

THE IMPACT OF BRAIN ACTIVITY ON HEALTH

Valieva Aynura Irshat qizi

4 years students, Undergraduate degree

Nukus State Pedagogical Institute named after Ajinyaz

(Nukus, Republic of Karakalpakstan)

Seytniyazova Alfiya Bekpolat qizi

4 years students, Undergraduate degree

Nukus State Pedagogical Institute named after Ajinyaz

(Nukus, Republic of Karakalpakstan)

Ayimbetova Zina Markabay qizi

2 years students, Undergraduate degree

Nukus State Pedagogical Institute named after Ajinyaz

(Nukus, Republic of Karakalpakstan)

Bekbosinova Ayjamal Maxmud qizi

2 years students, Undergraduate degree

Nukus State Pedagogical Institute named after Ajinyaz

(Nukus, Republic of Karakalpakstan)

Abstract: This article presents the impact of brain activity on human health.

Keywords: human health, human brain, physical activity, physical culture, sport.

In the modern world, the problem of human health occupies an important place, it is given special attention by doctors, scientists, specialists in the field of physical culture and sports. To date, it can be concluded that the physical activity of a person is steadily decreasing.

In such conditions of life, human brain cells do not have the ability to obtain sufficient oxygen, there is a deterioration of such a function as memory, the quality of thought processes suffers. Active spectrum exercises affect not only the physical component of the human body, but also contribute to a more active oxygen enrichment of the blood, which is very important for brain health and the general health of people. In this regard, it is necessary to systematically "immerse" in motor activity and be more often in nature, in the fresh air. Physical activity is important and necessary throughout a person's life, from early childhood to old age.

The authors of the scientific journal write: "The brain is the central part of the human nervous system. It is complex, processes a lot of information, allows you to make decisions. A person's memory and intelligence largely depend on the level of brain development. The well-being and general condition of a person is also connected with the activity of the brain. There is no doubt that constant physical exercise allows you to develop muscles, strengthen the cardiovascular system, which, of course,

contributes to the prolongation of life. And, since the brain is an integral element of the human body, physical exercise also improves memory and brain function."

In his research, A. Nazarenko confirms that: "physical education and sports do not interfere at all, but they can even have a beneficial effect on our mental activity, increasing the level of mental and physical performance of a person. In particular, physical culture can prevent the processes associated with senile dementia, as well as increase the level of cognitive functions of the brain"

It is known that when a person systematically makes physical efforts and trains, in certain parts of his brain there is such a process as the "growth" of nerve cells. One of these departments is the hippocampus, it is responsible for the work of memory and the manifestation of emotional reactions of a person.

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