

**A STUDENT YOUNG PEOPLE IN THE MIDDLE SPIRITUAL ENVIRONMENT
IMPROVEMENT OF SPORTS ACTIVITIES IMPORTANCE**

Umarov O'ktam Aminovich

Shahrisabz State pedagogy institute Pedagogy faculty

Spiritual and educational affairs according to dean deputy

Annotation: Sports activities student of young people whole development in formation solution doer role plays Physical health for of benefits besides, with sports engage in spiritual growth and prosperity for comfortable environment creates This in the article student young people in the middle spiritual environment in improvement of sports importance, literature, methods, results and future interventions for consequences is studied.

Key words: Sport, student youth, spiritual environment, well-being, whole development.

Academic pressure and digital distracting things a lot has been fast modern in the world student of young people spiritual well-being bring up very necessary it has been. Traditional approaches most of the time academic perfection and career to their aspirations directed although spiritual enriched environment in development of sports role not studied being remains This in the article student of young people spiritual growth in the provision of sports activities a lot edged advantages seeing developed

Many studies of sports young people development different aspects, that's it including physical health, social skills and emotional to endurance positive effect emphasized. However, the last studies of sports spiritual to prosperity deep highlighting the effect gave With sports engage in purpose, communication and transcendence feeling develops and that's it with of individuals spiritual measure educates. From this besides, sports are spiritual of growth important structural parts has been himself reflection mind and moral development for opportunities creates

A student sports activities of young people and spiritual welfare between dependence learning for there is literature each bilaterally learning was held. Academic data bases belongs to studies determination for "sport", "spirituality", "youth" and "welfare". the key from words was used. Last ten year inside publication done articles comment currency provide for included. Main findings analysis to do and common topics determination for information collection and synthesis to do done increased

Sports training student young people in the middle spiritual environment one how many in terms of in improvement important role plays:

- **Society Feeling:** Sports students unites, belonging and society feeling develops. The team one part to be friendship, collective the work and common the goal feeling promote it does while positive spiritual to the environment contribution to add can
- **Values and morality:** with sport engage in most of the time to the rules compliance to do sports skills demonstration reach, opponents and teammates respect to do own into takes This principles justice, honesty and mercy such as qualities emphasizing, many spiritual to the teachings suitable will come.

Sports values and ethics not only encouraged, perhaps most of the time of activity to himself absorbed to go the platform present is enough Come on, that's it principles how suitable to come let's define:

To the rules compliance to do: in sports the rules main is considered They are justice provides and competition for Created the basis provides. In this life moral and moral to the instructions compliance make, harmony and equality promote doer to principles compliance to do concept with resonates.

Sports skills demonstration achievement: good sportsmanship victory and in defeat respect, justice, courtesy and honesty own into takes These are qualities not only of sports continuously performance for solution doer important have, maybe of life different on the fronts applied wider moral reflect the principles makes

Rivals and teammates respect do: respect on the sports field or diary in life let it be how meaningful mutually of influence is the basis. In sports opponents respect to do their skill and recognizes the efforts of his teammates respect to do while friendship and cooperation develops. It's to others relatively mercy and sympathy emphasizing to the teachings suitable will come.

Justice, honesty and mercy such as virtues: this qualities not only abstract concepts, perhaps moral behavior for practical are instructions. Justice equal to opportunities provides honesty honesty and sincerity supports and mercy sympathy and to understand strengthens These are qualities many spiritual of tradition main teachings reflection bringer personal growth and social harmony for is necessary.

In general at least with sports engage in spiritual teachings for Central has been values and morality in itself incarnate reach and of strengthening sure method offer is enough This principles to sportsmanship adding, athletes not only chose in the fields superior They will be, maybe own teams and in general to society positive contribution they add

- Mind and the body communication: through sports physical activity with engage in of students mind, body and spirit between deeper contact to develop help will give. Mostly for sports included yoga, combat art and meditation such as practices consciousness and himself to understand encourages, spiritual to grow help will give.

Like sports physical exercises with engage in not only physical health strengthens, perhaps mental and spiritual also educates well-being. Yoga, battle art and meditation such as training of sports common health improve for physical from the field out output great is an example.

