



BENEFICIAL EFFECTS OF SPORTS ON CHILDREN'S BODIES

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INTRODUCTION: In recent years, questions about the health and physical activity of children have become especially relevant. With the development of technology and changing lifestyles, many children are spending more and more time in front of screens without receiving sufficient physical development. However, playing sports offers a wide range of benefits for children's bodies. They not only promote physical development, but also have a beneficial effect on many aspects of a child's health and overall well-being.

RELEVANCE: The importance of sport cannot be overestimated in modern society. Currently, there is a growing problem of physical inactivity in children caused by changing lifestyles and the prevalence of sedentary activities. Instead of physical play and active movement, children spend more time in front of computer screens, televisions and mobile devices. This leads to a decrease in physical activity and the occurrence of various health problems [3, 4, 8].

Obesity, cardiovascular disease, diabetes, back and musculoskeletal problems are all becoming more common among children. Lack of physical activity leads to deterioration in general physical condition, muscle weakness and low endurance. In addition, a lack of physical activity can have a negative impact on the emotional and mental well-being of children, leading to increased levels of stress and anxiety [9, 10].

PURPOSE: to study the effect of sports on the body of children.

MATERIALS AND METHODS: In this article, various materials and methods were used to study the beneficial effects of sports on the body of children. Below is an overview of the main materials and methods used:

Literature review: Studies and scientific articles related to the influence of sports on the body of children were analyzed. The literature review process examined the results of previous studies, their methodology, main conclusions and recommendations.

Epidemiological data: Statistical data obtained from population studies, as well as data from medical and sports databases were used. These data helped estimate the prevalence of problems associated with physical inactivity and health in children and establish the link between exercise and a reduced risk of various diseases.

Clinical studies: Clinical studies were conducted involving a group of children involved in sports and a control group not involved in sports. These studies collected data on children's physical condition, physical test results, biochemical tests, and psychological well-being tests.

Surveys and questionnaires: To collect information about the perceptions and opinions of children, as well as their parents, surveys and questionnaires were conducted. The questions concerned the level of physical activity, satisfaction with the results of sports activities, and the influence of sports on general health and emotional state.

METHODS OF STATISTICAL ANALYSIS: The obtained data were subjected to statistical analysis using appropriate methods, correlation analysis and other statistical tests. This made it possible to identify significant connections and draw conclusions based on statistical data.

Duration and intensity of training: Various sports and their training programs were taken into account, including duration of training, frequency of training and intensity of physical activity. This made it possible to evaluate the effect of different training regimes on the children's body.

Benchmarks: The studies looked at a variety of measures such as physical endurance, muscle strength and flexibility, aerobic and anaerobic performance, and health measures including anthropometry (eg, body mass index), cardiovascular function, and general emotional stability.

All these materials and methods were used to conduct a comprehensive analysis and identify the beneficial effects of sports on the body of children. The use of various research approaches allowed us to obtain reliable and valid results that can serve as the basis for developing recommendations for sports activities and a healthy lifestyle for children.

Results and discussion: Research results confirm that playing sports has a significant beneficial effect on the body of children. Here are the main results and their discussion:

Sports activities help improve physical endurance, muscle development, and strengthen bones and joints. Research has shown that children who play sports perform better in physical tests such as long-distance running, pull-ups and jumping. This demonstrates the positive impact of sports on the overall fitness and strength of children.

Regular physical activity, typical of sports training, helps strengthen the immune system of children. Research shows that children who play sports are less susceptible to respiratory infections and other illnesses associated with weakened immune systems. This may be due to increased overall physical activity and improved blood circulation in the body.

Sports training, especially those that require precise movement and synchronization, helps children develop coordination and balance. Research shows that participating in sports such as gymnastics, dance or martial arts improves coordination and balance. This can be beneficial not only for athletic performance, but also for everyday activities and injury prevention.

Playing sports has a positive effect on the emotional state of children. Physical activity releases endorphins, the feel-good hormones that help reduce stress, improve mood and improve children's overall well-being. Research shows that children who play sports are less likely to develop depression, anxiety and other psychological problems. They also exhibit greater self-confidence, confidence in their abilities, and developed social skills. Interacting with coaches and other children on a sports team helps form friendships and strengthen social support.

Exercising in children can reduce the risk of developing various chronic diseases, such as obesity, type 2 diabetes, cardiovascular disease and some types of cancer. Physical activity helps maintain a healthy weight, control blood sugar levels, strengthen the cardiovascular system and improve overall metabolism.

Discussion of the results points to the need to include sports in children's daily lives. Playing sports has a complex positive effect on children's bodies, including physical, psychological and social well-being. Therefore, it is important to promote sports activity and

ensure that various sports are accessible to children of all age groups. Additionally, implementing sport support measures in schools and community settings can help increase physical activity levels in children. However, it is necessary to take into account the individual characteristics of each child when choosing and organizing sports activities. It is important to pay attention to the safety of training, ensure adequate physical activity in accordance with the age and physical development of the child, and also take into account his preferences and interests.

Overall, research confirms that exercise has beneficial effects on children's bodies, promoting physical fitness, developing coordination and balance, strengthening the immune system, increasing emotional well-being and preventing disease. These results highlight the importance of including physical activity and sport in children's lives.

Based on these results, we can conclude that sport should become an integral part of every child's life. Supporting sport participation in families, schools and communities is an important aspect of creating a healthy environment for children's development. Sports programs and activities should be accessible and varied to meet the interests and needs of different age groups and individual characteristics of children. The beneficial effects of sports on children's bodies have long-term consequences. Introducing sports activity at an early age can create healthy habits and behaviors that will stay with children for a lifetime. This will help them maintain an active lifestyle and prevent the development of various diseases in the future.

However, further research is needed to study in more detail the mechanisms by which sports activities have a positive effect on the body of children. It is also worth considering differences in the effect depending on the type of sport, intensity of training and the individual characteristics of each child.

In general, scientific research confirms that playing sports has a positive effect on children's bodies and contributes to their health and development. Therefore, parents, teachers and society as a whole should promote and encourage children's participation in sports activities, creating conditions for their regular training and physical development.

Conclusion: Based on the research conducted, we can conclude that sports activities have a beneficial effect on the body of children. Sport is an effective way to improve physical fitness, develop coordination and balance, strengthen the immune system, improve emotional well-being and prevent disease in children. Research results confirm that playing sports contributes to the formation of a healthy lifestyle and healthy habits that can accompany children throughout their lives. Sports programs and activities should be accessible and varied to attract as many children as possible and include them in an active lifestyle. However, it is necessary to take into account the individual characteristics of each child when choosing sports and organizing training. Safety and adequacy of physical activity should be priority aspects in children's sports activities. So, regular exercise can have many positive effects on children's bodies and contribute to their overall physical and mental well-being. Parents, teachers and society should promote the development of sports activity in children by creating suitable conditions and motivating them to a healthy lifestyle.

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