

CONTENT OF THE DEVELOPMENT OF PHYSICAL EDUCATION AND MASS SPORTS

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Annotation: Physical education and mass sports are recognized as one of the main directions for the organization of a healthy lifestyle for all segments of the population of our republic, and the reforms carried out in this regard in recent years are important for our developing country. This article describes the analysis of the main statistical indicators of physical education and sports based on the results of selective observation in the proportion of individuals (members of households) engaged in physical training in different regions of the Republic (City and village), gender of age and place of residence.

Keywords: physical education, mass sports, healthy lifestyle, physical education training, competition, championship, sports Games, athlete, physical and spiritual health, movement activity, wellness, movement weakness.

Аннотация: Физическое воспитание и массовый спорт признаны одним из основных направлений организации здорового образа жизни для всех слоев населения нашей республики, и реформы, проводимые в этом направлении в последние годы, важны для нашей развивающейся страны. В данной статье описан анализ основных статистических показателей физического воспитания и спорта, основанный на результатах выборочного наблюдения за долей физических лиц (членов домохозяйств), занимающихся физической культурой, в разных регионах республики (городе и селе), по полу, возрасту и месту жительства.

Ключевые слова: физическое воспитание, массовый спорт, здоровый образ жизни, физкультурная тренировка, соревнование, чемпионат, спортивные игры, спортсмен, физическое и духовное здоровье, двигательная активность, хорошее самочувствие, двигательная слабость.

Relevance. The formation of a healthy lifestyle in our republic, the creation of conditions in accordance with the requirements of the time for the regular participation of the population, especially the younger generation in physical education and mass sports, the strengthening of confidence in their will, strength and capabilities in youth through sports competitions, courage and patriotism, the maturation of feelings of loyalty to the motherland, as well, large-scale work is carried out aimed at the systematic organization of the selection of talented athletes among young people and the further development of physical education and mass sports. Especially noteworthy are the high performance of representatives of our country at the Olympic Games, World Championships, Asian Games and championships, international competitions, the growing prestige and sports potential of Uzbekistan in the world, the construction of magnificent sports facilities in accordance with world templates in the regions of the Republic, the growing popularity of three-stage sports games “sprouts of Hope”, “perfect generation”, At the same time, in all regions of our country, there are important and significant tasks set out to promote the importance of mass sports in the life of a person and a family, promote physical education, sports are the basis of physical and spiritual health, protect young people who are stepping into the future with high hopes from various harmful habits, provide the necessary conditions for The further development of physical education and mass sports in all regions of the Republic, the involvement of all segments of the population, especially young people, in regular physical education and sports, and the increase in the effectiveness of the effective use of conditions created in this direction in our country are one of the goals set out.

The object of study – people who actively participate in physical education and sports activities living in different regions of the Republic of Uzbekistan are selected as the object of study.

The subject of the study: is the proportion of individuals (members of households) engaged in physical training in different regions of the Republic of Uzbekistan (city and village), based on the results of selective observation in the age gender and place of residence, the main statistical indicators of physical education and sports are the main subject of the study.

The purpose of the study: is to provide an overview of the main statistical indicators of physical education and sports for January - December 2021, based on the results of selective observation of the proportion of individuals (members of households) engaged in physical training in different regions of the Republic, age, body and place of residence (urban-rural).

The article emphasizes the development of physical education and mass sports and its promotion to the general public, arming all segments of the population, especially the younger generation with healthy lifestyle skills, improving education institutions among student-student youth, wide segments of the population, organizing physical education, mass sports activities, conducting complex sports competitions, choosing talented athletes from among young people, the need to.

The task of the study: to study the results of selective observation in the proportion of individuals (members of households) engaged in physical training in different regions of the Republic, age, gender and place of residence (urban-rural), to determine to what extent they adhere to a healthy lifestyle, to analyze statistically in which age group of the population physical education and sports, based on this, the assessment of the level of physical development, physical fitness of the population is the main task of the study.

