

PROBLEMS OF PHYSICAL EDUCATION OF STUDENTS IN HIGHER EDUCATIONAL INSTITUTIONS

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Annotation. At the moment, the shortcomings in the University system of physical education are clear. Monitoring shows a low level of health of students, low interest in physical education, low level of physical fitness and low productivity. In our work we have considered the main problems of physical education in universities, as well as ways to solve them.

Keywords: physical education, health, students, physical fitness, system, problem.

Introduction. The basis of the system of physical education of children and youth is compulsory classes in preschool, secondary and higher educational institutions of all types and forms of ownership in the subject "Physical culture" and the discipline "Physical education". Their content is determined by programs that take into account age-related characteristics associated with other subjects that form a personality in the process of education. The forms of physical education of children and youth, in addition to the main (lesson), are extracurricular forms: activities in the daily routine, classes in sections, groups of general physical training, therapeutic physical culture, as well as classes in sports clubs of interest, in departments of higher educational institutions, regional sports clubs. An important form is independent physical exercises. All these forms of physical education of students are changing within the framework of the state system.

The criteria for the effectiveness of physical education of children and youth are the level of physical fitness and health indicators, the ability to use the main means and forms of physical education, adhere to a healthy lifestyle, and the absence of negative habits. In order to help meet the needs of society in achieving the optimum physical education, mental and physical health, physical development and motor fitness of the younger generation, new physical education programs have been developed for secondary schools and universities. They offer educational priority material for children and youth, exercises for compulsory repetition and homework, control educational standards and requirements, indicative complex tests for assessing the state of physical fitness. At the present stage of development of society, physical perfection is defined as the optimal level of a person's comprehensive motor fitness, which is necessary for him in the field of socially determined activities. Achieving the physical

perfection of a person by means of physical culture requires the optimal organization of a specialized pedagogical process.

Today, the physical education of students, unfortunately, is far from perfect, due to a number of objective reasons:

- 1) insufficient number of lessons according to the curriculum;
- 2) low level of motivation for systematic physical exercises;
- 3) low level of use of technical means during training sessions;
- 4) insufficient financial support;

5) low efficiency of physical education management, which is carried out in higher educational institutions.

However, at the present stage of development of society, we are facing the fact of the crisis of the national system of physical education, which meets the requirements and international standards of human physical fitness. Outdated forms and methods of teaching not only lead young people to neuropsychic overload, but also limit creative development, level their individuality, unreasonably use far from limitless resources of the body. It is clear that it is necessary to make scientifically based adjustments to the current system of physical education. The urgent need to make changes is due to the following reasons: the existing reality places increased demands on a person's lifestyle, which increases the relevance of educating the younger generation of healthy lifestyle skills, the ability to control and influence their physical condition; the need to form stable beliefs in the high efficiency of physical exercises; education of a conscious need for systematic motor activity. **Purpose of the study** – to analyze the main problems of physical education in higher education organizations.

Research results. Social practice shows that, until recently, all ideas about human health and views on the problem of its preservation were entirely associated with medicine. Recently, physical culture has been considered as an important factor in improving health.

It should be noted that this is not about therapeutic physical culture, but about physical culture as part of the general culture of the nation, the people. There are many approaches to the definition of the concept of "health". They are due to the lack of a clear classification of its carriers. Some define health and health as an individual indicator, others - at the population level.

In the works of scientists, other results of studies of the state of health of students are presented. According to self-assessment, only 44.2% of respondents consider their health to be good, 32.9% - not very good, 18.5% - assess their health as satisfactory, almost every 20th student claims that he has poor health. Self-assessment of the state of their health by students differs significantly. According to these data, up to 90% of students have significant deviations in their health status.. The survey showed that a significant part of students are quite tolerant of alcohol - 46.1%, smoking - 39.1%, drug

