

## THE IMPORTANCE OF SPORT ACTIVITY FOR ADOLESCENTS

**Kulmuradova Shakhnoza Erkinovna**

*Samarqand Davlat chet tillari instituti*

**Annotation:** *This article analyzes information on the important role of sport for teenagers and its benefits in social life, related to diseases, weight gain or personal development.*

**Key words:** *constant, exercise, disease, cardiovascular, stress, body shape, girl's sport.*

### INTRODUCTION

Specialists keep stressing the fact that sport directly improves our health. It influences our mental health, in addition to many other positive impacts it has on the human body. Physical exercise not only maintains the body shape, but also plays a major role in prevention against diseases, memory loss, diabetes. We are nowadays accustomed to a sedentary lifestyle which has harmful effects on health. Therefore, it is essential that we current and future generations, continue to give priority to doing sports as it keeps us healthy.

1. Sport protects against cardiovascular disease.

Cardiovascular disease is one of the leading causes of death. By remaining inactive, the risk of developing one is multiplied by two. Training the cardiovascular system through physical activity can protect and strengthen the heart for the long term. It helps reduce the risk of clotting and to rule out the risk of a heart attack by avoiding high blood pressure. In addition, to this protective role physical exercise is also recommended for people already suffering from cardiovascular disease, as long as it is adapted to their physical condition. Some tests must be performed beforehand by the doctor, who can then recommend exercises adapted to the patient's medical conditions.

2. Sport prevents cognitive decline.

Memory, sleep, stress: physical activity also has a distinctly positive influence on cognition, thanks to better oxygenation of the brain and muscles. Indeed, the more muscles are used to exercise, the less energy they will need to perform their work in the long term. Another confirmed hypothesis is that sport brings joy and satisfaction to people; it reduces anxiety and depression, it provides as well a feeling of well-being to the individual.

3. At any age, it is importance to move (children, adults, seniors)

### METHODOLOGY

Sport is recommended at all ages and involves all generations. We were previously referring to bones, which become more and more brittle with age. Without regular practise throughout one's life, we have a greater chance of

fracture. For the elderly, it is important to move regularly. Of course, there are specific recommendations for people aged 65 and over. The youngest are the most likely to practise intense sports. From the age of 40-50, the type of sport you should practise must be adapted. In this case, preference is given to softer sports that promote stretching of the muscles, such as fitness or swimming. Walking is also a good way to keep in shape.

4. Playing a sport requires a lot of time and energy. Some people may think this would distract student-athletes from schoolwork. However, the opposite is true sport requires memorization, repetition and learning-skillsets that are directly relevant to classwork. Also, the determination and goal-setting skills a sport requires can be transferred to the classroom.

5. Sports teach teamwork and problem-solving skills.

Fighting for a common goal with a group of players and coaches, teaches you how to build teamwork and effectively communicate to solve problems. This experience is helpful when encountering problems at work or at home.

6. Sports boost self-esteem

Watching your hard work pay off and achieving your goals develops self-confidence. Achieving a sport or fitness goal encourages you to achieve other goals you set. This is a rewarding and exciting learning process.

Sarah Carey is an example of how to motivate teenagers to increase their interest in sport. Sarah was the Limerick Senior Ladies Camoage captain from 2015-2018.

A true legend of Ladies Gaelic football. Cora joined the Mayo Senior Ladies team when she was only 13, and made her first appearance in an All-Ireland Final in 1999. With a career spanning 19 years, her honours are incredible.

Gender equality can certainly be brought about in the field of sports as well. As a result of observations, women face conditions such as weight gain, depression, fatigue, rapid fatigue and anemia due to lack of house work, child rearing and regular sitting at home or heavy work. In order to prevent such situations, as a result of conducting psychological interview and explanatory work, most of our woman can be in gyms.

Sports offer an opportunity for adolescents to develop social skills and build relationships. Through team sports, adolescents learn to work together, communicate effectively, and develop leadership skills. They also learn to respect others, accept differences, and develop a sense of belonging.

Development of resilience: Sporting activities can help teenagers develop resilience and learn how to cope with setbacks. Losing a game or match can be disappointing, but it can also teach teenagers how to bounce back from adversity and build mental toughness.

Improved mood and self-esteem: Physical activity and sports can help teenagers feel better about themselves and improve their mood. When teenagers

engage in physical activity, they feel a sense of accomplishment and pride in their abilities, which can boost their self-esteem.

Opportunities for socialization: Sports provide opportunities for teenagers to socialize and build relationships with others who share their interests. This can help reduce feelings of isolation and loneliness, which can contribute to poor mental health.

In addition, sports activities can help adolescents to develop discipline, focus, and determination. These skills can be useful in other areas of life such as academics and career.

Lastly, sports activities are essential for the physical, mental, and social development of adolescents. It helps them to maintain a healthy lifestyle, reduce stress and anxiety levels, and develop social and leadership skills. Therefore, parents and schools should encourage adolescents to engage in sports activities and provide them with opportunities to participate in different sports.

#### LITERATURE:

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3. "Positive Coaching: Building Character and Self-Esteem Through Sports" by Jim Thompson
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6. "The Playmaker's Advantage: How to Raise Your Mental Game to the Next Level" by Leonard Zaichkowsky and Daniel Peterson

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