

PHYSICAL EDUCATION AS A MEANS OF EDUCATING THE YOUNGER GENERATION

Eminov Anvarjon Yigitalievich

Fergana State Technical University,

+99890 530 64 16, eminovanvar68@gmail.com

Abstract. This article highlights the role of physical education in the comprehensive upbringing of the younger generation. The reforms initiated by President Shavkat Mirziyoyev are analyzed, particularly in the context of raising a healthy and intellectually capable generation, promoting physical activity, and establishing a healthy lifestyle. Furthermore, the article examines the role of physical education in school curricula, the diminishing attention it receives, and the negative consequences of this trend, supported by scientific research. The positive impact of physical activities on children's intellectual, social, and emotional development, and their role in fostering leadership skills, is discussed. The article substantiates the necessity of viewing physical education as an integral part of modern educational processes and recognizing it as a vital tool for the holistic development of youth.

Keywords: physical education, healthy generation, youth upbringing, healthy lifestyle, physical activity, human health, well-rounded generation

Introduction

As stated by the President of the Republic of Uzbekistan, Shavkat Mirziyoyev: "The development of physical education and sports means not only raising a healthy generation but also ensuring the health of the nation." Accordingly, under the leadership of the President, special attention is being paid to creating the necessary conditions for the all-round development of the younger generation. In particular, systematic efforts are being made in our country to nurture youth with strong health and intellectual potential, to realize their creative abilities, and to raise them as comprehensively developed individuals meeting the requirements of the 21st century.

To strengthen the legal foundations in this area, a number of regulatory documents have been adopted. Notably, the Law "On Physical Education and Sports" was updated in 1992, 2000, and 2015, thereby reinforcing the legal framework of the sector. Moreover, the government resolution of June 3, 2017, "On Measures for the Further Development of Physical Education and Mass Sports," and the Presidential Decree of March 5, 2018, "On Measures for the Radical Improvement of the State Management System in the Sphere of Physical Education and Sports," were adopted.

Within the framework of these reforms, significant documents were adopted, such as the Presidential decree of January 29, 2019, "On the Promotion of a Healthy

Lifestyle and Increasing Physical Activity among the Population in Uzbekistan,” and the approval of the “Concept for the Development of Physical Education and Mass Sports in 2019-2023” on February 13, 2019. Additionally, the Presidential decrees and resolutions issued on October 30, 2020, marked a new stage in popularizing a healthy lifestyle and promoting physical activity [1,260].

Main Body

In educating the younger generation, it is crucial not only to teach them about studying, resting, nutrition, and following daily routines, but also to ensure they are physically strong. Physical education is essential not only for strengthening children's health but also for enhancing their intellectual capacity, discipline, and work ethic. Through physical activities, children acquire perseverance, willpower, and teamwork skills. Therefore, in the modern education process, physical education must be integrated with students' moral, ethical, and intellectual upbringing.

Currently, the emphasis on academic knowledge in modern education is causing concern due to the decreasing opportunities for physical activity. In recent years, state-imposed academic standards and test preparations have unexpectedly reduced students' opportunities for physical activity both during and outside school hours. The reallocation of physical education time to academic subjects and the removal of some children from physical education or recess to attend additional academic classes have become common [2]. However, there is insufficient evidence to support the belief that allocating more time to academic subjects leads to better test results. On the contrary, 11 out of 14 correlational studies focused on school-day physical activity found a positive relationship with academic performance [3]. In general, the growing body of scientific literature confirms that time spent on physical activity is closely related not only to a healthy body but also to a healthy mind [4].

This issue highlights the need to reassess the current state of physical education in schools and the social-wellbeing mechanisms it develops. Physical education, as an integral and essential part of the general education system, is aimed at improving the morphology and functionality of the human body, strengthening health, and expanding the creative lifespan. It is one of the most important conditions for developing a well-rounded and mature individual. Only in this way can a person become capable and ready for highly productive work.

Modern school reform sets the task of preparing a generation capable of implementing the country's grand development plans and transitioning the economy to rapid development. Mastering physical education skills is not only a sign of general culture. Skillful use of physical education tools contributes to intellectual development and improves the culture of mental labor. The transition to new educational content and the increased intensity of learning and cognitive activity increase the physical demands on children's bodies. Physical education classes during the school day

enhance functional capacity, cognitive and physical abilities. Ensuring the proper growth and development of the body's major systems and functions, and forming essential motor skills and qualities, is directly linked to all other aspects of education [5,5].

Moreover, almost all spheres of society today are undergoing active renewal and progress. In our country, special attention is being given to preparing modern, responsible, and initiative-taking personnel [6,56]. For the development of today's society, not only technological or economic resources but also educated, strong-willed, physically and mentally healthy leaders are becoming decisive factors. Any society needs visionary, proactive, and responsible leaders to continue its development, address social challenges, and guide the new generation in the right direction. Physical education plays a vital role in shaping such leaders.

Indeed, strong will, endurance, psychological stability, and healthy thinking are directly linked to a person's physical condition. In this regard, President Shavkat Mirziyoyev stated: "A healthy generation means, above all, healthy thinking, healthy ideas, and a healthy society" [7,33]. Regular physical activities help develop leadership qualities such as determination, patience, self-control, and teamwork.

Therefore, prominent educators believe that "a person formed in the harmony of a healthy body and healthy mind can truly influence society" [8,400]. For this reason, physical education should be regarded as an essential pedagogical tool in developing leadership potential. This makes it possible to nurture a generation of physically and mentally healthy, socially responsible leaders.

Conclusion

Physical education serves as a crucial tool in shaping a well-rounded younger generation. As outlined in the article, physical activities positively impact not only children's health but also their intellectual, social, and emotional development. The insufficient attention to physical education in schools and its replacement with academic subjects in class schedules can lead to negative consequences. Furthermore, regular physical activity contributes to the development of leadership potential, determination, teamwork, and self-management skills among students. Thus, physical education should be recognized as an inseparable component of modern education and valued as a key factor in shaping a healthy society and generation. In conclusion, physical education must be systematically developed not only as a means of strengthening health but also as an essential factor in nurturing a well-rounded and mature individual.

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