

## Form and Methods of Determining the Sense of Patriotism Through Physical Education in High-Class Students

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### ABSTRACT

In this article, the subjects, principles, forms, and methods of establishing a sense of patriotism in high school students through physical education are researched. Also, the structure of the process of raising the sense of patriotism in high school students through physical activity has been developed.

**KEYWORDS:** sense of patriotism, principle of continuity, axiological principle, principle of systematicity, and scientificity.

One of the important criteria for educating in the spirit of patriotism is the extent to which it is proportionate to the demands placed on the young generation by society and the meaning, form, and methods of the educational work carried out in this regard. It is an important pedagogical process to educate high school students in the spirit of patriotism through physical activity, to form a sense of loyalty to the Motherland, to fulfill their civic duty and constitutional obligations, and to protect the interests of society and the state. Establishing multi-level, systematic, targeted, and coordinated activities of state bodies, public associations, and organizations is one of the main foundations of this activity [1]. The main goal of instilling a sense of patriotism in high school students through physical education is to encourage students to be active in various branches of society, especially physical education related to physical activity, to be loyal to constitutional duty, and to form important features such as high responsibility and accountability for the fate of one's country and people. The content of instilling a sense of patriotism in high school students through physical education is reflected in the following: - in the process of physical education, to educate students in the spirit of loyalty to the Republic of Uzbekistan, its people and the President, to deeply instill in their hearts and minds that the protection of the Motherland is an honorable and sacred duty; - to be proud of our ancient history and culture, our national heroes who selflessly fought for the independence and development of our beloved Motherland, to form a sense of being worthy of them, to reveal aspects of the dependence of the power and potential of our national army on a healthy generation; - understanding that patriotism is a sacred duty for every student and strengthening theoretical and practical skills in this regard; - to form the skills of high school students to approach the political and social processes taking place around us and the world based on our national interests, ideological immunity against various internal and external threats; - Quick and independent decision-making in any difficult situations for the country; - To be ready to protect the interests of Uzbekistan in the process of physical activity and in all aspects of life, at every step, to be selfless for the country - this is the demand of today, it is aimed to inculcate in the minds of high school students with real examples and effective means is appropriate.

The organization of the pedagogical process through these principles makes it possible to identify its main subjects. They are as follows: - state and local authorities; - family; - general secondary education and professional educational institutions; - cultural and sports institutions; - mass media; - national and universal values, culture, literature, and art; - cultural and recreational parks; The main principles of establishing a sense of patriotism in high school students through physical education are expressed by the scientific basis of this process, its regularity, the mutual harmony of education and practice, and the inextricable connection between historicity and modernity [2]. Also, the following principles form its basis: scientificity; historicity; continuity; accuracy and speed; regularity; - axiological; - systematicity; activity; the harmony of educational work; the consistency of the educational process; such as the principles of relying on the positive results and achievements achieved in patriotic education in physical activity processes. Below, we will focus on some of them: The principle of continuity: instilling a sense of patriotism in high school students is a continuous strategic process that is a complex of interrelated political-legal, socio-economic, ideological-ideological, cultural-educational, and cultural-cultural activities. will consist of: - axiological principle: formation and development of socio-spiritual values, love, and loyalty to the Motherland in young people starting from kindergarten, which is the most important and basic link of the educational process; - the principle of systematicity and scientificity: the work of establishing a sense of patriotism in the process of physical activity of high school students is carried out regularly on a systematic and scientific basis, and it consists in ensuring the responsibility of all subjects of society for its effectiveness [3]. The methods of establishing a sense of patriotism in high school students through physical education are aimed at forming the necessary life knowledge, skills, and strong will, including high spiritual and moral civic virtue in students, minds and spirits, and refer to the methods and methods that affect the activity. The following are the main methods of educating high school students in the spirit of patriotism during physical activity:

