

SPORT – ALS ALLGEMEINER MENSCHLICHER WERT

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Anmerkung: Sport ist aus dem Leben der Menschen nicht mehr wegzudenken. Die Frage der weiten Verbreitung unter Kindern, Jugendlichen, Frauen und anderen Teilen der Gesellschaft wird zunehmend gelöst. Menschen treiben Sport, um ihre Gesundheit zu stärken, ihre körperlichen Fähigkeiten zu entwickeln, sowie eine vollwertige Freizeitgestaltung. Darüber hinaus ist der Sport auch wichtig, um das Ansehen von Sportländern und -staaten in der internationalen Arena zu steigern. Jeder errungene Sieg, den die Athleten eines Landes auf der internationalen Bühne errungen haben, ist buchstäblich ein Sieg dieses Landes auf der internationalen Bühne. Die vom Verfasser abgegebene Bemerkung, die Frage nach der gesellschaftlichen Bedeutung des Sports und seiner weiteren Popularisierung bei jungen Menschen, wurde aus wissenschaftlicher und theoretischer Sicht bestätigt.

Schlüsselwörter: Sport, soziale Wirkung, Bedeutung, Wirksamkeit, Bedeutung.

SPORT – AS UNIVERSAL HUMAN VALUE

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Abstract: Sport has become an inseparable part of people's life. Issue of its widespread distribution among children, youth, women and other segments of society is increasingly being resolved. People go in for sports in order to strengthen their health, develop their physical abilities, as well as full-fledged leisure. In addition, sport is also important to raise the prestige of sports countries and states in the international arena. Every victory won, which was won by the athletes of a country in the international arena is literally a victory of this country in the international arena. The comment, which was made by the author, the issues of the social significance of sports and its further popularization among young people has been confirmed from a scientific and theoretical point of view.

Keywords: sport, social impact, importance, effectiveness, significance.

Introduction. Universal human values – the system of universal human significance, which is considered a criterion of general assessment for all people, nations, countries around the world. The concept of universal human value is an incredibly comprehensive and multifaceted meaning. In today's days, the concept of universal human value is steadily increasing its importance at a high level in people's life, in order to educate them and enrichment of their spiritual world. The expression of universal human value is a relative concept; one or another form of universal values comes to the fore of life, which is connected with the development of society, in accordance with the peculiarities of development. For example, it increases several feelings, for example, during the war the feeling of peace, freedom increases, during independence, national consciousness and the study of national culture increases. It is a historical fact that the importance of the concept of sport has never decreased in the

change of times and periods. Sport always occupies a central place in the system of universal human values, being an inseparable part of the spiritual and material needs of people.

The meaning of sport is arguing, competing. The basis of the concept of sport consist special physical exercises. At the same time, the social nature of sport and its role in the education of a person as a person are incomparable. The development of society has directly led to the development as a concept of physical culture. To this day, sport still demonstrates its high social significance, which is an inseparable part of physical culture. researches, which studied the the importance of sport on a global scale have proved that its role in people's lifestyle is at a high level. On this issue, specialists in physical culture and sports, psychologists, sociologists have conducted research and created various scientific and methodological sources (V.D.Panachev, N.I.Ponomaryov, L.P.Matveev, J.E.Eshnazarov, Y.M.Masharipov, R.S.Salamov, L.I.Lubisheva).

Research Opinions. Among people, athletes who famous in competitions and have won competitions, such concepts as "*athlete*", "*winner*", "*champion*" are widely used. People look at such athletes with admiration, as a result, desire to be like them is formed. In everywhere athletes are respected and appreciated. It original fact, people appreciate sport through the example of winners, champions. Appreciate and respect people make through sport. Athletes who raise the country's flag high at international venues find value in society.

It is necessary to list its functions to assimilate sport as universal human value. It is known from the theory of sports that sport has several functions, such as sport performs the function of competition, the function of health promotion, the function of educating ideas, aesthetic function, moral and educational function, socio-political function, functions of internationalism. In addition, it was expressed that patriotism, integration of humanitarian education into the younger generation through sport. In this place, experts recognize the high level of opportunities for educating young people in the spirit of patriotism in the process of sports competitions. The fact that sport is not only a criterion for determining results, demonstrating physical capabilities, but also a human factor, its involvement in comprehensive training, is reflected in the research conducted within the framework of this topic.

According to the Law of the Republic of Uzbekistan "On physical education and sports" (new edition dated September 4, 2015), national sports and folk games of Uzbekistan are an integral part of the cultural heritage of the Republic of Uzbekistan in the field of physical education and sports, special patriotism and love for the Motherland, the basis for educating the feelings of citizens of the country. In fact, the formation, historical development of national sports directly implies the education of people in the spirit of the ideas of patriotism. For example, let is take our nation sport, kurash. In kurash, through the protection of his honor form the basis of the philosophical and spiritual ideas of this sport, respect for the opponent in the fight, the protection of his homeland and people, his dignity. We can see historical, philosophical and spiritual foundations are aimed in order to serve the comprehensive education of people, such as judo, taekwondo, karate. In fact, during the historical

formation and development of sports were embodied the ideas of educating such characters as peacefulness, humanism, patriotism. Because, peace, humanity, patriotism, industrious have been respected and valued for many years as universal human value.

The fact, the social significance of sport, its universal human value is also reflected in its humane character. At first glance, the content of the concept of sport can be seen in the competition of athletes who have passed a certain level of training, forcing them to defeat each other with the help of force. However, the rules of sport competitions, generally recognized norms of sport impose such requirements on athletes, coaches and judges that as a result, participants in sports events are trained and formed within the criteria of universal values in the process of training, competitions and sporting events. Because, physical culture and sports training, as well as sports competitions should be conducted in such a way that they do not harm the health, honor and dignity of participants and spectators. It is not allowed to use training methods that lead to humiliation of the honor and dignity of athletes, as well as to their sports injuries. The rules of sports competitions are developed on the basis of certain requirements that require participants to strictly comply with them. In this case, sport demonstrates its high humanitarian character.

Man, maintaining and strengthening his health is one of the main tasks facing the world medical field. In the world of medicine, there is a concept of "better than curing the disease that prevented it". Techniques and technologies in old age, low mobility creates a certain level of problems for people, especially diseases associated with inactivity. We mentioned above that sport is a set of active physical movements. Regular training of people by sport in accordance with the plan provides the body's need for movement. As a result, the body becomes healthy and energetic. This is also one of the main reasons why sport is recognized as universal human value .

It is known to all of us that in today's global environment, various negative ills such as alcoholism, drug addiction, religious extremism and international terrorism are causing concern to the people of the earth. It is inevitable that ideas alien and alien to the noble goals of the people and the state will try to influence the life of society. It is necessary to fight against such negative vices and ideas, to form immunity among young people to fight destructive ideas, to establish measures to protect them from the effects of negative vices. In turn this task that imposes special requirements on every citizen living in society, for every profession. Modern sports training is aimed not only at improving sports results, but also at the comprehensive education of an athlete. Per de Kuberten, who the organizer of the modern Olympic Games, the French statesman, it is not surprising that he considered a means of comprehensive education of great importance to humanity. Later, after the Second World War, the establishment of the Asian Games on the initiative of the Indian country was aimed at ensuring peace and tranquility throughout the world - maintaining solidarity between peoples.

Conclusion. Today's sport has risen to the highest level. There is an opportunity to effectively use sports in educating young people, increasing the prestige of countries, combating negative phenomena and promoting a healthy

lifestyle. Historically, a person and his life are revered as a sacred value. At the same time, such concepts as peace, patriotism, and humanism are an inseparable part of the system of universal human value .

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