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THE SOCIAL SIGNIFICANCE OF SPORTS IN STRENGTHENING YOUTH'S HEALTH

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Abstract: This article analyzes the importance of sports in strengthening the health of young people, ensuring their physical and mental stability, and increasing their social activity.

Also, scientific and practical conclusions on the impact of physical activity on health in our life, development of mass sports among young people, effective use of sports infrastructure and promotion of a healthy lifestyle are presented.

Key words: youth, health, sport, physical activity, healthy lifestyle, social activity, prevention, physical education, physical training.

As is known, the physical and spiritual health of the younger generation is one of the most important social resources in the development of society. The formation of healthy, active and socially responsible young people affects the sustainable development of not only the family and educational institutions, but also the entire society. From this point of view, sports and physical activity are one of the important means of preserving and strengthening the health of young people. It is worth recognizing that the social significance of physical education and sports in strengthening the health of young people in our lives is not limited to physical exertion, it is the most powerful means of forming the younger generation as healthy, active and harmonious members of society. Because through physical education and sports, many social problems are prevented in the process of establishing a healthy lifestyle among young people.

In the process of globalization, the increase in the time allocated in society to study, work, use of digital technologies and entertainment can lead to a decrease in physical activity in some young people. In such conditions, organizing regular sports activities not only increases the share of physical activity in the daily life of young people, but also has a positive effect on their psychological and social state [1]. Therefore, sufficient physical activity has a number of positive effects on the cardiovascular system, metabolism, and general functional state. Since the future and health of any society are directly related to young people, physical health is the most important foundation for raising a physically healthy, well-rounded generation. Because physically strong young people are more likely to develop intellectually and spiritually.

In the process of reforms being carried out in our country today, one of the main issues is the formation of a healthy lifestyle among young people and attention to their physical health, and attention is also being paid to mass sports, and their development. This is clearly illustrated by the emergence of young people interested in sports and young talented athletes, who have achieved high results in the world arena. Today, the formation of a healthy lifestyle among young people in our country and attention to their physical health includes the following main areas:

- Regular physical education and sports, that is, the popularization of sports clubs in schools and neighborhoods, teaching young people to daily physical activity (running, swimming, team games).

- Proper and balanced nutrition: establishing a system of nutrition rich in vitamins, minerals and proteins necessary for the growth and development of the young body, limiting harmful fast food and carbonated drinks.

- Conduct systematic educational work on avoiding harmful habits, including smoking, alcohol and other toxic substance addiction [2].

Another important factor is the daily routine and sleep hygiene: ensuring that young people get enough sleep (7-9 hours per day) for healthy growth hormone secretion. Such directions and factors are an important guarantee of constant physical activity and health in a person.

Another important aspect of physical activity is its connection with the mental state. Sports activities can help reduce stress, stabilize the emotional state and build self-confidence. In particular, team sports provide additional opportunities for the development of communication skills and social relationships in young people. At the same time, sports form skills in young people such as following a routine, setting goals and gradually achieving them. The discipline that arises as a result of regular training can also be manifested in study and work. Thus, the social importance of sports in our lives is not limited to its impact on human health, that is, sports grounds, clubs, circles and competitions create a favorable environment for social communication and cooperation between young people. In the process of participating in team sports, young people learn to work towards a common goal, support their partners, follow the rules and treat their opponents with respect. This process can also serve to form a culture of social responsibility and citizenship. In addition, sport is also a means of uniting young people from different social groups [3]. Sports activities organized on the basis of common interests can strengthen social ties between peers and support the process of social adaptation.

In protecting the health of young people, prevention plays an important role, along with the treatment of diseases. In this regard, physical activity is one of the main components of a healthy lifestyle. Regular sports participation allows young people to meaningfully organize their free time. Effective use of free time can create a preventive environment aimed at reducing the tendency to harmful habits and negative social influences. However, in order to effectively use the preventive capabilities of sports, it is necessary to organize classes in accordance with the physical condition, interests and individual characteristics of students and young people. Excessive workload or improperly organized classes, on the contrary, can have a negative impact on health.

In our country, the widespread involvement of young people in physical education and sports is considered one of the important directions of state and social life. Holding various sports events in educational institutions, neighborhoods and sports organizations serves to meaningfully organize the leisure time of young people. It is especially important to expand opportunities for sports through the development of mass sports [4]. To this end, the effective use of sports infrastructure, the development of sports grounds in the regions, the support of qualified coaches, and the provision of equal opportunities for girls and boys are urgent tasks.

Speaking about the social significance of sports, we should not forget that its importance is associated with the ability to unite young people, organize leisure time meaningfully, and form a culture of a healthy lifestyle. Because it would be appropriate to view the involvement of young people in sports not only as a task of the sports sector, but also as a complex social task related to health, education, family, and the community. In conclusion, it should be said that in the future, further development of sports culture among students and youth, creation of a favorable

environment for mass physical activity, and effective use of the preventive capabilities of sports are important factors in strengthening the health of the younger generation.

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