

## THE ROLE OF SPORT IN PEOPLE'S HEALTH

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**Annotation.** This article deals with the role of sport in people's health. Physical activity refers to all movement, including sports, cycling, wheeling, walking, active recreation and play. It can be done at any level of skill and for enjoyment by everybody.

**Keywords:** healthy food, diet, regular exercise, skill, obesity.

### INTRODUCTION.

Regular physical activity helps prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. Yet, much of the world is becoming less active. As countries develop economically, levels of inactivity increase. In some countries, these levels can be as high as 70%, due to changing transport patterns, increased use of technology, cultural values and urbanization.

Working in partnerships, WHO supports countries to implement a whole-of-community approach to increase levels of physical activity in people of all ages and abilities. Global, regional and national coordination and capacity will be strengthened to respond to needs for technical support, innovation and guidance.

The goal of the WHO Global action plan on physical activity is to reduce physical inactivity by 15% by 2030.

### METHODS.

A healthy diet plays a vital part in helping people enjoy sports. At the same time, sporting venues and institutions can be powerful venues for promoting health diet options to sports enthusiasts and spectators alike.

Following a healthy diet throughout our lives helps prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions.

But increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in diets. People now consume more foods high in energy, fats, free sugars and salt, and many people do not eat enough fruit, vegetables and other fibre such as whole grains.

### RESULTS.

WHO works on several priority areas when it comes to healthy food and sports. These include:

- Ensuring healthy and safe food is served or sold in public settings. This includes setting standards for food in schools, communities, sports stadia or other public settings.
- Creating healthy food environments, including by promoting restrictions on marketing on unhealthy food directed to children.
- Facilitating healthier consumer choices, by promoting, or nudging, healthy options in areas where food is served, front-of-pack nutrition labelling, taxes and subsidies.
- Driving a healthier food supply by eliminating trans fat and reducing salt or sugar content in the foods we are sold and offered.
- Supporting sound classification of healthy and unhealthy food through Nutrient Profile Models to classify foods based on nutrient content.

Sports is exercise/physical activity with a purpose to overcome adversities and win. Playing sports helps release pressure and tension in a healthy and controlled way. Sports improves sleep patterns and levels of anxiety. Sports develops motor skills and mind/body connection.

Sports is a learning experience. Of all who take up sports only one may eventually become a champion, but definitely all will be winners. Sports has helped me and the principles of sports continue to help me through difficult times.

Sports help students study better, improves concentration, problem solving, memory. Sports teaches one to develop the following:

1. Team spirit: Working towards a common goal as a member of a team, selflessly, personal interests notwithstanding.
2. Leadership skills: Lead different people from all walks of life towards a common goal/objective. A good leader is one who leads others on to leadership.
3. Fairplay: Though winning is important, losing is not a disgrace. Being generous and graceful in victory as well as defeat. Have respect for the vanquished.
4. Never give up: Sports teaches you to never give up. 'Success is just round the bend', being persistent, nothing is impossible. You never know how close you are to success when you give up.
5. Great leveller: Sport is a great leveller - you lose 1-day only to bounce back the next. No loss is permanent. Even a loss teaches you how not to do something, or how it could be done better. No setback is permanent, never should one lose hope.
6. Focus: Sport teaches you to focus on the present. Past is irrelevant, and future, who knows?
7. Strengths and abilities: Sport teaches you to focus on your strengths and abilities, not on your opponents' strengths and capabilities.
8. Process and result: Sport teaches you that the process is more important than the result. If the process is right, success will soon ensue. According to Basketball Coach John Wooden:
  - a. Success is peace of mind, which is a direct result of self- satisfaction in knowing you did your best to become the best that you are capable of becoming.
9. Planning: Sport teaches you to plan ahead, see through the consequences of your act. You need to quickly assess the situation, adjust, adapt and act accordingly. Being flexible and not carry a fixed mindset.
10. Earnestness and sincerity: Sport teaches you not to take any situation lightly or display casualness, and that every situation should be handled with earnestness and sincerity.
11. Observation and analysis: Sports improves your observatory powers and analytical skills.