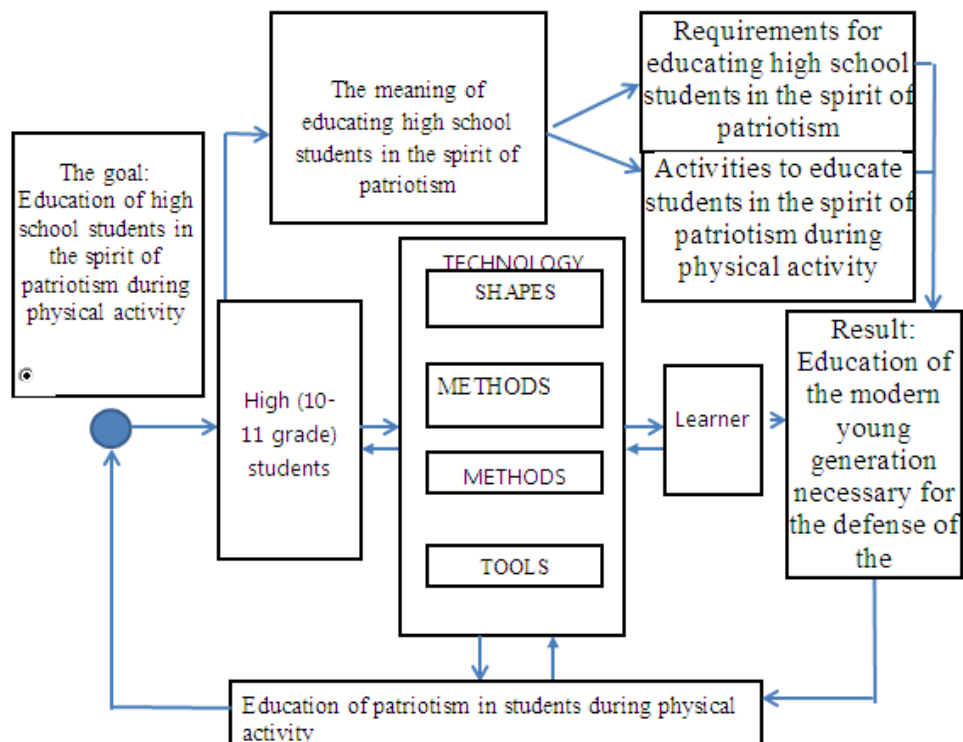
- persuasion;
- training and independent work;
- monitoring; encouragement;
- setting an example, a personal example, etc.

Forms of establishing a sense of patriotism in high school students through physical education The education of a sense of patriotism in the process of physical activity among high school students is carried out in various ways, including question-and-answer evenings, reading, sports competitions, meetings with famous sports coaches, organizing trips to learn about cultural heritage, and winning various competitions and contests. Organization of meetings with the persons included in the program, debates, quizzes, roundtable discussions with war and labor veterans, study and popularization of collected best practices, and other forms are organized. Such forms provide a variety of spiritual and educational activities related to patriotism. High sports activity has become a criterion for evaluating the physical fitness of students and is widely used as a target for the level of physical education. Cultivating a sense of patriotism through modern sports activities, in order to have a high level of functional training and all-round physical training, to develop their movement qualities (to establish physical fitness), to create the necessary ground for the activity of the body, training It has been proven by the results of J.K. Kholodov's scientific research that it

should be turned into the main task of training sessions or academic classes [4]. So, in the process of physical activity, as in other areas of physical and functional training, the planned result cannot always be achieved through goal-oriented activity. It is important to know both theoretically and practically that the result achieved in this process is inextricably linked with the result of its effect on the bodies of high school students. Self-discipline is a sign of an athlete's maturity, confidence, will, and character.

Personal self-education includes: 1) being able to control oneself, distinguish between positive and negative sides, critically evaluate one's own behavior, and know how to listen to others' opinions about oneself; 2) having an attitude towards his "second self" in the independent analysis of his activities and actions. Self-education helps to motivate oneself and instill commitment to oneself. Self-mastery makes you confident in your abilities. Self-education depends on a person's individual characteristics, culture, life experience, etc. Mental preparation. Knowledge, skills, and experience are required to manage the process of physical, technical, tactical, and functional training. Managing the mental state of high school students is the most complicated process. Pupils with the same physical and technical training differ from each other in their thinking, perception, and observation qualities. Accordingly, mental preparation begins much earlier. First of all, its importance is determined. In the process of physical activity, one of the main aspects is to strengthen the critical view and ideological immunity of high school students against foreign ideas that are contrary to our national ideology, self-confidence, vigilance, and awareness. The effectiveness of educating high school students in the spirit of patriotism is determined, first of all, by the extent to which this process has a positive effect on the upbringing of a mature generation and the level of patriotism of young people [6]. An important condition for determining the level of effectiveness in the education of patriotism among high school students is to regularly take into account and analyze the factors that positively affect the further development and improvement of qualities such as patriotism, loyalty, and duty in young people. According to the content of physical activity, it is part of the general pedagogical concept, and the tasks of imparting educational knowledge (education) in the educational process are carried out in accordance with educational principles or in the order of self-education based on the guiding service of the pedagogue.

Our observations show that unless the necessary pedagogical conditions are created, the process of instilling a sense of patriotism in high school students will not be effective [5]. That is why, during our research, we have developed a structure for raising a sense of patriotism during physical activity (Fig. 1).



**Figure 1. The structure of the process of raising a sense of patriotism during physical activity in high school students**

Cultivating a sense of patriotism in high school students in the process of physical activity, improving the morphology and service of the adolescent body, basic vital-necessary movement skills, skills, and related theoretical knowledge that are important for his life. is a long-term pedagogical process aimed at the formation of knowledge and practical skills and the development of movement qualities. Physical activity was emphasized as an independent type of student education. The concept of "development of physical qualities" in two meanings lies in the composition of this specificity of physical activity. The distinctive feature of education of patriotism from other types is that in the process of physical activity, movement skills or skills are formed and through them the movement qualities of high school students are educated.

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