

# In the modern information society, encouraging children and adolescents to take an interest in sports is of particular importance

Ochilov Jonibek Abdo‘xomid o‘g‘li  
Samarkand Institute of  
Agroinnovations and Research

**Abstract:** In the article, it is emphasized that in modern society the health and comprehensive physical development of the younger generation are of great importance, and the role of sport in this process is invaluable. Children’s sports, particularly sports such as table tennis, not only improve children’s physical health but also support their mental, psychological, and social development. These types of sports provide excellent developmental opportunities for children, as they not only enhance physical strength but also contribute to improving intellectual and emotional well-being. The article presents ideas, reflections, and proposals related to these aspects.

## Keywords:

**Introduction:** Today, the development of society is characterized by the widespread use of information technologies, the Internet, and digital tools. In the modern information society, children and adolescents spend more of their time using mobile phones, computers, television, and social media platforms. This situation may lead to a decrease in physical activity, an increase in health-related problems, and a decline in young people's interest in sports. Therefore, encouraging children and adolescents to engage in sports and developing their physical education culture is considered one of the most urgent issues.

The Importance of Encouraging Children and Adolescents to Participate in Sports Engaging children and adolescents in sports helps to address the following important tasks:

**1. Strengthening Physical Health:** Sports ensure the proper development of the body. Qualities such as muscle strength, endurance, agility, and speed are improved. Regular sports activities strengthen the immune system and play an important role in preventing various diseases.

**2. Impact on Psychological and Social Development:** Sports help to develop psychological qualities in children such as discipline, responsibility, determination, self-control, and resistance to stress. In addition, team sports contribute to the development of communication culture and cooperation skills.

**3. Reducing Dependence on Information Technologies:** Sports activities help children spend their free time in a meaningful way and prevent them from becoming overly dependent on the virtual environment. Children who regularly engage in sports naturally reduce the amount of time spent using gadgets.

**4. Developing a Healthy Lifestyle Culture:** Interest in sports and healthy lifestyle habits formed during childhood often continue into adulthood. This contributes to raising a healthy generation in society.

Sport helps children improve strength, endurance, balance, and coordination. Physical activity contributes to the development of children’s muscles and skeletal system, as well as to the effective functioning of the cardiovascular and respiratory systems. Regular participation in sports is an effective means of preventing obesity, diabetes, heart diseases, and other physical illnesses in children. Sports activities also help improve children’s emotional state and increase self-awareness and self-confidence. Athletes achieve success and learn how to overcome difficulties and accept defeat. This, in turn, strengthens children’s psychological health. Setting new goals, performing complex tasks, and making greater efforts lead children to self-development and improve their mental resilience.

Through sports, children develop social skills. Physical activity, especially team sports, teaches children how to communicate, cooperate, support one another, and work with others. This, in turn, improves children’s social abilities, including leadership, teamwork, and adaptation to different social situations.

Table tennis is a sport that offers numerous benefits for children. This sport is not only effective for physical development, but also highly beneficial for mental and psychological growth. Table tennis is a convenient and widely practiced sport for children and provides the following advantages:

Regular playing of table tennis improves children’s overall physical condition. This sport helps strengthen muscles, maintain balance, and improve speed and reaction time. During table tennis activities, children

develop hand-eye coordination, as the game requires accuracy and well-coordinated movements. Participation in this sport strengthens children's physical health, helps them avoid excessive weight, and supports a healthy lifestyle.

Table tennis also plays an important role in children's cognitive development. During the game, they learn to make quick decisions, improve reaction speed, develop strategies, and plan effectively. Table tennis stimulates brain activity and develops children's ability to control and manage their thinking processes. At the same time, this sport teaches children how to focus and concentrate.

Table tennis has positive psychological effects on children as well. In this sport, children learn how to deal with success and defeat, which improves their mental resilience. Through table tennis, children learn to maintain a positive mood and achieve success through strong willpower. This sport enhances not only mental but also emotional well-being.

Although table tennis is not a team game, it requires active interaction between the player and the opponent. This sport helps develop mutual respect and cooperation among children. Playing table tennis strengthens interpersonal relationships and enhances team spirit. During competitions and training sessions, children exchange experiences with each other and, as a result, make new friends.

Playing table tennis is an excellent aerobic exercise for children, as it ensures the effective functioning of the cardiovascular system. **Strengthening the skeletal and muscular system:** table tennis training strengthens children's muscles, stimulates bone development, and increases joint mobility. **Improving concentration and attention:** this sport requires children to make quick decisions and act with a high level of focus and concentration.

Children's sports, especially table tennis, form the foundation of the young generation's health and comprehensive physical development. This sport helps strengthen children's physical health, improve their psychological and emotional well-being, develop social skills, and support cognitive development. Regular participation in sports, particularly table tennis, makes a significant contribution to children's overall development; therefore, it is important to support youth sports activities in society.

Sports activities for children are important not only for physical development but also for ensuring psychological and emotional well-being. The main tasks of sports education include strengthening physical health, as sports stimulate children's physical development. Physical activity strengthens children's muscles and skeletal system and ensures the effective functioning of the cardiovascular system. Regular participation in sports is an effective means of preventing obesity, diabetes, heart diseases, and other physical illnesses.

**Being physically active:** sports activities help children fight against excess body weight. This also leads to strengthening muscles and joints, as well as increasing flexibility and strength.

Sports help children not only in physical development but also in intellectual growth. During sports activities, they learn to make quick decisions, develop strategies, and plan effectively. This contributes to the development of their thinking and cognitive abilities. Table tennis is one of the best sports for children. This sport is an important tool not only for physical development but also for strengthening psychological and cognitive health.

Table tennis helps children develop the following skills: it improves reaction speed while also teaching focus and coordination of movements. **Developing physical strength and coordination:** table tennis requires quick movements, coordination, and precise footwork. This supports the development of children's muscles and skeletal system.

**Conclusion:** In conclusion, in today's information society, encouraging children and adolescents to participate in sports is one of the key conditions for raising a healthy generation. Sports not only ensure physical development but also have a positive impact on young people's psychological stability, social activity, and moral upbringing. Therefore, it is essential to carry out systematic efforts to involve children in sports widely, in cooperation with schools, families, and society.

## References

1. Babkes, M. L., & Weiss, M. R. (1999). Parental influence on children's cognitive and affective responses to competitive soccer participation. *Pediatric Exercise Science*, 11(1), 44-62.
2. Biddle, S. J. H., & Asare, M. (2011). Physical activity and mental health in children and adolescents: a review of reviews. *British Journal of Sports Medicine*, 45(11), 886-895.

3. Centers for Disease Control and Prevention (CDC). (2021). Overweight & Obesity: Data & Statistics. Retrieved from [CDC website].
4. Eime, R. M., Young, J. A., Harvey, J. T., & Payne, W. R. (2013). A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing the future. *International Journal of Behavioral Nutrition and Physical Activity*, 10(1), 98.
5. González-Devesa, D., Sanchez-Lastra, M. A., Pintos-Barreiro, M., & Ayan-Perez, C. (2024). Benefits of Table Tennis for Children and Adolescents: A Narrative Review. *Children*, 11(963).
6. Hernández, S., & Victoria, S. (2010). El tenis de mesa en educación primaria y secundaria. *Lecturas: Educación Física y Deportes*, 15(150).