

THE ROLE OF A SPORT IN A HEALTHY LIFESTYLE

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Abstract: *The role of sports in a healthy lifestyle is very important. In the life of everyone, sports activities are essential to maintain a healthy lifestyle, improve physical and mental health. Sports play an important role not only in physical health, but also in improving mental health. Today, the development of technology and the sedentary lifestyle have kept many people from moving. Computers, smartphones and other technological devices, forcing people to sit for a lot of time. This, in turn, can lead to various health problems.*

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Playing sports can help increase physical activity. People will be able to strengthen muscles, strengthen the cardiovascular system and improve metabolism through sports. Sport is also important in weight control. For people who want to improve their physical condition, sports is the best way out. Physical activity, helps to improve a person's overall health and protects against various diseases, such as diabetes, heart disease and overweight problems. Mental health also improves through sports. Exercising increases the production of endorphins, the so-called "happiness hormones". These hormones make a person happy and cheerful. Sports also reduce stress and relieve symptoms of depression. People feel better by playing sports, their mental state improves, and their general mood rises. Sport, for humans, is a great tool to avoid stress and calm themselves down. Playing sports brings positive changes in people's lives.[1]

Socially, the role of sports is also important. Sport is a team activity and it brings people together. Playing sports with the team will help you make new friends, develop social skills and strengthen the team spirit. Sports competitions and events, promote competition and cooperation among people. This, in turn, helps to become an active part of social life. Through sports, people communicate with each other, make new acquaintances and strengthen relationships. Team sports, such as football, basketball, or volleyball, serve to promote friendship and harmony among humans. In addition, sports teach people to set goals and achieve them. Success in sports requires a lot of work, patience and perseverance. These skills can also be applied in other areas of life. Through sports, people learn to develop themselves further, achieve new goals and expand their capabilities. Being a successful athlete increases human self-confidence and provides new opportunities to achieve their goals.[2]

The role of sports in a healthy lifestyle is also manifested in the development of self-education and discipline. Playing sports allows individuals to plan their time, set goals, and strive to achieve them. This sense of discipline and responsibility will also be useful in other

areas of life. To achieve success in sports, it is necessary to draw up a plan, work on oneself and perseverance. These skills are important for achieving success in people's lives. The role of sports in a healthy lifestyle is also important in increasing self-confidence. Success in sports increases a person's self-confidence. Feeling good, improving physical appearance and results achieved in sports can help increase a person's self-confidence. This, in turn, helps to achieve success in other areas of life. People who have increased self-confidence through sports are also more confident in themselves in other areas of life.[3]

Also, through sports, people learn new skills. Each sport has its own rules and techniques. Playing sports allows individuals to learn new skills, to test themselves in new ways. This process greatly contributes to the personal development of individuals. Sport, in turn, helps people to expand their capabilities and reach new heights. The role of sports in a healthy lifestyle is also associated with a healthy diet. Sports activities encourage individuals to eat healthy foods. Engaging in physical activity increases the body's energy demand, which, in turn, ensures the need for proper nutrition. Healthy eating, along with sports, is important in improving physical and mental health. Sports activities encourage individuals to eat healthy and maintain the right lifestyle.[4]

Speaking about the benefits of playing sports, it should be noted, first of all, to improve physical health. It plays an important role in physical activity, strengthening muscles, strengthening the cardiovascular system and improving overall fitness. Through sports, humans develop their own muscles, spend more energy and have the opportunity to avoid overweight problems. Also, physical activity improves the metabolic processes of the body, which helps to normalize the digestive system.[5]

Mental health is also one of the important benefits of playing sports. Sports can help reduce stress, raise mood, and improve overall mental state. During physical activity, endorphins are produced in the body, which makes a person feel happy and cheerful. Exercising can help reduce feelings of depression and anxiety, as well as increase self-awareness and self-esteem. Sports are of great importance in improving the mental state of people and encouraging them to think positively. In addition, sports are also socially useful. Team sports, such as football, basketball, or volleyball, bring people together and help make new friends. With the team, it allows you to play sports, develop social skills, strengthen relationships and learn to help each other. Sports competitions and events, help to become an active part of social life and promote competition and cooperation between people. Playing sports is also important in developing discipline and goal-achieving skills. Perseverance, patience and hard work are essential to achieve success in sports. These skills can also be applied in other areas of life. Through sports, humans learn to set their own goals, plan to achieve them, and work on themselves. Being a successful athlete increases people's self-confidence and encourages them to be more successful in life. Also, the sport helps to educate oneself and expand one's opportunities. Learning new skills in sports makes it possible to test oneself in a new way. This process greatly contributes to the personal development of individuals. Sport, in turn, helps people to expand their capabilities and reach new heights. Through sports, people will have the opportunity to further develop

themselves, achieve new goals and increase their chances. Exercising also encourages healthy eating. Engaging in physical activity increases the body's energy demand, which ensures the need for proper nutrition. Healthy eating, along with sports, is important in improving physical and mental health. Sports activities encourage individuals to eat healthy and maintain the right lifestyle. The benefits of playing sports include many aspects. Improving physical and mental health, developing social ties, increasing discipline and self-education — all this indicates the importance of sports in a person's life. Everyone should include sports in their lifestyle, because sports are a great opportunity not only to live a healthy life, but also to make life more meaningful and interesting. Sports bring positive changes in people's lives and are an important tool in maintaining a healthy lifestyle.[6]

Conclusion:

In conclusion, the role of sports in a healthy lifestyle is huge. Sports can help improve physical, mental and social health. The role of sports in self-education, development of discipline and increasing self-confidence is incomparable. Therefore, everyone should include sports in their lifestyle. Sports are a great opportunity not only to live a healthy life, but also to make your own life more meaningful. Sports bring positive changes in people's lives and are an important tool in maintaining a healthy lifestyle.

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