

## THE EFFECT OF PHYSICAL EXERCISES ON THE MENTAL ABILITIES OF STUDENTS

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**Abstract:** During the course of studying at a higher educational institution, students experience many difficulties: a sedentary lifestyle, constant mental activity, lack of time for physical activity, fatigue, burnout, bad habits. In such a situation, a real helper is "Physical education and sports", which is taught compulsorily in higher education institutions. Why students need sports, how they affect mental activity is the subject of this work.

**Keywords:** physical activity; mental load; work; exercises; student

**Introduction :** The learning process involves mastering complex scientific material, which is not easy for every student. It is known that the academic activity of a student is about 36 academic hours, except for physical education classes, students spend this time mostly sitting at their desks. As a result, it leads to health problems, overwork, fatigue. Physical education and sports are compulsory subjects in the curriculum of almost every higher education institution. In addition to the effect on the physical condition of students, it also affects mental abilities, which is not as obvious as the first.

The problem is that many students do not fully understand why physical education is needed not only within the academic discipline, but in general.

The purpose of the work : to study the effect of physical activity on the quality of mental activity of students of higher educational institutions.

tasks are defined:

1. Studying theoretical aspects of physical culture;
2. Conducting an analysis of existing research in this field;
3. Studying the effect of physical activity on mental processes.

Scientific novelty and originality : the analysis of the problem of forming the physical culture of students' personality was carried out in the context of insufficient knowledge among students about the effect of sports training on brain activity.

The main part Every educational institution regularly improves the quality of its educational programs in order to prepare specialists who will effectively carry out their activities. Such educational programs also include physical culture, because it is necessary to combine mental and physical activity for everyone.

Mental abilities of students are certainly developed during participation in many academic subjects, and physical abilities are used only in physical education classes. Student activity is primarily associated with a "sedentary" lifestyle, low physical activity, poor nutrition, sometimes bad habits, and sometimes psychological exhaustion. Therefore, it is necessary to properly and rationally organize the educational work of students.

With the development of scientific and technical progress, the human need to use physical abilities in the process of life and work has decreased. "In Uzbekistan, as in any modern society, the problem of reducing the motor activity of young people is urgent. Smartphones, computers and other devices help replace physical work with mental work, which has already been proven to reduce the performance of every human body. Consequently, the need for physical education is increasing.

Studies show that the total physical activity of students during academic sessions is 56-65%, and during exams, even less - 39-46% compared to the level of students on vacation. It is the level of physical activity on weekends that reflects the natural need for movement among young people.

There is excessive tension of the muscles of the face, neck and shoulders when performing work that does not require physical strength or coordinated movements. Over time, the body gets used to such tension, "accumulates" it and begins the processes of inhibiting internal functions. Such processes can be stopped with the help of active physical exercises.

The greater the mental load, the greater the mental fatigue. We use existing research in this area to demonstrate the relationship between the level of overactivity and the regularity of physical activity. Research conducted at the Kokan State Pedagogical Institute. Z.N.Xatamov confirms that: the more often a student engages in physical education, at his own will or within the framework of educational discipline, the slower the state of fatigue begins and the less overwork occurs.

In addition, sports training has a positive effect on the physical condition of the body. During exercise, muscles require more energy and the body is forced to burn more fat cells and calories, which leads to maintaining good body quality and losing weight. With active physical activity, the quality of stem cell production increases, which helps the regeneration of the whole body and brain tissue.

A positive effect on memory functions is also noted. Experiments show that if a group of people is divided into two subgroups, one with breaks for exercise and the other with breaks for rest, then the physical an active subgroup produces better results.

Such results can be explained by an increase in heart rate during exercise, which leads to an increase in blood volume, which goes not only to the muscles, but also to the brain.

As physical activity increases, the level of concentration also increases.

Sport changes the body not only externally, but also internally. The body's cardiovascular and respiratory systems circulate blood and oxygenate the blood. These systems are "strengthened" during physical activity, which is also necessary for mental activity, because the brain requires several times more oxygen than the heart or muscles.

**Conclusion** There is a parallel: the higher the level of physical fitness, the higher the intellectual performance. Therefore, if you do not have the opportunity to perform full-fledged exercises in the stand, then you can include active rest or "small forms" of physical culture in your lifestyle, which usually include morning exercises, exercises, hardening, physical training pause. includes

We can conclude:

- 1) Regular physical activity helps to build the body's resistance to various stresses: psychological, intellectual;
- 2) Even the minimum amount of physical activity has a positive effect on internal processes and gradually develops the need to increase activity;
- 3) The student can take the necessary loads both during the scheduled physical education lessons and outside of the lessons.

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