

## **Körperkultur und sport als faktor für die soziale und wirtschaftliche entwicklung des landes**

**Rakhimov Matlab Farkhodovich**

Staatliche Universität Samarkand Lehrer

E-Mail: matlabraximov@gmail.com

**Anmerkung:** In diesem Artikel wird die Rolle der Körperkultur und des Sports für die soziale und wirtschaftliche Entwicklung jedes Landes erörtert. Durch den Sport werden nicht nur Sportler, sondern auch Nation, Volk und Staat auf der ganzen Welt bekannt. Deshalb geht es in diesem Artikel um die Rolle des Sports in der Gesellschaft.

**Schlüsselwörter:** Sport, Körperkultur, soziale und wirtschaftliche Entwicklung, Sport sind die Faktoren der wirtschaftlichen Entwicklung des Landes.

## **Physical culture and sports as a factor for social and economic development of the country**

**Rakhimov Matlab Farkhodovich**

Teacher at Samarkand State University

**Abstract:** This article discusses the role of physical culture and sports in the social and economic development of each country. Through sports, not only the athlete but also the nation, people and the state become known all over the world. That's why this article is about the role of sports in society.

**Keywords:** sports, physical culture, social and economic development, sports are the factors of economic development of the country.

The word sport in French means "to play" or "to enjoy". Sport is an activity with specific rules designed to compare and enjoy the physical or mental abilities of the participants.<sup>1</sup>

Sport means eda game in English. It is an integral part of physical culture, the means and methods of physical education, the system of organizing, training and conducting competitions in various sets of physical exercises. The goal of sports is to strengthen people's health and general physical development, as well as to achieve high results and victories in sports competitions. The first sports competitions were held in Greece in 1580 BC. In the second half of the 19th century, especially after the establishment of the International Olympic Committee (IOC) in 1894, the sport began to develop rapidly. In 1896, the modern Olympic Games were held.<sup>2</sup>

Originally sports were for amateurs, it became a popular social event in the 20th century. In many countries, sport has become a separate sector of the economy, contributing twice to gross domestic product (GDP).

Physical education and sports are the most relevant and universal component of the generality of the concept of "healthy lifestyle", which unites the individuals, social groups and all spheres of life of the nation. The field of physical culture and sports performs many functions in society and covers all age groups of the population. Physical culture is a general culture of a person, one of his healthy lifestyles, which mainly determines a person's behavior at school, at work, in everyday life, in communication and helps to solve socio-economic, educational issues.

In recent years, targeted measures have been taken to reduce the role and participation of the state in the economy, to widely introduce market principles and mechanisms in the management of economic sectors, as well as to improve the welfare and living standards of the population. In our country, as in all spheres, a number of reforms are being carried out with a special focus on sports. Physical culture and sports not only strengthen the health of the population, but also contribute to the social and economic development of each country, its recognition throughout the world.

In the Republic of Uzbekistan, sports are a nationwide affair, covering all segments of the population and age groups, as well as physical culture. More than 50

types of sports are popular in the country, 30 of which are included in the Olympic program. In the development of the country sports and physical education are one of the main sources of positive economic benefits. The state, in turn, actively influences social life through the promotion of sports.

Firstly, through sports, sports become a habit in society, which contributes to the formation of a healthy lifestyle that affects the health of citizens.

Secondly, a healthy population can ensure good work ability, creativity, and the growth of the working age.

Thirdly, sports are a great alternative to bad habits.

Taken together, these factors have a positive impact on achieving significant economic benefits, so sports and physical education are seen as a factor in a country's economic growth.

Physical education and sports play an important role in solving problems of a socio-economic nature, as they are a unique socio-cultural sphere that has a positive impact on important indicators of economic prosperity of the country. The country's sports achievements are an indicator of strengthening the country's sustainable development. Undoubtedly, the implementation of mass physical culture and sports development programs will have a huge social and economic impact.

According to the Decree of the President of the Republic of Uzbekistan No. PF-5924 of January 24, 2020, the "Concept of development of physical culture and sports in the Republic of Uzbekistan until 2025" was defined.<sup>3</sup> In accordance with this concept, today our reforms to further development of the socio-economic life of our country are in progress.

Thus, through the diversity of organizational forms in the field of physical culture and sports, personal and public interests are maximally balanced, contributing to longevity, family unity, the formation of a healthy, moral and psychological climate in different socio-demographic conditions. The development of sports infrastructure will create a new flow of jobs, and the development of sports will help to create an entertainment industry of great economic importance. The highest

achievements of sports and Olympic sports are strong incentive for international cooperation and the formation of an attractive image of the country in the international arena.

## References

<http://www.etymonline.com/index.php?term=sport>.

National Encyclopedia of Uzbekistan. State Scientific Publishing House. Tashkent. Page 576.

<https://lex.uz/ru/docs/-4711327>.

---

<sup>1</sup> <http://www.etymonline.com/index.php?term=sport>.

<sup>2</sup> National Encyclopedia of Uzbekistan. State Scientific Publishing House. Tashkent. Page 576.

<sup>3</sup> <https://lex.uz/ru/docs/-4711327>.