



**THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN THE  
FORMATION OF A HEALTHY LIFESTYLE IN THE FAMILY**

Yusupov Akmaljon Abdug'opporovich

Teacher, Department of Physical Culture and Sports, Fergana Polytechnic  
Institute, Fergana, Uzbekistan

Boratov Odiljon Muxammadjonovich

Teacher, Department of Physical Culture and Sports, Fergana Polytechnic  
Institute, Fergana, Uzbekistan

**Abstract**

In this article, in the formation of a healthy lifestyle in the family, regular exercise strengthens the human body, increases the ability to work, meets the needs of a healthy lifestyle. This has been shown to improve health for many years to come.

**Keywords:** physical education, physical culture, training, physical education in the family.

**Introduction**

Awareness of the concepts of a healthy family, a healthy mother, a healthy child, a healthy lifestyle. it would be appropriate to say. Today's youth is a priority layer of state and society development. One of the most common issues of education is the transformation of young people into the backbone of the country's social, political, economic, spiritual and ideological development, the strength and power of the state. Today, in the process of renewal and further democratization of our country, modernization and reform of all spheres of society, there is a growing demand for effective ways and means of consistent implementation of state youth policy and their implementation. President Shavkat Mirziyoyev said, "It is known that the upbringing of the younger generation has always been important and relevant. But in the 21st century, in which we live, this issue is becoming a matter of life and death" [1,2].



## **The Main Part**

One of the most serious and difficult problems in the socio-economic life of the country, which has long been unresolved, is the fact that the majority of young people are left out of the process of developing a democratic state governed by the rule of law and a strong civil society. shows how important it is. Indeed, the President of the Republic of Uzbekistan Shavkat Mirziyoyev said: passed away. In a healthy family, a healthy child is born and formed as a person. From the first days of independence, the country has focused on strengthening the health of the population, especially the protection of motherhood and childhood, the upbringing of a physically healthy and spiritually mature generation.

At present, various sports complexes have been built and handed over to our youth in the development of physical culture and sports. For example, swimming, tennis, gymnastics, wrestling, weightlifting and athletics. In the family, the mother is always raising the child. The future of the family will be bright only if our mothers bring up the family in the right way and create a healthy environment. In the family, the mother takes care of the child from birth. Every mother teaches her child various physical movements from an early age. After the birth of a child in the family, if the child is bathed frequently during exercise from an early age, the child will grow up with a healthy, strong, immune system, and the body will grow strong [3,4,5].

And for some, as a baby gets older, he or she will outgrow this. Since the child is often with the mother, it would be advisable to monitor her physical culture and sports as she grows physically healthy. The role of women in the family in the upbringing of children affects not only their own family but also the community and society as a whole. The age and sex of the child should be taken into account when engaging in physical activity. Then this practice will have a positive effect. The main reason for this is that several morphological, physiological and biochemical changes occur in the growth and development of the child's body. Genetic factors and environmental factors play an important role in the manifestation of these changes. Physical culture is part of general culture. Also, the development of the physical qualities of a person is one of the social spheres aimed at strengthening health. It is known that physical culture and sports are important tools in the development of a well-rounded person. Regular exercise strengthens the human body. Increases the ability to work, meets the needs of a healthy lifestyle. This will keep you healthy for many years to come. Physical activity has a positive effect on mental activity [6,7].



It serves as a means of overcoming negative, emotional effects, mental fatigue. As a result of exercise, blood circulation in the child's body improves. When we talk about the healing forces of nature and hygienic factors, which are one of the daily special aspects of physical education, we must understand that air, sunlight, water are used as a means of education in the process of physical education as the healing forces of nature.

The necessity of life, the environment forces a person to create material wealth, to live in different conditions. It is important to prepare students for this process [8,9]. Therefore, the gifts of nature - air, water, sunlight - are the main means of improving human performance and health. It is advisable to bring up a child in a family in a timely manner so that he or she grows up physically and mentally healthy. If women are more involved in physical education and sports, the family will be healthier and a healthy child will be born [10,11]. To do this, it is necessary to increase the activity of neighbourhood and women's committees, to strengthen regular work with families. As proof of our opinion, if we look at today's families, parents have made it a condition for their children to do various sports in their free time. It shows that our mothers understand a healthy lifestyle. It can be said that creating a healthy family environment is often in the hands of mothers. As mentioned above, it would not be a mistake to say that it is the responsibility of mothers to bring up intelligent, talented and healthy young people in the development of society, in the development of a free and prosperous country.

## **Conclusion**

In short, in order to create a healthy lifestyle in the family, parents who want their children to participate in any sport on a regular basis should first of all love sports. If sports become a daily necessity for parents as well, it will help to create a healthy lifestyle in the family.

## **References**

1. SH.M. Mirziyoev. Qonun ustuvorligi va inson manfaatlarini ta'minlash yurt taraqqiyoti va xalq farovonligining garovi. T.:O'zbekiston, 2016.-B .22.
2. Qurbonov R. Milliy g'oyaning yoshlarni harbiy vatanparvarligik ruhida tarbiyalashdagi roli. Falsafa fanlari nomzodi dissertatsiya avtoreferati. –Toshkent, 2009. 24 B.



3. Тоштемиров, О. А., & Аминжонов, А. А. (2019). Integration of physical and spiritual education social-pedagogical factors. *Scientific Bulletin of Namangan State University*, 1(9), 244-249.
4. Корнишин, И. И. (2007). Развитие физической культуры и спорта-приоритетное направление социальной политики государства. In *Актуальные проблемы и перспективы развития физической культуры в высших учебных заведениях Минсельхоза России* (pp. 31-38).
5. Эгамбердиева, Т., & Тоштемиров, О. (2020). Талаба-ёшларнинг жисмоний фаоллиги ва маданиятини юксалтиришнинг инновацион-педагогик хусусиятлари. *Фан-Спортга*, (5), 56-59.
6. Турсунова, О.С., Тошматова, НА, & Курбонова, УС (2019). Преимущества применения инновационных педагогических технологий в образовательном процессе. *Вестник науки и образования Abidovich, Т. О., & Adxamjanovich, А. А.* (2020). Modern socio-pedagogical necessity of increasing communicative competence of future physical education teachers. *Academicia: An International Multidisciplinary Research Journal*, 10(5), 52-57.
7. Azimov I.G., Намроқулов А.К. Sobitov SH.S. umumiy va sport fiziologiyadan amaliy mashg'ulotlar. Т., О'қитувчи, 1992.
8. Yormatov, G. S. (2021). Socio-Pedagogical Factors of Integration of Physical and Cultural-Moral Education. *TJE-Tematics journal of Education ISSN* , 2249-9822.
9. Zikirov, M. C., Qosimova, S. F., & Qosimov, L. M. (2021). Direction of modern design activities. *Asian Journal of Multidimensional Research (AJMR)*, 10(2), 11-18.
10. Yigitalievch, E. A. (2021). The modern social and pedagogical need to increase the communicative competence of future physical culture teachers. *International Engineering Journal For Research & Development*, 6(SP), 3-3.
11. Salimovna, T.O. (2021). The role of media while teaching youngster learners. *Academicia: An International Multidisciplinary Research Journal*, 11(3), 793-799.