addiction - 5.7%, prostitution - 24%. Such an alarming state, according to the authors, requires the addition of a system of physical education measures that can deprive students of bad habits. According to research, in the process of studying at a university, the level of students' health is significantly reduced. If we conditionally accept the level of health of students of the 1st year as 100%, then in the 2nd year it worsened to an average of 91.1%, in the 3rd year - up to 83.1%, in the 4th year - up to 75.8%. Only 12-15% of university students systematically go in for sports and health-improving physical culture, while 32-37% of the total number of students studying in these institutions fall into special medical groups. A study of the value orientations of students of medical universities showed that 74.2% of respondents consider health to be the "main value in life", 22.1% consider other values (financial position, career) to be more significant, on which the level of health and well-being depends, 3, 5% - do not think about this issue. Students identify a number of risk factors in relation to health: alcohol abuse - 76.9%; smoking - 72.3%; insufficient motor activity - 34.2%; environmental pollution - 32.7%; large teaching load - 32.2%. At the same time, more than 14.7% of male students regularly smoke and drink low-alcohol drinks, in recent years the percentage of female students who smoke has significantly increased (up to 12.9%), many of them consider smoking a means of combating excess weight, stressful situations as well as a means for physical relaxation. More than 52% of students practically do not take part in physical culture and sports activities of institutions, they prefer other ways of physical activity, entertainment and spending free time. As a consequence of this, one can note an increase in venereal diseases, the number of abortions, mental disorders and other negative phenomena that progress in the student environment.

As you know, the physical education of students in the mode of educational work of universities is carried out in the following forms:

1. Training sessions provided for by the curriculum and schedule of the institution.
2. Extracurricular activities are a continuation and addition to the training sessions.

They are included in the university curriculum in agreement with the Department of Physical Education in order to provide students with the opportunity to attend them. At optional classes, physical training of students is carried out according to program requirements, professional physical training is deepened, knowledge of the theory and methods of physical culture and sports activities is improved. The researchers found that the majority of students prefer sports games and morning exercises. The next popular form of physical exercise for men is athletic gymnastics for women - swimming and hiking. The researchers found that the majority of students prefer sports games and morning exercises. The next popular form of physical exercise for men is athletic gymnastics for women - swimming and hiking. Least of all, students are

inclined to cycling and skiing, female students - to athletic gymnastics. Scientists give slightly different indicators of students' activity in various types of classes. The survey conducted by them shows that 84% of students want to practice, but do not have the opportunity, of which 28% were engaged in sports sections before entering the university, which allows us to speak about the formation of a steady interest in these students in a particular sport. At the same time, it was found that 17% of first-year students do not express a desire to improve in any kind of physical exercise with a sports orientation. Morning exercises are performed by 12.7% of respondents, 87.1% of respondents reach the educational institution by transport and walk very rarely. Specialists call morning hygienic gymnastics one of the mass forms of attracting students to regular physical exercises. This necessary hygienic requirement in the daily routine of each person is not sufficiently used in the education of students. Many complexes of morning exercises have been proposed, the authors of which were mainly guided by the principle of a general strengthening and tonic effect of exercises on the body. At the same time, morning exercises are considered as one of the hygienic means, which helps to increase efficiency and improve health by influencing certain key psychophysiological functions necessary for a particular job. To date, there are about 300 types of recreational gymnastics, the search for new types and forms of recreational activities continues. The author's healing systems are constantly emerging and improving. All systems of recreational gymnastics can be divided into 3 groups: Eastern, European and American, which have become international. Eastern systems have a long history. Particular attention is paid to the complexity of the triad: movement, breathing, consciousness. The specificity of Eastern systems lies in the fact that they combine ethical rules and physical exercises. Their essence lies in the combination of general developmental exercises with running, jumping and dancing movements, which are performed mainly to modern emotional music. In the domestic practice of recreational training, such types of recreational gymnastics are used as basic, female, rhythmic, athletic, stretching, shaping. Physical culture and sports are carried out under the influence of certain stimuli, motives, acting as the driving forces of students' educational activities. Such motivating forces are needs, interests, beliefs, ideals, value orientations. They form the motivational sphere of educational activity. Physical culture and sports should become a daily need for every person. If you continue to educate this need in your student years, then you can provide for the future the foundation for maintaining efficiency, strengthening health and longevity. Experts say that any activity begins with a need, which is the first reason for inducing activity. The need as a whole is understood as the state of the subject, which is formed on the basis of a contradiction between the existing and the necessary (or is given to the subject as necessary) and encourages him to work to eliminate this contradiction. The physical culture, health and sports activity of students largely depends on the formation

