



THE IMPORTANCE AND RELEVANCE OF SOCIAL CONSCIOUSNESS IN UPBRINGING YOUNG ATHLETES

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ABSTRACT

Increasing the knowledge and skills of the trainers in Uzbekistan, the organization of international educational and scientific-practical seminars, the involvement of trainers in these seminars in all regions of the Republic, strengthening their theoretical and practical knowledge with the help of the best specialists of international sports federations and organizations the biosocial knowledge that teachers and coaches need to know about the future of young people which is the main factor causing the birth of a generous person as it is mentioned in this article.

KEY WORDS: *physiology, sports equipment and mental resources, upbringing young athletes, physical education, sports, talented athletes.*

DISCUSSION

When it comes to strengthening the health of the population, in particular, the education of the younger generation as healthy and harmoniously developed individuals, first of all, we see the great attention paid to the development of children's sports in our country and the results achieved. After gaining independence, much attention was paid to physical education and sports. Our athletes are making good results in the Asian and world tournaments and raising the flag of Uzbekistan. One of the most important tasks of our time is to train talented athletes, who raise the flag of our country at the three-tier sports games "Umid Nihollari", "Barkamol avlod" and Universiade. Therefore, one of the most important and urgent issues facing teachers is that it is not only the responsibility of educators but also the duty of every human being to realize that the next day is to educate young athletes, bring up healthy, harmoniously developed generations. It should be noted that in recent years international training and scientific-practical seminars have been organized to improve the knowledge and skills of coaches operating in Uzbekistan. These seminars involve coaches from all over the country, strengthening the theoretical and practical knowledge under the guidance of the leading experts of the International Sports Federations and Organizations.

The bio-social knowledge that teachers and coaches need to know is the basic set of practical and theoretical knowledge that will enable young people to become adults. For this reason, the following methodological approaches will be instrumental in the formation of athlete reserves. Functional resources of

the athlete include biochemical, physiology, sports equipment and mental resources. Functional resources systems are the basis of other resources in the body, and when other physiological functional systems develop, other reserves develop. Changes in functional systems in response to various unusual factors are governed by the metabolism of certain nervous systems and glands, as well as by some substances in the blood. The development and use of athletes and functional resources are individual. For example, young athletes who are just beginning to use sports mainly use physiological and biochemical resources while exercising and competing. The above is a summary of the biological aspects on which it is based. At the same time, social foundations play a key role in the education of this younger generation. The mind, which controls the mental state of this young generation, must have a set of knowledge, which is based on scientific knowledge for the development of sound thinking.

The importance of nurturing the human mind as it age is emphasized. It is well-known that every person's consciousness grows from birth to life. It is natural to wonder why age changes in the human mind. Each person's development of his or her mind depends on the growth of the human body, the influence of the social environment, education and upbringing, as well as the individual's own activities.

The following are some of the key factors that contribute to developing young athletes and young people in general.

The baby's body grows and matures. Certain organisms grow and develop, and the quality of these organs changes. The nervous system develops and



becomes stronger. For example, the weight of the brain doubles by the time a child reaches one year of age, and by the age of four or five, the weight of the brain is tripled. Brain growth continues until the age of 20 and sometimes even afterwards. The baby is born with unconditional reflexes, but conditionally reflexes also occur during the first month of life. There is a high human function, which Paul Pavlov called this function as the second alarm system.

As mentioned above, according to Paul Pavlov's teaching, the mechanisms of the second alarm system are the neuro-physiological basis of reason and verbal and written speech. However, the growth of the organism does not yet determine the person, the content and the forms of his or her mental life. The child is not born with ready-made knowledge and skills, imagination and ability. The psychic life possibilities associated with the growth of the organism should really not only grow, but also live and grow in social environment, among people.

It is well known that kidnappings of wild animals (monkeys, wolves) in infancy, and the fact that these children survive and grow without interfering with humans. However, such children have not developed human mental abilities according to their age. These facts show that the growth of an organism outside of human society alone does not contribute to the psychological development of the individual.

With the growth of the organism, including the growth of the nervous system, there is only a chance for the development of the content and forms of mental life. The reason for this is that people live and grow in a social environment. A human being is not a biological species but a human being.

Interpersonal relationships are important in a person's main attribute as his or her social status, as well as his / her high form of mental life and language, which is a means of communicating with people.

Also, regardless of their relationship, from the moment they are born, it is inherent to all the basic mental content of a person, and is generally directed against the idealistic views that everyone claims to have been prepared by self-awareness. Outside society, human beings cannot be human beings, and social interactions between people are determined by their relationship to the workplace, to the social production process. The human being becomes more conscious because of the relationship with others, and his or her mental life has some meaning. The more meaningful and diverse these relationships are the more emotional and colorful a person's life will be. The highest sign of human consciousness is his or her self-awareness and important self-awareness. And, as it does, isolates its individuality and subjectivity in the surrounding environment. As a person who knows the world around him and influences the world, everyone is a subject, and what the person perceives, imagines, thinks, speaks

about and influences is the object for him. A person's self-awareness is expressed subjectively to the perception of himself as "I". As a human being is a social being, he has the ability to be self-conscious. But man is part of society and part of the universe, so he understands that he is connected with the universe, even though he is separated from the world around him. A person cannot separate himself from the world around himself, because the meaning of the person's mind, self-awareness, and "I" is a reflection of the reality of the person around him. At the same time, he realizes that he is inextricably linked to the universe, and deliberately treats himself, his work, and his responsibilities. to understand one's existence, to know who a person is - a student, a worker, a teacher, an engineer and so on, to understand their past and future, to understand their own rights and responsibilities, to understand their own merits and shortcomings enters into self-awareness.

