

MOTIVATION OF STUDENTS TO DO SPORTS AS PART OF PHYSICAL EDUCATION CLASSES

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Abstract:

This article discusses the methods of motivating students to play sports as part of training. The purpose of this article is to show students the importance of motivation and sports in their lives, and how much motivation is important for sports.

Keywords: sports; physical education; motivation; student.

From the moment of birth, people are subject to physical stress, and such stress is an integral part of our life. Slightly less than half of our body (40%) consists of muscles that every day support you and me in our daily routine. The concept of things, body balance control, breathing, head turns, etc. all this is done thanks to muscle mass.

Since ancient times, people have adapted to high loads, hunting, construction, agriculture, etc. But in the age of technology, sport, unfortunately, has faded into the background, because now the main thing is knowledge, not a well-developed body. Many routine tasks, such as raising large beams in construction, plowing vast areas of land, etc., fell into the hands of technology, people's lives have become easier and better, but still many lack physical exertion. Due to the lack of stress, people have health problems: the functioning of organs and systems deteriorates, the motor apparatus loses its functions, the body becomes decrepit, weakened and becomes more vulnerable to diseases.

Sport, like body training, is necessary for people, because it is not only a “pumping” of the body, but also emotional unloading, and as you know: a good body condition affects the functioning of the brain. No wonder they say: “The body is our temple.” Training helps us improve many of our life metrics.

Relevance. Health in our life plays a too big role, and if you do not monitor your health from the early years of our lives, you can pay bitterly. This article encourages you to start monitoring your health, and the sooner the better.

In all educational institutions, sport is an integral part, and is included in the curriculum of students. When training activities cannot put training in the background. Simply put, the brain is physically in the body. And if the body is decrepit or sick, then how, in this case, can the brain be healthy, as an integral part of the body? The answer suggests itself. However, it is important not to go to extremes. Therefore, for good learning, students need physical activity.

Nevertheless, academic institutions put education much higher than physical education classes, because educational organizations are needed for this. Nothing can be done with this, students should give all their best in the classroom, and also go in for sports in their free time.

“Physical culture” as a subject in institutions of higher professional education should perform: educational, social, developmental and educational functions.

The implementation of these functions occurs through the solution of some problems:

- Gain experience in the creative use of physical culture and sports to achieve life and professional goals.
- providing general and professionally-applied physical fitness that determines the psychophysical readiness of students for their future profession;
- the formation of a motivational-value attitude of students to physical education, installation on a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;
- mastery of the scientific and practical foundations of a healthy lifestyle and physical education;
- mastery of the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities and personal qualities, self-determination in physical culture;

➤ the formation of students' understanding of the role of physical culture in personality development and preparation for professional activity; personal development and preparation for professional activities;

Motivation is an impulse to a certain action; that is, the psychophysiological process that controls human behavior, sets the direction of activity, the organization of its further actions, stability and activity; as well as the ability of a person to satisfy his needs through his actions.

It is quite difficult to imagine today's world without motivation. Every day people try to make their life better, and every day these tasks become more and more difficult, but what controls them in these aspirations? Each person has their own motivation for a particular business. So what should happen in a person's life in order to receive a push in the form of motivation?

As the leading Soviet psychologist A. Leontiev wrote: "Motive is an objectified need", that is, a person relies on motivation to satisfy his needs, for example, a person is very thirsty (need), he has a desire to satisfy this thirst (goal) , and he reaches for a water bottle (motive). With the help of motive and motivation, a person develops, in addition to everyday things (eating, drinking, going to the toilet, personal hygiene), people are still keen on deeper things (work, art, science), and all this is the merit of motivation - the thing without which there was no would the world be in its manifestation today.

Vanity is an integral part of student life. Studying, part-time, personal affairs, all this consumes a significant amount of time from the life of the student. It is very difficult to find at least an hour in your free time in order to devote time to sports, and then physical education classes come to the rescue. Time allocated for self-development in the field of sports, which is mandatory included in the curriculum. But because of great worries, students do not pay due attention to their own health, what about sports. Every day, students suffer from overwork due to study or personal matters, and fatigue does not allow them to think about training.

