

The Significance of Independent Physical Activities Exercises in Self-Education of First-Year Students

A. M. Mukhametov

Tashkent Institute of Finance Associate Professor of “Physical Culture and Sports” Department

Abstract: Modern methods of teaching physical culture are aimed at humanization of the subject and focus on the personality of the student. In recent years many approaches to physical education have been significantly revised and are mainly aimed at independent studies, at the approach to the issues of personality education, the harmony of intellectual and physical education.

Keywords: Self-study, physical exercises, engaged in, not engaged self-education.

During the years of independence, structural and substantive reforms that affected all levels and components of the education system, which were aimed at ensuring its compliance with the long-term tasks and interests of the country, the requirements of the time. In particular, an appropriate legal framework for reforming this sphere, which has identified as a priority the growth of investments and investments in human capital, the training of an educated and intellectually advanced generation, which is the most important value and decisive force in achieving the goals of democratic development, modernization and renewal, stable and sustainable growth of the economy.

In the context of the education reform, priority is given to such forms and methods of training and education, the use of which with the greatest efficiency forms the value attitude of students to the means of physical culture, creates the prerequisites physical self-development and self-realization. The educational process for the physical improvement of students should be based on individualization and differentiation, which creates conditions for manifestation of students' abilities in selected forms of physical culture and sports activities, organized taking into account their state of health, motivation, interests and needs, which determines the variable content and variety of forms of physical education at the university.

The history of physical culture and sports, starting from the origin of its elements at an early age stages of human development before the creation of integral systems at the present time, has many millennia. Historical science has established that the elements of physical cultures appeared at the earliest stage of human development. Sources that have come down to us show that many ancient peoples had custom to use various physical exercises and games when moving from one age group to another. In some nations, young men were not allowed to marry until performance of certain physical fitness tests - this determined their ability to live independently. The same requirements apply to girls. Many great people of antiquity, known throughout the world for their achievements in science and culture, paid great attention to the problem of human education. The relationship between medicine, psychology and physical exercises was seen and understood by prominent doctors and thinkers Abu Ali Ibn Sina, Abu Yusuf Yaqub ibn Ishak, Al-Ghazali, Ibn Khaldun, Ibn Rashid, Al-Farabi and many other figures of the Arab-Islamic culture of the middle Ages. Many scientific and scientific-methodical works of leading experts dealing with this problem are devoted to the problem of human education. The problem of self-education fully acquired scientific

foundations, and recently more and more is considered as a complex process affecting the mental, moral, psychophysical upbringing.

By doing physical exercises on your own, through self-education and self-improvement, you can achieve the harmonious development of the individual and become an active member of society, be useful to him. From the above, about the recognition of the importance and the need for self-education, research in this direction is still relevant and important. Our research, devoted to the study of the influence of independent physical exercises on the educational and pedagogical process of student self-education youth, included the following tasks:

1. find out how students who are engaged in physical exercises on their own understand the essence of the process of self-education;
2. To determine whether there are differences and peculiarities in the educational and pedagogical process of self-education of student youth, who were engaged in independent physical exercises and were not previously engaged in physical exercises or sports.

The study was conducted in a comparative analysis among first-year students, engaged in independent physical exercises or sports from among previously involved in physical exercise or sports and not involved. To solve the tasks, observations, surveys and questionnaires were used, as well as a complex of special psychological techniques. The theory and methodology of studying the process of self-education of student youth provides for their understanding of its essence, knowledge of their character and individual features, knowledge of their shortcomings and over the improvement of personal qualities. Analysis of the answers to the questions asked showed how first-year students understand the essence of the process of self-education. To the question: can a person work out your character? All respondents answered in the affirmative. In the questionnaires, students note that they want to work on such character traits as endurance, strength will, discipline, sensitivity, modesty, courage, perseverance and self-control.

