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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>FACTORS OF STRENGTHENING PUBLIC HEALTH THROUGH
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ABOUT ARTICLE

Key words: physical education, mass sport, public health, physical activity, healthy lifestyle, wellness technologies.**Received:** 10.11.25**Accepted:** 11.11.25**Published:** 13.12.25**Abstract:** This article explores the theoretical and practical aspects of improving public health through mass physical education. It analyzes the role of physical activity in forming a healthy lifestyle and the effective organization methods of mass physical culture under modern Uzbek conditions.

Introduction. In the context of modern Uzbekistan, shaping a healthy lifestyle for the population and promoting physical culture and sports is one of the key priorities of state policy. The role of mass physical education in strengthening public health is invaluable, as physical activity positively impacts not only physical health but also mental and social well-being [1].

The Decree of the President of the Republic of Uzbekistan “On Measures to Further Improve the System of Engaging Youth in Physical Education and Sports” (January 5, 2022) and the “Strategy for the Development of a Healthy Lifestyle until 2030” specifically address the strengthening of public health through mass sports and physical education, the expansion of sports infrastructure, and the promotion of physical culture among the population [2].

This article explores the role of mass physical education in society, the factors influencing public health, and the essential areas for improvement.

Mass Physical Education is a social and cultural activity aimed at enhancing public health, improving work capacity, and increasing quality of life. It encompasses not only the training of athletes but also the involvement of the general public in a healthy lifestyle.

Physical Culture refers to a process that develops a person's physical, mental, and spiritual qualities in harmony, and it is based on regular physical exercises, sports activities, hiking, tourism, healthy eating, and relaxation practices [4].

Currently, various initiatives are underway in Uzbekistan to promote mass sports, including large-scale health improvement programs under the slogan "Movement is Life," the "Sports for All" program, and the "Youth Sports Games."

Medical research has shown that insufficient physical activity is one of the primary causes of chronic diseases such as cardiovascular diseases, obesity, and diabetes. According to the World Health Organization, people who lack sufficient physical activity have a 30–40% higher risk of developing health problems [7].

Promoting physical activity not only reduces healthcare system costs but also boosts economic efficiency, as a healthy person is an active labor resource and the cornerstone of a stable society. Regular health improvement activities in schools, universities, enterprises, and neighborhoods enhance the overall physical preparedness of the population and contribute to a healthier genetic pool.

To effectively organize mass physical education activities, the following factors are crucial:

Motivational approach: Creating an internal need for physical activity among citizens.

Infrastructure provision: Availability of sports fields and equipment in every neighborhood and educational institution.

Organizational innovations: Introduction of mobile apps, "fitness marathons," and online health improvement programs.

Integration with the neighborhood system: Expanding opportunities for physical activity in residential areas [2].

Additionally, health improvement games, competitions, family sports festivals, and corporate sports days have proven to be effective forms of mass physical education.

Today, promoting a healthy lifestyle has been elevated to a state policy level in Uzbekistan. Programs such as the "Action Strategy," the "New Uzbekistan – Healthy Nation" concept, and the "Sports 2030" initiative outline the key directions for the country's progress in this area [8].

The following priority areas are identified in the mass physical education system:

Introduction of health improvement programs based on digital technologies.

Creating a physical exercise system suitable for all age groups.

Involving persons with disabilities in active lifestyles.

Expanding free sports infrastructure in public places.

Applying modern methodologies in the training of physical education teachers and coaches.

It is also necessary to strengthen sports psychology and medical-biological monitoring systems to improve the effectiveness of health improvement efforts in the modern era.

Mass physical education is not only about a healthy body but also about shaping a healthy mind, and it is a crucial social institution. It strengthens public health, ensures the physical and moral development of youth, and improves the quality of life.

In promoting physical culture, state policy, the neighborhood system, educational institutions, and mass media must collaborate. Only in this way will the principle "a healthy body – a healthy society" be realized in practice.