So how do you show students the importance of physical activity? To answer this question you need to delve into the problem itself. Many scientists have identified 3 groups of causes

of these problems: reasons of an organizational nature, methodological nature and personality. Basically, the methodological nature is the problem of the mismatch of physical capabilities with the proposed workloads, the personal nature makes it possible to see that the level of one's physical fitness is quite low, and on the organizational side, this is a lack of interest groups. There are also many factors that play an active part in physical culture and sports in everyday life: the orientation of the educational process, the content of classes, the availability of material sports facilities, the level of requirements for physical condition, the teacher, the frequency of classes, their duration and atmosphere. You can also note the students' desires: just pass the session or increase the level of health and physical development.

It is not for nothing that it is believed that the attitude of young people to physical education is one of the pressing socio-pedagogical problems. A lot of scientific articles have already been written, and no less research has been conducted that shows that physical culture and sports activities did not take root among students as an urgent need and did not turn into personal interest.

In order to direct young people to sports, a careful approach is needed. At the very least, good pedagogical conditions are needed that contribute to the transfer of the value potential of consciousness of students to a higher, civilized level, as well as the formation of positive motivation among young people, which will affect the physical culture of consciousness.

It is difficult for students to motivate themselves to sport under the enormous burden of their responsibilities. To do this, they need a high-quality teacher, a modern education system, made certain requirements for the selection of staff for the position of teacher: he must form subjective-personal, as well as value-based attitudes to the subject being taught. The teacher needs to have a sufficiently large set of personal qualities that complement the ability to teach physical exercises through the formation of an internal position of confidence in the need for a healthy lifestyle. In this regard, the problem of physical education goes into the plane of scientific substantiation, formation and development of qualitatively new, more subtle and flexible relations of communication between student and teacher.

Quite cruel requirements, but under the guidance of such a mentor, it will be easier for students to understand for themselves the importance of this discipline. It is necessary to use a differentiated and individual approach to the physical abilities and preparedness of students based on the following types of motives:

Wellness motives - the strongest motivation of students to exercise is to improve their health. In the end, everyone gets a little happier when they feel good.

Motive and activity motives - the implementation of mental activity leads to a decrease in the percentage of perception of information. Performing special physical exercises for the muscles of the whole body and visual apparatus significantly increases the effectiveness of recovery than passive rest and the pleasure of the process of physical exercises.

Competitively competitive motives - This type of motivation is based on a person's desire to be the best among friends, and because of this, the desire to beat himself in sports will increase.

Aesthetic motives - the motivation of students is to improve the appearance and impression made on others.

Psychologically significant motives - sport significantly affects the mental state of young people. Certain types of exercise are a means of neutralizing negative emotions in a person.

Educational motives - physical education classes develop in the person the skills of self-control and self-training.

Communicative motives - it is easier for people who are in the same community and are engaged in the same business to find a common language.

Cognitively developing motives are a motivation that is closely related to a person's desire to know his body, his abilities, and then improve them with the help of physical culture and sports.

Creative motives - physical culture and sports provide great opportunities for the development and maturation of students' creative personality.

Professionally-oriented motives - a group of this motivation is associated with professionally-oriented students, in order to increase their level of preparation for future work.

Administrative motives - physical education classes are mandatory in educational institutions. To obtain control results, a system of credits was introduced, one of which was on the subject of "Physical Culture".

Cultural motives - this motivation is acquired from the younger generation under the influence of the media, society, social institutions, in the process of forming the individual's need for physical exercises.

Conclusion. Nowadays, the physical well-being of mankind is at a rather low level, every year our life is simplified, manual labor is replaced by robotization. Man gets less and less physical exertion, but at the same time the amount of mental effort is growing. For all the time of its existence, mankind has become accustomed to the struggle for life; nowadays, it has more and more begun to be "lazy", relying on the brainchild of the industrial revolution. Although recently people nevertheless came to understand that physical culture is necessary in our life. But in any case, you need to educate all age categories in the field of physical education and sports, because many have an inferior knowledge base in this area, and not a full awareness of the need for exercise for their health.

We need to seriously pay attention to the problem of physical education of children and youth, because these are 2 age categories that will represent the entire human race, which will transmit the knowledge gained over their entire lives to future generations. And knowledge of a healthy lifestyle is one of the most important for all of us.

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