

Sports and Youth Health in the Aspect of National Security

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ABSTRACT: In the article, such aspect of national security as the health of the younger generation is analyzed. The socialization of youth in modern society has spontaneous and unorganized character. The youth is exposed to diverse contradictory influences, has no accurate role models that interfere with the development of a steady and certain identity, both personal, and collective. The role of sport in the organization of leisure, physical training, education of a civic stand of the younger generation is investigated.

KEYWORD: sport, health, tourism, youth, national security, socialization.

In an era of pronounced transformation, there is growing concern about the level of accessibility of a healthy lifestyle in the discourse of social stratification of modern society. The need for a sociological analysis of the parameters and degree of accessibility of a healthy lifestyle for various social strata, social structures that can influence the processes of increasing the level of accessibility, change the habitual and bring a healthy lifestyle is being updated. Changes in Russia have affected the sphere of physical culture, which has an impact on the solution of many social problems - the reduction of drug addiction, especially among adolescents and young people, the introduction of a healthy lifestyle into people's daily lives. Increasing the interest of the masses in sports, the availability of the attributes of a healthy lifestyle is of particular importance. It is impossible to overestimate the role of physical activity as a means of human development, the formation of a socially active personality, increasing mental performance, and introducing a healthy lifestyle. Physical activity can eliminate risk factors; contribute to the rejection of bad habits, and, increase the level of motor skills, which helps to reduce the risk of injury. The modern flow of information, the accelerating pace of life increase stress, emotional and psychological disorders. Limited motor activity deprives a person of the possibility of a natural form of realization of mental stress. As a result, the death rate has increased, the birth rate has decreased, and alcoholism, drug addiction, and child and adolescent crime are on a huge scale. In this situation, it is necessary to analyze the structural characteristics of society that provide citizens with the opportunity to consume sociocultural benefits, and health and all available mechanisms for maintaining and maintaining their health are among the main ones. However, the existing stratification structure of modern Russian society differently determines the degree of accessibility of a healthy lifestyle for different strata of society.

No one doubts that a healthy lifestyle leads to prosperity. But the realization of one's capabilities in practice and the achievement of success in life, to a greater extent, are within the power of healthy

342	ISSN 2690-9626 (online), Published by "Global Research Network LLC" under Volume: 3 Issue: 1 in January-2022 https://grnjournals.us/index.php/AJSHR
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people, who are much more among those who lead a healthy lifestyle. A person from birth receives a certain genetic set, which should ensure the achievement of the maximum possible life goals, however, the unfair distribution of sociocultural benefits and inequality in society leads to a decrease in the potential of the individual due to the systematic exclusion from the sphere of a healthy lifestyle, which includes environmentally-friendly consumer products and the opportunity to lead a physically active, healthy lifestyle. Despite a comprehensive approach to the definition of health, in practice, health is still often judged by the presence or absence of diseases of the body or mind. There are many transitional states between health and illness, called pre-illness.

There are contradictions between the trends associated with the deterioration of health, and insufficient understanding of the regional social policy of the possibilities of the health-saving process in its preservation and maintenance; between human need and insufficient theoretical and practical readiness of society and the state to create a health-saving environment. One of the possible ways to resolve these contradictions is to increase the availability of a healthy lifestyle in terms of the implementation of regional social policy: the synthesis of internal and external resources of physical culture and recreational activities - the creation of conditions for the individual to master the experience of such activities and the formation of needs through the implementation of regional social policy in the field of health protection of the population.

The degree of accessibility of elements of a healthy lifestyle is determined by the interaction of two factors: external - the social environment, material, natural, living conditions, culture, macro-and micro-environment; internal - the need-motivational sphere of the personality, stimulation of individual development, value orientations, interests, relationships, self-esteem, individual properties, and characteristics. A healthy lifestyle implies an active > and conscious participation of the individual in changing the objective conditions of life, an external factor that determines the availability of a healthy lifestyle. The availability of a healthy lifestyle is determined by the prerequisites: objective social and socio-economic conditions; specific life activity (family and household and professional activities); individual-typological; personal and motivational characteristics, determined by the worldview and culture of a person and the degree of their orientation towards a healthy lifestyle.

Systematic physical activity is a basic component of a healthy lifestyle, contributes to personal development, increased productive activity, and improved social well-being of a person. The territorial and economic accessibility of sports and recreation complexes for representatives of all social strata contributes to the formation of the value of a healthy lifestyle. The success of this process depends on the society's attitude to the issues of physical culture and regional social policy in terms of expanding the level of accessibility of healthy lifestyle elements.

Self-reported health reflects the poor health of young people. The unsatisfactory state of physical health affects the psycho-emotional well-being and social well-being of young people. The attitude of young people to health in general can be assessed as inadequate. This is expressed in a low level of care and an unformed need to preserve and strengthen lost health. The main motive of young people's behavior about health is its unsatisfactory condition. To a large extent, such behavior is determined by unconscious actions associated with the lack of knowledge, skills and habits of maintaining a healthy lifestyle as the main way to preserve health resources. The process of socialization about health does not reach the goal of forming a personal attitude of young people to their health. Upbringing in the family, in physical education classes, insufficiently form the skills and habits of a healthy lifestyle. The main factor of a healthy lifestyle that young people use to improve their health is attending physical education classes. However, with a positive attitude towards physical culture in general, a significant number of young people do not show an active interest in it and do it out of

necessity. This leads to the fact that other healthy lifestyle factors remain little in demand in the daily life of young people. In the value consciousness of young people, there is no formed attitude towards health as the main value on which a full-fledged human life depends. Health care is perceived at the level of self-preservation needs, without affecting the level of sociogenic and higher human needs. The main motives of a healthy lifestyle are to improve the state of health and external attractiveness.

The upbringing of a healthy personality with an active life position is the main condition for the labor and social adaptation of young people, which determines their integration into society. The processes of forming a healthy lifestyle are directly related to the social space and the possibilities of the social environment. Today, the decisive factor in the spread and increase in the availability of a healthy lifestyle and, as a result, improving the health of the population is the creation of a human-friendly environment, food and water safety, labor protections, a well-thought-out demographic policy, the promotion of a healthy lifestyle, and the development of a sports and recreation structure. for people with different income levels. The most effective measure is the improvement of the population using physical culture.

The external environment is represented by subjects of activity in the space of physical culture and sports and sports practices, which are indicators of the development of the external environment as a resource for the social construction of a healthy lifestyle. The rating of physical education among young people is low.

The degree of physical culture and sports activity is influenced by the quality of physical education classes and the state of physical culture and sports services in educational institutions. Despite the popularity of physical culture, most experts in the field of physical culture and sports are not satisfied with the range of services for physical education and sports in their educational institution. The main reason for this, young people call the poverty of the material and sports base. This is followed by the lack of cultivated sports, the imperfect schedule of sports clubs, and, finally, the high cost of paid services.

In the course of personality development, needs are constantly changing and become a source of lifestyle changes. The emergence of interest causes a desire to act, forms a motive for behavior. Motives can be situational, determining individual actions of a person, and prognostic, vital for a long time. The low degree of accessibility of elements of a healthy lifestyle, in particular, physical education, is associated with: an insufficient number of non-VIP class sports and recreation centers, poor material and sports facilities, a lack of cultivated sports, imperfect schedules for sports sections, and, finally, the high cost paid services. The social institutions of the family and education today do not sufficiently form the skills and habits of a healthy lifestyle.

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