

PEDAGOGICAL MECHANISM OF EDUCATING STUDENTS AND YOUTH INTO MASS SPORTS IN PEDAGOGICAL HIGHER EDUCATION INSTITUTIONS (BASED ON MODERN STRATEGIES)

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Abstract

The article briefly describes the pedagogical mechanisms for educating students and young people in mass sports in pedagogical higher educational institutions.

Keywords: Students-youth, mass sports, higher education, system, mechanism, moral, important. environment.

Introduction

Today, the formation of a healthy lifestyle among students and youth, increasing physical activity and developing mass sports are one of the priority areas of state policy. In particular, the principle "Youth is our future" put forward by Shavkat Mirziyoyev and the initiatives of the Ministry of Sports of the Republic of Uzbekistan require bringing mass sports to a new level in the higher education system. The principle "New Uzbekistan is an enlightened society" put forward by President Shavkat Mirziyoyev serves as the main support for the strategic approach in this direction. Based on this principle, a deep reform of the education system, continuous and high-quality knowledge The formation of spirituality in youth is a multifaceted process, in which social institutions - family, school, society and the state - play an important role. The Law of the Republic of Uzbekistan "On Youth Policy" and a number of government resolutions define the spiritual, moral and aesthetic education of the younger generation as an

important task. At the same time, the spiritual education of young people is formed not only through formal education, but also through the informal environment, that is, social networks, the media, friends, and the cultural environment. Unfortunately, in today's global information space, ideas contrary to spirituality, instability in the virtual world, and propaganda of violence have a negative impact on the mental state of young people. That is why the correct formation of social consciousness and increasing spiritual immunity are of urgent importance. The family is the environment where the first moral views and values are formed in a young person. Every word, action, and worldview of parents determines the child's attitude to life. It is in the family that the simplest concepts among children - such qualities as truthfulness, honesty, diligence, respect for elders, and honor for younger ones - are formed. However, in modern families, due to lack of time and the busyness of parents, gaps are appearing in this direction of education. Today's education system is aimed at educating young people not only as educated people, but also as individuals with high moral standards. Subjects such as "Fundamentals of Spirituality", "National Idea", extracurricular activities, visits to theaters, museums and libraries form an aesthetic taste in young people. In this regard, it is necessary to emphasize the role of educators. A teacher should not only be a giver of knowledge, but also a leader who shows the way in life. In our society, large-scale work is being carried out to form a healthy lifestyle, create conditions that meet the requirements of the time for the population, especially the younger generation, to regularly engage in physical education and mass sports, strengthen young people's confidence in their will, strength and capabilities through sports competitions, develop feelings of courage and patriotism, loyalty to the Motherland, as well as systematically organize the selection of talented athletes from among young people, and further develop physical education and mass sports.

It is especially noteworthy that our country's representatives are achieving high results in the Olympic Games, world championships, Asian Games and championships, as well as international competitions, that Uzbekistan's prestige and sports potential are further increasing in the world, that magnificent sports facilities that meet world standards are being built in the regions of our republic, and that the three-stage sports games "Umid nihollari", "Barkamol avlod" and "Universiade" are becoming increasingly popular among schoolchildren and students.

At the same time, in all regions of our country, important and urgent tasks remain to promote the important role of mass sports in human and family life, its basis for physical and spiritual health, to protect young people who enter life with great hope from harmful habits, to create the necessary conditions for them to realize their abilities and talents, to select talented athletes from among them, and to improve the targeted training system.

Today's youth cannot be educated only with national values. The unique and unique scientific and spiritual heritage of our great ancestors should become a life program in constant motion for us. This immortal heritage should always be with us, always giving us strength and inspiration. First of all, we need to irrigate the national education system with such a spirit. To do this, our scientists and specialists, our respected scholars need to deliver this spiritual treasure to today's generations in simple, understandable, attractive forms. They need to understand global processes, be able to think critically, be active in social networks, but be conscious. Spiritual immunity is the ability of young people to respond to any foreign idea with their own thoughts, not succumb to manipulation, and be faithful to their faith and beliefs. To raise such a youth, teachers, parents, and society must work together.

Pedagogical higher education institutions — as centers for training future teachers — should form not only professional competence, but also a culture of healthy living. Therefore, the scientific and theoretical substantiation and development of a practical model of mass sports based on a pedagogical mechanism is an urgent issue at the DSc level.

Mass sports are a socio-pedagogical system aimed at ensuring the participation of broad segments of the population, especially young people, in regular physical activities and the formation of a healthy lifestyle.

In scientific literature, mass sports are interpreted in the following aspects:

- as a social phenomenon;
- as a pedagogical process;
- as a health-improving activity;
- as a means of motivational and moral education.

From a pedagogical point of view, mass sports are a purposefully organized process that serves the physical, volitional, social and moral development of a person.

A very negative factor for mass sports is the orientation of the management and organization of sports towards Olympic types, the neglect of truly popular and previously traditional types: town, national sports, etc., which were once very socially useful, cultivated by the people. In addition, once truly mass sports, such as gymnastics, swimming, ice dancing, have become purely children's, physically impossible for adults due to the content of their programs, the requirements of competitions, etc. The huge desire of the population for popular sports (football, volleyball, tennis) is chronically unsatisfied. Material and economic factors also have a negative impact on mass sports. The real and effective existence of mass sports, working-class sports, is possible only within a special social sphere, which is highly oriented and stimulated to solve the problems of this type of sports and is completely devoid of the problems of high-stakes sports. It is very important that such an area lies at the intersection of all social institutions that are to some extent interested in the optimal functioning of mass sports, healthcare, education, culture, production, public order, defense, etc. The main task of physical education is to preserve and improve human health. In this regard, human health should be the object of medical and pedagogical research. Here it is important to note that physical development, body structure, functioning of the cardiovascular system, physical fitness and physical condition are structural elements of health. Therefore, in order to manage a person and achieve his physical maturity, it is necessary to comprehensively assess physical fitness according to a number of indicators (physical development and body structure, physical and functional fitness). Based on the complete data obtained, it is possible to determine the level of human health. It should be noted that in order to individualize the process of achieving physical perfection, it is necessary to know the personal characteristics of a person. For this, various psychological tests can be used. A comprehensive accounting of the data of medical, pedagogical and psychological research allows obtaining objective information about the physical condition and identifying types and methods of health-improving physical education. Diseases are a disaster for humanity, because of them many people die prematurely, are deprived of the joy of work. The independence of the Republic of Uzbekistan requires the growing generation to improve their health, because this republic in many ways ensures its future socio-economic development. Therefore, preserving and strengthening the health of young people is a problem of state importance. The problem of youth health is of great importance for a number of reasons. Youth

make up the main part of the working republic of the national economy. This is a contingent of the population that is weak in terms of health, in need of a well-thought-out preventive system. Health is the result of socio-economic, biological, ecological, medical and psycho-emotional influences. The problem of youth health is of great importance for a number of reasons. Youth make up the main part of the working resources of the national economy. This is a contingent of the population that is weak in terms of health, in need of a well-thought-out preventive system. At this time, the developing young organism actively responds to health-improving methods.

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