Same so, battle arts not only physical strength and coordination improves, maybe discipline, attention and mental endurance develops. Practitioners most of the time themselves hard training through their bodies and feelings more they adapt.

Meditation, independent respectively or sports activities one part as, mental Clarity, emotional balance and spiritual to grow significant level to increase can Mind calm down and present for a moment adaptation through persons themselves and around the world with connections deeper their understanding can

In general when, this practices to sports training to add not only to work improves, maybe whole prosperity increases mind, body and soul between deeper contact develops.

- Difficulties win: sports to students difficulties, failures and to failures face to arrive opportunity will give. This obstacles overcome learning endurance and internal power, spiritual growth for necessary has been qualities develops.
- Healthy marriage style: through sports regularly physical activity common prosperity, that's it including physical, mental and emotional health strengthens Healthy the body and mind spiritual research and growth for comfortable environment creates
- Himself discover do: through sports students their own strong, weak sides, passions and limitations discover reach opportunity have Himself discover of doing this trip himself to understand and in the world place deeper to understand, spiritual to development help will give.

With sports engage in students indeed for himself discover of doing deep the trip offer is enough On the field, on the court or on the track be it, sport is physical and mental abilities learning for persons for unique the platform present is enough

First, sport is ours strong our sides open will give. Practice and competition through students their own advantages they learn - this speed, agility, strategic thinking or collective the work. This strong recognition of parties trust and himself respect to do increases.

One of time sport itself is also weak sides illuminates. On the field to difficulties face arrival, endurance, coordination or emotional endurance whether, improvement fields emphasizes. This weak recognition of parties growth and development on the way the first is a step.

From this besides, sports often passions I like it. Certain to sports has been love discover to do devotion and loyalty cause release it is possible students chose in the field to perfection to reach encourages.

However, sports also have limitations puts Physical restrictions whether or success difficult work and sacrifice Demand to do understanding whether, this in limitations movement to do persistence and endurance about valuable the lessons will give.

The end the result is this himself discover to do trip himself to understand strengthens Theirs strong, weak sides, passions and limitations understand, students their own unique to himself feature and possibilities about to understanding have will be This is itself understanding from the sports field out out of them others with mutually relationships and in the world place forms.

From this besides, sports are spiritual to development contribution to add can In the sports window Demand to be done discipline, attention and persistence most of the time spiritual growth with depend From this besides, team sports by supported friendship and belonging feeling mutually dependence and the goal feelings wake up and spirituality to feel deeper contribution to add can

In fact, the sport itself discover to do for strong tool to students own abilities, passions and limitations learning opportunity gives, that's it with together himself understanding and spiritual development develops.

- A sense of purpose: in sports goals designation and to them reach students in his life the goal and meaning feeling wake up can Personal to improve is the aspiration or collective victory for to compete, students in their sporting activities the goal they find it while in life the goal more feel wider can

In general in general, sports training students of life physical, mental, emotional and spiritual aspects solution so, personal to development whole the approach provides. Team with performance, endurance and himself discover reach such as values promote to do sports student through young people in the middle positive and enriching spiritual environment to create big contribution adds

Findings student young people in the middle spiritual environment improve sports events for study programs input importance emphasizes. Perfect to development priority importance giving education institutions to students through sports their own spiritual features learning and bring up opportunities to create can From this except, supporting and inclusive sports culture bring up positive social norms and values promote so, spiritual in terms of enriched study environment contribution to add can

Summary and Suggestions:

Summary by doing in other words, sports training student young people in the middle spiritual environment improve for catalyst being service does Education institutions, politicians and public interested sides whole development in education of sports indispensable their recognition of value and sports participation encouraging to initiatives priority importance to give need Physical activity, consciousness and moral activity culture development through we student young people not only academic, perhaps spiritual today 's aspect complicated in the world to flourish possibility give we can

Future studies according to Suggestions with sports in between to engage in spiritual to prosperity long term effect learning according to longitudinally studies as well as a student young people in the middle whole development in encouragement to sports based on of programs efficiency evaluation according to intervention studies there is. From this except, interview and focus groups such as good quality research methods of sports activities with engaged in of individuals subjective experiences about deeper information to give can Sports and spirituality intersection to learn continue carry on through we physical activity student of young people common to the well-being how contribution to add about our understanding more increase can

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