

**THE IMPORTANCE OF PHYSICAL EDUCATION IN THE FORMATION
OF PSYCHOLOGICAL HEALTH OF A PERSON**

Tojimamatov Jamshidbek Iqboljon O'g'li

3rd year student of the Faculty of Pedagogy and Psychology,

Fergana State University

Egamberdiyev Oyatillokh Alisher o'g'li

3rd year student of the Faculty of Pedagogy and Psychology,

Fergana State University

Annotation: The formation of a healthy lifestyle in our society, the creation of conditions suitable to the modern requirements for the regular cultivation of morality, especially the younger generation with physical education and mass sports, the strengthening of confidence in the Will, strength and opportunities of the young people through sports competitions, courage and patriotism, the perfection of feelings of loyalty to, systematic organization of the work on selection of ICT athletes among young people is also carried out wide-scale work aimed at further development of physical education and mass sports. In this article, opinions and comments are made about the importance of physical education in the formation of psychological health of a person.

Keywords: personality, psychology, Sports, Physical Culture, Health, Development, mental and physical health.

Today, in all regions of our country, there are important and urgent tasks in terms of improving the system of targeted training and promoting the autonomy of mass sports in the life of Man and family, its promotion as the basis of physical and spiritual health, preservation of harmful habits of young people entering the life with great hope, creating the necessary conditions.

Physical education and sports are an integral part of people's culture, the basis of ensuring the physical and moral perfection of a foreign citizen of the country. The moral and moral education of the younger generation on the basis of national idea, without doubt, will strengthen and protect physical and mental health, form the foundations of a healthy lifestyle. In the process of educating the ideals of active life position, morality, goodness and humanity in young people, the use of Physical Culture and sports forms, methods and tools should be one of the main priorities.¹

Wide coverage of reforms in the sports sphere is being carried out in our country. In particular, a lot of attention is paid to children's sports, a catarrhal event and changes are carried out, sports facilities in all regions of our country are installed in the framework of modern requirements, they are equipped with modern sports equipment.² The conditions created on the basis of such characters lead to a change in the attitude to the sport in children. Now they are accustomed not only to engage in sports in their spare time, but also to engage in regular activities, realizing that sport is the basis of Health and splendor.

It is known to all that there will be no development, growth in the economy, in the social and spiritual spheres, in the state and society, without a professionally prepared, educated, spiritually and morally rich, physically healthy person. Therefore, the priority objective of the national program of training of personnel is to educate a competent person through the use of continuous system of education, interaction of social institutions, as well as purposeful rich pedagogical physical education and tremendous opportunities of sport. The achievements in the formation of a person in the process of physical education are determined according to how

¹ Kashbakhtiev I.A. Basics of valeology. Textbook for physical education faculties of the Institute of physical education and higher education institutions. The T., Leader Press. - 2005. – 252-p

² The measures for the further development of physical education and mass sports are in Tigris. The newspaper "national word" dated June 6, 2017 numbered 111 (6855).

successfully the special tasks of physical education are carried out, as well as how competently the opportunity in the development of a person in this process is used. The methodology of such educational work should include teachers and group leaders in science, teachers of vocational colleges and academic lyceums, teachers of higher educational institutions and other teachers.

Physical perfection characterizes the aspirations of the individual, legally considering the process of its development through the chosen sport or physical-cultural and sports activities, ensuring its holistic development as a dynamic circumstance. At the same time, according to its functional and socio-psychological characteristics, the opening and development of its individuality provides for the choice of means. Therefore, both physical perfection is considered to be the necessary and necessary element of the composition of its individual characteristics, and not so much as the quality of the mistress or lover of the newly growing specialist. Physical, cultural and sports activities of students are one of the effective ways of combining collective and personal interests, individual exterior with collective needs. It is its specialized core, which is the relationship that develops the physical and spiritual environment of the individual, enriches it with norms, ideals, personnel properties. In this case and in the process, it is observed that in the characteristics of the individual, social competence occurs, develops, and results in the exclusion of its natural internal forces.

The targeted feature of such activity is the fact that it is a powerful means of increasing the social activity of an individual. The physical culture of the individual manifests itself in three main directions. First, it determines the dignity of self-development, reflects the development orientation of the "self", based on the social and spiritual qualification of the individual, ensures creative "self-vision" aspiration, self-perfection.³ Second, physical culture is the basis of a new future specialist who

³ Kerimov F. A. Theory and methodology of sports wrestling. -T:npublishing house, 2007. – T: 326.p

organizes and initiates his activity, demonstrates creativity in the use of Physical Culture tools directed at his professional cocktail and subject. Therefore, physical culture is a reflection of a person's creativity, which is aimed at relations with others in the process of physical, cultural and sports, collective and professional activity, and at ensuring the development of skills and skills to work on himself, as well as enrich and strengthen his personal capacities. In this activity, the more Relations a person has with relatives, relatives and surrounding people, colleagues, the richer and richer the greater the area of attraction, which manifests itself in the inner-subjective world.

In conclusion, it is necessary to take into account all factors in the formation of a harmonious generation in our country and in carrying out extensive reforms. In particular, physical education and sports as one of the main factors in the further development of the youth's interest in sports acquires an important role.

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