METHODS OF ORGANIZING RESEARCH

The occurrence of the COVID-19 coronavirus pandemic in the world has shown that, among the countries of the world, Uzbekistan has a weak level of health, physical health, healthy living of the population. The COVID-19

coronavirus infection had a negative impact primarily on cardiovascular and respiratory and on the health level of the layer of the population affected by obesity (overweight). As a result of this, citizens in the population were observed to turn a blind eye from the untimely world. In a serious conclusion from all this, it is one of the main issues that it is necessary to constantly engage in mass sports, adhere to the principles of rational eating procedures, in particular, not to consume pastries and sweets, bakery products in excess of the established norm, to live perfectly correctly and turn a healthy lifestyle into everyday life. To ensure the emergence of abilities and strong immunity in each citizen, able to fight various diseases by regularly engaging in physical education and mass sports and the formation of vital knowledge, skills, skills in a healthy lifestyle, to give up various harmful habits existing in the population, to follow the rules and norms of rational nutrition and enrich it with quality products, in order to establish a systematic and effective organization of rehabilitation work and mass physical activity activities, as well as to create appropriate infrastructure and other necessary conditions in this regard, the main directions of effective implementation of a healthy lifestyle in the life of the general public and further development of mass sports are established. Also in our republic, walking, running, mini-football, cycling, streetball, "Workout" (neighborhood and street fitness) are defined as the Priority Sports in the development of physical education and mass sports among the population and the widespread promotion of a healthy lifestyle. In particular, in order to promote the population to increase movement activity, strengthen the level of Health, daily walks and jogging, in 2021 "healthy lifestyle" (www.1hls.uz) platform was created. On this platform, persons whose citizenship belongs to Uzbekistan aged 18 and above who have walked ten thousand or more steps in the territory of Uzbekistan for one day are financially encouraged. In the same year, a statistical analysis of the results of the physical health of the population and their participation in physical activities on the scale of different regions of the Republic can be said as proof of the above points.

Based on the results of a sample survey of individuals (members of households) engaged in physical training for January-December 2021 in the proportion, age, gender and place of residence (urban-rural) section, the main statistical indicators of physical education and sports compared to all residents observed by the relevant age group show that 46.5% of 3-6 years old For the 7-15 age category, these indicators were 88.8 percent in the rural area, 91.3 percent in the urban area, the female coefficient in this age group was 88.6 percent, and the male coefficient was 91.4 percent. For the age group between the ages of 16 and 18, these rates were significantly higher, with 91.2 percent of the population participating in physical training in the rural area and 92.1 percent in the urban area. Of these, 87.5% were female and 95.4% were male. While 73.4% of the population in the 19-25 age category was active in training in the rural area, the rate is 77.6% for the urban area. The gender distribution of physical education participation of the population 19-25 years old showed 67.9 percent for women and 82.6 percent for men. The next age group was 26-29, with physical activity corresponding to 72.3 percent rural area and 75.0 percent urban area. In this age group, female participation was 64.5% and male participation was 81.7%. The next group of individuals who took part in physical training was 30-39 years old, with 67% participating in physical training in the rural area, 70.5% in the urban area, 61.8% in women, 75.6% in men. For the population between the ages of 40 and 49, these statistical indicators were not particularly high and amounted to 54.7 percent in the rural area and 64.5 percent in the urban area, with a female participation of 54.1 percent and male participation of 65.4 percent. Activity in training among the population under the age of 50-59 years was estimated at 42.2 percent for women and 55.3 percent for men, while 45.5 percent was rural, 51.5 percent was urban area when analyzed in cross-sectional areas. Analysis of basic statistical materials for the latest age group was remarkably low, with 22.0 percent of women and 31.9 percent of men concerned about their health and actively engaged in physical training. For the same age group, area cut results showed 23.9 percent for the village, while the urban area was bounded by 28.6 percent. If we analyze the

above main statistical indicators by the regions of the Republic, the active participation of the population in physical education activities is 55.2 percent in Andijan region, 71.1 percent in Tashkent, 50.9 percent in Tashkent region, 68.4 percent in Namangan region, 53.3 percent in Fergana region, 63.2 percent in Syrdarya region, 60.3 percent in Surkhandarya region, 66.7 percent in Kashkadarya region, 60.5 percent in Samarkand region, 62.1 percent in Bukhara region, 51.6 percent in the Khorezm region, and the percentage was 70.8% in the Republic of Karakalpakstan.

Table 1.

Analysis of the main statistical indicators of individuals engaged in physical training

	Rural (%)	Urban (%)	Age group	Women (%)	Men (%)	Total (%)
1	46,5	57,0	3-6	50,6	52,4	51,5
2	88,8	91,3	7-15	88,6	91,4	90,1
3	91,2	92,1	16-18	87,5	95,4	91,7
4	73,4	77,6	19-25	67,9	82,6	75,4
5	72,3	75,0	26-29	64,5	81,7	73,6
6	67,0	70,5	30-39	61,8	75,6	68,7
7	54,7	64,5	40-49	54,1	65,4	59,7
8	45,5	51,5	50-59	42,2	55,3	48,5
9	23,9	28,6	60 and older	22,0	31,9	26,5

Table 2.

