

# Sport As a Factor in Forming an Attitude to Have a Healthy Lifestyle

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**Annotation.** This study will focus on residents of the city of Chirchik aged 16 years and older, the relationship between physical education and sports, hobbies for sporting events and a healthy lifestyle.

**Key words:** Health, youth, lifestyle, sports, physical culture.

**Relevance.** Sport is an integral part of maintaining a healthy lifestyle. But besides this, it also correlates with other equally important factors. At the same time, sport allows not only to maintain health, but also draws attention to the problem of concern for the health of those who are not involved in it.

The relevance of maintaining a healthy lifestyle is due to the fact that in the modern world the pace of life is growing every day, the number of stressful situations is increasing, and risks of man-made incidents, natural disasters, military conflicts, political instability arise, which negatively affect human health.

A person's way of life is formed based on the attitudes inherent in him.

The greater the influence of the attitude on maintaining a healthy lifestyle, the more attention a person will pay to the factors that make up a healthy lifestyle, this will be especially noticeable in the attention paid to physical culture and sports in a person's life.

The formation of a healthy lifestyle is an important task for both the state and smaller units of society.

To lead a healthy lifestyle, you must have knowledge and skills in self-preservation of human health.

To do this, you need to be able to carry out conscious activities to protect your health from the risks that surround you everywhere: medical, environmental, social and economic.

This knowledge and skills are formed through many social systems.

First of all, this happens in the family, then through national traditions, through education and many other social systems.

Every day the importance of creating a healthy lifestyle is becoming increasingly important and is gaining stronger connections with other areas of life.

Purpose of the work: to identify the influence of sport on the formation of a healthy lifestyle.

## Materials And Methods

The survey involved 105 respondents who were divided into 3 equal groups, including 35 people, according to the following characteristics:

- The respondent is involved in physical education and sports;
- The respondent is interested in sporting events;
- The respondent is not involved in physical education and is not interested in sports events.

Among those involved in physical education and sports, representatives of both team sports and individual sports were interviewed.

Including football, handball, volleyball, athletics, etc. The number of athletes included different levels of training, from city championship winners to republican champions.

Among those interested in sporting events, members of the communities of fans of football and handball clubs were surveyed. Both the total number of respondents and by group were analyzed.

## Results And Discussion

As a result of our research, it was revealed by gender that the majority of men involved in or involved in sports turned out to be 64% men, 36% women.

There was an equal number of respondents who do not engage in or are not into sports: 50% were men, 50% were women.

It is worth noting that women observe more aspects of maintaining a healthy lifestyle.

By age, in all groups of respondents there was an overwhelming majority of people aged from 16 to 35, they made up 76% of respondents, aged from 35 to 50 - 19%, over 50 - 7%.

Age groups were formed in this way based on the biological characteristics of a person, judging by which, a person is in optimal physical condition starting from the age of 16, and after 35 years it goes downward.

To identify the relationship between groups of respondents, a survey was conducted in which questions were asked about maintaining a healthy lifestyle and the presence of bad habits.

The overwhelming majority of respondents answered that they do not use tobacco or nicotine products; this answer was given by 14% of respondents.

The largest number of smokers were among respondents who were not keen on sports - 20%, slightly fewer smokers were among those who were keen on sports - 14%, noticeably less than in other groups, smokers were in the group of respondents who go in for sports - 4%.

At the same time, the majority of respondents in all three groups consume alcoholic beverages, and the smallest number of respondents who drink alcohol were in the group of those who do not go in for sports - 61%; among people involved in sports, 62% answered that they drink alcohol, and more total respondents who consume alcoholic beverages were in the group of people who 65% are fond of sports.

The majority of athletes have the optimal sleep duration, 8-9 hours – 71%.

16% of respondents who sleep less than 8 hours do not get enough sleep, the least number of them is among people involved in sports - only 1%, the number of people who sleep less than 8 hours is approximately equal among those who are fond of sports and those who do not know how to relate to it - 11%.

They oversleep, sleep more than 10 hours a day, approximately the same number of respondents in all groups – 5% of respondents.

Approximately the same number of respondents who have nothing to do with sports and have a sleep duration of 6-8 hours those who are fond of sports – 66% and 70%, respectively, the number of athletes much less - only 20%.

When asked about nutrition, the most popular answer was “3 times a day”, indicated by 72% of respondents. Most respondents who eat 3 times a day were in the group of athletes - 80%.

Also, most often the group of respondents involved in physical education and sports indicated the answer option “4 times a day” - 9%, slightly less this answer was indicated by respondents who are not keen and do not play sports - 8%, least of all - those who are fond of sporting events, they turned out to be 3%.

None of the respondents answered that they eat more often than 4 times a day.

When asked about their attitude towards narcotic substances, the overwhelming majority of respondents answered about a negative attitude towards them; 87% of respondents answered this way.

The most negative attitude was expressed by the group of respondents consisting of respondents involved in sports - 93%, a little less this answer was given by respondents who are fond of sports - 89%, and the group of respondents who are not related to sports gave the same answer noticeably least of all - 80%.

The proportion of people who do not engage in sports and undergo a medical examination once a year was 81%, while the figures between people those who are not related to sports and people who are passionate about sports are approximately the same.

Respondents involved in physical education and sports answered that they undergo a medical examination at least once a year, in the amount of 94%, while half of them answered that they are not limited to one examination per year and undergo repeated examinations throughout the year.

