

**THE INFLUENCE OF PHYSICAL CULTURE AND SPORT ON THE PSYCHOLOGICAL STATE OF A  
HUMAN**

Shukurov Akmaljon Khudoykulovich  
shukurov79@gmail.com

Zakhritdinov Alimardon Tajiddinovich  
alimarodza1985@gmail.com

Karabaev Khusan Norkulovich  
Physical Culture Teachers, Gulistan State University, Uzbekistan  
xusankarabayev3@gmail.com

**Annotation:**

It can be concluded that the task of popularizing a healthy lifestyle for future specialists of various professional profiles is complex and multicomponent. Its solution lies in the optimization of educational, circle and optional activities of the entire educational institution with the involvement of not only specialists in physical culture and sports and teachers of academic disciplines, but also psychologists, security specialists on the scale of not only the educational institution, but also the city, as well as the creation of a massive facts - advocacy campaign using a wide range of different means. The article analyzes the influence of physical education on the human psyche.

**Keywords:** *psyche, physical culture, impacts, sport, psychological effect, humans, general well-being.*

Partially, but systematically, this problem can be solved by physical education classes held in an educational institution, in addition, independent walks after classes, which should also be systematic. In this regard, educational institutions should dynamically, comprehensively popularize mass physical culture and sports with the help of full-time and invited teachers of physical culture, coaches, as well as with the help of teachers of academic disciplines (by properly organizing classes, preventing premature fatigue, etc.).

All this should be included in the training system and be an integral part of it. It should be noted that educational institutions, being educational, intellectual, cultural centers, play a significant role in shaping the health of participants in the educational process, in teaching healthy lifestyle skills and fostering spirituality as one of the aspects of a healthy lifestyle, in increasing the labor potential of society as a whole. We all know the positive impact of exercise on human health. Physical activity contributes to weight loss, normalization of pulse and pressure, is the first condition for the health, strength, endurance of a person whose correct physique is harmoniously combined with developed muscles. Physical exercise strengthens bones, ligaments, muscles, which become stronger, more resistant to stress and injury.

The impact of exercise on the psyche is much less talked about, but many studies have established a link between regular exercise and mental health. Exercise has a positive psychological impact, especially for people suffering from depression and anxiety.

Physical education has a beneficial effect on the psyche. Activation of blood circulation and deeper breathing contribute to a better supply of blood and oxygen to the brain. It also enhances a person's ability to focus. Movement gradually relieves nervous tension. As a result, we experience joy: nothing hurts us, there are no ailments, all organs function normally. This feeling of joy, in turn, creates a good mood.

The hormone responsible for good mood and well-being is called beta-endorphin. It was found that after running, the level of this hormone in the blood increases significantly: after 10 minutes - by 42%, and after 20 minutes - already by 110%. It is assumed that prolonged physical activity aimed at developing endurance increases the level of beta-endorphin to a greater extent than short-term one. Beta-endorphin has a strong euphoric effect - it helps to get out of depression and gain peace of mind. However, it cannot be said that physical education and sports are a panacea for all diseases. They provide a healthy person with the opportunity to always be healthy and vigorous. This is a real goal for which no effort should be spared.

Dosed loads even out blood sugar levels and eliminate chronic muscle strain, which is typical for constantly nervous people. Such physical activity allows you to keep the level of stress under control, since sport helps to release the accumulated aggression not on loved ones and with a scandal, but outside and with benefit. During sports, the body produces endorphins - natural antidepressants. Endorphins (chemical compounds similar in structure to opiates that are naturally produced in the neurons of the brain) make a person feel euphoric, for this reason endorphins are often called "hormones of happiness" or "hormones of joy." Physical activity causes an active flow of oxygen to all organs of the body, including the brain. It helps to reduce the symptoms of many mental anxieties such as despondency, depression, stress, insomnia.

In a period of stress and despondency, people tend to isolate themselves from the outside world. However, during this period it is very important to find an "outlet" and playing sports in this situation is just right. There are many factors, objective and subjective: expanding the circle of contacts, the emergence of new interests, knowledge and goals, a change of scenery and switching from depressing thoughts, getting rid of aggression, anger and other destructive emotions. As you know, health is a state of complete physical, mental and social well-being, and not just the absence of disease or physical infirmity.

It is important to note that all components of health are interconnected and a violation in one of the components leads to violations in the other. Thus, serious health problems lead to changes in psychological health, emotional state, relationships with others, and changes in the system of values. In this case, they talk about the connection of the psyche. Regular exercise also has an undeniable effect on the prevention of the development of psychosomatic diseases. The influence of sports extends not only to physiological and psychological health, but is also one of the factors that shape the character and contribute to the formation of a full-fledged personality. Self-confidence, emotional stability, purposefulness - these are the qualities that every person wants to develop in himself and which sport helps to develop. Even amateur-level workouts can affect our condition, character and personality.

Of course, a lot depends on the type of sport and the characteristics of the training that were chosen. It's one thing - professional training and preparation for competitions, and quite another - exercises for pleasure and maintaining tone. Professional athletes, for the most part, are experiencing a kind of "breaking" of the personality. From an early age, they get used to strict restrictions in diet and lifestyle.

The main thing for them is the motivation to achieve success. These people are like an arrow, steadily flying forward. Only an unbending desire to win helps them achieve truly significant results.

As for ordinary people, things are a little different here. First of all, the changes are much softer and slower. To accustom yourself to regular visits to the pool or gym, a person must set a clear goal that will help him overcome laziness. This means that already at the very beginning of training, an amateur athlete becomes more purposeful and collected. He has to learn discipline in order to “squeeze” regular training into his usual schedule.

Further, during classes, any person learns to overcome both physical weaknesses and psychological problems. For example, boxing classes gradually relieve the fear of punches, and acrobatic classes relieve the fear of falling from a height.

**In conclusion**, sport develops the speed of decision-making. This is clearly seen in any team games, as well as in extreme training. By the way, such classes help to remove painful shyness, help to learn how to quickly navigate in a communication situation. As a result, self-esteem rises, and a person begins to feel much better and calmer. It is known that physical activity affects biochemical processes. Metabolism changes, especially the hormonal sphere. That is why after a workout one feels pleasant fatigue, calmness, and heavy thoughts and a depressive state go away.

#### **REFERENCES:**

1. Barasheva N.V., Vinogradov P.A., Zholdak V.I. Physical culture and healthy lifestyle: Textbook. Samara: SIPKRO, 1997.
2. Sharapov A.A. Competences in the field of a healthy lifestyle in the system of training bachelors of pedagogical education in life safety / A.A. Sharapov // Young scientist, 2016. No. 6.1.
3. The impact of sports on the psychological health and personality of a person. [Electronic resource]. Access mode: [http://stcmp.ru/stati/vlianie\\_sporta\\_na\\_psixologicheskoe\\_zdorove\\_i\\_lichnost\\_cheloveka/](http://stcmp.ru/stati/vlianie_sporta_na_psixologicheskoe_zdorove_i_lichnost_cheloveka/) (date of access: 12/22/2021).
4. Ilyin E.P. Sports psychology. SPb., 2010. 43.p
5. Begidova T. P. Theory and organization of adaptive physical culture. Moscow: Yurayt, 2019. 192 .p