

**THE IMPORTANCE OF SPORTS FOR CHILDREN: IMPACT ON PHYSICAL AND
MENTAL DEVELOPMENT**

Muhidinov Abdubanob Akbaraliyevich

Fergana state university

ABSTRACT: This article provides an in-depth analysis of the importance of sports for children and their impact on physical, mental, social and emotional development. The article examines in detail how sports have a positive impact on physical development, such as strengthening children's muscles and bones, improving the cardiovascular system, improving coordination, endurance and speed. The article also examines in detail how sports have a positive impact on the development of children's mental abilities, such as increasing concentration and attention, solving problems, making decisions and increasing self-confidence. In addition, the article shows how sports have a positive impact on social and emotional development, such as learning to work in a team, learning discipline and responsibility, increasing self-esteem and reducing stress. In conclusion, the article emphasizes that sports are very important for children's physical, mental, social and emotional development. Sports help children lead a healthy lifestyle, feel good about themselves, build self-confidence, and learn to work in a team.

Keywords: Children's sports, Physical development , Mental development, Social development, Emotional development, Healthy lifestyle, Self-confidence, Teamwork, Discipline, Responsibility, Stress reduction.

Sport for children is not only a physical activity, but also an important factor contributing to their full and healthy development. In addition to developing children's physical abilities, sport helps to shape them mentally, socially and emotionally. Although many people consider sport only as a means of strengthening muscles and increasing physical strength, in fact, sport has a much broader and deeper impact on children. Sport helps to develop children's mental abilities, such as increasing concentration and attention, solving problems, making decisions and increasing self-confidence. Sport also has a positive effect on the formation of children's social and emotional aspects, such as learning to work in a team, learning discipline and responsibility, increasing self-esteem and reducing stress. This article will analyze in depth the importance of sport for children, its impact on physical, mental, social and emotional development. The article examines in detail how sports have a positive impact on children's physical development, such as strengthening muscles and bones, improving the cardiovascular system, improving coordination, endurance and speed. The article also analyzes in detail how sports affect the development of children's mental abilities, such as increasing concentration and attention, solving problems, making decisions and increasing self-confidence. In addition, the article shows how sports have a positive impact on social and emotional development, such as learning to work in a team, learning discipline and responsibility, increasing self-esteem and reducing stress.

Sports have a great impact on children's physical development, helping to strengthen their muscles and bones, improve their cardiovascular system, improve coordination and endurance. Sports help to strengthen children's muscles and bones, which increases their physical strength and protects against injuries. When playing sports, children's muscles are actively working, which has a positive effect on their growth and development. Bones, in turn, are strengthened due to regular physical exertion, which protects them from fractures and other injuries. Sports strengthens the cardiovascular system, improves blood circulation and reduces the risk of cardiovascular diseases. When playing sports, the heart begins to beat faster, which improves blood circulation and strengthens the heart muscles. This reduces the risk of cardiovascular diseases and improves the overall health of children. Sports

improve children's coordination and balance, which improves their movement and protects them from injury. When playing sports, children learn to control their bodies, coordinate their movements, and maintain balance. This improves their movement, allows them to move faster and more efficiently, and protects them from injury.

Sports increase children's self-esteem, as they see their own achievements and increase their self-confidence. Sports help children reduce stress, as it provides physical activity and positive emotions. Sports are essential for children's physical, mental, social and emotional development. Sports help children to lead a healthy lifestyle, feel good about themselves, increase self-confidence and learn to work in a team. Playing sports has many positive effects, such as strengthening children's muscles and bones, improving their cardiovascular system, increasing concentration and attention, solving problems, making decisions, working in a team, learning discipline and responsibility, increasing self-esteem and reducing stress. Therefore, it is very important to provide children with opportunities to play sports and to interest them in sports. Parents, teachers and members of society should work to promote children's participation in sports. Understanding the importance of sports for children and providing them with opportunities to play sports contributes to their full and healthy development.

It affects our mood and emotional state by contributing to the production of neurotransmitters such as serotonin. In addition, exercise helps balance the hormonal changes associated with these conditions and restores balance in the body. To get the most out of the psychological effects of sports, there are some important points to consider. It is important to exercise regularly, so the more often you participate in physical activity, the better. It is also important to set clear goals to keep motivation high. Trying different types of physical activity can prevent monotony and maintain interest in training. It is important to remember that there is no single right type of physical activity that is suitable for everyone. The choice depends on your personal preferences and physical condition. Aerobics, yoga, swimming, strength training or other types of training can be chosen based on your interests and needs. To maximize your mental health, it is helpful to follow these practical recommendations:

Make exercise a part of your daily routine and plan and practice it regularly.

Setting specific goals and tracking your progress can help you stay motivated.

Adjust your training intensity evenly to avoid overtraining and possible injuries.

Trying different types of physical activity can help prevent monotony and maintain interest.

Sports improve children's endurance and speed, which improves their physical performance. When playing sports, children learn to perform physical activities for a long time, run faster, and move faster. This improves their physical performance and allows them to perform a variety of physical activities. Sports improve children's ability to concentrate and pay attention, which helps them in their studies and other activities.

Sports develop children's problem-solving skills, as they encounter different situations during play and have to find ways to solve them. Sports develop children's decision-making skills, as they have to make quick and correct decisions during play. Sports increase children's self-confidence, as they see their own achievements and increase their self-esteem. Sports help children learn to work as a team, as they play together with other children and help each other. Sports help children learn discipline and responsibility, as they must attend classes regularly and arrive on time.

There is strong scientific evidence that physical activity can reduce the risk of mental illness. Several studies have shown that regular physical activity can reduce the likelihood of depression, anxiety, and other psychological problems. Exercise increases psychological resilience and helps develop coping skills to cope with various life stresses. When you engage in active sports, your mood and self-esteem improve. This effect is associated with the secretion of natural painkillers and happiness hormones called endorphins in the body. Therefore, regular physical activity reduces

stress levels and significantly improves sleep quality, which has a positive effect on your overall mood. Physical activity plays an important role in the fight against depression and anxiety.

References:

1. Mukhidinov, A., & Tillaev, S. (2022). WAYS TO APPLY PHYSICAL EDUCATION IN THE FAMILY. *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES* ISSN: 2349-7793 *Impact Factor: 6.876*, 16(3), 78-82.
2. Mukhidinov, A., & Tillaev, S. (2022). CLASSIFICATION OF SPORTS GAMES. *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES* ISSN: 2349-7793 *Impact Factor: 6.876*, 16(3), 51-54.
3. Mukhidinov, A., & Tillaev, S. (2022). SPECIFIC CHARACTERISTICS OF SPORTS GAMES. *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES* ISSN: 2349-7793 *Impact Factor: 6.876*, 16(3), 69-72.
4. Sanjar, U., & Abdubannob, M. (2022). NATIONAL SPORTS GAMES. *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES* ISSN: 2349-7793 *Impact Factor: 6.876*, 16(10), 109-117.
5. Mukhidinov, A. (2023). PEDAGOGICAL TECHNOLOGIES IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS. *Research Focus*, 2(2), 54-58.
6. Mukhidinov, A. (2023). THE IMPORTANCE OF PHYSICAL EXERCISES IN THE DEVELOPMENT OF MASS SPORTS AND THEIR CLASSIFICATION. *Research Focus*, 2(2), 37-40.
7. Muxidinov, A. (2023). JISMONIY TARBIYA SOHASI MUTAXASSISLARI KASB MAHORATINI RIVOJLANTIRISHNING INNOVATSION JIHATLARI. *IJODKOR O'QITUVCHI*, 3(30), 245-249.