The study determined the knowledge of first-year students involved in exercise or sports on their own about self-education, as well as in to what extent they do it. To do this, they were asked two questions: what do you know about education itself? are you self-educating? An analysis of the responses showed that 60% of first-year students who have not previously engaged in physical exercises or sports, know nothing about the process of self-education, while first-year students who previously and currently engage in physical exercises or sports (70%) know what it is. From the sources of scientific and methodological literature it is known that the moral ideal - this is the idea of a morally perfect person, living, real, possessing traits worthy of emulation. Such an ideal affects people, embodied in their practical actions. The study of the moral ideals of first-year students, previously not involved in physical exercise or sports, showed that a large Some of the first-year students we interviewed do not have ideals. To the question: who you is the ideal? – 35% answered “I don’t want to imitate anyone” and 10% “I want to be like yourself.” This indicates that teachers and trainers do not enjoy a high enough prestige among their pupils when doing physical exercises or sports on your own, keeping a self-control diary is important. As leading experts and well-known teachers note, keeping a self-control diary helps those involved in regulating their behavior in difficult situations, fixing feelings and thoughts, contributes to their enrichment life experience, allows you to analyze your experiences, develops moral feelings, monitor the functional state of the body, from which it follows that maintaining diary actively helps the process of self-education. To identify the attitude of first-year students involved in physical exercises or sports on their own to self-education, a questionnaire was developed. 50 first-year students took part in the survey (30 students, previously engaged in physical exercises or sports and 20 students who had not previously been involved in physical exercises or sports). 46 respondents noted that self-education in the formation of personality, achievement of high goals in future professional activity is of

paramount importance, all respondents strive for self-improvement. They also claim that independent exercise or sports helps them in the formation of character, develop quality in the process of physical culture, health and sports activities self-education allows you to successfully perform other socially significant activities (study, professional activities, social work, etc.). Analysis of the results obtained in the course of the study allows us to do the following conclusion. There are objective and non-objective, large and small differences in the process of self-education among first-year students who are engaged and not engaged in exercise or sports. Independent physical exercises or sports activate the process of self-education, on the one hand, give him specific features, on the other. These features suggest further Development of special methods, approaches in the work of teachers-trainers with student youth engaged in physical exercises on their own.

References

1. Мухамметов, А.М. (2022). Научно-методические основы нормирования нагрузок в физкультурно-спортивном здравоохранении. Евразийский научный вестник , 8 , 194- 197.
2. Мухаметов, А. М. (2022). СПЕЦИАЛЬНЫЕ ЗНАНИЯ ПЕДАГОГА И ИХ МЕСТО В ФИЗИЧЕСКОМ ВОСПИТАНИИ ДЕТЕЙ. ИТМОИЙ FANLARDA INNOVASIYA ONLAYN ILMIY JURNALI, 2(5), 1-4.
3. Ahmad, M. (2022). Health Orientation as An Important Principle of the System of Physical Education. Eurasian Scientific Herald, 6, 84-87.
4. Mukhammetov, A. M. (2022). Scientific and Methodical Basis of Normalization of Loads in Physical Education and Public Sports Health Care. Eurasian Scientific Herald, 8, 194-197.
5. Mukhametovich, M. A. (2022). Scientific and Methodical Basis of Management of Loads in Physical Education and Public Sports Health. Texas Journal of Multidisciplinary Studies, 6, 321-324.
6. Ахмад, М. (2022). НОРМАТИВНАЯ НАГРУЗКА В ФИЗКУЛЬТУРНОЙ И ОБЩЕСТВЕННОЙ СПОРТИВНО-ОЗДОРОВИТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ. Emergent: Journal of Educational Discovery and Lifelong Learning (EJEDL) , 3 (2), 45-49.
7. Мухаметов, А.М. (2022). Научно-методические основы организации физкультурномассовой физкультурно-оздоровительной подготовки в высших учебных заведениях. ЕВРОПЕЙСКИЙ ЖУРНАЛ БИЗНЕС-СТАРТАПОВ И ОТКРЫТОГО ОБЩЕСТВА, 2 (2), 14-17