## DISCUSSIONS.

This section includes important aspects of psychology in sports which I shall present as points:

1. Positive attitude: It is often said a game is won or lost in the locker room before the start of the match. Having a positive attitude goes a long way in determining the eventual outcome of the game between closely matched participants.
2. Respect for the opponent is necessary but do not let this overwhelm you. Respecting their abilities, giving your best always, and no casualness in approach even when comfortably placed. Remember on a given day anything and everything is possible.
3. 'Killer instinct' is necessary at all times (within the framework of fairplay). By this, you are giving due respect to your opponent and acknowledging the fact that he/she is as good as you, and the slightest slackness shown by you will allow your opponent to claw back and the outcome of the game may easily be reversed.
4. Never give up attitude: As mentioned in section above, however hopeless the situation may seem, success is just around the corner. No match is won till the last ball is bowled. Play to your strength, give it your best, enjoy the game, you have nothing to lose. Loss is not the end, there is no shame, disrespect, humiliation, provided you have given your best.
5. Fear of losing will increase your anxiety and cause distress and hence leading to poor performance and undesirable results.
6. Use stress as a motivating factor to raise your performance to optimum levels especially in crucial/crunch games.
7. Never bother about consequences, give it your best shot always, enjoy the game.
8. Always have a positive body language.

Playing sports or engaging in extracurricular activities play an important part in one's character/personality development. One develops management skills, negotiation skills, communication skills, convincing skills, conflict management and confidence.

1. Sports in psychology and life helps develop team spirit, leadership skills, fairplay, never give up attitude and focus. It is a great leveller, helps us know our strengths and abilities, understand process and result, the value of planning, earnestness and sincerity, observation and analysis.

Psychology in sports helps develop a positive attitude, respect for the opponent, killer instinct, and a never give up attitude. Fear of losing adds to stress while stress should be used as a motivating factor. Sports help develop the attitude of never being unduly bothered about consequences; it also helps develop a positive body language.

Sports have an immense impact on a person's daily life and health. They do not just give you an interesting routine but also a healthy body. Getting indulged in physical activities like sports improves your heart function, reduces the risks of diabetes, controls blood sugar, and lowers tension and stress levels. It also brings positive energy, discipline, and other commendable qualities to your life. Playing sports strengthens your body and also improves your muscle memory and muscle coordination. Primary health care doctors recommend taking part in sports on a regular basis. There are countless benefits of sports; some of them are here for you.

### 1. Weight Control

The problem of obesity is faced by millions across the globe. Being obese increases the risks of hypertension and heart diseases. One of the best ways to get rid of obesity is by indulging in sports. Physical activity helps you control your weight. Most sports are intense physical activities that burn extra calories quickly and efficiently. Taking part in sports is a great way to burn away all that extra weight and get the ideal body shape. Playing sports, while managing a proper diet plan, can prove to be far more efficient than anything else. Obesity is caused by the extra fat present in your body. This body fat can be burned by working out. The only problem is that working out feels like a chore and more tiring. On the other hand, sports are fun. You keep playing even after getting tired because you enjoy it.

