

# The Importance of the Family In Raising the Physical Culture of Youth

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**Annotation.** This article is devoted to issues such as the importance of the family in improving the physical culture of young people, the organization of an educational process to successfully solve the problems of physical education of young people in the family, and the rise of young people as a healthy generation. Key words: Family, youth, healthy generation, healthy lifestyle, sport, physical education, physical culture.

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## INTRODUCTION

The creation of the material and technical base of the sports field, which is of great importance in the spiritual and physical development of children, teenagers and young people, is a vivid example of the attention and care paid to this area. Just as sport plays a very important role in the development of children and young people, the future of a strong state depends on the development of physically healthy young people. It seems that the development of sports in powerful countries is not for nothing. If we pay attention, we can see that economically developed countries are among the leading countries in the world in the field of sports.

The saying "healthy body - healthy mind" is also true and we are sure that a healthy youth will create a strong foundation of a strong country in the future. Of course, the fact that the flag of our country has been raised many times at international sports competitions, the successes and victories of our athletes, and the fact that they have returned to our country with medals are grounds for saying that great achievements have been made in the field of sports. Undoubtedly, all this is not in vain, the establishment of Olympic sports complexes, sports halls, in a word, was realized thanks to the care shown by our state to the field of sports.

We would not be wrong if we say that the physical and spiritual maturity of children and youth is an indicator of the development of their society, country, and even the people they belong to. Because the child not only shows what he saw in the environment he grew up in, but also knows that it is necessary to apply it. That is why in our republic, in order to strengthen the state care for children, to increase attention, to determine the demographic prospects for children, orders are regularly signed by the head of the state, and important measures are taken in this regard.

It is self-evident that the work carried out and the measures taken indicate that raising children and young people to be physically and mentally mature in our country is one of the main priorities. In our country, a number of regulatory and legal documents have been adopted, which will radically change the lives of children and young people, encourage them in every way, create wide conditions for the spiritual and physical development of children and young people, as well as physical and spiritual health.

"Formation of a healthy lifestyle in our society, population, especially the younger generation, with physical education and mass sports conditions suitable for regular practice to create, through sports competitions in young people their will, strength and strengthening confidence in one's abilities,

courage and patriotism, Cultivating feelings of loyalty to the Motherland, as well as young people systematic selection of talented athletes organization and physical education and mass sports large-scale development work is carried out increasing"<sup>1</sup>.

The work carried out in our country on the physical and spiritual development and protection of children and young people confirms that the future of our children and young people is in safe hands. We can confidently say that the state of Uzbekistan has created all the opportunities and conditions for children and young people to grow up as worthy citizens, receive education, and occupy a worthy place in society, and these conditions are provided for.

## **ANALYSIS AND CONSIDERATIONS**

There is no doubt that from now on, this policy will be consistently continued and positive steps will be taken to ensure the physical, intellectual, spiritual and other development of children and youth, and this policy will be consistently continued. As a logical result of these steps, one can make optimistic predictions about the physical and spiritual development of children and youth in the future, because the steps taken will create a solid foundation for this. "Today, life itself requires us to develop an effective system for forming a professional, fast and efficient public service system, opening a wide path for new-thinking, enterprising, patriotic personnel"<sup>2</sup>, -Sh.M.Mirziyoev says.

Relationships of physical education in the family go beyond the scope of a purely domestic problem, acquire a wider content and meaning, acquire a social character, and become a leading problem of society. Deficiencies accumulated over the years in the development of physical education and sports are now evident. Currently, ways to provide more favorable conditions for the development of this process are being sought. It is desirable to study the deep scientific, theoretical and social significance of all this. Usually, the child's frequent illness and colds make parents think that the child is weak and delicate in nature.

Indeed, such perceptions are often far from reality. Nature has created every child born as "strong". If parents involve the child in the water procedure and exercises involving physical movements from an early age, it is possible that the organization of children's physical education in the family environment is determined by various social, psychological, physiological and other factors, as well as demographic factors. Observations have shown that the pedagogical consequences of demographic factors are not always positive. For example, in most modern families, both father and mother work in production.

