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**МОТИВАЦИЯ ТАЛАБАЛАРНИНГ ЖИСМОНИЙ ТАРБИЯСИ  
САМАРАДОРЛИГИНИ ОШИРИШ УСУЛИ СИФАТИДА**

**МОТИВАЦИЯ КАК СПОСОБ ПОВЫШЕНИЯ ЭФФЕКТИВНОСТИ  
ФИЗИЧЕСКОГО ВОСПИТАНИЯ СТУДЕНЧЕСКОЙ МОЛОДЁЖИ**

**MOTIVATION AS A WAY TO INCREASE EFFICIENCY  
PHYSICAL EDUCATION OF STUDENTS**

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**Аннотация**

Мақолада талабаларнинг жисмоний тарбиясида мотивациянинг роли очиб берилган. Талабаларнинг жисмоний машқлар мотивациясини ошириш омили кўриб чиқилади. "Ўқувчиларнинг жисмоний тарбияси" фани бўйича ўқув жараёнида такомиллаштириш бўйича тавсиялар берилган.

**Калит сўзлар:** жисмоний тарбия, талаба ёшлар, мотивация, жисмоний машқлар.

**Аннотация**

В статье раскрывается роль мотивации в физическом воспитании студенческой молодежи. Рассматриваются факторы повышения мотивации студентов к занятиям физическими упражнениями. Даны рекомендации для улучшения образовательного процесса по дисциплине «Физическое воспитание студентов».

Ключевые слова: физическое воспитание, студенческая молодежь, мотивация, физические упражнения.

**Annotation**

The article reveals the role of motivation in the physical education of students. The factors of increasing students' motivation to exercise are considered. Recommendations are given to improve the educational process in the discipline "Physical education of students".

**Keywords:** physical education, student youth, motivation, physical exercises.



### **Relevance**

Currently, the lifestyle of a person from a megalopolis is very different from how our ancestors lived. Ancient man had very great physical activity, as this served as a guarantee of his security, satiety and tranquility. Also, it is worth noting that some modern factors were alien to a person of that time, exacerbating the need to observe a healthy lifestyle.

A healthy lifestyle is not the prerogative of a certain contingent of people, it should cover people of all ages.

The basics of hygiene, proper nutrition, work and rest regimen, and, of course, motivation for physical exercise should be instilled in the child from birth.

At preschool and school age, physical exercises are used to strengthen health, create a foundation for comprehensive physical development, and form basic motor skills.

Physical education of students contributes to improving health, increasing the level of physical fitness and performance.

The purpose of the work. Analysis of factors contributing to increasing students' motivation for physical education.

To achieve the goal, the following tasks were set:

1. Analysis of literary sources on the topic "Physical education of students";
2. Study of factors contributing to increasing students' motivation to exercise;
3. Development of methodological recommendations for improving the educational process in the discipline "Physical education of students".

Physical culture and sports are very important in the life of students, as they are constantly subjected to great mental stress. Systematic physical education has a positive effect on the mental performance of students by improving the functional state of the central nervous system. To maintain a high level of physical and mental performance of students, the most effective motor mode is recommended in the amount of 6-8 hours of classes per week during all years of study at the university.

In the process of physical education of students, the following main tasks are solved:

1. Understanding the importance of physical culture in harmonious development personality, preparation for professional activity;
2. Obtaining basic scientific and practical knowledge about physical culture and a healthy lifestyle;
3. Formation of a motivational and value attitude to physical culture, attitudes to a healthy lifestyle, physical self-improvement and self-education, development of the need for regular physical exercises and sports;
4. Mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, personality qualities and properties, self-determination in the field of physical education;
5. Provision of general and professionally applied physical fitness;
6. Gaining experience in the creative use of physical culture and sports activities to achieve life and professional goals.



When analyzing the reasons for the low motor activity of students, one of the main ones was the lack of formation of stable habits. Konchits N.S. determined that the absence of an optimal life stereotype, which develops during the preschool and school periods, indicates that at an older age the need for motor activity is brought to the level of social needs. Children have an innate motivation for motor activity, and an adult has motor activity only on the basis of conscious motivation. One of the important conditions for effective educational activity is the creation of conscious stable motives in a person.

Motivation to engage in physical culture is a special state of personality aimed at achieving an optimal level of physical fitness and performance. The process of forming interest in physical education and sports is a multi-stage process: from the first simplest hygienic knowledge and skills to deep psychophysiological knowledge of the theory and methodology of physical education, systematic sports.

Our analysis of literary sources has shown that students are more able to attend specially organized physical exercises, such as: academic and elective classes, classes outside of school hours (morning gymnastics, introductory gymnastics, physical culture breaks, additional classes), classes in sports sections, mass physical culture and sports events, classes in wellness – sports camps, rather than organizing classes yourself.

All this is due to the presence of motives that encourage physical education.

According to many researchers, motives are the main condition for the effectiveness of physical exercises.

Currently, most of the students attend classes for the sake of getting a credit, while the remaining part aims to strengthen health and improve physical fitness. As a rule, with each year of study at the university, the motives for physical exercises change in a positive way.

An analysis of the factors that attract modern youth to physical exercises has shown that the increase in the needs of young people is associated with the currently developing fashion for a healthy lifestyle, an increase in the need for active recreation, the desire to improve the culture of their body.

To increase the motivation of students to exercise at the university, it is necessary:

1. To increase the level of students' knowledge about the impact of physical exercise on the body;
2. Give a detailed description of the technique of performing exercises with subsequent correction of errors;
3. Constantly make changes to the content of the program material on physical education;
4. To give students a variety of interesting tasks to perform independently;
5. Adjust the content of some physical education classes according to the students' wishes.

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