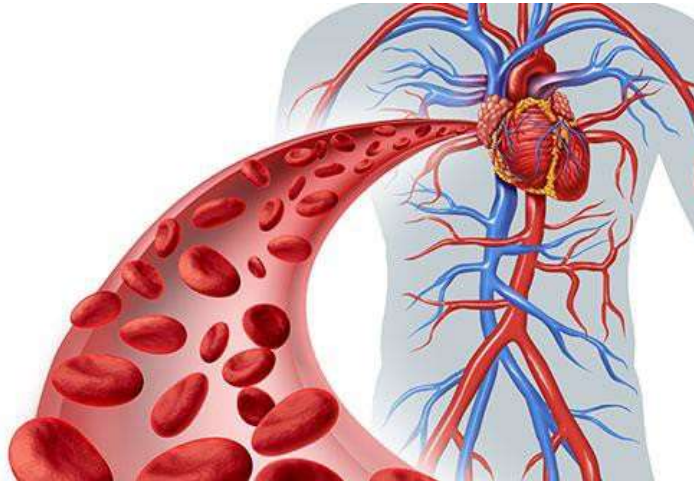
### 2. Lower Hypertension

Hypertension or high blood pressure is a major health risk for people from all sides of the world. Hypertension can cause a stroke or other health diseases. Regular physical activity and exercise help you keep your blood pressure normal. Sports provide you with all the stretching, running, and exercise that you need. Thus, taking part in sports can be a great way to tackle high blood pressure. Most health experts and doctors recommend people suffering from hypertension take regular exercise. Sports are the best form of physical workout that's both interesting and thrilling. People who take part in sports regularly are found to maintain normal blood pressure as compared to those who do not.

### 3. Lower Cholesterol Levels

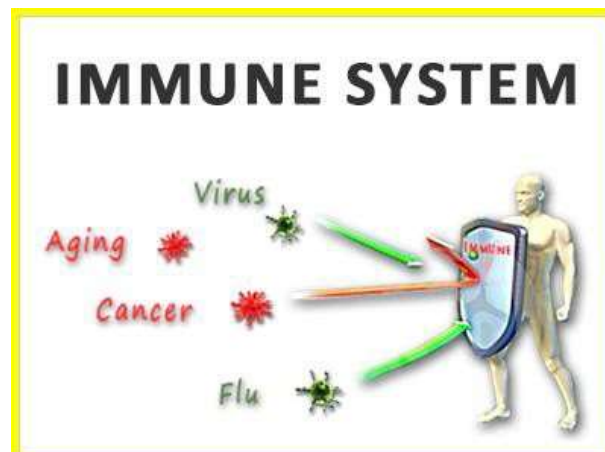
Playing sports helps you control your cholesterol level. Exercise helps you maintain a lower cholesterol level. According to multiple types of researches, it was proved that people with high physical activity had lower cholesterol levels as compared to those who maintain a sedentary lifestyle. Physical activity is very important for maintaining a low cholesterol level. Top athletes like Cristiano Ronaldo and others are found to have astonishingly low cholesterol levels even after thirty years of age.

### 4. Better Blood Circulation



Blood circulation begins to improve as you play sports. By running or taking part in other physical activities the body remains well-oxygenated. Thus, you stay more healthy and active. Being active might also increase hemoglobin count and blood volume. When you play, your heart starts to pump faster and an extra load is put on your heart muscles. This extra load strengthens your heart muscles which improves the overall flow of blood. Regular aerobic exercise increases the capillary density of working muscles in a healthy way. Aerobics also increases the mitochondrial count in the fibers of working muscles. Your heart starts to function better, resulting in a better heart pumping rate. The overall result is that you can exercise harder under less stress.

### 5. Stronger immunity



Yes! You read it right. Regular exercise also strengthens your immune system. Your body becomes immune to many diseases. Exercise increases the rate of flow of white blood cells significantly. As you sweat while playing sports, toxins are removed from your body. The rise in body temperature also lowers the chances of bacterial growth.

## 6. Muscle training.



Sports are the best way to have a proper muscle workout. It is fun to play and does not feel like a chore. At the same time, they give you strong and toned muscles. This is only possible if you continue to play active sports like soccer, football, tennis, and baseball regularly. By engaging in sports you tone your muscles and train them for working together. It is known as neuromuscular programming. As you play your muscles become stronger and stronger. By playing sports you gain lean muscle mass and burn fat at the same time. If you want a perfectly lean body with shredded six-packs and muscles, this field might prove to be more helpful than the gym. For gaining such muscles you must prefer sports that involve the movement of most of your muscle groups. The physique of top athletes is an inspiration for all of us.

### CONCLUSION.

Sports bring a positive attitude to your life. They make your mind sharper and stronger. Sports are fun to play and they refresh your mind. Being good at sports makes you feel good and accomplished and boosts your self-esteem. Playing team sports also boosts your strategy-making ability. Through sports, you learn to make decisions quickly and instinctively. This quick decision-making ability is of high use in everyday life. Sports also teach you to stay calm and think with a cool mind. They teach you to make decisions in high-stress situations without panicking or getting hyper.

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