

Spiritual And Aesthetic Development Of Sports In Ancient Western Philosophical Thoughts

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Abstract: In the ancient West, especially in Greece, the main attention was paid to the formation of a person's physical development, spiritual and aesthetic appearance. The Greeks considered Apollo the highest symbol of human physical perfection and the god of art and artistic inspiration. For this reason, the demonstration of human perfection was the main idea of the Olympic Games. That is why the Olympic Games, the supreme sports festival of the ancient Greeks, were associated with such artistic competitions as music and Sharia. After sports competitions on the field, real athletes also participated in artistic competitions. Based on this, we can say that the Olympic Games invited philosophers, musicians, poets, sculptors, artists, along with athletes, to the stadium's treadmills, to the fields where competitions were held.

Key words: sport, aesthetics, Olympiad, art, athlete, virtue, beauty, music, literature.

Physical activity, constant movement and curiosity of man allowed him to find his place in nature and fulfill his desires. It has long been emphasized that the active movement of a person, engaging in various sports is a source of biological health and spiritual and spiritual strength. For example, the Greek philosopher Plato expressed his opinion about happiness:

He said: "The first happiness for a person is his health, and the second is his beauty" [1: 427]. In fact, if a person wants to be healthy all the time, it is necessary to play sports. Sport - regardless of a person's age, strengthens his strength, increases growth, strengthens health, increases interest in work, ensures his longevity. According to Plato, in order to maintain proportions, to be beautiful and healthy, knowledge in the field of science and art alone is not enough, for this it is necessary to do physical education and gymnastics all your life. The question of the formation of the need for physical development is inextricably linked with the way of life.

Physical culture, which is the main part of a person's lifestyle, sets the condition for compliance or non-observance of certain physical exercises and sanitary hygiene rules. Plato directly participated in the Olympiads, held every four years in Greece, and won. In sports, an important place is occupied by the moral and aesthetic worldview of a person, which contributes to the harmony of physical and spiritual education in order to achieve perfection.

Commenting on the creation of a state based on justice, Plato said that every citizen of such a state must be perfect. For this, it is necessary to start training people from the age of 7 and continue until the age of 16-17. This education should be both mental and physical. We considered him to have reached perfection who alternates gymnastic exercises with musical art and feels it with his heart.[2: 69-70]

Aristotle says that the use of games is necessary for a person to enjoy his free time, because games entertain and help to relax. Extremely important is his opinion that "Movement is the treasure of life." Idle walking for a long time exhausts and depletes the human body. Sports activities in water, air and sun are necessary for people of all ages. Outdoor walks are especially important for people who are sedentary and mainly engaged in mental activity, as well as housewives and pensioners.

Hippocrates also emphasizes that human health and longevity depend on a healthy lifestyle and active physical activity. A person with a high level of physical culture knows how to constantly play sports, relax and have fun. He lives a long life through biological and spiritual development, maintaining standards in all areas.

In the essence of the Olympic sports games, which appeared in Ancient Greece in 776 BC, there are also aesthetic values that unite the human race and call for harmony, harmony of body and soul, the triumph of peace, beauty and greatness.. It can be realized that these sports events, regarded as a joyful celebration, are

not only a means of developing the qualities of strength, agility and dexterity of the participants, but also a means of improving them in all aspects.

It is said that Hercules, the legendary symbol and the first winner of the Olympic Games held in honor of the supreme god of the Greeks Zeus, had extraordinary qualities. Hercules defeats creatures of destructive power. When running, he runs faster than a deer, shoots a bow flawlessly, has physical strength beyond human imagination. At the same time, he was also knowledgeable about art.

It is said that he knew how to play ancient musical instruments, and also studied sculpture. Through the legendary Hercules, we can understand the view that peerless physical strength alone cannot be the criterion of human perfection. The ideal physique of the athlete, strong muscles and physical beauty do not delight the audience. He becomes attractive only when positive spiritual qualities are added to the above qualities.

At the ancient Olympic Games, athletes fought honestly to show that they really were the strongest and left-handers on the sports grounds, and as part of these competitions, competitions in fine arts, sculpture, and music were also held. In other words, it was a real sports festival, held every four years, in which every free Greek could take part.

The athlete who won these sports competitions was considered the perfect standard of a person from the physical, moral and aesthetic points of view. Therefore, "Olympism" means high spiritual and perfect physical harmony, the formation of the moral and aesthetic worldview of young people through sports, the introduction of humanistic ideas into the life of society.

The spiritual and aesthetic essence of the Olympic Games excited and inspired not only the ancient Greeks, but also writers and philosophers, sculptors and artists, creative people of the world. Diogenes Laertes (late 2nd century, early 3rd century AD) described the place of philosophers in society and what they are, and said: "Life is like a game: someone comes to compete, someone comes to bargain, and the happiest come to watch; the same is true in life, Bases come into the world like slaves in search of fame and fortune, and philosophers come only for the truth." Only philosophers can enjoy spiritual and aesthetic competition.

They glorify the heroes of sports grounds through beautiful sculptures and paintings, poems and epics. From the analysis of sources it is known that the historian Herodotus always came to the Olympic Games from his native city of Athens. Pythagoras won a fist fight at the Olympic sports competitions. Hippocrates was an outstanding Greek wrestler and skilled horseman. The philosopher Plato is also known as one of the strongest gymnasts of his time.

During its 1170-year history, the Ancient Olympic Games made a significant contribution to the development of human physical and spiritual culture, the harmony of the game, competition and art, and the formation of sports aesthetics. Unfortunately, in 394 AD, when the Roman emperor Theodosius established Christianity as the state religion during his reign, he banned the Olympic Games as a polytheistic holiday and ordered Olympia burned.

Thus, mass sporting competition has declined in both the Christian West and the Islamic East. Only in 1984, at the initiative of Pierre de Coubertin, the modern Olympic Games were revived. The International Olympic Committee, located in Lausanne, Switzerland, oversees the Olympic Games held among the peoples of the world, improves the humanitarian qualities of sports, and strengthens interethnic harmony. Even now, these games unite people from all over the world, regardless of their nationality, religion, race and social status. Coubertin was right when he said that the essence of Olympic sports is the brotherhood of the human spirit and body. Achieving physical strength and spiritual and aesthetic world-soul-bodily harmony is the most important factor in the education of a perfect personality. It is well known that human perfection is one of the ideological ideas of the modern Olympic movement. On this basis, in May 1906, in order to combine sports with art, at the initiative of Coubertin, the conference "Art, Literature and Sports" was held. This was expressed when it was decided to hold competitions in architecture, music, sculpture, painting and literature as part of the Olympic Games.

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