

Psychological and Pedagogical Problems of Physical Education of Youth

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Abstract: Physical education at all times has been an indicator of endurance, the importance of physical activity in the life of a person. Physical culture made it possible to improve such factors as: endurance, determination, self-control, patience, leadership skills. In the modern world, society also seeks to comprehend and more deeply develop the psychological aspects of physical culture. Young people today actively spend their free time in gyms, outdoors or in sports clubs. In this regard, the formation, formation and self-improvement of physical activity takes place, as well as the process of pedagogical education and personality formation.

Keywords: physical culture, pedagogy, psychology, sports, attitudes signs, methodological approach, hygiene.

Physical culture today is of great importance for young people. The modern rhythm of life tests the "strength" of young people. And for endurance, students, schoolchildren, as well as adults need to develop their physical abilities. In turn, physical education in educational institutions is one of the main disciplines of education. Since she is able to influence the all-round development of young people. The problem of improving physical abilities is relevant today, due to the fact that the modern lifestyle implies a constant lack of time, a large number of hours spent at a computer or a new gadget in a seated position, and as a result - the lack of regular physical activity, people's activity. The listed aspects can negatively affect people's health over time, namely the development of diseases and a long painstaking recovery period.

Purpose of the study. There is such a hypothesis that physical culture will help develop only strength indicators in a teenager. But this is absolutely not a fact. The psychological education that a student will receive while doing physical culture and sports will be necessary for him in his further development. Thanks to such activities, young people develop their worldview, basic norms of morality and behavior, and much more. The psychological factor of physical culture consists in improving the moral assessment of their actions among young people. The development of emotional resistance to negative problems in life helps, first of all, physical education and sports.

Research methods. The rapidly developing world brings more and more new challenges into our lives. A few decades ago, it was difficult to imagine teaching adolescents with disabilities at universities or teaching foreign citizens as in our time. It became necessary for teachers to develop methods that would help students to better settle in a foreign city. But for young people, the use of new practical skills made it possible to quickly adapt to modern living conditions. Physical culture and sports are not only a psychological factor, but also physical endurance, youth activity. Currently, many young and aged people do not miss the opportunity to improve their health. They are actively involved in sports, improve their physical fitness, strengthen muscle tone. Sports activities help to distract from everyday or work problems, allow you to achieve psychological and physical balance of the body.

In the course of physical activity, students apply the knowledge laid down in school years, but as soon as they become insufficient, young people actively use the advice and instructions of teachers. The formation of the student's personality occurs gradually, in the smallest detail a change in the student's behavior, in his reactions to negative or positive situations, is manifested.

The thinking of young people is moving to a new level with the application of the norms and rules of physical culture. Students are increasingly thinking about the benefits of a healthy lifestyle. After all, if every second person adheres to certain norms, does not consume alcoholic beverages, eat high-quality products and do not take drugs, then the state of the body of each person will have an optimal level of health. A healthy lifestyle presupposes the presence of regular physical activity, which teachers help students to receive in physical culture and sports classes in educational institutions. [1]

Another component of a healthy lifestyle is the public and individual hygiene of each person. Public hygiene includes certain rules and norms for people involved in physical culture and sports, and provides preventive work in the body of athletes. Hygiene is the foundation of any prevention. Personal hygiene is a set of activities performed by a person over time. Personal hygiene consists of many aspects of leading a healthy lifestyle, namely the correct allocation of time for mental and physical activity, regular meals, active rest, and normal sleep. All the previously listed parameters of personal hygiene help to form the correct daily routine in a young body, instill in the needs for order, competent use of time, which many people absolutely do not have. The daily routine allows you to avoid nervous disorders, the development of diseases of the cardiovascular and respiratory system, the musculoskeletal system and many other diseases.

Therapeutic physical culture is a method of treatment, which consists in the application of physical exercises and natural factors of nature to a patient for therapeutic and prophylactic purposes. This method is based on the use of the main biological function of the body - movement. Wellness exercise includes many different health promotion activities. [2]

Walking in the fresh air improves heart function, sets in motion the main muscles of the body, and reduces the likelihood of back pain. When moving, a person burns the accumulated calories, and this contributes to the normal functioning of the digestive system and the nervous system. Active walking allows you to avoid the problem of obesity, since various processes occur in the human body, which do not allow blood circulation to stagnate. Walking prolongs life - this statement has long been confirmed by doctors, since indeed movement has a positive effect on the state of the body, and as a result, sleep improves, the work of the heart and brain improves, muscles and physical endurance accumulate.

Wellness gymnastics is another type of medical wellness gymnastics. It includes exercises aimed at strengthening the muscles, the musculoskeletal system, as well as the development of reaction resistance to the negative aspects of the modern world. A lot of stressful situations, poor ecology in cities, huge emissions of chemical waste into the atmosphere, which negatively affect the state of people, lead to a sharp deterioration in health. In order to help a person grow stronger, you need to take care of yourself. Namely, use the exercises of health-improving gymnastics, include stretching the muscles and do exercises in the morning every day. Such classes will help a person feel a surge of energy and vivacity, minimal exertion will have a positive effect on the body's endurance, as well as physical therapy classes will strengthen the immune system and reduce the risks of chronic diseases. [2]

Sport and physical activity are inextricably linked with each other and with a person. Our body is so arranged that physical activity must be present in life. But with age, a person's physical condition deteriorates noticeably. The work of the respiratory system decreases, there is a process of vasoconstriction, as well as age-related changes in the body, but this does not give grounds to say goodbye to physical activities. On the contrary, physical education helps a person develop and improve endurance as they age.

