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## Interest in Physical Education as a Factor of Healthy Lifestyle Formation

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### ANNOTATION

The current research paper discusses the development of interest and motivation of students in grades 6-7 to physical culture alongside with the main issues of forming a valuable attitude towards physical activities and a healthy lifestyle among students. An importance of introducing innovative sport and mental games, interactive methods of physical education of the younger generation is taken into the consideration.

**KEYWORDS:** physical culture, motivation, interest, teacher, student, healthy lifestyle, gaming and competitive technologies, interactive methods, healthy lifestyle, health promotion.

**Introduction.** In today's competitive world, international practice proves, that sports pedagogy is developing as an effective means of attracting young people to physical culture and its educational and incentive functions are being improved. Therefore it is useful to implement the international practice in the agenda of school physical educational curriculum. Physical culture and education are integral part of human life and there is a great importance of sports in all spheres of life, from building the character and personality of a person to keeping the body physically fit. Sports have an enormous positive effect on both the mind and body of human being.

Therefore, it is important to address the relevance of the problem searching of the formation of adolescents' interest in physical education through creating effective mechanisms for attracting students to physical culture. In doing so, it is required to look at the international and national incentives towards the interest to physical education and culture.

For instance, in order to implement the tasks specified in the Decree of the Cabinet of Ministers of the Republic of Uzbekistan dated November 20, 2020 No. 735 "On additional measures to support a healthy lifestyle and increase the physical activity of the population", the need for scientific research in this direction was determined. Taking this into the consideration, the main goal of the state policy in the field of physical culture is the critical issue of improving and forming a healthy lifestyle of the population, the harmonious upbringing of a healthy and physically developed generation. Under these conditions, the status of physical culture as an academic discipline and as the most important component of the integral development of the individual is significantly increased.

Today, the study of the interest and motives of students in physical education is a challenging issue. Due to the fast changing environment, it is vital to educate a healthy competitive generation ready for work and proudly represent its nation. Thus, the requirements for the physical and mental training of future specialists are key issues. Preservation and strengthening of the health of the younger generation has always been one of the strategically important tasks of the state and society. Today, considering a sharp increase in the use of internet, social media and computer games among the youth over the last years, there is a decrease in the interest of physical activities, hence children's health suffers [1].

**Main part.** During the examination period of year 6-7 at public schools it has been investigated that at this time of period the students' work load increases and in most cases it causes stress situations. Similarly during this school period of time problems might arise in social and interpersonal communication. Therefore, the physical and mental development of the individual is essential, which requires careful attention and introduction of new interactive means of sports and mental educational programs at school, especially in the physical education classes.

The healthy young generation plays an important role and is the key to the prosperity and well-being of the whole society. Thus, the problem of studying the interests and motives of students for physical education is of particular importance [3]. But at the same time, modern studies show that the state of health of students does not meet health standards, they have a low level of motivation and lack of interest in physical activity in general. According to statistics, the majority of students in grades 6-7 have a low level of development of physical qualities and weekly volume of physical activity, about 20% have a negative attitude towards physical education [2].

The problem of formation and study of interest in physical culture among students is covered in numerous studies [1-5]. Despite the elaboration of these studies, the problem of increasing the stability of interest in physical education has not been sufficiently studied.

For example, majority of the students understand and realize the importance and necessity of physical activities to improve health, but at the same time there is a tendency to reduce the attendance of these classes, students do physical exercises irregularly and only during the school lesson, explaining this by lack of time, their laziness and too much use of internet.

As school practice shows, students do not have a need for systematic physical exercises, most of them do physical exercises only during physical education lessons and do not pay attention to these activities outside of school hours. As a result, this entails a decrease in health, physical and mental development [1]. In order to be physically and mentally strong individual, it is essential to pay attention to the physical training and physical activities on the daily basis.

In secondary schools, lessons in physical culture are held according to a single curriculum for all students on the basis of general physical training. This program is aimed at group lessons and often does not take into account the individual abilities of the student, his motives and needs. Therefore, it can be argued that, in these classes, the student may not show interest in physical education classes, therefore, attendance and efficiency of classes may decrease [1]. The physical development of the individual, along with the health-improving function of the human body and physical development, also plays an important role in the formation of vital qualities and willpower, character, discipline and other personality traits, in preparation for successful work.

One of the health-improving functions of physical education is to increase the neuropsychic resistance to an increase in the training load. Since active physical activity is associated with an increase in the mental and

emotional stability of the individual. In this regard, the management and teachers of public education schools should be aware and take into account in their educational activities the special social significance of physical education in the development of students, the preservation and strengthening of their health [2].

To do this, it is necessary to develop the individual abilities and needs for physical exercises of students, it is also necessary to develop their awareness of physical education, a healthy lifestyle and presenting interactive methods of teaching. At the same time, it is necessary to take into account the individual choice of the type of physical activity of the student, the inclusion of gaming and competitive technologies, creative and critical thinking methods.

A teacher of physical education during classes should form a value attitude to taking care of their own psycho-emotional and physical development in order to maintain a healthy lifestyle. What contributes to the formation of the need and interest among students for physical exercises throughout their lives, a conscious attitude to a healthy lifestyle for the successful construction of a future independent life and professional activity [3].

Physical culture is a complex of factors in the formation of a healthy lifestyle of young people. Despite the special attention of the state and society to this problem, fragmentation and unsystematic nature of such measures are still observed in grades 6-7, and only a small number of students have a high level of motivation to improve their own health and a healthy lifestyle.

**Conclusion.** On the basis of the above given analysis and examples, the need to develop and implement individual progressive programs to improve the health of students in public education schools is revealed. This is vital for increasing the motivation of students for physical exercises.

Also, in order to form a healthy lifestyle, awareness to strengthen children's own health, it is necessary to create a positive public opinion about physical culture among teachers and parents, as well as the entire population.

Furthermore, according to the analysis made during the examination of the current issue, the interest of students in physical culture increases when there is a fresh mind for the representation of different kind interactive teaching methods. As a result, this contributes to the development of internal motivation, purposefulness and endurance, which is important in adolescence.

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