

Development of Women's Sports is a Factor of Creating a Perfect Generation

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ABSTRACT

In this article, it is necessary for mentally and physically healthy young people to know the meaning, goals and tasks of a strong family in order to build a family and live peacefully. Consciously knowing and feeling that the support and foundation of a strong family are physical education tools that ensure health.

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Undoubtedly, one of the barometers that determine the power and potential of our country is the highly spiritual, physically healthy, well-rounded generation growing up in this country. It is known that the future of the country is in the hands of young people who are maturing today. On the basis of the national personnel training program, an effective system of raising the young generation into adults with high intellectual potential, modern knowledge and thinking, who at the same time adheres to a healthy lifestyle, is physically healthy, and mentally fresh is being consistently implemented. In this process, the development of children's sports, which is the main factor of raising our boys and girls as physically healthy, strong-willed and high intellectual potential people, the future of Uzbek sports, the basis of raising its prestige in the international arena, is nationwide. It is worth noting that it has become a movement.

The Ministry of Physical Education and Sports of the Republic of Uzbekistan, the local units of the Women's Committee organize sports competitions in order to attract women to physical education and sports, and increase the interest of our women in sports. In particular, the number of women participating in sports events is increasing as a result of intensive campaigning among pre-school educational institutions and representatives of other sectors in the neighborhoods.

At first glance, it may seem that the number of women engaged in sports is the majority, but this is a very small number compared to the number of women who can do sports in our Republic. The results of our observations show that. More than 70% of women participate in physical culture and sports events organized by female coaches compared to physical culture and sports events organized by male coaches. In order to solve these problems and develop women's sports, from 2007, in the UzDJTI, from 2013, departments and groups for the development of women's sports were established under the jurisdiction of the faculties of physical culture in regional universities. Female students are admitted to departments and groups on the basis of a separate selection process. A healthy mother is a healthy child, a healthy way of life, and getting used to regular exercise with physical education tools are the foundation of building a strong family. corresponds. The meaning of a strong family includes economic, political, cultural, educational, healthcare, labor processes. In this, physical education and sports have their own significant potential.

A strong family should first of all be understood as the continuous spiritual and physical perfection of family members. The basis of this is the strong presence of morals and human qualities, such as the health of parents, having spiritual and educational wealth, being an example not only in the family, but also in work, in the environment of the neighborhood.

Health is the greatest happiness for a person. Because in order to enjoy the blessings of nature, a person needs to be healthy, strong and intelligent. A healthy person with four muscles is always ready to work and learn. Accordingly, it has become an urgent task of today to gradually develop young people's physical and mental abilities, to bring them to adulthood in a healthy manner. In order for a person to be beautiful inwardly and outwardly, it is not enough for him to acquire knowledge in the field of science, for this, constant physical education is necessary. To be mentally healthy, you need to be physically fit. Abdulla Avloni writes about this in his work "Turkish Gulistan or Morality": "Physical training also helps mental training. Body and soul are like the right skin of a garment. If the body is not decorated with cleanliness, if it is not kept from bad habits, it is like putting on the top of the coat, washing the lining, and being busy, it always gets dirty." It is not for nothing that wise men said, "A healthy body is a healthy mind."

After all, in order to be a mature and perfect person, you need to be healthy first of all. A healthy person has a healthy mind and a healthy idea. No matter how much a person does not play sports, he can quickly tire, lose his mind, and slow down. Our sportsmen, on the other hand, excel in all their work and use their time productively and efficiently. If a person saves time and uses it effectively, he can quickly find his place in life and achieve his desired goals. Sport forms a person's physical development, physical fitness, movement activities and extracurricular interests. Sport increases a person's self-confidence and helps him realize his goals.

A person who regularly practices sports develops general qualities such as the ability to get out of the most difficult situations and help friends and relatives. When an athlete works in a team, the tasks and goals set before the team are higher than the personal goals of the athlete, and he fully adheres to the ideas set before the team. It is worth noting that sport helps a person to shape his actions positively. It is observed that athletes who devote their lives to sports have an aesthetic interest in life, react rationally to the events happening in a certain environment, communicate meaningfully in every way, and have an impact on the audience. In general, sports education has a special place in the development and education of a person in all aspects.

In many cases, growing children drop out of sports due to difficulties in playing sports. But an athlete who has developed physical, pedagogical and psychological qualities, such as will and confidence, who is regularly involved in sports, will definitely go to the top of sports competitions.

The sports process is complex, in which athletes work long and hard and show their sports skills and abilities in a moment during competitions. But at this moment, the athlete's strength, will, knowledge, achievements and results are visible to the public. Sport can educate any person, it requires every person to be very willing to reach the heights of sports. In this, the athlete gradually acquires the secrets of sports. The head of our state has been emphasizing in prestigious gatherings that sport has become an integral part of the education system of our country.

Consistent development of sports in proportion to education is one of the most priority directions of the state policy for the independent development of our country. In particular, it is the most important task to attract women to sports, to create the necessary conditions for their regular participation in public sports.

It should be noted that physical education and sports serve not only to train talented athletes, but also to ensure a healthy gene pool and raise a mature generation. In the words of our head of state, "Sport is not only physical, but also an important factor in achieving spiritual and educational perfection." In general, the development of women's sports in the deeper and global implementation of State programs, which are reflected in the documents related to education, health, physical education and sports, and in raising the current and future generations mentally and physically healthy. its place and importance are incomparable.

The fact that sports are increasingly entering the lives of our youth, thousands of young men and women

make playing sports a daily task, has a positive effect on their physical condition and health.

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