

MOTIVATION OF STUDENTS TO STUDY IN PHYSICAL EDUCATION

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Abstract. Students are the future of our country. Each student has his own special significance. Their health now is the future foundation of Uzbekistan's success. That is why it is necessary to attract students to physical education and sports. Particular attention is paid to the fact that students do not consider it important to attend classes. Therefore, it is necessary to look for motives that contribute to the involvement of students in sports.

Keywords: motivation, future foundation, sports, health, students.

Relevance. The problem of preserving and strengthening the health of the younger generation has been and remains one of the most important problems of human society. To date, only a theoretical approach has been found to solve this problem. The social environment and real practice indicate a deterioration in the health of young people. Students, especially first-year students, are the most vulnerable part of the youth, subject to health decline. Due to the increase in academic workload and a decrease in an active lifestyle, as well as problems in social and interpersonal communication, students lose endurance, become more irritable and lack initiative. Now students are the main labor reserve of our country, they are future parents, and their health and psychological state are the key to the well-being of the republic. Because of these problems, the need to recognize the motives and interests of modern youth increases. In addition, due to the lack of sports in students, the most important social function fades away: maintaining culture. Cultural education also largely depends on health, people who regularly do simple exercises are more creatively enriched, they have the strength and mood to create and create. Therefore, the topic of this work is very relevant. Physical education classes for students are only a matter of duty. Despite the fact that with systematic physical education classes "the functional capabilities of the body increase". Thanks to physical exercises, young people get rid of depression. Even though you feel bad before doing any exercise, after doing them, your outlook on life and your mood will become more optimistic.

The purpose of the study is to determine the attitude of students to physical education and sports. Objectives: to determine the types of motivation; to find an alternative solution to the problem of missing physical education classes; to propose a questionnaire to determine the motivation among students of the Samarkand University of Architecture and Civil Engineering; to draw conclusions. This work assesses the attitude of students to a healthy lifestyle, sports and physical education in general. And also to identify the factors that affect physical education attendance. Due to the change in the level of physical development of children born in the new millennium, environmental degradation, economic instability, students do not have the "old temperament" like previous generations. Therefore, the need for physical education classes is increasing. And therefore, the importance of student motivation is also increasing. We conducted a survey of 1st - 3rd year students. 55 people took part in the survey. Only answers with 5 points were taken into account, since this means their complete confidence in this or that statement can affect their attendance. Students explain their reluctance to attend classes by the lack of an equipped hall, monotonous and uninteresting program of classes. According to the survey results, 53% of students, regardless of the course of study, note that they attend physical education classes under duress. But at the same time, they point out that physical education has a positive effect on their mood and motivates them to do sports outside of class time

(88%). After performing basic exercises with minimal load, hormonal activity increases, students' mood improves. The depressed state that was present before the start of classes disappears. Physical activity did not motivate students (only 12% gave it the highest score). Students devote all their free time to studying and passive recreation (watching movies/reading books). But the assessment of others (25% gave it the highest score) is of great importance, in our time it is fashionable and prestigious to play sports. The position of sports in the modern world is far from the last place. Unfortunately, sports are remembered only after student life and it is very difficult for an adult body to make its muscles work, unaccustomed to loads. And this means that it will be more difficult to endure the first attempts at sports. The older generation begins to regret missing physical education classes, because in addition to the fact that it was very useful, it is also a free health program. These reasons can also serve as a kind of motive for students in further education. So what is the motivation for students? For the girls who took the survey, first of all, to get a slim figure (98%), but for many guys this is also an incentive (56%). But this same factor can also bring a downside, students who are overweight try to fence themselves off from physical education. For such students, maintaining a figure is not a motive. Maintaining health is the most relevant motive, according to students (99% for both guys and girls). Fortunately, health still has the highest degree of motivation in attracting to sports. And another aspect that motivates students to attend physical education classes and play sports is dominance. To surpass an opponent in a game is exciting for everyone, and the hope of winning gives strength, which makes dominance the motivation of students to play sports. Motivation of students may be different, but according to research, it is proven that the most important thing for students is their health. The health of the younger generation is the key to a successful future.

Conclusion: the construction of the educational process within the framework of the normative approach, where external indicators are important, and not the students themselves, reduces the desire of students to attend classes. To solve the problem, it is necessary to introduce a differentiated approach to classes, studying the motives of students, comprehensively diagnosing individual and personal qualities of students, allowing us to determine their predisposition to mastering certain types of physical education and sports activities, the physical education system or sports. And also holding competitions among students is not a determination of the best and worst, but training and development of physical qualities. Rivalry raises their fighting spirit, and in case of defeat, it makes sense to come to the next class and beat the opponent. Students should logically continue and complement the educational process, young people need more time to master and improve the material they receive in class. Students should be involved in competitions and games.

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