



EXPERIMENTAL STUDY OF THE EFFECT OF HUMANIZATION OF STUDENTS' PHYSICAL EDUCATION ON THE SUCCESS OF EDUCATIONAL ACTIVITY

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ANNOTATION

In this article, Training of physical education and sports specialists in physical education and sports, learning and development of the physical, psychological and functional capabilities of the individual, development of the organism and formation of its common citizenship, formation of a spiritually rich person who can meet the demands and tasks of the time, Eastern and Western, European and Asian cultures healthy, high morale, who can appreciate the spiritual and material values of the nation, about what goals to set and what tasks should be carried out in order to optimally educate the next generation in the period of convergence such issues are disclosed.

KEYWORDS: *Physical education, Islamic culture, general culture, Islamic pedagogical justice, level of development of physical qualities, theory of physical improvement, universal principles, physical maturity, biological, moral.*

It is the duty of parents, teachers, schools, and all humanity to society to educate today's young generation as a well-rounded, intelligent, dignified, humble, civilized citizen. The ultimate goal of education is to educate a competent, comprehensively cultured person who can overcome political, economic and spiritual crises during the transition of society to market relations. Because if the issue of education is not prioritized, it will be an obstacle to the development of the state as much as possible. Training of physical education and sports specialists is carried out in accordance with state training standards for physical education and sports, learning and development of physical, psychological and functional capabilities of the individual, development of the organism and formation of its general citizenship.¹

Therefore, the problem of forming a spiritually rich person who can meet the demands and tasks of today's time is one of the urgent problems facing our troubled country today. Therefore, education is a social phenomenon, a universal business. The reason is that the future of the entire nation and state is in the hands of the young generation. In the era of convergence of Eastern and Western, European and Asian cultures, questions arise about what goals to set and what tasks to implement for the optimal upbringing of the next generation. In our opinion, the goal of educating the young generation is to bring up cultured people who are well-educated, healthy, highly spiritual, who can appreciate the spiritual and material values of the nation, and who can contribute to raising the value of the mother tongue.

- introduction of world and local cultural achievements into educational plans;
- creation of necessary conditions for education, development and professional training of a person on the basis of scientific achievements and national values;
- clearly defining the effective methods of education and upbringing of young people;
- drawing up educational plans for raising boys and girls according to gender characteristics;
- to conduct education for all generations in any field only on the basis of the mother tongue;
- creating the content of educational activities in accordance with national interests;

¹Golikova E.M. Pedagogical concept of sotsialnogo razvitiya studentsov v sisteme adaptivnogo fizicheskogo vospitaniya: dissertation ... doktor pedagogicheskikh nauk. - Orenburg, 2018. - 387 p.



- organization of all educational activities at the level of promotion of national culture. It is possible to raise every person to be an educated and conscientious citizen by thinking about problems and solving them effectively. Through the implementation of these tasks, i.e., national education, the national character of the entire Uzbek people is formed. The uniqueness of our national education comes from the demands of the socio-economic life of the people.

In general, we should understand the concept of "giving national education to young people" as the formation of good qualities in young people according to national characteristics. In other words, national education is to inculcate the best experience and good qualities that the people have collected and selected over the centuries into the mind of the young generation, to form the child's attitude to the environment, worldview, attitude to life, and correct behavior. In this regard, taking into account that the behavior, feelings, and thinking of the young generation depend on the socio-historical conditions in which they live, it is necessary to use reasonable methods in accordance with their consciousness, will, and creative abilities.

Physical qualities are the properties of an organism that provide movement. The main physical qualities of students are endurance, strength, agility and dexterity.

Endurance is the ability to perform work at a high level for a long time without reducing its effectiveness. Patience can be general or special. It is based on the physiological capabilities of the body. Stamina development tools include: sprinting, skiing, hurdles, swimming, sports and action games.

Strength is the ability to overcome external resistance or resist them due to muscular forces. Strength development is achieved through exercises that increase the strength level of the muscles through different pulls. For this purpose, physical exercises for weight lifting and transportation, strength training on gymnastic shells and simulators, individual weight training are used².

Agility is the ability to perform motor actions in the shortest possible time. The development of agility is achieved through physical exercises that require quick movement reactions and high speed of movement. For this purpose, various speed and strength exercises (short-distance running, jumping, turning, etc.), as well as exercises describing basic and dynamic changes in the situation (sports and action games, exercises over obstacles, etc.) are used.

Agility is the ability to coordinate actions, to coordinate them according to the purpose, to organize them as a whole, to direct the action taking into account the received action, or to reconnect them according to changing conditions.

Agility develops in two ways. The first is to systematically fill the student-youth experience with new forms of movement, and the second is to overcome coordination difficulties that arise in changing conditions. The first way is achieved in the process of learning new physical exercises, which requires the elimination of anomalies that occur in the initial stages of the formation of motor skills and coordination of movements. The second way is by introducing an unusual factor into routine physical activity that places additional demands on movement coordination. For this, physical exercises from gymnastics, hurdles, arm wrestling, sports and action games are used.

