



SOCIO-SPIRITUAL AND PSYCHOLOGICAL FOUNDATIONS FOR THE DEVELOPMENT OF CHILDREN'S SPORTS IN NEW UZBEKISTAN

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Abstract:

This article explores the socio-spiritual and psychological foundations for the development of children's sports. It emphasizes the importance of fostering interest in sports among children, encouraging the younger generation to engage in physical activities and adhere to a healthy lifestyle, and shaping their understanding of the necessity of striving for moral and physical perfection. The article also addresses the need to protect children from negative influences, eliminate harmful habits, and nurture them as individuals with stable character traits, instilling in them a sense of love and devotion to the Motherland and pride in their nation.

Keywords: Motherland, national development, individual, family, world, mindset, affection, well-rounded generation, education, pride.

Introduction

One of the national priorities in Uzbekistan is the widespread development of physical education and sports to promote a healthy lifestyle among the population. The growing success of our athletes in various international competitions, including the Olympic Games and World Championships, as well as the increasing popularity of school and student sports tournaments, is especially noteworthy.

The development of children's sports serves as a fundamental pillar for national progress. This noble and forward-looking initiative is being advanced under the leadership of the President of our country. The head of state consistently emphasizes the significant role of mass sports in individual and family life, its contribution to both physical and spiritual health, and the importance of sports in helping youth who are entering life with great hopes to realize their potential and talents.

Everything begins in childhood. A child's healthy development and the ability to demonstrate their talent and capabilities—leading to their integration into society—largely depend on the quality of education and upbringing they receive. In Uzbek culture, the phrase “*dunyo ko'rgan*” (literally, “world-seen”) is used to describe a person who has traveled and communicated with people of different nations and cultures. It implies a broad worldview and rich thinking. In today's world, one of the most effective means of broadening one's perspective





is through participation in sports competitions. Therefore, introducing children to the world through sports is essential.

Under the President's leadership, the development of children's sports has been elevated to the level of state policy. Creating conditions that support the physical and spiritual well-being of the younger generation, fostering a love for sports and a healthy lifestyle, promoting mass children's sports in rural areas, raising a generation loyal to their homeland with confidence in the future, identifying talented young athletes, and supporting their development these have become key tasks of national importance.

Developing the Material-Technical and Resource Base of Children's Sports in New Uzbekistan: Socio-Moral and Psychological Foundations

The implementation of measures aimed at further developing the material, technical, and resource base of children's sports at the level of state policy has become a national movement in New Uzbekistan. In this context, in addition to governmental structures, the involvement of economic entities, sponsors, non-governmental and public organizations, international financial institutions, and foreign donors plays a crucial role. In cooperation with public education authorities and educational institutions, comprehensive measures are being taken to cultivate children's interest in sports, instill the importance of engaging in physical activities, promote a healthy lifestyle, and foster a desire for moral and physical perfection. These efforts aim to protect children from negative influences and harmful habits and to raise a generation with stable character traits, love for the Motherland, and pride in their country.

Physical education and sports, which play a vital role in the physical and moral development of individuals, have become a strategic direction in the socio-economic development of the nation. The current state policy of Uzbekistan with regard to the development of children's sports is guided by the following main objectives:

- To ensure the development of mass children's sports as a critical condition for fostering a physically and morally healthy younger generation, encouraging their adherence to a healthy lifestyle, and instilling a love for sports.
- To implement state-level measures aimed at enhancing the material-technical and resource base of children's sports, including attracting funds not only from state structures but also from business entities, sponsors, non-governmental and public organizations, international financial institutions, and foreign donors.





In collaboration with educational authorities and institutions, initiatives are being carried out to develop in children a strong interest in sports, encourage engagement in physical activities, promote healthy lifestyle habits, and foster a sense of striving for moral and physical perfection. These efforts also aim to protect youth from negative influences and harmful behaviors while nurturing a sense of patriotism and national pride.

Special attention is given to the development of the physical education infrastructure in rural areas. Efforts are being made to establish modern sports complexes for children near general education schools and residential areas. These facilities are equipped with contemporary sports equipment and inventory, and resources are mobilized to ensure their effective use. At the same time, there is a focus on developing and applying modern methods and strategies for the physical and moral upbringing of children, tailoring sports instruction to their age and gender.

Efforts are also underway to develop scientifically grounded systems for selecting talented children for specialized sports schools and training centers. In addition, the sports infrastructure in general education schools and the network of children's sports facilities in both urban and rural areas are being further improved and expanded. Particular emphasis is placed on the development of physical education and sports in preschool and extracurricular educational institutions, with attention to expanding their material base.

To strengthen the health of schoolchildren and increase their interest in sports, physical education classes have been added as supplementary sessions in many general education schools—an initiative supported through school-specific time allocations alongside the state curriculum.

Currently, sportswear and equipment are distributed to children from socially vulnerable families. All newly constructed facilities are fully equipped with the necessary sports tools and gear according to established standards, and continuous sports training is being carried out in these venues.

Children and youth sports schools that lacked their own sports facilities were relocated to sports complexes built and commissioned by the Fund. Preschool educational institutions, as well as children and youth sports schools, have been equipped with modern sports gear and equipment. Significant efforts are being made to systematically address critical issues through the implementation of government resolutions and the fulfillment of tasks outlined in meetings of the Sponsorship Council. These activities are carried out in close





cooperation with local authorities and administrative bodies, non-governmental and public organizations, and international institutions.

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