As a result, in most cases, children are left alone at home after school and are left out of parental control until late at night. Taking advantage of the lack of strict control, they spend their days in the streets and parks. In the evening, when parents come home from work, TV shows, housework, etc. It leads to the minimization of control over young family members and the failure to satisfy the need for physical activity, which is important for their physical development.

Successful resolution of children's physical education issues in the family depends on the organization and capabilities of the educational process, effective use of existing complex conditions and educational tools.

"The family is the greatest discovery of the human society, in which people's natural biological (sex, reproduction, continuation of their generation), material and economic (preserving property, household, running the economy), legal (legalization of marriage in society, registration of civil status

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<sup>1</sup> Ўзбекистон Республикаси Президенти Ш.М.Мирзиёевнинг 2017 йил 3 июндаги “Жисмоний тарбия ва оммавий спортни янада ривожлантириш чора-тадбирлари тўғрисида”ги ПҚ-3031-сонли қарори.lex.uz.

<sup>2</sup> Мирзиёев Ш.М. Халқимизнинг розилиги бизнинг фаолиятимизга берилган энг олий баҳодир. 2-жилд. - Т.:Ўзбекистон, 2018. – Б.90.

), spiritual and moral (child upbringing, fidelity to marriage between a woman and a man, formation of a feeling of love), aesthetic (love of both sexes in the family, creation of a healthy lifestyle, beautification, beautification of livelihood, preservation of ethno-aesthetic values) is a social unit based on relations”<sup>3</sup>.

One of the main disadvantages of organizing physical education in the family is the homogeneity of the relationship between parents and children within the family. These relationships are often spontaneous. The experience of physical education in the family gives us confidence if this work is planned. If it is carried out regularly and purposefully, its quality and efficiency will increase significantly. Most importantly, if parents reliably explain the health and social importance of physical education to their children, children's attitude to sports will improve significantly. Only then can a parent form an active attitude to sports in a child.

In addition, the general mood in the family and practical work on physical education will allow you to overcome all the difficulties encountered. Organization and management of physical education issues in the family is a complex pedagogical process that requires rich theoretical and practical knowledge, skills and motivation from parents. Children's attitude to sports improves significantly. "Physical education and sports activities make a person physically strong, but also strengthen his spirit and clarify his mind.

In this way, it educates the virtue of not giving in to the ego in a person, encourages him to do useful things, protects him from wrong thinking, creates a strong mental ground to avoid negative influences, that is, he takes an important place in education from an ideological point of view as well.

In the family, parents become promoters of physical education and sports. Promotion function. This function includes the spiritual and even financial encouragement of parents for children interested in physical education and sports. It has its own characteristics in terms of the child's suitability for this or that sport. Therefore, parents should determine their son's or daughter's aptitude for one or another type of sport with the help of a physical education teacher and coach. Taking into account the diversity of the classes of the children who participated in the survey, we also used other research methods.

Experience shows that among the three methods we use in research (questionnaire, interview and observation) to collect specific data, observation and interview are the most suitable. The subjective values obtained here are stronger than the questionnaire survey. In addition, an unlimited amount of empirical data and material can be entered into the calculator through a questionnaire survey. On the other hand, a written questionnaire can provide objective facts that cannot be obtained by statistical methods. It is not possible to reveal the psychological environment and attitudes of people's interest in physical education and sports in a questionnaire survey.

With the help of this method, we can only get information about the general characteristics and social laws of relations. Questionnaire questions are divided into three groups, starting with general questions. It included questions revealing gender, age, education, marital status, profession, parents' attitude to physical education and sports.

Some of the questions were focused on the extent to which parents understand the importance of physical education and sports in the formation of personality and how they relate to this area. The questions allowed everyone to express their opinion freely, without hesitation, and were also conducive to developing additional suggestions.

