



## THE IMPORTANCE OF PHYSICAL EDUCATION IN THE DEVELOPMENT OF WOMEN'S HEALTH IN UZBEKISTAN

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### Annotation

The article gives information about modern culturally developing girls who achieve good results in sports, the growth of physical education among women, clubs organized in many sports, Uzbek girls in sports schools in the central sections and information on the conditions given to them.

**Keywords:** sports, physical education, sports course, sports facilities, individual wrestling, women's sports

The desires and efforts of Uzbek women to dress, adorn themselves were not inferior to those of other nations in ancient times. The national culture of modern women, especially the wearing of national modern clothes, expensive ornaments, the practical activities of the culture of life in all spheres, is no less but superior to the culture of women in European and Asian countries. One of the most glorious traditions of the Uzbek people is circumcision, marriage and grooming. In order to hold such a multifaceted and comprehensive cultural event, every parent gathers for a lifetime and spends what they earn for the happiness of their children.

It is no exaggeration to say that these habits are rare in many parts of the world. On this way, Uzbek women's honor, spiritual and administrative activities in the neighborhood, and humanitarian work in charity are being carried out. This activity is considered the most glorious and priority culture among women in the world. However, these activities do not eliminate the most important issues that remain in the shadows. That is to say, most of the women, even young brides care less about their health in order to bring up more children. More and more women are forgetting or not knowing at all about physical and active activities in order to earn money for weddings and other activities, to accumulate wealth and to wear extravagant jewelry.

Women's activities and their modern culture are constantly reflected in the media, on television and art and in the huge sports facilities. It should be noted that more than half



of the young people studying in secondary schools, academic lyceums, vocational schools, various secondary special and higher education institutions are women. 75-80% of them are local representatives of the nation. This is a very gratifying fact and reality. But there are also many physically weak, sick and congenitally disabled people. 50-60% of regular participants in physical education classes are not able to do the requirements of the program in time or do not fully implement them later. Regular participation in sports clubs organized in all types of educational institutions does not exceed 5-10% of the total number of girls.

The regretting thing is that Uzbek girls are hardly participated to take "physical education" classes, clubs and sports competitions, especially in rural areas, that is to say, they participate only to get a "satisfactory" grade. This is the result of a lack of familiarity with the educational processes of physical education and sports, such as health, physical development and exercise. One of the reasons for this situation is parental pressure and the fact that adult girls are embarrassed to wear sportswear in front of boys. But it is being tested in practice that modern culturally developing girls do not pay much attention to such situations. They are doing well in sports. In this regard, it is enough to imagine Uzbek girls who are engaged in wrestling, swimming, gymnastics, athletics, especially in the Eastern individual wrestling clubs, sports in the central sections. Iroda Tulaganova (tennis), Saida (swimming), Yulduz Khamrakulova (chess) and other talented female athletes are known not only in our country or Central Asia, but also in Asia and the world.

Future specialists studying at the current colleges of Olympic deputies, sports schools, the faculties of physical education should try to follow to the above-named people. In addition, Uzbek girls studying in all types of professional colleges, academic lyceums and higher education institutions should regularly engage in physical culture and sports, learn how to keep good health for life.

The President and the Government have carried out a number of radical reforms during the years of independence of Uzbekistan. In their content, goals and responsibilities, the role of women in the development of society, especially measures to improve the health of mothers and children, plays an important role. Mothers are responsibility for bringing up the younger generation in a healthy way. It requires comprehensive measures to protect the health of mothers and children and provide social, financial assistance and ensure a healthy lifestyle. On this basis, observing is not inferior to European, American and Japanese women in the harmony of modern pop songs and dances. It is an example of the elegant gifts that independence entrusts. Because in the world, the socio-cultural art of young people is developing and they are spreading to all regions, including the Uzbek land, as fast and as wide as the rays of the sun. Tournaments and championships



in various sports among young people in Asia, Europe, America and around the world also attract the youth of our country. Among them, Uzbek girls are actively involved and make a significant contribution to the glory of Uzbekistan.

