



PHYSICAL EDUCATION - A WAY TO REDUCE FAMILY BUDGET EXPENDITURES

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Abstract

The article analyzes and substantiates the important tasks of physical education, its role and importance in reducing family budget expenditures. It also analyzes and draws conclusions on the need to focus on physical education in 100 family cases.

Keywords. Physical education, physical culture, family, family upbringing, family relations, valeological education, physical and mental activity.

Introduction

In the democratic society of Uzbekistan, there is no contradiction between the demand of the people in the field of education and the state policy in the field of education. They both have the same goal and will improve in the process of achieving that goal. Before we talk about physical education, let us contemplate about the subject of "Pedagogy". The progressive pedagogical heritage of educating the younger generation as a full-fledged human being is critically and positively used in Uzbekistan.

Pedagogy "pedagogos" means "child" and "leadership" in Greek. Those who were tasked with bringing and taking the child of a slave-owner to and from a school, as well as keeping an eye on him, were called so in ancient Greece.



Later, it became a picture to say that people who are engaged in child rearing in general are educators, pedanom, pedpatrit, professors, masters and bachelors.

The components of universal education and the connection between them include the general process of human education or physical and moral education, polytechnic, labor, career choice, spiritual and moral, aesthetic, legal, international, economic, national pride and environmental education. All these components of upbringing are interconnected and closely intertwined in the living process of composing a person for a common goal.

Mental Education

Mental education is an integral part of universal education and is a leader in the field of education in human society. The content of mental education is to form a scientific worldview in the younger generation, to cultivate and strengthen the qualities of high consciousness, to raise awareness of the basics of science, to develop the skills of abstract thinking and speech.

Polytechnic education

Polytechnic education is also a basic and integral part of perfect human education. Polytechnic education serves to gradually eliminate the important differences between mental and physical labor while developing the abilities of the people of the new society.

Spiritual and moral education

Spiritual and moral upbringing of students is also an integral part of the education of a perfect person, spiritual depth, mental purity is the norm of behavior, which is manifested in the relationship to himself, others, production, society.

Aesthetic education

Aesthetic education is an integral part of universal education, which is to cultivate a sense of beauty and an understanding of beauty. This is to organize students to feel, understand beauty in the world of objects and human relationships, to use their activities more widely in the field of beauty creation.

Physical education

Another key component of universal education is physical education, which aims to ensure the normal physical development of young people in



Uzbekistan. Physical education is to take care of the normal growth and development of the child and adolescent organism, their health. The task of physical education is as follows;

constant monitoring and control of children's health, ensuring the physical development of each child;

prevention of children's fatigue, creation of conditions that help to improve the working skills of students;

- inculcation of personal and social hygiene skills in students;

ensuring the preparation of students for work and defense of the motherland in accordance with the norms established for a certain age;

develop a sense of rhythm, expressiveness of characters and a sense of aesthetic appreciation of them;

information of theoretical knowledge of gymnastics and sports, as well as the formation of skills for independent practice of gymnastics and sports;

encouraging young people to master the various sports, participate in city, district, regional and world competitions, win, raise the flag of our independent Republic in front of the peoples of the world, etc.

The science of pedagogy in our independent democratic republic is a science that studies the general laws of upbringing the younger generation as a perfect person, the essence of teaching, as well as its principles. So, the main part of Pedagogy is physical culture or physical education. If we consider that child-rearing begins at home, that is, in the family, then the physical education and its culture are formed in the family.

Literature review

A number of publications on the subject have been analyzed and studied. First, the Law of the Republic of Uzbekistan "On Education" and the "National Training Program" were studied, which analyzed the important aspects of the family and its upbringing. In addition, A.K. Munavvarov's textbook "Pedagogy" was studied and high attention was paid to its scientific aspects. O.Musurmanova and G.D. In Baubekova's book "Uzbek folk pedagogy" the existence of a pedagogical theory inherent in the Uzbek mentality was analyzed and studied [1-58].