Analysis of statistical indicators of individuals engaged in physical education training in cross-sectional areas

Area	General (%)	Women	Men
Andijan	55,2	49,9	60,6
Tashkent city	71,1	65,3	77,1
Tashkent	50,9	47,1	54,6
Namangan	68,4	63,7	72,9
Fergana	53,3	45,2	61,2
Syrdarya	63,2	54,3	72,0

Surkhandarya	60,3	50,8	69,6
Kashkadarya	66,7	69,2	64,2
Samarkand	60,5	52,2	68,6
Bukhara	62,1	60,5	63,8
Khorezm	51,5	49,9	53,4
Republic of Karakalpakstan	70,8	68,1	73,6

RESEARCH RESULTS AND DISCUSSION

The results of statistical analysis of the data studied show that, the highest indicators of physical education and mass sports in different regions of the Republic and in different age groups of the population were observed within the age group of 16-18 years, as one of the main reasons for this, it can be said that individuals of this age group are educated in various higher educational institutions, and during this period, higher educational institutions or various private entities have organized physical education and mass sports activities, and the active participation of young people in them.

The analysis of statistical data obtained in the cross section of the regions is a pleasant situation when the conditions for the further development of physical education and mass sports in all regions of the Republic are sufficiently organized and all age groups of the population are able to actively participate in this. However, while the highest of the indicators is 71.2 percent (for the city of Tashkent), this figure is not a significant indicator for the further development of physical education and mass sports. The lowest coefficient is 50.9 percent (Tashkent reg.), a sign that physical education and mass sports are not sufficiently promoted among the residents of the area.

It can be said that the statistical data obtained from different age groups of the population in different hudus of the Republic is not in demand or, not sufficiently active in physical education and sports activities of the population is associated with the distribution of the number of physical education and sports groups

(sections) organized in the Republic by the cross-section of Regions and their location.

Table 3.

Distribution of the number of physical education and sports groups (sections) by location (city-village) (one thousand units)

	Location (%)	2017 y	2018 y	2019 y	2020 y	2021 y
1	Rural	60.3	54.4	53	58.4	64.2
2	Urban	60.4	60.8	66.3	58.8	58.8
3	Total	120.7	115.2	119.3	117.2	123.0

Table 4.

Distribution of the number of physical education and sports groups (sections) by section of Regions (thousand units)

Area	General (%)	Rural (%)	Urban (%)
Andijan	10.1	4.5	5.6
Tashkent city	6	0	6
Tashkent	9.4	5.8	3.6
Namangan	10.2	3.5	6.7
Fergana	12.1	5.1	7
Syrdarya	2.6	1.4	1.2
Surkhandarya	9.6	7.2	2.4
Kashkadarya	12.1	7.1	5
Samarkand	13.9	7.6	6.3
Bukhara	7.1	4.2	2.9
Khorezm	13.7	9.7	4
Republic of Karakalpakstan	5.1	2.8	2.3
Total	111.9	58.9	53

The results of the study and analysis show that while the number of physical education and sports groups (sections) in rural areas decreased significantly in the first 3 years, there was an increase in the number of sections in the urban area for the first 3 years. During 2020-2021, there was an increase in the number of physical education and sports sections in rural areas of the Republic, while in the same years, stability was determined in the number of sports groups (sections) in urban areas, which are organized so that residents can actively participate in mass

physical education and sports activities. However, during the period 2017-2020, more physical education and sports groups were operating in the urban areas of the Republic compared to rural areas. In 2021, the number of sports sections organized in rural areas increased significantly (5.4 thousand) compared to urban areas. According to the results of the study on the different regions of the republic, the region with the most organized sports groups is the Samarkand region, and the total number of physical education and sports sections is 13.9 thousand. Of these, 7.6 thousand are in the rural area, 6.3 thousand are in the urban areas. The area with the smallest number of sports groups is the Syrdarya region, with only 2.6 thousand, of which 1.4 thousand corresponds to the rural area and 1.2 thousand to the urban area.

CONCLUSION

As a conclusion, it can be said that strengthening the health of the population of our republic, increasing the coefficient of rational living and longevity, ensuring active participation in physical education training and mass sports, making good use of their capabilities and created conditions are decisive in the development of physical education and mass sports, and this ensures the continuation of reforms and achievements. Practicing physical education and sports in a public way will help improve the physical health and spiritual life of the population.

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