The holding of the World Championship in Uzbek wrestling encourages Uzbek girls to use their opportunities and conditions in this field. The program of development of children's sports pays special attention to the involvement of local women in sports and the selection of talented young people. Because sports play an important role in the development of our great future. One of the most important problem in this regard is the training of Uzbek girls as mature and skilled spotters, as well as their mobilization in the world sports competitions and the Olympics. There are also problems with the promotion of women's sports in all types of educational institutions, especially in rural areas and in order to solve them, it will be necessary to equip the most modern sports grounds, gyms, water reservoirs with the necessary equipment, increase the number of fitness sports centers, provide them with exercise equipment and various technical means.

All existing foundations, sports organizations, ministries and sponsors will have to work closely with the sponsors.

There are complicated problems in the physical education of women in the country, especially in the involvement of indigenous women in sports. All political, social, economic and cultural measures aimed at strengthening the independence of Uzbekistan and developing its prospects are aimed at a specific goal. At the same time keeping the peace of the population. increasing the material and spiritual wealth, improving their health, creating good conditions for future generations is the most important problem. The study of these issues, research, implementation of best practices are the main goals and fundamental tasks.

According to the study, indigenous girls engaged in physical culture and sports in the country make up less than one-tenth of the total number of women engaged in physical culture and sports. Upbringing is a place and a factor in the development of a person on the basis of family, school, external environment and other circles In the laws of natural and social development. The most important of these is motherhood. Being a mother is a great goal and courage. To achieve this, expectant mothers must first be healthy.

It should be noted that according to official sources, the media recently reported that medically incapacitated and the disabled are increasing by environmental degradation, inactivity, poor education, poor nutrition, leisure, and a number of other reasons. Also, most children have frequent colds and hypersensitivity from an early age. The main reasons for this are the weakness of mothers, their illness, the low level of culture of life due to objective-subjective reasons. So, it is the duty of our people, as well as our



independent state, to strengthen the health of local young women, to provide them with ways and factors to stay healthy.

Our past generations have left a great historical, cultural and spiritual wealth. It is in this country that women like Oybarchin and Tomaris are warriors. Our future generation should tell the world that Uzbekistan is a great country. This requires the birth of healthy children, healthy mothers who have a positive impact on their physical development. Life experiences show that the vast majority of women are only eager to dress well and to be beautiful. Along the way, they are sometimes willing to eat less, save, and work harder. But most of them are physically weak. Women who don't complain anywhere are almost non-existent. They don't even pay attention when it's recommended to exercise to stay healthy and refreshed. In some conversations, official questionnaires (questionnaires) young women and girls sweeping the yard, housework, field work can be a firm conclusion. According to the experience of experts and scientists, exercise provides movement of all joints, bones and muscles of a person. It is known that joints need to be in constant motion. The spine of those who sit, work, sweep the yard or work should always be in motion.

The vertebrae (joints) of those who sit, work, or sweep the yard are bent and the gaps between the joints are opened. If these conditions are repeated for a long time and often the unclean substances in the intervertebral spaces, the muscles grow and fill the gaps. As a result, the posture of the body may change, bending, twisting, and even pain. In low-activity drinkers, respiration decreases, and the pulse rate decreases. As a result, there are negative changes in the human body, that is to say, there are drastic changes in the processes of digestion and metabolism.

It is important to further expand the training of local women specialists in preschool institutions, schools, vocational colleges and universities, as well as manufacturing enterprises, as well as in the organization of various health activities in the community. To do this, it is necessary to increase the number of admissions to the faculties of physical education in higher educational institutions, pedagogical colleges. It is necessary to organize special seminars and courses for women in sports societies, sports clubs, physical culture teams in training and production. In these ways, it will be possible to go a long way in ensuring a healthy motherhood.

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