

The Problems of Self-Assessment of Children With Disabilities Through Adaptive Physical Education and Sport

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ABSTRACT

The article examines the psychological factors that contribute to attracting people with disabilities to adaptive physical culture and adaptive sports. Taking into account the realities caused by the global problem - the fight against the pandemic, the President and the Government of the Republic of Uzbekistan devote all their attention to strengthening the physical and mental health of the population. In this situation, the most vulnerable to the threat were people with poor health and disabled people. And the problem of rehabilitation of people with disabilities is becoming more urgent than ever.

Keywords: adaptive physical education, disabled, quality of life, adaptive sports, people with disabilities, microsociium, psychological factors

Introduction. The article examines the psychological factors that contribute to attracting people with disabilities to adaptive physical culture and adaptive sports. Taking into account the realities caused by the global problem - the fight against the pandemic, the President and the Government of the Republic of Uzbekistan devote all their attention to strengthening the physical and mental health of the population. In this situation, the most vulnerable to the threat were people with poor health and disabled people. And the problem of rehabilitation of people with disabilities is becoming more urgent than ever.

Raising children with disabilities is a very complex process that depends on many different factors. To carry out this process, special tools and methods are required. One of the means of personality upbringing is adaptive physical culture, which uses physical exercises, competitive and play activities that are most suitable for children with disabilities. It is important to effectively use the educational opportunities of adaptive physical culture classes, and for this you need to know the general orientation and motives of the child's personality: attitude to your flaw, fear of failure, achieving success, making new friends, increasing self-esteem and assessments of people around. [1: 448]

The relevance of the research topic lies in the fact that this article studies the psychological factors that contribute to attracting people with disabilities to adaptive physical culture and adaptive sports. Taking into account the realities caused by the global problem - the fight against the pandemic, the President and the Government of the Republic of Uzbekistan are focusing all their attention on strengthening the physical and mental health of the population. In this situation, the most vulnerable to the threat turned out to be those with weakened health and the disabled. And as never before, the problem of rehabilitation of people with disabilities is becoming even more urgent.

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disabilities to adaptive physical culture and adaptive sports. Taking into account the realities caused by the global problem - the fight against the pandemic, the President and the Government of the Republic of Uzbekistan are focusing all their attention on strengthening the physical and mental health of the population. In this situation, the most vulnerable to the threat turned out to be those with weakened health and the disabled. And as never before, the problem of rehabilitation of people with disabilities is becoming even more urgent.

In our country, effective measures are being taken to improve the health and physical activity of the nation. For example, a presidential decree No. UP-5924 of 24.01.2020 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" was adopted, which states that in recent years, consistent measures have been taken to popularize physical culture in the republic. and sports, promoting a healthy lifestyle among the population, creating the necessary conditions for the physical rehabilitation of persons with disabilities and ensuring a worthy performance of the country in the international sports arena. [2].

Research on adaptive physical culture and adaptive sports is mainly aimed at the issues of physical rehabilitation of children with disabilities and, unfortunately, the psychological factors contributing to both physical rehabilitation and their personal development are still poorly understood.

Research methods and organization.

Pedagogical observations of the educational and training process of children with disabilities were carried out at the sports base of athletes in the city of Dangara in the period from November 2020 to March 2021. Also, training plans, self-control diaries of the trainees were studied and consultations were held with their parents.

In the course of the pedagogical research, records were made, stating positive motivation to engage in adaptive physical culture and sports, mainly in those cases when children with DHO, in addition to the goals of physical development, set tasks to improve their personality. (APHC) was the formation of the sports culture of children with disabilities, their maximum adaptation to an independent life, the formation of the need to get a decent education and subsequently work fruitfully in the chosen field, i.e. make their life as fulfilling as possible.

Sport for children with disabilities is also important because it is a means of communication, makes them forget about their problems; believe in yourself, in your strengths and capabilities; show leadership qualities. And this, in turn, gives them the opportunity to feel like ordinary children. For children with disabilities, regular physical exercises are doubly important, which train the heart, normalize the activity of all functional systems, and develop the necessary physical qualities.

The state should encourage all types of sports activities for people with disabilities. For the development of youth adaptive sports for people with disabilities, a systematic approach and the creation of favorable conditions for physical education are required. It is necessary to expand the range of rehabilitation effects on children with disabilities and provide complex methods of socio-pedagogical orientation, taking into account the individual capabilities of each child. [3, 17p.]

Research results and their analysis. The results of the pedagogical research data led us to the conclusion that it is necessary to conduct seminars and master classes with parents of children with disabilities who want to introduce the child to physical education and sports, explaining to them the sequence and gradualness of the use of such sports that do not require large

material investments and specialized institutions. It should also be clarified that the organization and conduct of classes with children with disabilities should be carried out taking into account different principles and approaches.

For example, the principle of a differentiated and individual approach in adaptive physical education assumes the unification of those engaged in relatively homogeneous groups (by age, diseases, indicators of physical development). An individual approach means taking into account the characteristics inherent in one child. Taking into account the principle of compensatory orientation of pedagogical influences provides for the reimbursement of underdeveloped or lost functions due to the restructuring or increased use of preserved functions and the formation of new possibilities. The principle of the adequacy of pedagogical influences means the implementation of the laws of the educational and pedagogical process: the solution of correctional and developmental, compensatory, therapeutic and restorative problems. [4]

When choosing the means, methods, teaching methods, the real possibilities, interests and needs of the student must be taken into account. The principle of the optimality of the pedagogical influence, the reasonably balanced values of the psychophysical load, the expedient stimulation of adaptation processes that enhance the strength and nature of external stimuli. Physical activity should correspond to the optimal reactions of the body.

Taking into account the principle of variability of pedagogical influence implies a variety of not only physical exercises, but also the conditions for their implementation, methods of regulation, emotional state, impact on sensory sensations, speech, fine motor skills and intellect.

The main form of organized classes in all types of adaptive physical culture, as well as in the entire system of physical education, is the lesson form. Depending on the objectives of the program content, classes should be divided into:

- educational activities - for the formation of special knowledge, teaching a variety of motor skills,
- classes of correctional and developmental orientation - for the development and correction of physical qualities and coordination abilities,
- health improving classes - for posture correction, flat feet, prevention of somatic diseases, strengthening of the cardiovascular and respiratory systems,
- lessons of a therapeutic orientation - for the treatment, restoration and compensation of lost or impaired functions in chronic diseases, injuries, etc.
- lessons of a recreational orientation - for organized leisure, recreation, play activities.

Conclusions

The intensification of work with disabled children in the field of physical culture and sports, undoubtedly, contributes to the humanization of society itself, a change in its attitude towards people with disabilities, and thus has great social significance.

In the field of physical rehabilitation of disabled people, there is still an underestimation of the fact that physical education and sports are much more important for a person with disabilities than for people who are well-off in this respect. Active physical culture and sports activities, participation in sports competitions are a form of so urgently needed communication, restore mental balance, relieve the feeling of isolation, return a sense of confidence and self-respect, and give an opportunity to return to an active life.

The main task still remains to involve as many people with disabilities in intensive sports as possible in order to use physical education and sports as one of the most important means for their adaptation and integration into society, since these activities create mental attitudes that are extremely necessary for successful reunification of a disabled person with society and participation in useful work. The use of physical culture and sports means is effective, and in some cases the only method of physical rehabilitation and social adaptation.

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