Research Methodology

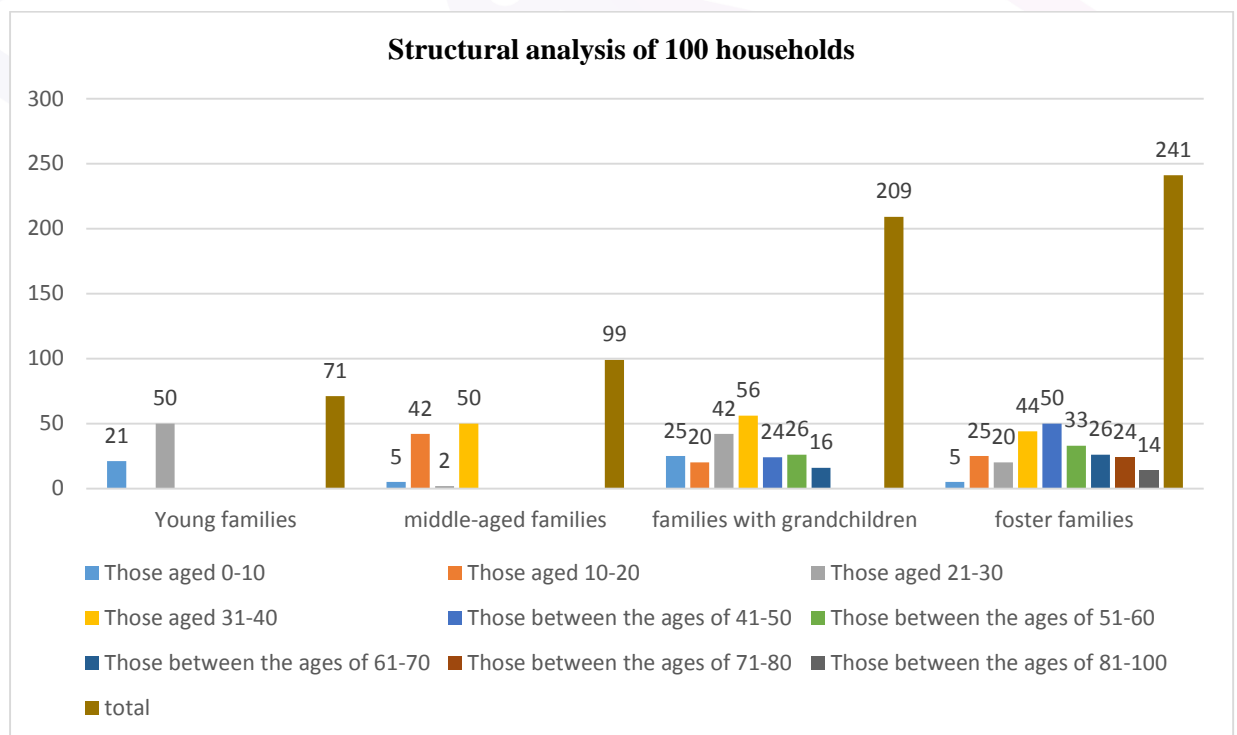
The methods of pedagogical and morphological observation, analytical and comparative analysis were used during our research. During the analysis, the interest of 100 members of the household "Mustaqillik" in Navoi, Navoi region,



in physical education and a healthy lifestyle increased during these observations. So we can conclude that our research is beginning to bear fruit, albeit to a lesser extent.