However, this type of questionnaire also has some drawbacks. They include: All answers were incomplete and incomplete. Clear, meaningful answers were rare, which made them difficult to group. Therefore, it is advisable to conduct the survey individually.

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<sup>3</sup> Назаров Қ. Жаҳон фалсафаси қомуси. 2-китоб. - Т.: Ўзбекистон файласуфлари миллий жамияти нашриёти, 2016. - Б.125

During the interview, the participation of outsiders in the survey hinders the impartiality of the answers, the rules of free and open confession are certainly violated. If parents and other family members periodically monitor the child's activities, interest in sports in such family groups is twice as high as in other family groups.

Here, as a result of the participation of family members in the competition, the interest in sports becomes more organized. Thus, watching their parents, siblings, grandparents participate in sports competitions, boys and girls develop very important moral and spiritual qualities such as enthusiasm and self-confidence.

Sports traditions formed in the family over many years are of incomparable importance in raising interest in physical education and sports in difficult teenagers. However, not all families have such traditions. Their successful solution requires the implementation of a number of conditions and tools, and is also closely related to the pedagogical capabilities of the family.

This is the way of life, material wealth and living conditions of the family, its structure, composition, level of development, ideas, spiritual and emotional-psychological climate, the attitude of family members to sports, the character of communication and mutual relations between them; life experience and level of cultural education of elderly family members; organization of working conditions, free time and rest of the family; personal example of parents, level of pedagogical culture of older family members; distribution of pedagogical power in the family; access to mass media and sports facilities;

sports traditions in the family; the relationship of the family with sports organizations, the nature and system of these relationships; includes characteristics of parents' professional experience and others.

The level of pedagogical culture of parents largely depends on the direction of pedagogical education and its correct implementation. Pedagogical education is the arming of parents with scientific-pedagogical knowledge on physical education issues, specific skills and habits related to physical education and sports as a result of systematic, purposeful work. To one degree or another, the level of pedagogical culture is determined by the individual characteristics of parents, wealth of life experience.

Having appropriate pedagogical competence in the field of organizing physical education in the family environment is an important component of the pedagogical culture of parents, which includes a certain amount of pedagogical-psychological, legal, physiological-hygienic knowledge, as well as the acquisition of necessary habits and customs. related to the physical education of their children, etc. Some issues can be included. "Forming a healthy person through physical education and sports should be the task of the whole society. Every person, family, parent makes physical education and sports a habit, and respecting it as a value leads to continuous physical education and sports in the society"<sup>4</sup>.

The organization of physical education in family conditions is closely related to the issue of pedagogical training. Pedagogical training of parents is closely related to their attitude to the issue we are considering and their practical activities in this direction. Every parent who cares about their child's health should try to master the pedagogical skills and make their child interested in physical activity. At the same time, of course, pedagogical tact should be expected. Because pedagogical tact is an important component of pedagogical skills.

Parents should understand that physical education not only ensures health, but also forms the basis of a healthy lifestyle and meaningful rest. Love for physical education and sports requires hard

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<sup>4</sup> Шопулатов А.Н. *Жисмоний тарбия ва спорт мутахассисларида маънавий қадриятларни шакллантириши механизмларини такомиллаштириши*. Педагогика фанлари бўйича фалсафа доктори (PhD) диссертацияси автореферати. Чирчиқ 2019.-Б.15.

work and activity.

Parents should influence boys and girls in such a way that their children's initial interest in sports does not die out. Sometimes a child is teased if he performs this or that physical activity awkwardly, as a result of which he loses his enthusiasm. A high level of parents' pedagogical culture implies a combination of parents' conscious love for children with reasonable demands.

This is the main factor that ensures the organization of physical education in a family environment. Improvement of pedagogical culture also occurs in the process of physical education of children.

As parents engage in physical education of their sons and daughters in the family, their pedagogic skills and competence in performing any task in this field will improve, as a result, they will acquire new skills and habits.

