



AESTHETICS OF SPORTS AS A SENSE OF BEAUTY AND HARMONY

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ABSTRACT

This article pays attention to the importance of sports in human life, highlights the connection of sports with beauty and harmony as an aesthetic value, and beauty in sports is associated with the movement of an athlete.

KEY WORDS: *aesthetic phenomena, aesthetic feelings, aesthetic pleasure, beauty in sports, athlete's act, heroism in sports.*

The creative process is work, but it is different from mental work, and it is interpreted in different ways that it is carried out by some mysterious spirit. And this is related to the personality of the creator as a private event. The world of aesthetic phenomena of sports, like other aesthetic phenomena, is very complex and diverse. First of all, he defines certain aesthetic values, i.e., the objectively existing features and aspects of sports that have aesthetic value for a person under certain conditions, cause aesthetic feelings, aesthetic pleasure, and are evaluated by him from a special, aesthetic point of view. , includes aspects.

Sport is one of the areas where basic aesthetic values appear in different forms. One of them includes beauty. Beauty is often associated with harmony, which is understood as a harmonious combination, harmony, symmetry, proportion, objects, events, wholes and parts. Beauty in the field of sports is, first of all, a perfect form that best expresses content and helps to effectively perform certain functions that have positive personal and social value. In this regard, for example, the high technical skill of an athlete is an important, but not the only, condition for the aesthetic assessment of his actions. To see the beauty of these actions, it is necessary to compare them with the assigned tasks. The technical skill of the athlete's movements should be inextricably linked with their appropriateness. Otherwise, the important aesthetic principle of the unity of form and content will be violated, and it will not be a "beautiful game", but a "beauty game".

The manifestation of beauty in sports depends on the specific characteristics of the sport, the goals and conditions of the competitive struggle. Socrates said: "... a man who runs beautifully, I swear by Zeus, is not like a man who fights beautifully ... often what is beautiful for running is ugly for fighting, and vice versa, what is beautiful for fighting is ugly for running"[1.]

Traditionally, in scientific literature, the form of manifestation of beauty, such as the body of an athlete, his physical beauty, is not very important in the game of sports. In the history of football, one can find many examples of people who are not distinguished by their physical beauty, and even, on the contrary, have significant physical disabilities, who gave the audience aesthetic pleasure due to their skills. In scientific literature, it is widely believed that the most important display of beauty in sports is the athlete's actions. F. Bacon also wrote: "in the business of beauty, they prefer beautiful forms to the beauty of the face and whole body movements." This view is, of course, first of all fair to sports such as athletics and swimming. As for the team sports game, it needs some tweaking. The main content of this sports game is the fight between two teams consisting of several athletes. For most sports, this fight is characterized by a direct physical confrontation of opponents. In this regard, here you can consider the beauty of the actions of individual athletes, this or that team, as well as the beauty of the game in general.

The concept of grandeur is closely related to the concept of beauty. Deep interpenetration of beauty and grandeur is especially evident in sports, in the field of sports relations. The great moments of sporting events are often of a sublime nature. This has been mentioned several times by many famous athletes, who described their feelings on the top of the podium. The unique feature of high events is that they are associated with certain social ideals and reflect the strength of a person's character, his moral greatness, and the power of the soul. Such high performances are typical of high-performance sports, where a person needs great spiritual strength to overcome physical suffering and pain.

The display of heroism in sports is amazing and it is closely related to spirituality. A heroic act requires a person to mobilize all his forces, show will, strength of mind, and courage. Heroism in a sports duel can take the form of a short-term burst of all the



physical and spiritual abilities of a person, and can require long-term tension, great strength of will, mind and heart. Heroism always includes bright manifestations of courage, loyalty to duty, and the concept of honor. These moral standards, embodied in human behavior, have the status of aesthetic phenomena.

Another form of aesthetic manifestation is tragedy. This aesthetic category describes a certain social conflict that arises in the process of free human movement and is accompanied by human suffering and the collapse of values that are important to a person. The use of this category in this understanding in sports is mostly conditional. After all, sport appears, forms and develops as a game model of competitive situations in real life. In real life, competitions and fights often end tragically, at least for one of the opposing sides. The "sport" model of the competition is designed to protect the participants from negative consequences, if possible. For example, fencing is different from fencing as a sport, and boxing is different from street fighting. In this sense, there is no objective basis for tragic situations in sports. For example, it is not for nothing that in sports, which are characterized by confrontations full of conflicts and high drama, at the end of the competition, as a rule, human gestures of reconciliation with the opponent and showing respect to him are provided. If the tragic situation is atypical for sports in general, then there are ample opportunities for the manifestation of another aesthetic phenomenon - the comic. Often it is manifested in such forms as humor and sarcasm. Different sizes, deceptive movements, clever beating often make the opponent laugh. Sometimes high-level players use this technique to ironically emphasize their superiority over the enemy and psychologically unbalance him. Thus, humor helps to win. The audience usually notices and appreciates such funny situations and reacts violently to them, which in turn is an additional incentive for players to create such situations. This feature is common for, for example, South American football players or American basketball players, who try to entertain the audience with various tricks. However, it's important for an athlete to have a sense of humor, but don't make the comic your goal. Thus, sports really provide great opportunities for the athletes themselves and their spectators to think about different aesthetic values. From this point of view, sport is not only not inferior to other spheres of life, but sometimes even superior to them. Sports festivals and parades are especially bright and expressive in this regard.

People can enjoy beauty and satisfy their aesthetic needs in the field of physical education and sports. After all, the beginning of aesthetic awareness and the activity process based on this goes back to the aesthetic need. The aesthetic need has both a natural-biological and social-spiritual essence as the basis of all aesthetic phenomena that occur in human life; "beautiful soul", thirst for sophistication, while preserving the characteristic of arousing aesthetic feelings in a person, later improves throughout his life, serves the formation of aesthetic discussion, aesthetic evaluation, aesthetic taste and aesthetic ideal [2].

Abraham Maslow developed the US Hierarchy of Needs model in the 1940s and 50s, and Hierarchy of Needs theory is still used today to understand human motivation, management training, and personal development. He named the 6th level of this pyramid as aesthetic needs, and this level includes the appreciation and search for beauty, balance and forms[3].

So, beauty is expressed not only as a research object of the science of aesthetics, but it is also expressed in other fields as a leading feature. The most extensive type of aesthetics is the aesthetics of art, and the second level consists of aesthetic theories based on non-art aesthetic objects in other fields. They are: aesthetics of nature, aesthetics of life, aesthetics of work, aesthetics of technology and aesthetics of sports.

Also in modern Western aesthetics: "Aesthetics is a skill that encourages us to think, which is as necessary for people as water and air, and which increases our taste, level and understanding. If a person does not have aesthetic potential, taste, insight, he will not be able to see the beauty of the world." As we have seen, its importance in beautifying our life, in general aestheticization, is becoming one of the researched topics.

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