

The Role of Physical Culture and Sports in the Spiritual Education of the Individual

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ABSTRACT

This article examines the importance of physical culture and sports in the spiritual education of the individual. The definitions necessary for studying this issue are given and the factors that have a direct influence of sport on the formation of the spiritual qualities of a person are considered.

KEYWORDS: physical culture, physical education, sport, personality, spiritual education

Physical culture is a part of culture that is aimed at strengthening and maintaining health. It represents a certain set of values, knowledge and norms used by society for the all-round development of physical, mental and moral qualities, and physical education.

The main goal of physical education is the optimization of the physical development of a person, as well as the all-round improvement of the physical qualities inherent in each and the abilities associated with them. All this, together with the education of spiritual and moral qualities, will characterize a socially active person.

In addition, the goals of physical education include ensuring the preparedness of each member of society for fruitful work and other types of activity.

To implement these goals in physical education, a complex of specific and general pedagogical tasks is solved, reflecting the versatility of education as a process, including the stages of age development of the educated, and the level of preparedness, as well as the conditions for achieving the goals.

Particular attention in the educational process is paid to the physical education of the individual. The explanation for this is the following: the moral character of a person, as well as his willpower and purposefulness, largely depends on him.

It is advisable to start doing physical education from childhood, since a child from an early age will develop harmoniously, learn to be responsible, acquire willpower and endurance, which will subsequently allow him to become a comprehensively developed personality.

Speaking about the actual tasks of physical education from the point of view of influence on the spiritual and moral content of the individual, we can single out a number of tasks listed below:

- education of addiction to a healthy lifestyle;
- education of collectivism and comradely mutual assistance;
- education of intolerance to injustice, dishonesty;

- the formation in children of the need for regular physical education and sports;
- education of strong-willed qualities, self-discipline, courage,
- the ability to endure difficulties;
- instilling the skills of self-control over the state of health, physical development, physical and sports training [3, p. 320].

However, doing physical activity to keep the body in good shape is not enough to develop moral qualities in a person.

Physical education will contribute to the harmonious development of the individual and his spiritual qualities only in conjunction with moral, labor, mental, aesthetic education and training. Let's see how this is implemented in practice.

Sport allows the personality to form correctly. Moral education through physical culture and sports is carried out in the form of games, competitions, during which such character traits as willpower, courage, discipline and endurance are developed.

Labor education is reflected in the great physical exertion that is imposed on a person. These loads accustom the body to work, make a person hardy and purposeful. Thus, as a result of sports activities and constant stress, the personality will both physically and mentally withstand different types of work.

Long-term loads undoubtedly increase stress resistance, which is so necessary in the process of learning and work [2]. Moreover, in the process of training, a person is fully concentrated, which means that he involuntarily brings up his attentiveness, perceives information in a different way, and ultimately, he develops visual and mechanical memory. Thus, the mental education of the individual is carried out.

And finally, let's talk about the aesthetic component of physical education. Mostly people go in for sports based on the desire to please themselves in the mirror. Gradually improving the quality of his body, a person builds in his head an image of a beautiful self, to which he wants to strive. It is also worth saying that some sports can bring aesthetic pleasure. Among them are dancing, gymnastics, figure skating. Being engaged in them, there is a colossal influence on the formation of a person's tastes, the idea of the beautiful.

As mentioned earlier, sports and physical education serve as a kind of suitable field for the formation of personality traits, leadership, moral and physical preparation for a variety of stressful life situations. A person acquires the ability to show his strong-willed qualities, endurance and resilience in physical culture lessons. Moreover, sport teaches you to calculate your strength and act effectively in a limited time.

Let's consider what methods are used for moral education of a person through physical activities.

For the development of spiritual personality traits during physical culture and sports, 2 main methods are used: playing and competitive.

The play method is aimed at developing dexterity, strength, speed, resourcefulness, independence and initiative. In addition, I would like to note that conscious discipline and collectivism are developing. That is, everything that a person needs at the initial stages of socialization and becoming as a person is acquired precisely in the process of playing. Hence,

it is obvious that this method is most preferable to use in working with children, and, in addition, the play method is easier for the child, in contrast to the competitive one.

Why will the competitive method be difficult for children? Its distinguishing feature is the struggle for the championship. The rivalry factor creates a special emotional background that contributes to the maximum manifestation of the body's capabilities. And it is with him that a small child may not be able to cope [1, p. 352]. However, you should not put a categorical prohibition on the use of this method in working with children, but you should gradually mentally prepare them for the competition.

Any competition puts a person in front of the need to lay out his capabilities to the utmost, and at the same time, they require control over themselves in the most difficult situations. The competitive method fosters the ability to self-control, purposefulness and determination.

A particularly important element in the development of personality in physical education is the quality of the relationship between the coach and the student. They should be built, above all, on mutual respect and be of a benevolent nature.

The coach in the eyes of the student should be a kind of "standard" of discipline and accuracy. A positive educational effect can be expected only in conditions of pedagogically focused activity, for example, when the teacher gives moral examples, or gives exercises that require overcoming oneself [4, p. 125-128].

The influence of physical culture and sports on a person helps to improve his personal capabilities and qualities, which will ultimately lead to his all-round development.

Thus, we can say that the role of physical education in the spiritual formation of a person is very important. A person should be able to think abstractly, have self-control and be disciplined.

However, reasoning and drawing conclusions is not enough. You need to be able to practically apply these conclusions in life, to achieve the intended goals, overcoming difficulties on the way.

You can help to do this with the help of proper physical education. Hence the close connection between physical and mental education, and only with complete harmony between them we can expect the full development of the moral character of a person.

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