Analysis and results

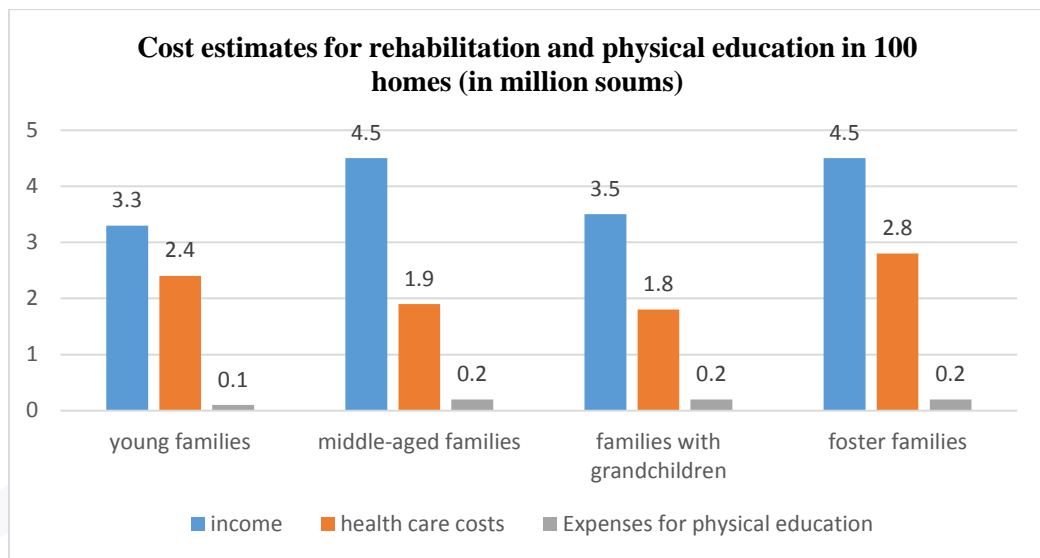
It is no secret that the cost of health care in the family budget, or the cost of medicine today, occupies an impressive share of family income. That is why we have paid special attention to this process during our research. We tested the practical process in 100 houses (25 young families, 25 middle-aged, 25 grandchildren, 25 great-grandchildren) belonging to the Mustaqillik mahalla of Navoi city, Navoi region, and this was analyzed as follows.



The purpose of this analysis is to identify the differences between the age categories in the 100 households under analysis and to conduct the analysis process accordingly.

The cost of restoring health per month from the budget of 100 households in the analysis is as follows:

- costs for medicines;
- medical expenses;
- relaxation expenses (sanatorium, resort, travel);
- expenses for cultural recreation (cinema, concert, theater).



If we carry out the process of recovery through physical education to restore health in families, we will dramatically reduce the cost of the family budget. When a child who has been brought up through the development of physical education becomes the breadwinner of his family, he will undoubtedly direct the funds for health to pre-physical education rather than to medicine. In the course of our analysis, we were convinced that an average of 500,000 to 50 million soums a month is spent on medicines in 100 households. If we take into account the fact that 620 people live in 100 apartments, each person will receive more than 80,000 soums. If each family spent 50,000 soums a month on a favorite sport or engaged in regular physical activity without spending any money at all, it would serve to enrich the family budget. To do this, we need to form a culture of physical education in the family.

Conclusion/Recommendations

In Central Asian countries, including Uzbekistan, the transition from childhood to 3-4, and then to 1-2 is increasing every year. Pedagogically, individual childhood makes upbringing difficult. The only child in the family grows up to be the "living toys", love and pride of adults. Let's analyze the negative consequences of this:

Firstly, infertility or infertility in social and psychological terms childhood does not ensure family stability. The majority of family divorces in the country are for families without children or with few children.

Secondly, medical research and anthropologists have shown that children are the second or third child in a family to be able to cope with life's challenges. Limiting yourself to a single child will lead to an increase in the number of people with disabilities in the future. So, according to the recommendations of



pedagogical, psychological and medical sciences, it is better to have 3-4 children in the family.

As A.S. Makarenko points out, "It is safe to say that raising a boy or a girl alone is more difficult than raising several children. "Even if it's financially difficult, it's not enough to be alone with a child."

As long as there is a state of mutual cooperation, mutual assistance, trust in a family, in such a family a person who is honest, sincere, kind, always ready to help his friends will grow up. In the families of those who embody the qualities of a decent person, there is always peace and sincere respect.

On the main reasons for the unsatisfactory upbringing of the child in the family, the physical and mental immaturity of the child, it is important to emphasize the following:

1. Low economic level of most working families. That is, parents spend most of their time trying to find the tools they need to survive.
2. Low civilized social life, i.e. hypocrisy, social tension, uncertainty about the future leads to negative tension.
3. The burden of child rearing on a woman in the family.
4. Increased divorce.
5. Exacerbation of problems between generations (inheritance disputes).
6. Disruption of the relationship between family and school.
7. Lack of family attention to physical education.

A healthy-minded and physically fit generation will be brought up and matured in a family that pays close attention to these processes.

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