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## PHYSICAL EDUCATION AND SPORTS IN THE LIFE OF MODERN SOCIETY

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**Abstract:** *The article discusses the positive effect of physical education and sports. Current objectives are to improve health, instill interest in activities, increase the body's performance, and prevent various diseases. Sport and physical culture are a multifunctional mechanism for people's health, human self-realization, self-expression and development.*

**Key words:** *sport, beauty, self-confidence, health, self-realization, motivation, training.*

In the modern world, physical culture is an integral part of every person's life. It has a huge impact on all aspects of life. By influencing the human body, physical culture shapes the stages of modern society, as well as lifestyle, cultural values and fashion.

The role of physical culture is determined by a person's attitude towards it; some treat it with coolness, others consider it a way of life.

Physical culture in the aggressive modern world is the prevention of bad habits, a way to protect the emotional state, and for the younger generation it is also a way to develop communications.

Sport can unite people, introduce them to each other, and increase mental intelligence, which is very important for people in the modern world. Playing sports makes people less susceptible to the aggressive factors of the modern economy.

With proper physical education, you can get a lot of positive emotions and simplify your life.

For the younger generation, sport is a means of developing personality and gaining life experience. A child, entering a sports environment, finds himself in a new, effective social sphere, which, in addition to positive factors, does not in any way negatively affect the maturing body.

A sports team is an important component for every person, in all its manifestations: physical education lessons, sections, training, hobbies, competitions and much more.

Sport provides opportunities not only for physical and sports improvement, but also for moral, aesthetic, intellectual and labor education.

Physical activity is the key to intellectual activity. In support of this statement, I would like to cite the words of the famous athlete A. Volkov: "... sport today is the main social factor that can resist the invasion of cheap culture and bad habits. This is the best "rattle" that can distract people from current social problems. This is, perhaps, the only "glue" that is capable of gluing the entire nation together, which neither religion, nor even less politicians can do" [1].



Proving my opinion about the essence of sports in the modern world, I would like to cite the arguments of doctors that physical education is the prevention of many diseases, operations and injuries. This is a recommendation for people of all ages and any area of their activity. Running, swimming, skating, skiing and others, at acceptable dosages without fanaticism, have a huge positive effect on the musculoskeletal system, which primarily suffers from the aggressive factors of the modern world.

Physical education increases the level of stress resistance, which is also important in modern society.

Understanding and perceiving the essence and significance of sports, you don't need to be a fan, you need to remember that abuse of physical activity can bring harm, not benefit, to your body. It is important to follow the rules and discipline in physical education, then sport will be a joy.

As society develops, physical activity and sports increasingly penetrate into all spheres of people's lives and become an increasingly significant and integral part of the life of world civilization. Millions of people in all countries of the world lead a healthy lifestyle, part of which is physical exercise and recreational gymnastics, and participation in sports competitions. Elite sport has also been developing at a tremendous pace in recent decades, gradually turning into an entire industry of sports and entertainment events. Physical culture and sports in modern society are the most important factors in maintaining and strengthening people's health, improving their culture, a way of communication, active leisure time, and an alternative to bad habits and addictions. At the same time, physical education and sports intensively influence the economic sphere of life of the state and society - the quality of the workforce, the structure of consumption and demand, consumer behavior, foreign economic relations, tourism and other indicators of the economic system.

When considering physical culture in a person's life, one should recognize the uniqueness of physical culture as a social phenomenon. This type of culture is the first of all aspects of culture; it is precisely this that is basic for any representative of the human species. Therefore, it is necessary to maintain good health in people to enable them to use their potential to promote growth and personal development. Sport is an important tool that has the ability to motivate and empower people to achieve their health, economic and social goals. Sport improves quality of life, promotes social inclusion and helps eradicate anti-social behavior among young people. In addition, they improve people's health, self-esteem and self-confidence [1].

Sport serves several functions that make it useful and important for individuals and society. Regular physical activity provides people with numerous physical, social, economic and mental health benefits. Sport provides opportunities for people to integrate into society and the community environment. Sport provides an opportunity to meet new people, make friends and improve social skills [3, 4].

In recent years, physical culture has been increasingly mentioned not only as an autonomous social fact, but also as a stable quality of the individual.

Physical culture and sport are considered by researchers not only as an element of the lifestyle and culture of society in general, but also as a means of physical development, education and health promotion. Physical education and sports activity acts as a factor in the formation of a person's spiritual and moral foundations. From the



point of view of the phenomena of social life, physical culture is a social, ideological institution that promotes the comprehensive and harmonious development of the individual, increasing the role of the human factor in the prosperity of society.

Historically, physical culture was formed under the influence of the needs of society for the physical preparation of the younger generation and the adult population for work. At the same time, with the evolution of upbringing and education systems, physical culture became the basic type of culture that forms motor skills. Physical culture should accompany a person throughout his life.

The importance of physical education and sports in human life has increased significantly in recent times. Sports and physical education significantly influence the state of the body as a whole, the psyche and status of a person.

