

HISTORICAL AND PHILOSOPHICAL FEATURES OF THE FORMATION OF PHYSICAL CULTURE IN SOCIETY

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НавДПИ катта ўқитувчиси

Аннотация. Мақола жисмоний маданият шаклланишининг жамият ҳаётидаги тарихий-фалсафий жиҳатларини таҳлил этишга бағишланган. Унда жисмоний маданиятни инсон саломатлигига ижобий таъсир этиши тўғрисида мулоҳазалар келтирилган.

Калитсўзлар: жисмоний маданият, жисмоний тарбия, гимнастика, саломатлик, гўзаллик, форовонлик, баркамоллик

Аннотация. Аннотация: Статья посвящена анализу историко-философских аспектов становления физической культуры в жизни общества, содержит комментарии о положительном влиянии физической культуры на здоровье человека.

Ключевые слова: физическая культура, физическое воспитание, гимнастика, здоровье, красота, самочувствие, самочувствие

Annotation. The article is devoted to the analysis of the historical-philosophical aspects of the formation of physical culture in the life of society. It contains comments on the positive impact of physical culture on human health.

Keywords: physical culture, physical education, gymnastics, health, beauty, well-being, well-being

An ancient thinker who seeks to save man thanasiga karatganlar. Zhizmoniy arbiyaning eng ereming and complement the parable of Plato and Aristotle trudilaris expression of ethylgan. For example, the famous ancient Greek philosopher Platonning iezisic, purr, iglalik and Tana polularing continued his career in the field of health and education, and continued a continuous life doing physical exercises and gymnastics¹. Body worship began to take shape in ancient Greece even before our era. In ancient Greece, great attention was paid to the physical education of man, since the Greeks had a very popular Sparta education, which in turn was a narrow military orientation. The Greeks distinguished two options for using physical exercises: gymnastics, that is, general physical education and agonistics, special training and participation in competitions. Gymnastics, in turn, consists of various exercises that shape general physical fitness - palestry, the development of elegance, plasticity, correct posture, dance movements for the formation of beautiful body shapes - Orchestra and outdoor games are among them.

Plato was a proponent of the Spartan education system, but had a significant bias within mental education. He paid great attention to the upbringing of preschool children. In addition, this training took place in the form of a game. Games are built in such a way that children get used to the difficult lifestyle of adults from an early age. Children were even allowed to participate in combat actions, but as spectators were required to be at a safe distance for them. Plato spoke about the construction of a consistent state system of education, and believed that mental and physical education would only have a positive effect "if young people lead a sedentary lifestyle, observing the rules of a hygienic nature."

¹ Платон. Диалоги. - Санкт-Петербург : Азбука : Азбука-Аттикус, печ. 2021. - 795 с.

In this sense, one can talk about the emergence of views in the field of physical education. Aristotle, another ancient thinker, also gives a huge place to physical education and argues that taking care of the body must necessarily precede taking care of the soul. At the same time, Aristotle sharply opposed the Spartan system of Physical Education, showing that body tension prevents the development of intelligence. In education, according to Aristotle, beauty should play a fundamental role, not an animal. Aristotle, speaking of body training, prefers light gymnastic exercises. The period of recognition of a beautiful athletic body and praise of physicality is replaced by a new stage in history, when the body is treated with hostility. Medieval Christian asceticism, which promotes the suppression of natural desires and inclinations, opposes sinful, carnal, earthly things to the world of divine grace, is replaced by other Christian practices².

The path of development of ideas about physical culture, laid down from antiquity to the present day, shows the constant importance of corporeality as a value of human existence. The most important product of the life of society is culture. Culture is a diverse phenomenon, both in nature and in forms of expression and activity. It covers the sum of the achievements of society in material and spiritual life, reflects the level of intellectual development of Man and mankind, the system of values and norms that regulate social activities, the moral state, etc. Physical culture is an integral component of the general culture of the individual. It is an area of satisfaction of vital needs in motor activity, providing methods and tools for the implementation of a strategic task.

Physical culture has long been an object of study, mainly of the Natural Sciences (in particular, of Biomedicine). But physical culture is a product of the historical and philosophical progress of society. Its study is the subject of many disciplines. This should be taken into account, first of all, systemic, integral, that is, socio-philosophical aspect. Such a need for a systematic philosophical approach is associated with the specific position of a person in the social and natural environment.