Nowadays, it is necessary to include physical education and sports in the daily life of teenagers, and to take into account the role of the family in this work. Parents participating in the survey have different opinions about this. These ideas can be divided into three groups: 1. 61.3 percent of parents emphasized that the family's opportunities for physical education of teenagers are not very wide. 2. 24.4 percent of them note the decisive role of family and parents in the development of physical education and sports. 3. 32.5 percent of parents emphasized that the close participation of children, especially teenagers, in physical education events should only be at the level of family, school and public cooperation.

Of course, the main reason for this is that most parents do not know how to use physical education and sports as a means of health.

It is important to help parents, provide knowledge and information about physical education and sports. A positive solution to this issue depends on what kind of information parents have about physical education and sports. We asked parents to answer the following questions to find out their theoretical preparation:

1. What do you know about your child's physical development?
2. What defects have you observed in your child's physical development?
3. Does your child try to follow the routine?
4. What body strengthening procedures does your child receive?
5. What measures do you take as a parent for the normal physical development of your child?
6. What difficulties do you face in their physical education?

The survey showed that 67.4% of parents have a superficial idea about physical education and sports.

We decided to compare the answers of parents with the results of medical examination of children and adolescents. It turns out that most parents do not even have a simple idea about the health and physical development of their child. For example, in response to question 2, the majority of parents (71.3%) stated that there are no defects in the physical development of their sons and daughters. However, some children have been found to have a number of defects in their physical development. In response to question 6, the majority of parents (81%) stated that they do not know how to organize their sons' and daughters' physical education.

A necessary factor of pedagogical culture is self-education. Self-education in the family includes regular reading of relevant literature on children's physical education, watching television programs, etc. With the help of pedagogical training, parents receive interesting information in the field of physical education. As a result of the radical changes taking place in various spheres of social life, people, especially teenagers and young people, are undergoing serious changes in their psychology and

interests. Demands, tastes, interests, cultural and aesthetic life activities, etc. will change radically.

Therefore, it is necessary to analyze all these aspects in depth, to study the positive and negative facts. First of all, it is necessary to find out what kind of sport the child is interested in and the reasons for this interest. It is done in the form of watching TV shows and others. In any country of the world, youth is considered one of the leading forces of socio-economic development, a group promoting reforms in society. Young people actively participate in socio-political, socio-economic, cultural life and are at the center of all the processes taking place in our country.

Prospective development of every country, strengthening of independence and strengthening of statehood directly depends on training of young personnel who are a reliable guarantee of tomorrow, turning them into intellectual and creative forces, leading members of society. As the youth in any age have great creativity and power, the future of the state can be secured by their proper guidance. In the political experience of the most advanced countries of the world, it can be clearly seen that youth policy is treated with special sensitivity. This is not a coincidence.

Because young people are the leading force, they strengthen the foundations of the state in the society, ensure the support and successful implementation of the implemented state policy. Young people are the future managers and pioneers of the country. The formation of a healthy, thinking, believing new generation serves as a guarantee of the bright development of the state. It is a fact that the level of development of the young generation becomes an indicator of the rise of the socio-economic, spiritual-cultural and, at the same time, political life of that country or society.

In this sense, the future of modern Uzbekistan is bright and guaranteed. Because today in Uzbekistan youth cover an important part of the state policy and a pragmatic policy is being conducted in this regard. Today, young people of Uzbekistan closely participate in social and political processes and approach national issues from the position of principled citizenship. They fully support the great successes achieved in our country in socio-economic, spiritual and cultural spheres, in the development of the legal state and civil society based on democratic values, and highly appreciate the achieved results.

The youth of modern Uzbekistan, as an active social class, closely participates in the processes of democratization, achieves success in culture, art, economy and other fields, makes a worthy contribution to the process of strengthening statehood. They began to play an important role in the protection of national-spiritual values, realization of scientific-intellectual potential, found expression in state institutions, formed as a single force that is the guardian of independence. Dissatisfied with domestic activities, the new generation created various public associations and began to represent the name of our country abroad.

