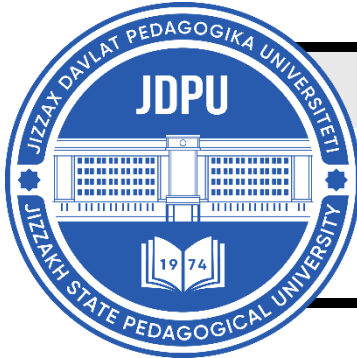


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE IMPORTANCE OF SPORTS IN OUR LIFE****Shokhrukh Umirzokov**E-mail: umirzooqov@gmail.com**ABOUT ARTICLE**

Key words: sport, self-defense, self-confidence, health, fitness, sport plays, fit, outdoor sports, personal development, health problems

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Abstract: Sports are very necessary for everyone's life, it makes them fit, healthy and physically strong. It is of great importance at every stage of life. It also improves the personality of people. Sports refreshes all our organs and our hearts are strengthened by regularly doing some kind of sports. Sports have been prioritized since old age and today it is becoming more and more attractive. Due to physical activity, blood pressure also remains healthy and blood vessels remain clean. Sugar levels also decrease and cholesterol decreases with daily activities. Different people have different interests in sports, but the action is the same in all sports. Sports is becoming a big channel to earn more capital/money day by day and the number of people is also increasing. Even at a young age, you can be good and get rid of some diseases by doing sports. By playing sports, lung function is also improved and healthier because more oxygen is supplied. Exercise also improves bone strength even in old age.

INTRODUCTION

Sport is an integral part of human culture and has been practiced for thousands of years. From ancient civilizations to modern societies, sport has played a significant role in shaping individuals and communities. It serves as a platform for competition, physical fitness, entertainment, and social interaction. One of the primary reasons why people engage in sports is the competitive nature it offers. Whether it is an individual or team sport, the desire to win drives athletes to push their limits and strive for excellence. This competitive spirit fosters personal growth, discipline, perseverance, and resilience. Furthermore, sports

contribute immensely to physical fitness. Regular participation in sports activities helps maintain a healthy lifestyle by improving cardiovascular health, building strength and endurance, enhancing flexibility and coordination. Moreover, engaging in sports can reduce the risk of chronic diseases such as obesity, diabetes, and heart conditions. Sports also provide entertainment for both participants and spectators alike. The thrill of watching skilled athletes compete against each other creates a sense of excitement that brings people together. Sporting events have become major sources of entertainment globally with millions tuning in to watch their favorite teams or athletes perform. Sport acts as a catalyst for social interaction. It brings people from diverse backgrounds together under one common interest – the love for the game. Sports events create opportunities for individuals to connect with others who share similar passions while fostering teamwork and camaraderie among teammates.

MATERIALS AND METHODS

Many successful athletes were "done" with the old school methodology. It's always interesting to see stories like Renaldo Nehemiah and how much sound he made, but how fast he could run. This is not necessarily the most optimal program for athletes, but the history of specific training in all competitions gives a good idea of where the training came from. Also, the history of strength training in throwing is amazing here, it's really the first "sport" to accept outdoor "sport" as a huge component of training and succeed. In my experience, one appreciates and understands less about the future without knowing where the sport has been. This book is also guaranteed to apply many of the thought processes of those who have learned their craft outside of the Internet age when considering educational tools.

Team culture has been something I've learned more and more about each year since taking on the full-time strength and conditioning role. People are relational creatures, and team spirit weighs more than technical ability to sink or clean (those things don't have good value). I have listened to the audio version of this book as well as read it and carry the stories and standards of the All Blacks, the winningest professional organization in sport, wherever I find them in sport or life.

Christian Thibodeau is a trainer and author I've always known and respected, but since most of his work has been for T-Nation, I've only associated him with bodybuilding for years. This couldn't be further from the truth: Christian is a master of speed and power training techniques, and his book on how to use them is one of the most influential reads I've read in the last 3 years. In addition, Christian's neurotyping method has completely revolutionized

the way I evaluate athletes and adjust their training. If you think French contrast is great, this is a book you'll need to visit often.

I have to say that the most underrated textbook ever is this one by Alex Vasquez. This is another book that has a Jay Schroeder/Inno-sport style, but presented in a very clear and simple way. Athletes who have gone through the methods have had great results, and I've read this book 10-20 times over the past year, including long stretches of isometrics and related techniques. It looks like the "Best Exercise Book", an easy-to-understand and practical publication. Thanks to Alex Vasquez for this.