Physical culture helps to harmonize physical and spiritual unity, ensures the formation of universal values (health, well-being, perfection, etc.). Each stage of the development of society is characterized by a specific form of Physical Culture, which is formed under the influence of a whole system of social factors, significantly affecting them. The study of the evolution of social functions of Physical Culture shows that in different historical periods there were certain social needs in the development of Physical Culture. The philosophical concept of Physical Culture in antiquity is contained in the works of Aristotle, Plato, Socrates. They saw the basic principle of upbringing a harmonious personality as a connection between three elements: physical, moral and mental. The idealistic philosopher Plato (427-347 BC) founded the theory of the harmonious development of mental and physical qualities. His system was intended to be a comprehensive one, with his aversion to physical labour, and to educate the social groups of philosophers and Warriors. He argues that someone who does math or does something that requires a strong Thought movement should do gymnastics and also give the body the necessary exercises. The oldest experience of studying human power - physical, mental and spiritual - gradually to science-yoga - methods of developing abilities lies in meditation.³ Aristotle (384-322 BC), Plato's disciple, the greatest scholar and philosopher, believed that spirit and body exist in an integral way. According to Aristotle, the three types of the human soul - vegetable, intelligent and strong - willed-must correspond to physical, mental and moral education. Aristotle: "for a long time, nothing breaks a person, like physical immobility." In addition, he attached great importance to the aesthetic side of Physical Culture. Socrates (469-399 BC) also

² Аристотель (384-322 до н. э.). Аналитики. Первая и вторая / Аристотель ; перевод с греческого Б. А. Фохта. - Москва : URSS, сор. 2021. - 438 с.

³ Платон. Государство : с комментариями и иллюстрациями : 12+ / Платон ; перевод с древнегреческого Василия Карпова. - Москва : АСТ, сор. 2021. - 317 с.

considered the harmonious development of physical and spiritual forces necessary, showing that a person's mental state depends on his physical health. She herself was engaged in gymnastics and dancing until her old age.

Like the ancient Greeks, ancient China developed a unique system of ideals in the field of Physical Culture. The emergence of Physical Culture in Chinese chronicles dates back to the beginning of the 3rd millennium BC. Its content was influenced by the formation of Taoism. Unlike the Greeks, the Chinese never separated spirit and matter. "The body was unity and home for spirits, so the eternity of the body could ensure the continuation of the whole life." The main principle of the formation of the values of Physical Culture is to benefit society, has willpower, character and developed taste. Pragmatic natural-philosophical views and medical knowledge have greatly influenced the social role of Physical Culture in China. The Daoist is driven by rhythmic breathing. Thus, the philosophical system of yoga is based on the concept that the human body is a reduced copy of the universe, the balance of which is provided by Prana (breath, life force). In the countries of the East, physical culture is a branch of human education and its way of life, serving the maturation and formation of a harmonious personality not only in the physical plane, but also in moral, psychological, spiritual. As a result of centuries of efforts, specific religious and philosophical systems were formed⁴.

During the conversation, the parties expressed satisfaction with the development of cooperation between Tajikistan and China. During the conversation, the parties expressed satisfaction with the development of cooperation between Tajikistan and China. During the meeting, the parties discussed issues and prospects of cooperation between Tajikistan and China, as well as issues of cooperation between Tajikistan and China.

Gregory tanani" jonning zhirkach Yiddish " Deb ataidi and Gunning Ideal - the girlfriend of uzldiradigan nun. In the era of spirituality, the highest, absolute "Yukori", yes, I am sure, and tana, physically, piously, the "shepherd" is very different⁵. The man is a sinner, shunning as uzlinga is condemned by kilish kerak, deb stressed. He is a yohk kilish and Tanani jazolashning Turley hill practitioner. Kerakki emphasized that zinc and tananing birligis dolzarbdir are a puzzle. f.Aquinas man-body there is an ecological delivery and its zinc (form) and trunk (matter) of the human gardening organ are substantial icy⁶. A unique and revolutionary French thinker for his time, J.- It was the concept of natural physical education of a person proposed by J Russo. He outlined his thoughts on Physical Culture and upbringing in his pamphlet " Emil, or on upbringing". The main sources of Education, J.-J. According to Russo, There are three main factors - nature (the development of human abilities given by nature), people (mastering someone's experience, getting used to society), things (developing a model of one's own behavior in relation to what a person is faced with).