In the state youth policy, great attention is paid to identifying, supporting and developing talented young people. The role of young people in forming educated, high intellectual potential human capital and building a strong economy is incomparable. Special attention is paid to supporting the intellectual development of young people. This indicates that their development has reached a qualitatively new stage.

Due to the serious support given to the youth by our state, as always, the youth of Uzbekistan will fulfill their duties and work diligently for the bright future of our country and the strengthening of the independence of Uzbekistan. For this, young people must be united and organized. This alliance ensures that the youth of Uzbekistan will be recognized as a modern, developed, highly intelligent leading force in the world arena. Solving the important issues ahead requires maximum responsibility, knowledge, skills, physical health, spiritual purity, as well as harmony and organization from every age.

In the independent Republic of Uzbekistan, the development and strengthening of statehood,

economy and social spheres, the comprehensive education of the individual, and the introduction of physical education and sports into our daily life are the fulfillment of the historical tasks facing the state. It has become one of the most urgent requirements of the present time. Today, physical education and sports have become the most important and unique spheres of social development and are directly and closely related to social policy.

That's why sociologists look at sports as a tool that unites society around a single national idea, awakens the desire for victory and new successes in a person.

Researches in the field of sports sociology in recent years are also our today's life "Sports and youth", "Sports and development", "Sports and humanitarianism", "Sports and comprehensive development of the personality", "Sports and culture", "Sports and ecology", "The mutual unity of social issues such as sports and women. It is known that the development of physical education and sports serves the comprehensive development of the country. Sport is a national value.

Physically healthy and strong people have a special place in the development of the state defense and economy. Therefore, preservation and development of sports traditions in our country is one of the main goals and tasks of every country. Uzbekistan's integration into the world through sports, as well as increasing the prestige of Uzbekistan's sports in the international sports world as one of the important directions of state policy.

## **CONCLUSION AND SUGGESTIONS.**

The result of this is that today, physical education and sports serve to improve the citizens of our country physically (mentally), spiritually, socially and materially. Public opinion and the state's attitude to the role of physical education and sports in the socio-economic development of our country, one of the important factors in the health and education of the population, especially the young generation; has changed significantly.

In recent years, the opportunities created for physical education and sports activities in our country, the specific measures implemented in this regard, the successes and achievements achieved in our country and internationally have made physical education and sports one of the priority directions.

The following facts clearly show the desire and interest of the population of Uzbekistan to engage in physical education and sports, as well as the opportunities to realize these desires:

- The government of Uzbekistan is committed to the rapid development of physical education and sports in the country in a broader form.

- The adoption of the special law of Uzbekistan on the development of physical education and sports, the creation of legal frameworks in this field, legal-normative and other directive documents were developed. - In our country, a system for ensuring the development of physical education and sports in all areas and separate classes and age categories was created, and the appropriate structure of management of this field was determined. - Annual increase in the amount of funds allocated from the state budget for the development of physical education and sports in the Republic.

Specific measures are being taken to strengthen and further develop the material and technical base of physical education and sports by the state, non-governmental non-commercial bodies, as well as private institutions engaged in this field. - Planning the construction of new sports facilities, Olympic complexes at the state level in all cities and districts in accordance with the "Regional Socio-Economic Development Program", putting these facilities into use within the specified time limits.

- Ensuring the adoption and implementation of the State program for the development of physical education and sports in the Republic of Uzbekistan for each subsequent 4-year period (Olympic period). Therefore, as the most important social sphere of society's life, physical education and sports

are the state-level tasks and the solution of national issues requires approaching these problems not only from a short-term perspective, but also from a long-term perspective at the level of the requirements of the time. It is from this point of view that the existence of a long-term national strategy for the development of physical education and sports in the Republic of Uzbekistan is a daily requirement and necessity.

The successful experience of developed countries shows that the optimal way to develop physical education and sports at the level of demand requires a comprehensive approach to the issue. Only as a result of this approach, the general development of citizens and the country can be achieved.

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