This book is an absolute, terrifying gem. It's hard to believe that there are so few reviews on Amazon, but I don't think you can fully appreciate it if you haven't attended the training. Also, if you think some modern teaching methods are really modern, Starzinski was way ahead of you by about 30 years! From the plyometric array that should be the modern standard, to the speed-building protocol that has given jumpers incredible results, this book is a must-read for any coach interested in jumping.

When I first started Just Fly Sports, I decided that I really wasn't reading enough books and was spending too much time reading random articles on the internet. While I had heard of Dan John and Pavel Tsatsouline, I wasn't very familiar with many of the authors and industry experts. It was actually Anthony Mychal's recommendation that prompted me to turn on my teenage phone and start reading books on the way to track appointments and anticipate events, so that's where I started. This is the first real I've read about strength and power training and I go back to it every year. Between Dan John's practical wisdom and Pavel's breakdown of unknown Russian sports science, I can't go 2 pages without mentioning some aspect of training that I could use. It's honestly the best exercise book I've ever read, and I can't recommend it enough. I'm fully aware of the mental anchoring effect, and even though this is my first Kindle book, it stands up to others.

RESULT AND DISCUSSION

In the era of extreme competition and changing environment, people hardly care about our health and have to face its consequences in the later stages of their lives. They fall prey to many life-threatening health problems. Those who do regular exercise can easily protect themselves from such diseases. Therefore, playing sports can solve this anxiety.

Regular exercise can help prevent diabetes, improve heart function, and reduce stress and tension in a person.

Most of the world's population is obese, and as a result, many other health problems arise. Thus, playing sports is one of the most useful and relaxing ways to burn calories. It is enough to follow a healthy diet and do your favorite sport. By playing sports, you can get rid

of the grueling gym sessions. Playing your favorite sport and losing weight isn't like killing two birds with one stone!

Heart is the most important organ of our body. With the change in lifestyle, people are facing heart related problems nowadays. Life for heart patients is made difficult by many heavy medications and restrictions. Therefore, people should play outdoors. Playing even 30 minutes a day can do wonders for your life. When we do sports, the heart works better and blood circulation improves. The heart muscle gets stronger and therefore it starts working better.

The immune system is the body's main player in fighting infections. Those who get infections easily and get sick often can easily get healthy by working on their immune system.

Living with a weak immune system, frequent heavy medication and spending most of your time at home can be very difficult to protect yourself from the effects of a changing environment. Exercising regularly can help boost your immune system significantly, and the most amazing thing about it is that you can just do your favorite sport.

Playing sports develops your personality and teaches you to live life better. Participating in such activities teaches good values, morals and skills in your life. A person starts looking at life positively and easily overcomes obstacles in his life. Not only this, but it also reduces the stress level in the person as such people have difficulty with positivity. Their efficiency increases, so they confidently overcome difficulties easily.

People can learn many important skills through their sports. Every sport teaches us the skills to deal with difficult situations, make quick decisions and solve problems. By playing sports, one can learn the art of living and managing things and leading.

Therefore, if you play sports, you don't just have fun; you will learn many important life lessons.

Sport not only helps to develop physical and mental health, but it also helps to develop life skills of the student personality. It strengthens them, develops their abilities and helps them understand themselves better. Sports also help to develop social skills and get along with people. They learn to communicate not only with children their own age, but also with adults such as their mentors and elders. In addition, children have the ability to make decisions through various team activities.

Sports reduce mental stress. A person who does sports will definitely experience less depression. It provides peace of mind for sportsmen. Most importantly, Sports brings happiness and joy in people's lives.

Sport is an important aspect of human life. It certainly increases the quality of human life. Sports should be compulsory in schools. This is because education is just as important. Everyone should practice at least one sport regularly.

Sports play a very important role in our physical and mental health. They are especially important for children. Sports are played in an atmosphere of healthy competition between teams, which ensures that the student remains active and fit. Outdoor activities like football, cricket, tennis, swimming, running etc. keep the body and mind active and active. Indoor sports such as chess, badminton and table tennis increase the attention level of children. It also strengthens the body and strengthens the immune system.

Outdoor sports include activities played outside such as cricket, football, athletics, gymnastics, etc. Outdoor games naturally help children stay fit without requiring a lot of exercise. Indoor sports include games such as chess, cards, and cardboard that are played indoors, in a gym, or in a confined area. Indoor sports are also important because they improve players. Every student should spend at least one hour a day playing indoors or outdoors, which will improve their health.