of their attitude to educational activities and physical exercises. That is, from the motives of activity. The concept of "motive" means a certain motivating cause of actions and deeds of a person. It depends on the motives what psychologically contains this or that action, what subjective meaning it has for a person. Despite the different definitions of the concept of motive, the vast majority of domestic and foreign scientists agree that the motive is a pivotal factor in conscious and purposeful activity. Such stimulating components are his needs, which become motives only when objects are realized that can satisfy these needs. Scientific research and practice of work at the university show that the main thing in the process of attracting students to physical self-improvement is the formation of their interest in physical culture. Interest is a form of manifestation of needs and acts as a kind of orientation of a person in his connections with reality. The way of life of a person, his behavior and activities depend on the orientation of interests. The emergence of interest causes a desire to act, forms a motive for behavior. The results of the survey showed that the interest of students in physical education and sports is low and depends on the course of study. In the first year, 46.6% of students have a "high" interest in physical culture, 30.0% - "average", and 23.3% - "very high". In the second year there is a decrease in interest. In particular, the number of students with a "very high" interest decreased by 19.1% and students with a "low" interest in physical culture appeared – 12.5%. In the third and fourth years, the trend of decreasing student interest continues. The number of students with a "low" interest in physical culture is growing. 4.1% of third-year students and 6.5% of fourth-year students have no interest at all. The low interest of students in physical culture and sports, according to the authors mentioned above, is explained by the low level of physical education of future specialists, poor organizational, methodological and logistical support of the educational process, shortcomings in the organization of physical education at the university, underestimation by teachers of the importance of this area of work. A questionnaire survey of students indicates various motivational advantages that must be taken into account when organizing physical culture and sports activities. Most of the first and second year students name the most important motivational advantages in physical culture and sports activities: the desire to have a beautiful attractive body, expand the circle of communication and the desire for self-expression and self-realization. Fifth-year students noted several other benefits: the desire to have a workable and healthy body and the desire for moral and aesthetic changes. Least of all are first- and second-year students who want moral and aesthetic changes, have a healthy body and improve their cultural level, and fifth-year students who want to improve their cultural level and expand their social circle. To study the motives of educational activity in physical education, Shtanicheva L.A. developed a special questionnaire, in which it was necessary, answering questions, to rate the motives of activity according to the degree of importance. As evidenced by the results

of the survey, in recent years, only 48.15% of the health status has improved; 44.44% of the respondents remained unchanged, and 7.41% even worsened. The study of students' well-being under the influence of training loads showed that 16.37% of respondents get tired quite quickly, 58.18% feel tired after a long and hard work, and 25.45% practically do not feel it. This situation indicates a low level of physical and mental performance of students. It should be noted that twice a year students pass the session. Exams for them are a kind of critical moment in their learning activities. At this time, the volume, duration and intensity of educational work increases significantly, all the forces of the body are mobilized. There is a kind of change in the life of students. At this time, often there are negative emotions, self-doubt, anxiety, fear. Experts believe that the process of exams requires significant psycho-emotional and energy costs. At the same time, a high level of physical fitness helps the body of students to rationally and economically cope with the requirements of the examination period. Not all students understand that only with the help of physical exercises it is possible to improve the state of health and complete educational tasks with the least emotional and energy costs. По мнению 88,89% респондентов, занятия физическими упражнениями положительно влияют на физическое состояние. Вместе с тем 7,4% опрошенных дали полярные ответы, а 3,7% - не смогли ответить. Одновременно выявлен факт, что после занятий физической культурой у 72,22% студентов самочувствие улучшается, а у 27,78% остается без изменений. According to 88.89% of respondents, physical exercises have a positive effect on physical condition. At the same time, 7.4% of the respondents gave polar answers, and 3.7% could not answer. At the same time, the fact was revealed that after physical culture lessons, 72.22% of students feel better, and 27.78% remain unchanged.

Conclusions: 1. At the present stage, the results of various studies of the issues of improving the system of physical education in the university are reflected in the printed works of domestic and foreign scientists. Most of the authors studied the problems of students' health improvement under the condition of rational dosing of loads in accordance with individual indicators of physical condition.

2. Studies show a significant, gradual increase in the number of students with health problems during their studies at the university, a low level of physical fitness during their studies at higher education, the formation of bad habits and failure to perform optimal amounts of physical activity.

3. The indifference of students to the educational process in physical education with the traditional forms of its organization was revealed. In the educational process, it is advisable to abandon the "command-combat" methods of conducting physical education classes and turn to the personality of the student, his interests and needs in the field of physical and spiritual formation.

4. There is an urgent need for changes in the organizational and methodological forms of physical education at the university, the essence of which should be reduced to the formation of a person's physical culture.

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