

## THE IMPORTANCE OF PHYSICAL EDUCATION IN THE SOCIALIZATION OF THE PERSON

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### Comment

The article examines the problems of the impact of sports on the formation of a healthy and developed personality. Factors affecting the student's socialization are determined. The term "personality" is interpreted in terms of the effect of sport on the individual. Each person experiences a process of social interaction and the accumulation of certain personal characteristics. Not only the knowledge gained in the course of studying at a higher educational institution, but also physical education will help this.

**Keywords:** socialization; personality; sports.

### Introduction

physical education classes affect all aspects of human life. Sport not only contributes to strengthening a person's physical health, but it is a form of recreation, a means of forming a healthy personality. Also, sport affects a person's work, moral and psychological thinking. When doing physical culture, a person produces the hormone of joy, which has a beneficial effect on well-being. The concept of "personality" reflects the reflection of the socially significant characteristics acquired by the individual in the process of socialization. During his life, a person goes through many stages that make up the overall image and psychological picture of a person. Sport has a special place in the formation of a person.



**Significance:** the interaction of the socialization of the individual and physical activity is an important problem today. In the age of scientific technology, the child pays attention not only to his physical health, but also to the processes around him. Sport helps to develop the necessary physical and psychological qualities in a child. University teachers and school teachers face an important problem in forming healthy personal habits in children.

**Purpose:** to monitor the factors affecting the development of the individual during physical activity.

**Duties:**

1. Study the literature on this topic;
2. Data processing and their arrangement;
3. Identify the main qualities formed in sports.

**Scientific news:** previously, the interaction between sociology and sport has not been studied in practice.

Regular training includes the development of certain skills and qualities in a person. The process of formation of mental characteristics of a person occurs by imitating life situations during training. Certain personality traits develop.

Sport is an important event covering all spheres of society. Sports used to be a way to improve health. Now sport is work, hobby, free time, passion, personality formation process. Today, sport is one of the main social factors that serve to form a healthy personality.

Undoubtedly, when playing sports, a person strengthens his physical condition, improves the quality of his body, develops character stability and purposefulness.

Many studies have been conducted and it has been proven that sports have a positive effect on a person's physical health. It is also necessary to take into account that sport is a guarantee of success in forming a healthy person not only physically, but also psychologically.

Active popularization of sports is being carried out today. This is the reason why more and more people are actively promoting the idea of a healthy lifestyle.



Physical education and sports strengthen the inner psyche of a person, have a positive effect on the development of personal qualities and character. Sports activities educate and shape a healthy human mind, teach endurance and the ability to overcome difficulties. Physical activity helps control a person's socialization in society. Any competition helps to form a psychological environment in a child, to develop personal qualities of a person.

Sports activities not only develop endurance and physical strength, but also affect the psychological state. When playing sports, a person learns to give everything one hundred percent, to give everything from himself and to organize his life according to a certain order.

It follows that a person begins to control his emotions, for example, to overcome excitement, it becomes easier for him in a conversation. And all because a person can pull himself up and control his body. With this, a person can achieve the best results in the future. Based on this, we can conclude that during physical exertion, a person develops not only his physical qualities, but also his whole personality.

It is a mistake to think that sports are only about the physical qualities of a person. This sentence is not correct. Such an idea defines sports as only physical activity that forms health. In fact, physical activity develops many qualities that help shape the personality. No sport is complete without certain strategies and rules. Before starting an exercise, for example, football, it is necessary to calculate all the movements of the players, the movement pattern of the opposing team. Without certain thought processes, a player cannot even put the ball into the net. And such a person is unlikely to appear in competitions. There are many rules to remember when playing soccer. It is the same with other sports, where the ability to pass the ball will not be enough.

In many institutions of higher education, great attention is paid to the development of table tennis, basketball, athletics and many other "intellectual" sports. Every student should thoroughly master the basics of these sports, know not only the technique, but also the development and history of a specific sport. In the process of physical education, the student works in a team and socializes in society. This is another important factor. Sport teaches to communicate with people, to trust others. Psychologists have found that some of the willpower qualities that a person needs are purposefulness, determination, and courage. These qualities influence a person's



successful life in society more than others. The ability to earn money, find friends, build a family - all this can be achieved by a person in the process of forming certain qualities. It is these qualities that are formed when playing sports. By playing sports, a person shapes himself and builds his future. This shows that sports and physical activity are not only training the body, but also preparation for future life.

Manifestation of will shows that a person is aware of his actions, knows what he wants to achieve in the future, and can properly express himself in the life of society. Purposefulness indicates a person's ability and mastery of certain motives.

Such qualities, formed by physical culture teachers and teachers, are of great importance for the future of every child, school student, and graduate. Most of the students who complete the physical education course become mature and organized individuals. They easily pass the tests of life, occupy responsible positions and show themselves as sought-after workers and professionals. It follows that the role of physical education in educational institutions should not be neglected. Playing sports is a quality process of human socialization.

In conclusion, it can be said that physical education and sports are not only an effective factor in the development of a person's physical qualities, health and certain skills. But this is a manifestation of the process of socialization and the formation of a healthy personality.

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