Physical education is interpreted here as a part of the culture of human society, which affects the personal development of a person and the knowledge of physical education. In the textbook "Theory and Methodology of Physical Education" for physical education institutes (edited by L.P. Metveev and A.D. Novikov), a whole chapter is devoted to the physical education of students.³

In the classes of sports and action games, agility, dexterity, general and fast endurance, spatial orientation, teamwork skills, stability, decision-making, initiative and resourcefulness, support of mental and physical activity, development of learning and struggle are aimed at suppressing emotional strength. Sports and action games are

²Volkova A.N. Pedagogical technology popularization olympiyskikh vidov sporta, ne polzuyushchixsya interesom u podrostkov: dissertation ... candidate pedagogicheskikh nauk. - Moscow, 2018. - 273 p.

³Theory and methodology of physical education: ucheb. for in-tov physics. Culture. T. 2 : Spetsializirovannye napravleniya i osobennosti osnovnykh vozrastnykh znev sistemy fizicheskogo vospitaniya / pod obshch. ed. L. P. Matveeva, A. D. Novikova. - 2-e izd., ispr. i dop. - M. : Fizkultura i sport, 1976. - 256 p.



organized in the open air and in gyms. Preparation and final parts of the lesson are held as part of the line, the main part - as part of the line or in units (teams). Gymnastics and athletics training focuses on the development of agility, strength and endurance, flexibility, spatial orientation, practical movement skills, courage and decision-making, personality and attractiveness.

Classes are held in gymnasiums and camps, sports halls or specially equipped buildings, educational complexes, as well as places. The preparatory section includes routine approaches and attention exercises, walking and running exercises, general development exercises performed in one place, a set of optional exercises, two-person exercises, as well as exercises to improve the "jumping" position, special and jumping exercises. In the preparatory section, general developmental exercises can be performed on a gymnastic wall, a gymnastic bench, a ball, a stick, or a dumbbell with or without music.

The main part of the lesson includes physical exercises on the bridge, beam (two wooden gymnastic apparatus with parallel supports), vaulting and vaulting and complex exercises, laundry, weightlifting, climbing, movement games and relays. Exercises using washing, physical exercises in gymnastic shells with the help of full and partial preparatory exercises, optional exercise complexes are taught in departments. Exercise in gymnastics is confirmed by their frequent repetition. Complex exercises are first broken down into parts and then perfected as a whole. To increase the physical load and intensity, gymnastic exercises with the participation of all students at the same time, in turns, rows, columns, with each other or in several streams, in pairs,

In this section of this research work, the purpose, tasks, content, and stages of experimental work to achieve the goals and tasks of our research are explained.

In order to increase the effectiveness of the process of humanizing physical education of students, we implemented the following procedures based on the studied scientific literature in order to test and implement a set of theoretical models and pedagogical conditions. developing a pilot program; - selection of specific methods and parameters for conducting experimental work and measuring the obtained data; - to determine the sample representative of the studied population; - conducting experimental studies in a small number of subjects; - carrying out stages of determining and forming experience; - quantitative and qualitative analysis of results; - description of received data and their interpretation; - determining the effectiveness of the experiment.

Based on its objectives, the experimental work process included three stages - the development of the research concept, its implementation, and the implementation of the findings. The idea of scientific research is an innovation introduced into theory and practice as a result of study, an idea about ways to achieve this goal. Within the framework of the formulated hypothesis, we introduce a set of pedagogical conditions, basic ideas, educational programs that ensure the effectiveness of the physical education process of students.

At this stage, we studied the object of research, identified the topic, defined goals and objectives, developed research problems.

In order to check the effectiveness of the set of pedagogical conditions and the model of humanization of physical education of students, we conducted a detailed experiment in several stages.

As criteria and indicators of the effectiveness of the experimental methodology, we put forward the following:

- the level of formation of students' knowledge (according to examples of mastering the humanistic nature of physical culture);
- the level of skills of applying health-giving methods, independent development of physical qualities;
- personal characteristics (level of physical education; changes in values and attitudes; health; intelligence; humanistic outlook).

The results of the identification stage showed that the traditional system of conducting physical culture classes is not effective enough. The degree of humanization of the process of physical education of students is clearly insufficient.



In order to increase the effectiveness of the studied process, an experimental program for humanizing the physical education of economic university students was developed and implemented, the basis of which was the technology of introducing a set of pedagogical conditions.

This technology is primarily aimed at changing the value-motivational sphere of the student's personality, forming a positive attitude to moral standards; changes in the field of self-regulation; for self-knowledge and self-improvement.

The development and implementation of experimental technology was carried out within the humanistic (phenomenological) paradigm, which considers teachers and students as equal subjects of the educational process.

The undoubted effectiveness of our work in achieving the goal was confirmed by the use of a 24-hour seminar "Humanistic content of physical culture" in experimental groups, the purpose of which was to develop students' ideas about the value of physical education and sports activities. The results of the formative stage of the experiment, obtained with sufficient reliability, confirm the correctness of the hypothesis put forward in the research: the effectiveness of the process of humanizing the physical education of students can be ensured by implementing and introducing a set of pedagogical conditions.

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