

**THE SIGNIFICANCE OF THE ROLE OF PHYSICAL CULTURE IN MODERN CONDITIONS
IN WORK WITH STUDENT YOUTH
(on the example of KSU named after Berdakh)**

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Abstract. This article examines the degree of influence of physical culture on the life of students. The main tasks of the discipline "Physical Culture" are shown, as well as the features and specifics of the subject are listed.

Keywords: physical culture, health, individual, personality, family, school, lifestyle, wellness activities, social adaptation, communication skills, coach.

Introduction. At the present stage of development of society, health improvement, preservation and promotion of health are of great national importance. The state policy of Uzbekistan actively attracts the population of the country to physical culture, including the younger generation. This includes the Law of the Republic of Uzbekistan On Physical Culture and Sports dated September 4, 2015 No. ZRU-394 "on amendments and additions.....", Decree of the President of the Republic of Uzbekistan dated June 3, 2017, No. PP-3031 "On measures for the further development of physical culture and mass sports", Decree of the President of the Republic of Uzbekistan dated 01.24.2020. No. UP-5924 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan", Appendix No. 1 to the Decree of the President of the Republic of Uzbekistan. from 24.01.2020 No. UP-5924 Concept for the development of physical culture and sports in the Republic of Uzbekistan until 2025, Decree of the President of the Republic of Uzbekistan dated 10/30/2020. No. UP-6099 "On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports."

It is known that all these measures are aimed not only at mastering the material, which allows maintaining the health of the nation, but also at socializing the individual, integrating him into society.

Purpose and objectives of the study. Therefore, the purpose of the theoretical study is to determine the role of the subject of physical culture in influencing the social side of students' lives. The objectives of the study are:

1. Analysis of theoretical sources and scientific and practical materials to determine the impact of physical culture on the social side of a student's life.
2. Generalization, structuring of the analyzed material, drawing conclusions.

In relation to physical culture, the individual is directly the bearer of both the culture itself and its values. It creates value by mastering new qualities and developing existing ones.

We must not forget about the impact of physical education on the biological and spiritual side of a person. After all, first of all, sport was created to maintain health. Therefore, society relies on the development of the individual in such social institutions as the family, school, religion.

In this case, it must be remembered that a circle of people united by one goal, one way or another, acts as a kind of institution where an individual receives the communication skills he needs for a successful life. So, physical culture as a subject needs to define the framework and goals in order to be an important social aspect in a person's life. As a result of playing sports, various specific relations of rivalry and commonwealth develop. The totality of these relationships is the basis of the formative influence of sport on the individual, the formation of social experience.

P.S. Alexandrov noted that any human creativity is a social phenomenon: "... a great writer would hardly have written anything worthwhile in his life, knowing for sure that his work would not have readers. In the same way, an engineer will not invent a car that is not destined to be at least the subject of conversation, and an athlete will never break a record with only a bar in front of him to overcome. This is the way we connect with society [3].

Sports activities have become a lifestyle, a way for the subject to carry out individual or group life. A person's attitude to physical culture and sports is expressed in active regular or episodic classes. According to the results of the study by F.A. Kerimova and Zh.Zh. Utegenov [4], at the KSU named after Berdakh, 38.8% of students are involved in sports life, of which 17.3% are girls.

Accordingly, with a proper approach to the implementation of programs aimed at "physical health", taking into account modern trends in the field of sports among the youth, the younger generation devotes more and

more time to physical education. Thus, the impact is obvious not only on recreational activities, but also on the social adaptation of students.

Education of a person in the field of physical culture and sports includes:

- distribution of the spiritual, ideological, humanistic influence of the social environment on all aspects of physical culture and sports activities and on various forms, types and methods of physical culture, health and sports work;
- the use of a combination of economic, social and spiritual conditions of physical culture and health and sports activities;
- purposeful use of various forms, means and methods of physical education as a specific area of educational and socio-pedagogical activity [2].

So, physical education and sports allow developing such qualities as humanity, respect for people, the value foundations of the rights and freedoms of the individual, as well as friendliness and a healthy competitive spirit. An active subject of activity, in particular a coach, is engaged in upbringing, while a student, an athlete does not remain a passive object, but, for his part, is actively involved in physical culture and sports activities, striving to creatively achieve the best results.

The rules govern the relationship between the coach, the athlete and the referee. Thus, in the course of classes, a person receives a lesson in legal ethics. In adolescence, outright negativism can be combined with obvious comfort, a desire for independence, and a request for help. It may happen that at one moment the individual is full of enthusiasm, but after a while he already passively "goes with the flow". Such changes are characteristic until the moment when a person receives recognition of his "adulthood" from society. This recognition is determined by the following criteria - the obligation to be fully responsible for their actions before the law and the opportunity to fully participate in the affairs of society. Thus, the development of an individual in the sports field helps to speed up this process.

Such a direction as adaptive physical culture offers physical culture and health-improving work with the disabled. Thus, children with disabilities are involved in the classes, which makes it easier to integrate them into the environment of healthy peers.

The nature of sportsmen's leisure is due to their diverse interests, openness to the world. Athletes are not only socially active themselves, but also attract others to sports, having a positive effect on relatives, friends, relatives and colleagues. Physical exercises discipline a person, allow one to master the ability to rationally use free time, develop communication skills, the ability to analyze one's successes and failures, and also strive to comprehend new heights. L.I. Lubysheva singles out sport as "a school of character, courage, will." According to her, if sport is organically included in a coherent, well-established socio-pedagogical system, then it is one of the most effective means of educating a person [5].

The experience of generations proves that the more actively a person is involved in sports activities, the less he gives himself up to chance, someone's help, connections, and the ability to adapt. He learns to rely on himself, his experience and skills, and in order to achieve well-being, he relies on the definition of a goal, on his abilities, talent, diligence and conscientiousness. This is the most significant social functions of physical culture and sports.

Research results. The above information allows us to highlight the main functions of physical culture to determine its social role:

- 1) the developing function is expressed in the expansion of the functional capabilities of the body, the development of physical qualities with regular physical exercises;
- 2) an integrating function that allows you to establish contact with others, united by a common goal;
- 3) the recreational function fully helps to discharge, relieve stress, which helps to improve the quality of communication;
- 4) special educational function.

The functions of physical culture are aimed at ensuring the development of the social side of the student's personality, who needs to assert his "I" and find his place in society.

In our opinion, the main activities that contribute to these factors at our university are:

- 1) classes conducted within the framework of the program at an educational institution, both theoretical and practical;
- 2) holding competitive sports events: basketball, volleyball tournaments, etc.;
- 3) sports promotions, flash mobs;
- 4) specialized, narrowly focused sections: dance section, step aerobics, etc.

Conclusion. So, socially adapted youth, of course, should be one of the tasks of physical culture. For this, it is necessary to form a positive image of physical culture as a subject for attracting students, since in our post-industrial society, more and more often, due to illiterately set priorities and downed value orientations, we get the effect of "loneliness in the crowd".

The examples and concepts given in this work clearly allow us to assess the impact of sports in the life of a modern student. The positive impact of physical culture on the individual allows you to give impetus to the

development of a healthy nation. Physical culture, within the framework of student life, has a material impact on this aspect, which leads us to the conclusion that the physical and social components together lead to the invaluable role of sports in everyone's life.

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