

National System of Mass Involvement of All Levels of the Population in Sports and Recreational Activities in Uzbekistan

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Abstract:

The article discusses the development of a national multi-level system, the consistent involvement of each age level of the population in physical activity, its methodological and organizational foundations.

Keywords: health, multi-level, level, model, system, competitions, children, youth, motives, mass, activity.

Today, health, its derivative physical and intellectual human resources are the strategic capital of the country's innovative development, which can significantly increase on a national scale with the systematic organization of mass sports and recreational activities. In recent years, fundamental changes have been carried out in Uzbekistan in the field of physical culture and sports, where the issues of further improving the legislation in the field of sports, increasing the level of health of the country's population, organizing recreational, physical education, sports and mass activities among pupils and students of educational institutions, as well as the general public employees of government bodies, enterprises and organizations, increasing the volume of weekly physical activity of citizens by organizing various mass sporting events, which are identified as priority [1, 2, 3].

At the same time, despite the measures taken, its effectiveness is insufficient to strengthen the physical health and physical activity of the population, especially children and youth, with their low involvement in systematic exercises.

Relevance of the work. Today, without a systematic solution to the issues of conceptual and methodological support for mass sports and recreational work, its solution will be carried out ineffectively, and, ultimately, will not meet the social expectations that are placed on it. In this

regard, the search for new approaches to organizing a continuous mass process of physical activity of all segments of the population that meets the requirements of our time is being updated.

In recent years, sports specialists and managers of the country have proposed various activities and methods to improve the development of mass sports, however, there are currently practically few proposals related to a systematic approach to organizing a continuous process of mass involvement of various segments of the population. Therefore, the issues of developing a model of an integral system of mass sports and recreational activities and its effective management are relevant both from the point of view of sports science and from the point of view of economic sciences.

Purpose of the study. Justification of the methodology of the model basis for the mass involvement of all segments of the population in physical activity.

Object of study. Multi-level mass sports and recreational activities.

To create innovative tools for the mass involvement of all segments of the country's population, it is necessary to construct a multi-level system of consistent coverage of all segments of the population in physical activity. In this regard, the model approach should be based on the dominant role of the entire system in relation to its constituent parts [4]. The inter-element relationships of the national model are structurally composed of several alternating age levels of the population: the first level - preschool; second level - school; third level - lyceums and colleges; fourth level - universities; the fifth level is able-bodied people, pensioners [5, 6].

The main characteristics of the model are integrity and consistency, with each autonomous level solving specific and clearly formulated target tasks in the mass motor cycle, taking into account the fact that the full implementation of the tasks of the previous level will determine the success of the next one.

The model system was built based on the following features:

- determination of the target functional value of the system and, in accordance with it, selection of elements, from the position of integrity and unity of its functioning;
- different structures (children, adolescents, youth, families, workers, veterans, etc.), including organizationally separated parts that are distinguishable from each other;
- the presence of mutual connections (ministries, departments, public organizations) between the parts forming the system;
- a special type or form of “strong” connections, as a result of which special integral properties inherent in the system arise [7].
- установления внутренних принципов, по которым система функционирует и развивается [8]. The design architecture of the integral life-cycle model was built:
- on the basis of systemic management of state and public organizations for the continuous involvement of all segments of the population, especially the young generation of “barkamol avlod”, in mass sports and recreational work on a national scale;
- on the assumption that the basis of health is human resources - physical, intellectual, and social, which are formed and accumulated through participation in mass sports, and this health-improving activity can be turned into a way of life only with consistently cyclical and systematic management of this process.

The concept of a holistic national structure:

- mass sports and recreational work should represent an independent branch of intangible production and act as a specific object of state and public management based on the following principles and directions; - sports and mass recreational work.
- this is a purposeful, consistent and constantly cyclical process, this work cannot be fully organized and lead to the desired result, without taking into account its constituent elements and the existing relationships between them;
- effective mass sports and recreational work in the country can only be achieved through the interaction and interconnectedness of all state and public structural government bodies, the correct determination of the form and methods of leadership associated with the organization of mass sports and recreational work;
- systematic organization of mass sports, requires a correct and consistent arrangement, as well as determination of the target objectives of each autonomous state and public structure, combining them into one - a single whole;

On these principles, it is possible to build a sports-oriented [9] cyclic model system of national life, accessible to people of different ages and different levels of physical condition. At the same time, in a continuous and consistent manner, it is structurally necessary to determine its main subjects (children, adolescents, youth, families, workers, veterans, etc.) and objects (educational institutions, the production sector, sports events, sports facilities, etc.)

