

THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN WIDELY PROMOTING A HEALTHY LIFESTYLE AMONG FEMALE STUDENTS IN HIGHER EDUCATION INSTITUTIONS

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Annotatsiya: Mazkur maqolada oliy ta'lim muassasalarida tahsil olayotgan talaba-qizlar orasida sog'lom turmush tarzini shakllantirishda jismoniy tarbiya va sportning ahamiyati ilmiy-pedagogik jihatdan tahlil qilingan. Jismoniy faollikning sog'liqni mustahkamlash, kasalliklarning oldini olish, ruhiy barqarorlikni ta'minlash hamda ijtimoiy faollikni oshirishdagi o'rni yoritib berilgan. Shuningdek, OTMlarda sport mashg'ulotlarini tashkil etishning samarali shakllari va talaba-qizlarni jismoniy tarbiyaga jalb etish yo'llari ko'rsatib o'tilgan.

Kalit so'zlar: sog'lom turmush tarzi, jismoniy tarbiya, sport, talaba-qizlar, oliy ta'lim muassasasi, jismoniy faollik.

Annotation: In this article, the importance of physical education and sports in forming a healthy lifestyle among female students studying at higher education institutions is analyzed from a scientific and pedagogical perspective. The role of physical activity in strengthening health, preventing diseases, ensuring psychological stability, and increasing social activity is highlighted. In addition, effective forms of organizing sports activities in higher education institutions and ways to engage female students in physical education are presented.

Keywords: healthy lifestyle, physical education, sport, female students, higher education institution, physical activity.

Introduction

Today, the development of society is directly linked to healthy, physically strong, and mentally well-developed youth. In particular, adherence to a healthy lifestyle by students studying at higher education institutions has a direct impact on their future professional activity and quality of life. In this process, strengthening the physical and mental health of female students is of great importance.

In the modern educational process, increased mental workload, a sedentary lifestyle, and excessive use of information technologies negatively affect the health of female students. Therefore, the effective use of physical education and sports as means of forming a healthy lifestyle is considered one of the pressing issues.

MainPart

Physical education is an important pedagogical process that ensures the physical development of the human body. For female students, regular physical exercise contributes to the proper development of the cardiovascular, respiratory, and musculoskeletal systems. Physical activity improves blood circulation, enhances muscle function, and increases overall work capacity.

Physical education classes at higher education institutions serve as an important means of preventing excess weight, spinal curvature, and other negative conditions caused by a sedentary lifestyle among female students. At the same time, physical exercises strengthen the immune system and increase the body's resistance to environmental influences. Physical education is considered the main pedagogical tool in strengthening the health of female students. Regular physical exercise increases the functional capabilities of the body, strengthens the immune

system, and helps prevent various diseases. Sedentary behavior resulting from spending long periods sitting during the educational process is eliminated through physical education classes. Sports activities form a conscious attitude toward a healthy lifestyle among female students. Through physical education classes, vital skills such as proper nutrition, personal hygiene, and adherence to a daily routine are developed. This increases their sense of responsibility for maintaining a healthy lifestyle.

Physical education and sports also have a positive impact on the psychological state of female students. Engaging in sports reduces stress and mental tension and strengthens self-confidence. Through team sports, qualities such as communication culture, solidarity, and social activity are developed among female students.

Organizing sports clubs, competitions, health-improving events, and mass sports festivals at higher education institutions helps widely involve female students in physical activity. The combination of national and modern sports further increases girls' interest in sports.

The Role of Sports Activities in Forming a Healthy Lifestyle

Sports are an integral part of a healthy lifestyle in the lives of female students. Through sports activities, positive qualities such as discipline, responsibility, willpower, and determination are formed. These qualities help them succeed not only in sports activities but also in the educational process.

Regular participation in sports helps form important elements of a healthy lifestyle among female students, such as healthy nutrition, giving up harmful habits, and following a daily routine. In particular, sports such as fitness, gymnastics, athletics, and swimming are widespread among girls and contribute to increasing their physical activity.

The Impact of Physical Education and Sports on Psychological Well-Being

Physical education and sports also have a positive effect on the mental health of female students. Sports activities reduce stress, mental tension, and fatigue, and improve mood. As a result of physical activity, endorphin hormones are produced in the body, creating a positive emotional state.

Team sports increase social activity among female students, develop communication culture, and form teamwork skills. This is an important factor in their personal development.

Promotion of Sports and Organizational Activities in Higher Education Institutions

The regular organization of sports clubs, competitions, spartakiads, and health-improving events at higher education institutions plays an important role in widely involving female students in sports. Developing modern sports disciplines alongside national sports further increases girls' interest.

In addition, organizing physical education classes based on modern pedagogical technologies, applying an individual approach, and effectively using health-improving exercises contribute to improving the quality of education.

Conclusion

In conclusion, physical education and sports have significant social and pedagogical importance in widely promoting a healthy lifestyle among female students at higher education institutions. Physical education and sports serve to strengthen the physical health of female students, ensure psychological stability, and form socially active and well-rounded individuals. Therefore, developing and popularizing sports activities in higher education institutions is considered one of the most pressing tasks today.

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