

SPORT - THE BASIS OF MENTAL AND PHYSICAL HEALTH HUMAN IN THE INFORMATION SOCIETY

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Abstract: *This article examines the attitude of people to the formation of a healthy image life. In the article, the phenomenon of a healthy lifestyle is presented as a specific form expedient human activity - activities aimed at preserving, strengthening and improving his health. Attention is focused on the side of physical activity and the desire to her choice of food and a responsible attitude to the formation of dietary habits. In the work also shows the possibilities for people in the field of physical activity. The positive influence from the outside on the attitude to a healthy lifestyle is considered.*

Keywords— healthy lifestyle, health, beauty, physical culture, activity, psycho-emotional action.

1. INTRODUCTION

The psycho-emotional state is the basis of vital activity for the functioning of the body. An adequate assessment of reality, interest in the world around, the ability to self-analysis and reflection, all this the foundation of mental health. We all know the expression: "All diseases are from the nerves." A modern man today is a resident of a post-industrial society, an age of informatization, megalopolises, mobility and stress. Scientists have long proven the close connection between the psyche and the physical state of a person. What can be a panacea for individual, the medicine that will preserve the human psyche as the basis of health? The answer lies in one word - this is sport in all its forms. Already in Ancient Greece, they understood the value of physical education and held the Olympic Games, which were the key to a healthy lifestyle. Sport is movement. And movement is life, and it is sport that makes our body become better both inside and outside. An active lifestyle improves blood circulation, strengthens the cardiovascular system, improves metabolism, strengthens the immune system, allows you to lose extra pounds and much more. But for children, physical activity is a catalyst for mental activity. Scientists have established a directly proportional relationship between the level of physical activity of children and their vocabulary, speech development, thinking. Exercise helps the body produce biologically active compounds that improve sleep and have a beneficial effect on the performance and mood of children.

2. MATERIALS AND METHODS

Thanks to this, our emotional state is stable and we are less stressed. Sports activities allow you to develop harmoniously, to have not only a beautiful figure, but also strengthen the state of mind: will, morality, intelligence, increases self-esteem. Doctors recommend practicing a healthy lifestyle and taking at least 30 minutes each day of playing sports. The load is selected in accordance with the age, temperament, and capabilities of the person. It is no secret that the indicator of the youthfulness of the body is the flexible spine, the basis of

the musculoskeletal system, the oxygen supply of the body improves, the immunity increases and the blood composition improves. According to doctors 70% often sick children do not play sports.

An example for everyone will be the inhabitants of the Nordic countries, known for their organization, despite the severe frosts and an abundance of snow, the Scandinavians have come up with the following sports that they enjoy doing: bandy, orienteering, ski jumping, Nordic walking, floorball, snow kiting. Sports in France are also inherent in the country's culture, as are the local croissants and red wine. The French prefer: football, rugby, swimming, cycling. The French are a very athletic nation, regardless of the workload. Sports is one of the components of US culture. Americans love to play tennis, golf, boxing, football, hockey, baseball, basketball. Having virtually traveled around the countries, we see with you that the inhabitants of the leading world powers are very active, they love sports and they have a varied one.

Health is the most important human priority. Translated from the Anglo-Saxon language, health means holistic. This definition is multifaceted and includes many criteria. The basis of a harmonious, whole personality is the relationship between mental and physical health of a person. It is playing sports that helps to overcome the syndrome of professional burnout. On the other hand, playing sports is not compatible with the concept of bad habits. Therefore, we can say with confidence that people who adhere to a healthy lifestyle are the foundation of a healthy nation. Such a nation will produce healthy offspring, and the state will be competitive in the international arena. Today, many modern states consider the issue of the health of the nation to be relevant, they finance many state programs aimed at maintaining the health of the nation.

3. RESULTS AND DISCUSSIONS

A feature of modern sports is the intensity of psycho-emotional and physical stress. Food should not only be healthy, but also tasty, not cause allergic reactions. Nutrition is directly related to the species sports, with training intensity. Proper nutrition is, first of all, health and a beautiful figure, the acquisition of relief muscles. In modern times, one of the

Eating low-quality food, which contains a lot of calories, has become an urgent problem. As statistics show, this leads to chronic diseases: cardiovascular system, obesity, cancer.

The development of small business in modern times in the field of food has spawned McDonald's like mushrooms after rain. A study involving a hundred people from different countries (New Zealand, Spain, Great Britain, Germany and Australia) showed that fast food products led to the development of the following diseases: allergic asthma, neurodermatitis and allergic rhinitis, and their liver and cardiovascular system worked with significant deviations from the norm. The emergence of these diseases is associated with food, which contains saturated fatty acids, trans fats and sugars. All of these substances disrupt the immune system and undermine human health. Contemporary today in his desire being healthy may not always balance your diet correctly. In this regard, newfangled types of food appear: raw food diet, fruit diet, paleo diet. People very often experiencing different diets, they harm their health. Each of us is individual and we need to take into account the opinion of a competent specialist when drawing up a diet. Ambiguous opinion there is also about sports nutrition. The overflow of the market with sports nutrition products led to competition and how the investigation gave rise to unscrupulous manufacturers. In 2017, for the first time in the history of domestic sports, Uzbekistan developed recommendations for each sport. Considering the aspect of nutrition, we can note that a correct and balanced diet is a source of energy for humans and a panacea for our immunity.

Currently, Uzbekistan has approved "Strategy for the development of physical culture and sports until 2020". One of the most popular activities among Russians is sports. Amateur sports are associated with the concept of physical education. Most of all, Uzbeks love to play football, biathlon, basketball. Figure skating is very popular. Figure skating originated in our country in 1865, and for the first time, skates were brought to Russia by Peter the Great.

But the highest achievement of modern society is the creation of a sports environment for people with disabilities in Russia. Today, the Sport for Life Foundation is doing a lot to develop mass sports with people with disabilities. Sport influences the development of modern society, has a great impact on all spheres of society. It influences national relations, business life, social status, forms fashion, ethical values, the way of life of people. In support of this thesis one can quote the words of the famous sportsman A. Volkov: "... sport today is the main social factor capable of resisting the invasion of cheap culture and bad habits. This is the best "rattle" that can distract people from current social problems. This is perhaps the only "glue" that is able to glue the whole nation together, which neither religion nor those rather than politicians. " Today, the trend is to be healthy. If an individual is healthy physically and mentally, then he is competitive. And competitiveness allows you to be successful and in demand in today's complex world.

4. CONCLUSION

Therefore, sport is the basis of human mental and physical health in the modern world today. Summing up the above, I would like to quote the words of Maxim Gorky: "Everything in a person should be beautiful, both soul and body and thoughts ". Physical health depends on mental and emotional harmony, so it is important to equally take care of strengthening the body, muscles, and spirit. Physical culture is the path to health and longevity.

5. REFERENCES

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