Generally, as the human mind evolves and develops in the context of social historical life, each individual's consciousness is developed only in a particular social environment. From the moment of the birth of the child, in the conditions of social relations, formed in certain social conditions, forms of social consciousness are present; the child is influenced by working conditions, communicates and communicates with those around him. Of course, a baby does not work. But it lives and thrives in working conditions. The child is surrounded by things that are the product of social production; it uses labor results; older people work for the child, and then the child grows up, enters into some kind of labor, and has some kind of attitude towards labor. But other people address him in front of a child. The child grows up among the speakers, and after the child reaches a certain age, he begins to speak and speak. A child growing up will learn the language, and with the help of the language, he will gain the material and spiritual experience accumulated by previous generations while at the same time developing his own psychic powers. The environment in which a person is perfected is not unchanging. Every person and every child's mind is fully developed by the changing environment. In all circumstances, a child remains a boy or a boy. However, there are characteristics of adolescents and young people in terms of social life, living conditions, and culture.

The surrounding social environment affects the growing consciousness of a person, mainly in an organized manner. The higher the social formation, the greater the impact of the social environment on the minds of the younger generation. The human society is influenced by the education and training of children. and begin to gain skills. He studies first in a family setting or in a preschool, then in a school. While the environment (nature and society), labor and language are the conditions for the development of a person, they



are taught at school as they grow up and are used as tools for upbringing.

- What a person cannot gain in the growth of the organism and the spontaneous effects of the environment is acquired by the person in the process of education and training. For example, a child may also learn the native language under the spontaneous effects of the surrounding environment. However, reading and writing can be learned only through special education. Different movements of the human body improve as the organism grows and the conditions in which it resides. However, special work and technical skills and skills are acquired only through training.

- The defect which is the result of an inadequate organic perfection, is also corrected by education and training. For example, it is known that some children are born with some defects - blind, deaf (deaf, dumb). However, with the help of special education and training, such children grow up to their full potential.

- The disadvantages resulting from spontaneous adverse effects of the environment are also shifted to the right direction through education and training. For example, children at the age of 9-10 may occasionally develop some bad habits and habits such as smoking, playing cards, cursing, and so on. good habits can be developed.

- Education and upbringing are progressive in the development of the individual. The spontaneous effects of the environment can bring human development to that level. Education and upbringing are the goals that go beyond this progressive society.

For example, in our pedagogical system, we aim to educate future people, a more mature person. Such a goal also determines the mental development of the younger generation, and promotes the development of genuine, purposeful, living, and working aspirations in young people. With this goal in mind, education and education are of progressive importance as they grow older.

- In the process of education, children acquire intellectual abilities, acquire a number of skills, and develop themselves. The level of maturity of children depends on their ability to acquire some knowledge and skills. The acquisition of knowledge and skills, in turn, allows children to grow physically and spiritually. In the educational process, the will and spiritual qualities of children will be improved and their outlook will be reflected. Education is an essential prerequisite for the awakening and development of one's natural abilities. Each person's growth does not depend solely on the growth of the organism, the environment and the influence of education and training; the perfection of each person is due to the active participation of the person who has reached that age. This activity is seen first and foremost when the child responds positively or negatively to the impact of the environment, on the teachers themselves. The way a child reacts to external

influences depends primarily on the structure and function of the body, as well as on its needs. Depending on the characteristics of the growing organism and its emerging needs, some of the mental characteristics of the child begin to appear in early childhood. Accordingly, a person who is being perfected will absorb the effects that he or she has from childhood, different and varying degrees. An active relationship that is evident from the early days of a child's life becomes an activity later. This activity means that the person is exposed to the natural environment, social environment and to some people. If the child kept moving (not really, of course), his mental state would be undeveloped. Each individual's own development plays a major role in its development. A person's own development comes from activity. As a young person progresses, his or her own development becomes a conscious process, a form of self-discipline. Not only does it train others, it also educates itself. Therefore, everyone is to some extent responsible for his or her behavior from a certain age, and from school.

Today, the task of developing physical culture and sports in the Republic, education of the sons and daughters of the nation, strengthening the Uzbek family remains one of the main tasks of the society. We must not forget that children play sports not only to regain their physical strength and leisure, but also to promote healthy lifestyles, spiritual and physical development, to break free from various negative influences and addictions. In every home, parents not only give their children advice on the importance of physical education and sports, but also how they practice. neither children are engaged from an early age, and it is certainly a habit in their daily lives. A common custom in the family is the child's companion in his life. In addition, the strength of a simple healthy habit helps the child to master the disciplines in the learning process. A child who is brave enough to start a job can do the same thing with patience. The health of children, their physical and sporting strength are the strong will of our generation. They should not forget the responsibility of parents, educators and coaches in the family to make their sports a strong will in today's generation, to be able to study and work, and to be healthy in their lives.

The text of the first President I.A. Karimov's study of the book "High spirituality is an invincible force" is based on the following: "The future of our country, the future of our people, the image of our country in the international community. We must never forget such a sharp truth."

"It encourages the youth to develop a healthy way of life, a sense of respect for national and national values, from the earliest times so that there is no gap in our spiritual world."



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