



THE ROLE OF PHYSICAL ACTIVITY AND MASS SPORTS IN MAINTAINING AND STRENGTHENING PUBLIC HEALTH

Karimbayev Shaxrambay Dexkanbaevich
Associate Professor, Department of Public Health and
Management Tashkent Medical Academy

Abstract

The Decree of the President of the Republic of Uzbekistan, No. PF-6099, dated October 30, 2020, titled "On Measures for the Widespread Implementation of a Healthy Lifestyle and Further Development of Mass Sports," emphasizes the importance of promoting physical education and sports to strengthen the immune system of every citizen. This is achieved by encouraging the adoption of healthy lifestyle habits, such as regular physical activity, quitting harmful habits, following proper nutrition principles, rehabilitation, and systematic and effective organization of mass participation events. The decree also highlights the need to create the necessary infrastructure and conditions in every family, neighborhood, and district (city), as well as in preschool, general secondary, secondary specialized, professional, and higher educational institutions, and other organizations, to facilitate engagement in physical education and mass sports. A well-rounded individual with a combination of mental and moral education, enriched with elements of physical fitness, contributes significantly to the foundation of a healthy lifestyle. This approach fosters a stronger commitment to overall health and well-being.

Introduction

Research Objective:

The aim of the study is to demonstrate the medical and social significance of physical activity and mass sports in maintaining and strengthening the health of the population living in the Republic of Uzbekistan.

Materials and Methods:

The materials for this scientific article are based on years of professional experience in the field, alongside the analysis of practical observations. The study widely employs methods such as social-hygienic and sanitary-statistical analysis, as well as descriptive approaches.



Results and Discussion:

Since gaining independence, Uzbekistan has paid special attention to the development of physical education and sports. Even today, this issue remains one of the main measures aimed at improving public health at the state policy level. Fostering a lasting psychological habit of physical activity and participation in mass sports among the youth begins most effectively within the family. From the very first day a child is born, it is crucial to incorporate age-appropriate physical activities and elements of sports into their daily life. This helps instill these habits into their consciousness early on, contributing to their overall physical and psychological development. Parents' active engagement in sports serves as a vital factor in encouraging children to develop a consistent habit of physical activity. This family-centered approach is a proven method to promote a healthy lifestyle and ensure that physical activity becomes a regular part of a child's routine.

Parents' involvement in sports is one of the key factors ensuring children's consistent participation in physical activities within the family. This concept has been fully validated as a psychological process through practical evidence. Knowledge, skills, and habits related to physical activity and mass sports acquired during childhood tend to have lasting effects. These elements become the primary motivating force in shaping a child's mindset toward physical activity. However, it is important to remember that while a child's independent psychological state is still developing, their attitudes can be relatively easily influenced in negative directions. This highlights the need for proactive efforts to foster a stable and positive relationship with physical activity from an early age. Understanding this process is not particularly difficult, and it manifests in the following ways: A child may begin to lose interest in the physical exercises and sports activities they previously enjoyed. Over time, irregularities may emerge in their posture, daily routines, eating habits, and rest patterns. Thus, adults play a critical role in identifying and analyzing this psychological state and explaining its negative consequences to the child calmly, thoroughly, and with well-founded evidence. If neglected, these negative tendencies may develop rapidly, particularly during adolescence, and become entrenched as negative social norms or habits.

One of the key psychological motivators that can maintain and enhance children's interest in physical activity and sports is recognizing their achievements, no matter how small. This recognition may involve moral



encouragement, material rewards when necessary, and even blessings and guidance toward new successes. What factors could distract children from developing a positive attitude toward physical education and sports? During adolescence—the transitional period of puberty—various factors may lead children away from developing a positive attitude toward sports and physical activity. These factors include befriending peers who lack interest in sports, laziness, romantic relationships, emotional distractions, social and economic challenges within the family, conflicts, or even certain illnesses.

To ensure children remain engaged in sports, it is essential to recommend specific types of sports that align with their age, gender, health conditions, and, most importantly, their personal interests. It is well-known that the success of any activity, including sports, largely depends on an individual's psychological well-being and emotional state. The importance of mental positivity cannot be overstated, particularly in physical education and sports. Success in major sports competitions requires not only physical fitness but also a high level of mental resilience and psychological readiness. It should also be emphasized that one of the key factors in determining an individual's health is their level of physical fitness. Therefore, health and sports are two interdependent processes that complement each other.

