universal component is physical culture and sports. Physical culture, being one of the facets of a person's general culture, his healthy lifestyle, largely determines the behavior of a person in school, at work, in everyday life, in communication, contributes to the solution of socio-economic, educational and health problems [3]. Caring for the development of physical culture and sports is the most important component of the state's social policy, which ensures the implementation of humanistic ideals, values and norms that open up a wide scope for identifying people's abilities, meeting their interests and needs, and activating the human factor [4].

In the physical culture and sports sphere, through the diversity of its organizational forms, personal and public interests are maximally balanced and approximated, it contributes to human longevity, family cohesion, the formation of a healthy, moral and psychological climate in various socio-demographic groups and in the country as a whole, a decrease in injuries, morbidity [4].

The broadest, collective and multifaceted concept in this area is the concept of physical culture. Today there are dozens of definitions of this concept, many of which differ significantly from each other. For a deeper and more correct understanding of the content of this concept, it is advisable to compare it with the concept of "culture". Culture is represented in the results of human material and spiritual activity; she learns the culture, fixed in spiritual and material values, acts in the social environment as a carrier of cultural values, creates new values necessary for the development of the culture of subsequent generations [5].

The phenomena of physical culture (as an element of general culture) include those methods, types and results of human activity that are aimed at transforming a person of his own nature. This is the part of the general culture that does not directly affect the objects of external nature, but on the person himself, who is a part of this nature, on his qualities, capabilities, abilities [5].

Physical culture and sports, being complex multifunctional phenomena of modern society, perform a number of socially important functions:

- strengthening human health, promoting population reproduction and preserving the country's gene pool;
- education of a comprehensively and harmoniously developed personality with a desire to achieve physical perfection;
- meeting the needs of society in people physically prepared for modern production, to fulfill the patriotic duty to defend the Motherland;
- international education of citizens of the country, strengthening the unity and cohesion of nations, friendship and cooperation between peoples [6].

Let's consider them in more detail.

Physical culture and sports as a means of strengthening people's health and preserving the country's gene pool.

Undoubtedly, the main indicator of a person's physical condition is his health. Preserving and strengthening human health, increasing the level of his physical fitness is defined as the most important social task, the role of which in any society is extremely great. In addition, one of the most important tasks of modern society, whose life dynamics are quite high, is the fight against stress gene factors and physical inactivity [6].

Physical culture and sports, physical education of young people play an important role in solving this problem. Through the targeted use of physical exercises, adherence to a healthy lifestyle, you can change a number of indicators of physical development, physical functional fitness (strength, endurance, speed, flexibility, dexterity).

Today, domestic medical workers have justified the minimum required to maintain a normal state, which is 12 hours of physical (sports) load for schoolchildren and 10 hours for student youth. At the same time, it should be remembered that an increase in mental stress should be accompanied by a proportional increase in physical stress, which will fully remove the accumulated stress by changing the type of activity and get an appropriate boost of vivacity.

The choice of means of physical education, regulation of physical activity is based primarily on the control over the health of the student by a doctor, coach-teacher, which is considered a prerequisite for physical culture and sports.

Caring for the gene pool of the country's population is one of the most important, and now the most urgent, state tasks. Physical culture and sports can make a significant contribution to solving this problem. It is the physical culture of future parents, who today are students, that their health and healthy lifestyle can ensure the health of the country's gene pool.

Education of a comprehensively and harmoniously developed personality.

Striving for physical perfection. The most effective in the implementation of this social function of physical culture are the very process of physical education of young people and the practice of mass sports.

At the same time, all-round physical education presupposes the optimal development of all motor qualities: strength, endurance, speed (or speed capabilities), flexibility, agility (or coordination of movements).

It should be noted the effective possibilities of physical culture and sports not only in the field of human physical development, but also in all possible assistance to the upbringing of other sides of the personality: mental, moral, aesthetic, labor and ideological-patriotic. It is in the joint education and development of the physical and spiritual principles of a person's personality that the main goal of his harmonious formation lies. At the same time, the impact of physical culture and sports on a person is specific and cannot be replaced or compensated for by any other means.

The essence of physical perfection is most succinctly stated in the definition of its concept.

Physical perfection is a historically conditioned level of health and the all-round development of the physical abilities of people that meet the requirements of human activity in certain conditions of production, military affairs and other spheres of social life, providing a high degree of human performance for many years.

Preparing people for professional work and defense of the Motherland.

From the initial stages of the development of human society, physical exercise was used as one of the most active means of preparing a person for labor and military activity.

Physical culture and sports play a special role in preparing the young generation for active labor activity. A well-trained person will adapt to new working conditions faster and more successfully. This will allow him to work more intensively and productively, to be competitive in modern industrial and business life.

The introduction of the latest types of military equipment into the armed forces did not reduce the requirements for the level of physical fitness of young people, since good physical fitness gives additional confidence when adapting to a new team and to the special conditions of army life.

Let's consider the next element of physical culture - physical recreation. In the most general sense, physical recreation is understood as any form of physical activity aimed at restoring the forces expended in the process of professional work. It is the process of using physical exercises, games, sports in simplified forms and the natural forces of nature for the purpose of active recreation, entertainment, switching to other activities, distraction from the processes that cause physical, intellectual, mental fatigue, enjoyment, enjoyment from physical education. activities.

It is generally accepted and indisputable to recognize the fact that the object-subject of physical recreation is a person and his health. At the same time, the main function of physical recreation was recognized as the function of optimizing (supporting) the state of the human body, adapting it to the conditions of its natural existence. It was considered mainly within the framework of biomedical disciplines, since the presence of the word "physical" has traditionally been associated with the human body.

Physical culture and sports as social phenomena have national and international forms of development.

In our country, at present, the national form of development of physical culture and sports is manifested in the development of national sports, in the implementation of physical education in the native language, in the mass training of national sports personnel [7].

Speaking in sports competitions held in different regions, territories, countries, representatives of different nationalities get acquainted with historical places, way of life and life of people of other nationalities. The friendly atmosphere in which sports competitions are held, the rules for their conduct that require respect for the opponent, joint training of athletes of different nationalities - all this contributes to the international education of athletes and spectators watching the competition.

International sports meetings help to overcome racial prejudices, encourage international cooperation, and create an atmosphere of mutual understanding between people.

The considered social functions of physical culture and sports are closely interconnected, but one should not forget that these "social functions" are made up of the active position and actions of each individual person, each member of society and a representative of this sphere of culture. It is in the physical culture and health sphere that personal and public interests are most closely aligned and balanced. It should be noted that in society today there are no other means, except for physical culture and sports, that allow to train physically developed people [6].

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