Model approach as a methodology for the systematic organization of mass sports and recreational activities. The model approach to the problem of mass involvement of all segments of the population is justified by the fact that priority attention in understanding this complex process should be focused on identifying system-forming factors and complex connections that unite the cyclical periods of a social or educational institution into a continuous whole. For only through the establishment of such factors, connections and relationships can one understand the patterns of formation and functioning of the system, and also learn to manage them.

At the educational structural level of the system, accessible competitions are highly emotionally-motivational, personally significant physical activities that form motor and gaming skills, and the process of transforming them into a way of life must necessarily last for years, in cyclical periods. In the model system, the main tool for the development and improvement of human resources is continuous accessible competitions, which, as human capital, make a change in the state of the student's body.

In each specific age-cyclic period, previously acquired basic motor and play skills, gradually improving sooner or later, should manifest themselves in subsequent life levels, in a qualitatively new, sought-after expression. In other words, in childhood, adolescence and youth, precisely in an educational institution, the subject will experience interest in public continuous competitions, which, as a fundamental stable motive for stimulating development, will become a full-fledged adaptive foundation for the accumulation of new and new physical qualities, mobilization of the body's internal resources.

Various system-forming motivational forms of motivation, consistently transforming into a specific sport, due to continuous participation in the mass competitive stage, will subsequently be reproduced as acquired skills in new life cycles in the form of a natural desire and a sustainable life need for daily independent exercise. This means that continuous participation in mass competitions helps to activate deep motivational-need mechanisms and forms a sports lifestyle [10]. The duration and effectiveness of motor activity depends on the development of the motivation component. However, the mass scale, the number of participants is determined not only by the motivational basis of involvement, but also by the ability to provide those who wish with the material base, sports equipment and equipment.

In the system-forming cycles of physical education, development and improvement of the physical level of children and adolescents, an important place is occupied by taking into account the psychological aspects of motivation associated with adaptation to subsequent motor-competitive skills, which manifest themselves in several forms: constant stable, fickle-oscillatory and spontaneous-explosive motives. A significant role in the process of mass involvement and the formation of stable skills is played by non-constant oscillatory motives, which can consistently be transformed into constant ones only in a competitive mode on the principle of continuity and cyclicity within the educational stage.

In the mechanism of formation and accumulation of physical and intellectual human resources, through a multi-stage competitive system, it is necessary to highlight the system-forming cycles of the competitive stage in the educational space: 1) the cycle of mass involvement and coverage; 2) the cycle of formation of the desired gaming behavior; 3) the cycle of subsequent independent reproduction of full physical activity. Educational institutions, as the main educational, applied, social and age testing grounds for the evolutionary formation of sustainable motives for physical activity, are the core of the formation of the foundations of mass participation and the arena for consolidating stable motives for a healthy lifestyle. In the competition system, acquired physical education, gaming and sports skills help to increase the level of motivation for physical education and mass sports, and subsequent production and long-term life cycles become a natural way of life.

A distinctive feature of organizing continuous competitions. The competitive system should be logically built on the interconnectedness of each age level and their sequential and continuous passage within the educational stage, associated with various cycles of mastering outdoor and sports games. Formed motor skills and abilities at the internal educational stage of accessible competitions develop in students stable motivation, adaptation to motor self-expression, satisfaction of students' internal impulses, the instinct of joy in movement, as well as playing qualities for participation in subsequent high-quality competitive stages.

The principle of constant competitiveness within the educational process, first of all, lies in the acquisition by students of physical education knowledge, which is directly mastered in game practice. Unfortunately, the problem is that the understanding of both officials and many physical education teachers is that competitions are formal or one-time events. In fact, continuous competition and preparation for it, as an integral part of physical education, will give results if the child necessarily has a motivational incentive for additional after-school activities, in which case he will learn to master and improve various motor options, through which will learn intramuscular physiological processes, find answers to how muscles function, how not to get tired, etc.

Conclusions. Thus, in Uzbekistan, in order to effectively implement the process of involving all segments of the population, especially children, adolescents and young people in mass sports and recreational activities, it is necessary to carry out organizational and managerial work on a model system basis and cyclic continuity.

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