Thus, mass physical education is one of the most effective tools for forming a healthy nation. It plays a vital role in shaping a healthy lifestyle, and its influence extends to social, spiritual, and economic development. In today's globalized world, the level of physical activity within a population is one of the main indicators determining a society's health index and productivity potential.

Studies have shown that regular physical exercise maintains the optimal functioning of essential body systems (cardiovascular, respiratory, nervous, and endocrine systems), strengthens immunity, and increases resistance to stress. On the other hand, a lack of physical activity significantly increases the risk of chronic diseases within the population.

Creating a healthy lifestyle through mass physical education means not just exercising in sports fields but changing life habits, values, and behavior patterns in a healthy direction. To increase physical activity among the population, it is essential to strengthen social motivation, create convenient sports infrastructure, digitalize health improvement programs, and foster a culture of health within the education system.

Furthermore, to improve the mass physical education system in Uzbekistan, the following priority tasks should be identified:

Continuing to prioritize a healthy lifestyle in state policy.

Applying innovative methods to improve the qualifications of physical education specialists.

Organizing regular health improvement activities in every neighborhood, educational institution, and workplace.

Developing adapted sports programs for people with disabilities and the elderly.

Promoting physical activity via mass media and digital platforms.

The influence of mass physical education on public health is widely studied through scientific research. These studies are primarily conducted using epidemiological methods. Epidemiology is the science that improves public health by studying diseases and the factors that influence them.

Cohort Studies: The impact of mass physical education on health has been studied through several long-term cohort studies. These studies compare groups of people who regularly engage in physical activity with those who do not. Research has shown that regular physical exercises significantly reduce the risk of cardiovascular diseases, diabetes, high blood pressure, and other chronic conditions (Khan et al., 2020).

Intervention Studies: These studies involve offering various physical activity programs to the population. Results from these studies demonstrate the clear health benefits of increasing physical activity for individuals and society.

The psychological effects of mass physical education are examined through scientific approaches, focusing on people's interest in physical activities, their motivation, and their readiness to continue these activities. Psychological motivation theories help analyze how people perceive physical activity and how they are encouraged to sustain it.

Self-regulation: Psychological studies indicate that a person's ability to self-regulate plays a significant role in starting and continuing physical activities. If an individual has enough motivation and self-control to achieve their goals, they are more likely to continue exercising.

Theories and Motivational Models: The Self-Determination Theory (SDT) and Social Cognitive Theory (SCT) are essential in developing mass physical education programs. These theories explain why people are motivated to engage in physical activities and how they continue to do so.

Positive Psychology: Studies have shown that physical activity and sports improve mood, reduce stress, and enhance overall psychological well-being (Berger & Motl, 2000). These findings scientifically support the psychological benefits of mass physical education.

To study the social and economic impacts of mass physical education, statistical analysis and mathematical modeling are used. This approach helps predict the impact of physical activity on the healthcare system, disease prevention, and cost reduction.

Economic Modeling: Economic models are used to analyze the social and economic efficiency of mass physical education. These models demonstrate the long-term economic benefits of promoting physical activity (reduction in diseases, improved work capacity, and reduced healthcare system costs) (World Health Organization, 2018).

Cost-Benefit Analysis: The economic efficiency of physical education can be assessed using cost-benefit analysis. This method evaluates the impact of mass sports programs on the healthcare system and social welfare.

Social Analysis: Social analysis methods are used to study the social impact of physical education, focusing on increasing social equity, promoting sports in low-income communities, and rural areas.

The Social Impact of a Healthy Lifestyle: The widespread promotion of mass physical education can improve social well-being, as it enhances both physical and mental health. Studies show that increasing physical activity strengthens social interactions, leading to greater unity and cooperation within society (Eime et al., 2013).

State Policy: The development and implementation of state policies aimed at promoting physical education and sports are essential for strengthening public health. Additionally, social programs and campaigns implemented by the state increase the public's interest in healthcare.

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