Each game has its own purpose and value. Every sport and game we play teaches us discipline. Sports also teach us a valuable lesson, despite the challenges we may experience as athletes; we are ready to overcome them. As with many problems in life, we learn to solve them. So we need to understand the importance and importance of games and sports in our life.

To protect ourselves, we can practice various sports, including judo, karate, other martial arts, and more.

We also play many other typical games like hide-and-seek, slingshot, glass ball games in our daily life. There's no future for these games nationally or internationally, but they still make our lives so much better.

Participating in sports and games is essential if you want to live a long life and appreciate their importance in keeping you active. It is very important for our health. Just remember to play these games indoors or outdoors in appropriate locations.

Kids today lose their mental balance by constantly playing video games or watching TV on their phones. We lose hope as a result of these games. Such video games have led to several suicides among adults and youth. Therefore, everyone should do outdoor activities for at least 30 to 60 minutes a day to maintain their health and mental balance.

Many problems related to student dissatisfaction and discipline can be solved with proper development of games and sports. Positive behaviors developed on the playground will serve people well throughout their lives. Sports and games help players learn discipline,

fair play, teamwork, courage, tolerance, mental acuity, speed of decision making, punctuality and a sense of oneness with Indians.

The physical body requires exercise to be physically fit. The philosophy of athletics training is to have a good body structure that matches the demands of a particular sport. It's about rigorous training that forces the body to perform extraordinary physical feats, such as going up in the air for a dunk and running a hundred yards against enormous resistance for a touchdown.

Nowadays, technology also plays an important role in sports to judge fair play for the winners. It helps judge a car racer by seeing it right on the screen, and also in cricket, for example, technology is used when decisions are sometimes difficult. In every sport, it was used to announce fair play and winners. Research shows that sports have the ability to connect young people with a positive mindset and promote positive development. A college education is not mandatory for any athlete, but it is required to be the best athlete. This is his interest, strength and ability. In the last twenty years, we have witnessed the growing interest of women in sports, and the government is organizing suitable games for them. Sport gives a feeling of living with a positive attitude. sports can be played both indoors and outdoors, many indoor games like chess, checkerboard help improve thinking, but outdoor sports like football, cricket, rugby, kabaddi help improve physical strength . A person who does more outdoor games should be more fit and lean. 3-4 decades ago, the interest shown by today's youth in sports opportunities was not so great. Sport guarantees life and gives a standard lifestyle. The 10 most popular sports played in the world are football, cricket, basketball, hockey, tennis, volleyball, table tennis and baseball, hockey was first played in India and became our national game. Besides, sports like Kabaddi, Polo, Archery, Weightlifting are less interesting. Swimming is known as the safest sport. So everyone should do sports because it helps our body in movement and gives good health. Research has shown that exercise can better control many diseases, including heart attack, lung function, obesity and cognitive ability. Hockey and football are the sports with the highest paid athletes. Also, some sports can be played in small spaces, and some sports require large spaces. Sports make us active and energetic, even in some treatments, doctors advise to do sports to get rid of the disease. we do sports regularly and keep ourselves healthy, sports should not be neglected, but it should be mandatory for everyone.

CONCLUSION

In conclusion, sport is not just a leisure activity but a powerful tool for personal growth and societal development.

Firstly, participating in sports helps individuals maintain good physical health. Regular exercise improves cardiovascular health, strengthens muscles and bones, and boosts overall well-being. Moreover, engaging in sports enhances mental agility by stimulating the brain through strategic thinking and problem-solving. Athletes learn to analyze situations quickly and make split-second decisions under pressure. Sport fosters a sense of unity among participants. Whether it is playing on the same team or competing against each other individually, athletes develop bonds that transcend cultural differences or social status. This camaraderie promotes respect for others' abilities and teaches valuable lessons about teamwork. Sports teach essential life skills such as discipline, perseverance, and resilience. Athletes learn to set goals for themselves and work tirelessly towards achieving them. They understand that success requires dedication and hard work even in the face of setbacks or failures. Sport plays a crucial role in society by promoting physical fitness, mental stimulation, unity among individuals from diverse backgrounds while also teaching important life skills like discipline and perseverance. It is evident that sport is not just a pastime but an essential aspect of human existence that should be encouraged at all levels for its numerous benefits to individuals and communities alike. Sport gives people the opportunity to integrate into society and the environment in society. Children's sports allow them to meet new people, make new friends and improve social skills.

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