Many people who do not neglect sports claim that they feel younger than their age. And this is understandable, if you lead a healthy lifestyle for several years, then the body will surely learn the rules established by a person and the general condition will be noticeable not only to the person himself, but also to everyone around him.

Failure to adhere to a well-structured daily routine can negatively affect many factors of student

activity. Deterioration of memory and performance, impaired attention and brain function, the development of chronic diseases of the gastrointestinal tract, as well as instability of the psychological state, instability to stressful situations, depression. Therefore, a healthy lifestyle is not only norms and laws, but a healthy and happy life of any person. Physical activity and positive dynamics in sports should not be neglected. Especially parents should pay attention to the activity of their children.

In our country, the priority kinds of youth sports are athletics, various martial arts, football, basketball, volleyball, etc. These kinds of sports are the main ones. There are no obstacles for their implementation. And, for example, for hockey, swimming, figure skating, etc., you need special sports centers, technical facilities, academic staff and others. There are such centers in Russia, but not in every small or even large city, so for children who want to play an unpopular sport, they have to move from one city to another. But some cannot afford to move for one reason or another, and the child's dream remains unrealizable.

Having failed to realize themselves in sports, children gather in informal circles that have a negative impact on a particular child. This is another problem in modern society.

But nevertheless, the main and most urgent problem is the inhibition of the development of children and youth sports by the state authorities.

Today in our country there are a lot of sports clubs, professional gyms or health centers that anyone can enroll in. The main and main reason for refusing to go in for sports and physical education can be health problems in which physical activity is contraindicated.

Physical culture and sports are an integral part of the student's personality formation. Education in higher educational institutions is based not only on the theoretical part, but also on the practical one. The formation of conscious thinking in young people is formed by adding these two components.

Physical culture is a set of activities aimed at developing physical endurance, health promotion, as well as creating a stable psycho-emotional system of students. In the process of physical education, young people develop various hormones, the release of which is necessary to satisfy the human body. Together with physical activity, students show their personal capabilities [3].

The life path of all people is based on the passage of various stages of life. Thanks to each of them, an integral picture of the perception of the world is collected, and a complete personal image is formed. At the stage of study at the university, the task of obtaining such skills, rules and instructions that could instill a healthy lifestyle for future students is determined. Applying the knowledge gained and fulfilling the requirements of teachers, young people actively adopt those rules of a healthy lifestyle that are necessary in their future life. Sports students become role models for the younger generation.

Playing sports and physical education for a long time will help to improve the health of young people, and various sports can be a hobby or professional hobby. In the well-being of a young person, various muscles will be strengthened, the respiratory and cardiovascular systems will improve, and physical activity will improve brain activity and attentiveness at work [2].

Several decades ago, sport was the basis for maintaining the health of all adolescents. Young people were tempered, mastered the rules of hygiene, and over time acquired all the requirements and rules of physical education in their usual duties. But over the course of time, sports and physical activity have faded into the background among adolescents and students. The emergence of gadgets and modern games, all kinds of consoles has captured the youth. Live activity of the guys, but the virtual one exceeds all expectations. In this regard, physical culture and sports on the part of students are given categorically little attention. The impact of social media is also negatively affecting the health of the younger generation. The use of drugs and various chemical additives often leads to dependence or death.

Research results. The importance of physical education and sports, of course, is very important

today. They will not only improve the condition of the body, but will also contribute to the development of the personality traits of a psychologically balanced person. In addition, classes can instill a passion not for computer games, but for a variety of sports, which will serve to develop such qualities as purposefulness, endurance, endurance and many other personality traits [4].

In the process of physical activity, students are aimed at achieving certain results, depending on the prevailing situations. They need to build precise rules and strategies for achieving their goals. To do this, students think through every moment, build all sorts of moves of their actions or actions of the whole team. During this period, character traits such as courage, endurance are manifested, in many cases leadership inclinations are revealed. Many skills acquired in the process of physical education become fundamental in the later life of an adult: well-considered, deliberate decisions, calmness and patience in work and everyday life, and maintaining a healthy lifestyle.

Throughout the training of people, a personality is formed through intellectual and practical exercises. Students who have completed the entire course of physical training acquire the formation of personality, determination of their character. Life obstacles, stresses will not be able to negatively affect an emotionally stable person who has a strong-willed character.

In conclusion, it is necessary to emphasize the importance of the problem raised, since the development of psychological aspects during training and in the later life of the younger generation is a fundamental characteristic. Physical activity and a healthy lifestyle should accompany the entire course of human life.

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