However, the idea that individuals with health issues should avoid sports is a misconception. History shows us that even people with significant health challenges, including those with disabilities, have risen to become great athletes and world champions, both globally and in our own country. This demonstrates that a person's physical activity and positive attitude toward sports depend significantly on their psychological state and motivation toward the activity. Therefore, even when considering a child's health, it is essential to encourage their participation in suitable physical activities. By assessing their abilities and relying on medical advice, selecting an appropriate type of physical education or sport for them would be highly beneficial.

Engaging in a specific type of physical activity or sport requires consistency and regularity. For this to happen, an individual must first possess strong willpower, determination, and courage. Most importantly, they must be able to adhere to internal social expectations and obligations without question. For a child to successfully carry out any task, as mentioned earlier, they need to develop the right and firm mental attitude. The second critical step is that the child must complete the task with the help of their internal social sanction. To achieve this,



they may have to give up certain comforts, relaxation, time, and, in some cases, material benefits.

If a child has grown up with habits of laziness, indecisiveness, fear of challenges, and sluggishness, they will struggle to initiate tasks and see them through. This is because they only have a superficial understanding of the importance of the task and its medical or hygienic benefits, without comprehending how it positively affects their health.

To correctly shape a child's relationship with physical education and sports from an early age, the family must embody certain educational elements, which should include:

Firstly, the family members, especially the parents, must be familiar with sports as the child grows up. Secondly, regular conversations about physical education, sports, and their positive impact on health should be held within the family. Thirdly, the family should create at least the minimum necessary conditions for engaging in sports activities, based on available opportunities. Fourthly, the family should regularly organize family sports competitions. Fifthly, depending on each child's health condition, the family should provide direction and opportunities for engaging in specific types of physical activities and sports. Sixth, the family should make sure that activities related to physical culture, sports, and the importance of sports in society and health are integrated into the family's lifestyle, including reading literature on sports, watching sports programs, and enjoying the positive aspects of these activities. Seventh, parents should engage in conversations with their children about health, diseases, the conditions that cause them, and negative factors, while also strictly adhering to these discussions themselves. Finally, in all situations, rewarding children's achievements in physical education and sports, both psychologically and, if necessary, materially, will help to develop a psychological foundation for consistent engagement in sports.

Therefore, if the interest in sports is nurtured within the family from an early age, this habit will often continue automatically through other social institutions and eventually become an inseparable part of the child's daily life. In the process of shaping a healthy lifestyle and its moral foundations among people, physical education plays a key role, which differentiates it from other types of education. In physical education, it is not only important to explain its content and essence but also for the educator to serve as an example and role model.



From an early age, children should be given bicycles that suit their age. In school years, they should be encouraged to ride bicycles to school, and dedicated bike lanes should be organized on the streets. Schools should also establish designated places for storing bicycles, where the significance of this mode of transportation, its contribution to health, and its relatively affordable and convenient nature should be explained, particularly in lessons related to healthy lifestyles.

Every living organism that stops moving is destined for disease and, ultimately, destruction. Even elements of nature, such as soil, water, and air, need to remain in constant motion to stay clean. For example, consider soil that hasn't been cultivated for a long time, or water that has been stagnant for too long, or air that has not circulated. This illustrates the need for constant movement. Therefore, to ensure the proper growth and development of the body, it must remain engaged in physical activity regularly to stay strong and healthy.

In conclusion, based on the points raised, it can be said that:

Firstly, if a child's psychological interest in sports is nurtured from a young age within the family, this habit tends to develop in the following stages at various social institutions and often continues automatically, becoming an inseparable part of their daily lifestyle.

Secondly, the consistent engagement of both adults and children in physical exercises and sports from a young age largely depends on the conditions created for engaging in sports in the family, community, and the broader social environment where they live and interact.

Thirdly, regular physical education and sports involvement, primarily in the family and subsequently in other social institutions, should focus on continuous education efforts. This includes instilling the positive health effects of physical activity in young people's minds, explaining the moral foundations of a healthy lifestyle in the context of physical activity and sports, and promoting physical engagement as a way of living.

Fourthly, a person's consistent participation in physical education and sports is closely linked to their specific social-psychological state (attitude) that has been properly shaped for engaging in this activity.



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