J.-J. Russo believed that the child's behavior should be controlled without rape, without coercion, so that the child himself should make the right decision. The French philosopher suggests in his theory the younger stages of Education. In particular, the author defines four periods of development - from birth to the appearance of speech (about two years old) - attention to physical education, from two to 12 years old - sensory education, from 12 to 15 years old - mental education, and from it from 15 to 18 years old – the moral stage is among them. But the process of growing up as a guy – citizen, J.-J. Russo, only 25 years old, ends.

⁴ Люй Хунцзюнь. Шаолинь : дух и боевые искусства Древнего Китая / Люй Хунцзюнь, Тэн Лэй ; [пер. с кит.: Тан Шицзя и др.]. - Москва : Наука, 2007. - 211 с.

⁵ Даровских А.А. Учение о синергии в антропологии Григория Нисского : диссертация ... кандидата философских наук. - Санкт-Петербург, 2011. - 192 с.

⁶ Федчук Д. А. Голос «Единого»: Альберт Великий, Фома Аквинский и Дунс Скот. СПб. РХГА 2019. - 304 с.

Very important from the point of view of body culture, according to Russo, includes the first and second periods. In order for the child to be in good health, it must be strengthened from birth - there is no need to tie the child tightly, it is not necessary to protect him from drafts and cold air, it is best to harden. From two to 12 years old, the child should spend as much time in nature as possible. He must independently explore and feel the world around him - jump from Fire, climb trees, run, play open games, touch various textures and surfaces. Regular exercise, according to Russo, has a positive effect on the child's body development. In addition, Rousseau believes that one of the most important tools for the development of the child's mental powers is labor. The child should not only learn to use all the tools necessary in everyday life, but also master some crafts. This will help him to support himself and his family in the future. At the same time, any labor activity should be combined with mental exercises. In addition, in order for one thing to be indispensable, it is necessary to simply relax from another. It is necessary to take care not of the child, but about the moral upbringing of young people from 15 to 18 years old, when the period of "storms and passions" begins. In manhood, a person must learn to live "like a man"⁷.

Philosophical-ideological and socio-cultural analysis of Physical Culture shows a change in attitude towards the human body and issues of physical education in different historical periods. The ancient Greeks were so imbued with the idea of physical perfection of the body that issues of physical education played an important role. In ancient Greece, the cult of the beauty of the body was formed. In physical education, according to Greek philosophers, there must be a measure, the only way, to maintain and increase health.

The medieval period has a very negative attitude towards the human body, replacing the glorification and glorification of the beautiful body. In this sense, the golden mean is the French thinker J.- Can be called the concept of natural physical education proposed by J Russo. Offered to engage in the physical education of a young man inextricably and consistently - from childhood he offers regular physical activity, gradually adding to them Labor (craft) activities and mental exercises (in adolescence) and ending with moral education. J.-J. Russo's work had a very strong influence on the development of World philosophical thought⁸.

By the end of the XVI century. philosophy was reaffirmed as an area of knowledge independent of theology. Philosophical thought turns into reality. Humanists welcomed the aesthetic ideal of a harmonious person, recognized the connection between the physical and spiritual actions of an individual. Unlike theological views, it has been promulgated. Historical and philosophical conditions for understanding physical culture the question of human worship, the physical perfection of the individual was sharply raised. During the Renaissance, humanists tried to reconstruct the body in Man and, through it, establish a harmonious unity between the "spiritual" and the "tasni". J. Manetti is fascinated by the possibilities of the human body in his work "on human dignity and superiority". English thinker T.Mor (1478-1535) continues The views expressed by Plato in the "state "in the"utopian" ocher. Physical education, in his opinion, is a necessary element of the harmonious development of a person, and caring for him and the health of all members of society should be a state business. He appeared in the essay " City of The Sun " as T. Mor and T. Campanella repeated his ideas (1568-1639) in many ways. Humanistic ideas in understanding physical culture continue in New Age philosophical thought. The role of Physical Culture in the life of society is growing.

⁷ Руссо Ж.-Ж. Сочинения. Об искусстве и литературе. Педагогические фрагменты Калининград Янтарный сказ 2001.- 416 с.

⁸ Руссо, Жан-Жак. Исповедь [Текст] ; Прогулки одинокого мечтателя. - Москва : Госполитиздат, 1949 . - 708 с.

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