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FORMING A SENSE OF NATIONAL PRIDE IN YOUTH USING PHYSICAL EDUCATION AND SPORTS

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Abstract. A person with strong national pride is a person who preserves his national values, that is, he understands with his whole body that the homeland, motherland, nation and inter-national relations are a unique value and can appreciate it.

Keywords: national pride, physical education and sports, national wrestling, young generation, national sport.

Human civilization has always made great progress in history with the development of consciousness and thinking, its incomparable power and creative ability. Such events that happened in different times, regions, and situations brought the development of man and society to high peaks. Which nation contributed more to these peaks than others. The history and culture of the people who contributed a lot is great compared to other peoples. This greatness is also related to the national pride of this nation. National pride grows with the nation's achievements in all fields. Because the power of any state is directly related to the spiritual image of its equal citizens and the wealth of its inner world. In such countries, the attitude to work and the culture of production are combined with the internal culture of citizens. In fact, national pride is a pure human virtue, the purest, flawless feeling like dew. It is a dignified feeling embedded in every cell of a person. A person with strong national pride is a person who preserves his national values, that is, he understands with his whole body that the homeland, motherland, nation and inter-national relations are a unique value and can appreciate it.

Today, the greatest spiritual and spiritual need of that time is the feeling of national pride. In order to strengthen the sense of national pride of our youth, it is important to deeply study the past and rich history of our people, and thoroughly master the culture of the East, which has a high place in world development.



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Today, in the eyes of some people, we seem to have easily won independence, but our great and glorious history proves how much our fathers and grandfathers sacrificed their lives on this path.

In today's era of globalization, which country, first of all, is not satisfied with the results it has achieved, but only the country that makes a true and critical assessment of its place in the process of fundamental changes taking place in the world, and steps harmoniously and harmoniously to the ever-increasing demands of the era, will be successful possible.

It is a sacred task for our people to realize independence and preserve it in the process of such rapid changes. Today, we all understand that independence is the right to own one's own destiny, to live based on spiritual values and national traditions, and to use the wealth of our country for the benefit of our people and our Motherland. From time immemorial, we have been following the path of making the inner world of man rich and spiritual. In this respect, we differ from the outlook and lifestyle of other peoples. Because spirituality is a mirror of the inner world of humanity, a high social value that reflects the essence of thinking, mind and way of thinking. Among these values, the importance of our national struggle, which preserves our national characteristics, is incomparable in ensuring the unity and freedom of the nation, and in the formation of feelings of national pride and pride in young people.

Today, special attention is paid to physical education and sports in our country. In general, state programs aimed at the development of physical education and sports have been adopted, and comprehensive reforms are being systematically and consistently implemented. In this regard, it is known that the role of public sports in the life of a person and family, its basis of physical and spiritual health, and the importance of sports in realizing their abilities and talents for young people entering life with great hope. On the basis of such reforms, special attention is being paid to national wrestling, which is a national sport, and great efforts are being made to include it in the Olympic Games.

One of the characteristics of physical education and sports in Uzbekistan is the presence of clearly expressed sports of a national nature: folk games such as tumbling, kopkari, racing, and wrestling. All these types of games and sports appeared in ancient times, fulfilled different social tasks and changed their form at each historical stage of development.

Based on the above considerations, the following conclusions can be given:



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- first of all, the development of a sense of national pride in a person leads to the growth of pride in one's nation. A person who is proud of his nationality unites with his compatriots. No one can invade a united nation;

- secondly, by developing and popularizing the values that preserve and develop our national characteristics, that is, our national struggle, we will create a foundation for our youth to become brave and courageous. Also, we will form in them such qualities as striving for "Halal" and avoiding "Ghirram". In such a case, the national struggle serves as an example and a means of learning for the young generation;

- thirdly, the young generation growing up in the period of independence should write their own page of history. After all, the bright future of the great nation will be ensured only in this way, that is, the success of the nation, its achievements in international relations, as well as its achievements in every field will strengthen the will of the nation and national pride.

Self-confidence and courage increase among young people engaged in national waiting. This serves as one of the main feelings of our youth in demanding their rights and protecting their interests.

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