Among people involved in sports, there were no people who answered that they undergo a medical examination once every 3 years or less. Among people who do not play sports and people who are interested in sports, 10% of respondents undergo a medical examination once every 3 years or less.

Next, residents of the city of Chirchik answered the question about maintaining their immunity.

The group of respondents who are involved in physical education and sports care most about immunity - 51%; among the surveyed respondents who are not involved in sports, only 20% support immunity; slightly more immunity is supported by people who are fond of sports - 30%.

One of the most harmful activities in the modern world is spending a lot of time at the computer.

Since this negatively affects vision, the functioning of the cardiovascular system, digestive organs, and spine. People who engage in physical education and sports spend the least time at the computer.

Among them, most of them are people who spend less than one hour a day at the computer – 50%.

And the fewest people who spend more than 5 hours a day at the computer are 1%.

Respondents who are fond of sports answered more that they spend more than 5 hours a day at the computer - 6%, and less that they spend less than 1 hour a day at the computer - 20%.

Respondents who are not keen on sports have worse indicators - only 16% of them spend less than 1 hour at the computer, and 10% of them spend more than 5 hours at the computer.

Respondents who are interested in sports and those who have nothing to do with it spend 1-2 hours a day at the computer in approximately the same number - 36%, and athletes - 23%.

Respondents from groups not related to sports also spend 2-3 hours a day at the computer in approximately the same number of people – 19%, athletes – 14%.

The majority of respondents who spend 3-5 hours at the computer are among people who are fond of sports - 21%, slightly less among those not related to sports - 17%, and least among those involved in sports - 11%.

In the next question, respondents answered what could be a reason for them not to lead a healthy lifestyle.

Among respondents who are interested in sports activities, the most popular answer was the lack of desire to lead a healthy lifestyle, this was answered by 40% of respondents who are fond of sports, respondents who are not involved in sports - 34%, the least this option was indicated among respondents who engage in physical education and sports – 11%.

Among all respondents, the most popular answer was the one in which they indicated laziness; 30% of respondents answered this way.

Most of all, this option was indicated in the group of respondents who are fond of sports - 34%, respondents who go in for sports indicated this option somewhat less often - 31%, least of all this option was indicated among respondents who are not keen on sports - 26% .

The least significant reason is lack of knowledge about a healthy lifestyle; this option was indicated by only 4% of respondents who are not keen on sports, 3% of respondents who are keen on sports, and 3% of respondents who play sports.

Also unpopular was the answer that talked about financial capabilities.

It was indicated by only 17% of respondents who are not into sports, even less by respondents who are fond of sports - 10%, and only 3% of respondents involved in sports.

Approximately equally, respondents pointed to the insufficient development of infrastructure.

This option was indicated least of all by respondents involved in sports - 9%; respondents who are not keen on sports answered a little more in the same way - 10%; this option is most popular among respondents who are fond of sports - 13%.

There are no barriers to leading a healthy lifestyle for the majority of respondents involved in physical education and sports - 51%; respondents who do not engage in sports responded much less this way - 14% in each group.

The overwhelming majority of respondents believe that instilling a desire to lead a healthy lifestyle is the task of parents; 58% of respondents think so.

This answer is most popular among respondents involved in sports - 59%, slightly less among respondents who are interested in sports - 57%, and even less among respondents who are not involved in sports - 54%.

The next question found out the degree of influence of financial opportunities on maintaining a healthy lifestyle.

The vast minority of respondents answered that playing sports would affect them financially, with only 12% of respondents answering this way. At the same time, the majority of respondents answered that playing sports will not have a financial impact on them, 52 respondents answered this way.

And 36% of respondents indicated that the financial component will have a slight influence when playing sports.

The smallest number of respondents who will be financially influenced by sport is concentrated in the group of respondents involved in sports – 8%.

At the same time, the financial part will not affect 57% of respondents who are fond of sports, and respondents who go in for sports; among respondents who are not fond of sports, 31% also indicated this option.

The data obtained allowed us to conclude that people involved in physical education and sports lead a healthier lifestyle than other people.

However, even among them there are a large number of people who do not follow the basic principles of a healthy lifestyle.

Based on the fact that in most aspects people interested in sports activities outperformed people not involved in sports, it can be concluded that passion for sports is one of the factors formation of an attitude towards a healthy lifestyle.

However, the main problem is that despite the positive image of athletes from people who have different attitudes towards sports, there is an acute lack of motivation in observing the norms of a healthy lifestyle.

An analysis of attitudes towards infrastructure and the financial burden of a healthy lifestyle confirmed the conclusion made in the content analysis that in Chirchik there are all the necessary conditions for practicing physical culture and sports.

## Conclusion

Speaking about sport as a social phenomenon, we can confidently say that it is of great importance for society.

Moreover, it cannot be said that a healthy lifestyle is the most important factor for development and prosperity for the entire society.

Thanks to the structured and planned activities of state authorities and local governments, the city of Chirchik has all the necessary conditions for physical education and sports. Every year the number of citizens involved in physical education and sports increases.

Physical education is one of the fundamental components of a healthy lifestyle.

The results of the survey study showed that a healthier lifestyle is led among people who play sports.

Moreover, sport is a factor that shapes a healthy lifestyle, even for people who do not play sports, but are only interested in sporting events.

The study showed that such people lead a healthier lifestyle than people who are not keen on sports.

Thus, all hypotheses were confirmed, which means that even more attention should be paid to physical culture and sports so that it contributes to the spread of a healthy lifestyle among even larger segments of the population.

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