In modern society, with the advent of new equipment and technologies, there is a reduction in people's physical activity and at the same time an increase in the influence of unfavorable factors on the body, such as environmental pollution, unhealthy diet, and stress. In addition, immunity decreases, which entails significant susceptibility to infectious diseases.

Currently, the number of people with various diseases is growing, so a decrease in physical activity is an urgent problem.

Physical culture and sports are one of the most significant factors in strengthening and maintaining health.

Physical education is necessary for a person at all periods of his life. In childhood and adolescence, they contribute to the harmonious development of the body. In adults, they improve the morphofunctional state, increase performance and maintain health. In older people, at the same time, unfavorable age-related changes are delayed.

Systematic physical education and sports help people of all ages to use their free time most productively, and also help to give up socially and biologically harmful habits such as drinking alcohol and smoking.

Excessive exercise can cause considerable harm, so when choosing the degree of stress on the body, it is necessary to use an individual approach.

Regular exercise or sports increases the activity of metabolic processes and maintains the mechanisms that carry out metabolism and energy in the body at a high level.

Insufficient physical activity or impaired body functions when physical activity is limited have a negative impact on the body as a whole. People can live with restricted movements, but this will lead to muscle atrophy, decreased bone strength, deterioration of the functional state of the central nervous, respiratory and other systems, decreased tone and vital activity of the body.

People who systematically engage in physical exercise significantly increase the potential of all human systems and organs.

Targeted physical training improves the circulatory system, stimulates the activity of the heart muscle, increases blood supply to the muscles, and improves the regulation of their activity by the nervous system.

In the process of physical education and sports, the number of heart contractions decreases, the heart becomes stronger and begins to work more economically, and blood pressure normalizes. All this helps to improve metabolism in tissues. Scientists



have found that intensive physiological expenditure is followed by recovery processes.

Adrenal hormones, which are produced during physical activity, have a beneficial effect on the heart.

Physical activity can selectively improve body functions, both motor (increasing endurance, muscle strength, flexibility, coordination of movements) and autonomic (improving the functioning of the respiratory and other body systems, improving metabolism).

Physical education and sports help expand blood vessels, normalize the tone of their walls, improve nutrition and increase metabolism in the walls of blood vessels. All this leads to an increase in the elasticity of the walls of blood vessels and the normal functioning of the cardiovascular system, which is an important component of the human body. Also, moderate physical activity has a positive effect on the kidneys: the load is removed from them, which leads to their better functioning.

Particularly beneficial effects on blood vessels are exercises such as swimming, running, and cycling. Regular exercise helps to safely strengthen the joint and ligament apparatus. Prolonged moderate physical activity makes ligamentous and joint tissue more elastic, protecting it from tears and sprains in the future. In the process of any activity, a person becomes tired and overworked. However, performing even short-term sets of physical exercises leads to the effective restoration of both physical and mental performance, as well as the relief of neuro-emotional stress.

It should also be noted that systematic physical activity sharply reduces the incidence of disease in the population, has a positive effect on the human psyche - on his thinking, attention, memory, and contributes to effective nurturing personal qualities, namely perseverance, will, hard work, collectivism, sociability, forms an active life position.

If earlier physical culture occupied a large and very important place in the life of an adult, then in recent decades people's activity has decreased significantly. In the past, movement and production tasks required effort, but the volume of movement of the modern citizen is reduced to a minimum because of the existence of machines, devices, vehicles and tools. If a person does not exercise, then a lack of physical activity occurs. To combat this, sports and physical education should be used [5].

You can get involved in physical education and sports in several ways: by participating in a sports section for any sport, taking part in health group classes, and also by training on your own. The abundance of options gives each person the opportunity to choose the one that suits his requirements and allows everyone to find the ideal way to keep themselves in great physical shape.

There is a steady trend in the world to increase the social role of physical culture and sports. It manifests itself:

- in increasing the role of the state in supporting the development of physical culture and sports, social forms of organization and activities in this area;
- in the widespread use of physical culture and sports in the prevention of diseases and promotion of public health;
- in prolonging the active creative longevity of people;
- in the organization of leisure activities and in the prevention of antisocial behavior of young people;



- in the use of physical culture and sports as an important component of the moral, aesthetic and intellectual development of students;
- in involving the working population in physical education and sports;
- in the use of physical culture and sports in the social and physical adaptation of disabled people and orphans;
- a sharp increase in the growth of income from sports entertainment and the sports industry; in the increasing volume of sports television and radio broadcasting and the role of television in the development of physical culture and sports and in the formation of a healthy lifestyle;
- in the development of physical education, health and sports infrastructure, taking into account the interests and needs of the population;

Thus, sport and physical culture are a multifunctional mechanism for people's health, human self-realization, self-expression and development. Therefore, recently the place of physical education and sports in the system of human values and modern culture has sharply increased. World and domestic experience shows that physical culture and sports have a universal ability to jointly solve the problems of increasing the level of public health, raising and educating children, adolescents and young people, and creating a healthy moral and psychological climate in society.

The understanding that the future of the country is impossible without physically and spiritually healthy members of society is facilitated by the strengthening of the role of physical culture and sports in activities to strengthen the state.

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