



MEANINGFUL ORGANIZATION OF YOUTH LEISURE AND POPULARIZATION OF SPORTS

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ABSTRACT

Youth is the main engine of social progress and development. Young people have inexhaustible energy, ambition and the potential to achieve great results. In this article we will discuss the role of sport in the lives of young people and why it plays a key role in their physical, psychological and social development. In addition, it is considered how much our state pays attention to the leisure of young people and their interest in sports..

Youth sports offer various chances for a physically active lifestyle, which is crucial for healthy and optimal development throughout childhood and early adulthood. Increasing children's wellbeing at this period can also benefit your community's future because youngsters who take part in these activities are better adjusted as adults with a wealth of life experience and learning under their belts.

Physical health and well-being:

Participation in sports contributes to maintaining a healthy lifestyle among young people. Regular physical training helps strengthen the immune system, increase endurance and strength, as well as improve coordination and flexibility. This helps prevent a number of diseases associated with lack of movement, such as obesity, cardiovascular diseases and diabetes. Sport also helps to relieve stress and improve mood, which is important for the overall physical and emotional well-being of young people.

Developing skills and character:

Participation in sports events develops skills that are an integral part of a successful life. Young people learn to work in a team, set and achieve goals, overcome difficulties and develop leadership skills. They will learn about the importance of discipline, patience and perseverance in achieving success. These skills are transferred from sports to other areas of life, including education, career and personal relationships.

Social integration and value formation:

Sport is an excellent means of social integration of young people. It unites people of different ages, nationalities and social groups around a common goal. Sports teams and clubs become a place where young people find support, friendship and mutual understanding. They also learn the values of fair play, impartiality and respect for rivals. By doing sports, young people learn to work in a team, make decisions and resolve conflicts, which contributes to their social

adaptation and the development of communication skills. Sport also provides young people with the opportunity to get to know different cultures and traditions. International competitions and sports exchanges allow young people to meet with representatives of other countries, exchange experiences and learn about the differences and similarities between cultures. This contributes to their tolerance, openness and global thinking. Turning a hobby into a professional career:

For some young people, sport becomes a professional vocation. Participation in sports teams and the training program open doors for them to sports universities and professional leagues. This allows young people to develop their potential, achieve high results and do what they love at a professional level.

Sport in Uzbekistan

In Uzbekistan, every opportunity is provided for both boys and girls to grow up in harmony and to acquire a high-quality education. Large-scale reforms are being implemented in this area, and novel advancements are being put into practice. President Shavkat Mirziyoyev learned about projects in the areas of youth, sports, healthcare, and the electric power business on January 30 in 2022 as a result.

Large-scale efforts have been made recently to reinforce the state youth policy's legal basis. Projects and initiatives are being carried out to educate people with a sound worldview and independent thought. The study of and dissemination to the populace of the rich spiritual heritage of great thinkers, as well as the preservation of national traditions and values, are given special consideration. On January 19, 2022, the President issued the Decree titled "On measures to radically improve the system of working with youth in mahallas." The document was adopted in an effort to further boost the effectiveness of spiritual, educational, and educational work in educational institutions as well as to introduce new mechanisms for managing work with youth, develop a vertical system of work with boys and girls, and solve their problems directly on the ground. On January 25, 2022, the Law "On Amendments to Some Legislative Acts of the Republic of Uzbekistan in Connection with the Improvement of the System of Work with Youth" was adopted. As a result, the Agency for Youth Affairs is now a part of the state bodies that report violations of minors' rights, freedoms, and legitimate interests to the appropriate authorities as well as identify minors and families who are in need of social assistance.

It is necessary to take a number of measures to popularize sports among young people. Some of them are listed below:

1. Creation of free sports clubs for young people in schools, universities, parks and other public places. This will help make sports accessible and attractive to everyone.
2. Organization of sports events and competitions that can attract the attention of young people. It can be either a large-scale event, or a small tournament or match.
3. Advertising campaigns promoting a healthy lifestyle and regular physical activity. Such campaigns can be carried out both on television and radio, as well as on social networks and other online services.
4. Cooperation with influential personalities to attract interest in sports. These can be both professional athletes and celebrities who are actively involved in sports.
5. Creation of programs to support and encourage young people involved in sports. These can be scholarships, prizes and other types of encouragement for achievements in sports.

6. The inclusion of sports activities and exercises in school curricula, so that children from an early age begin to be interested in sports and know about its importance for health.

7. Creation of special applications and services that will help young people choose a sport suitable for them and engage in it regularly.

Sport plays an integral role in the lives of young people, giving them the opportunity to develop physically, emotionally and socially. This contributes to the maintenance of health, character development and the formation of values. In addition, sports can become the basis for a further professional career. Therefore, it is important to encourage and support young people in their sports efforts, creating conditions for their participation in various sports events and training programs. Sport gives young people the opportunity to realize their potential and become active and successful participants in society. I think that the state should pay attention to the development of sports youth, as sports always helps to prevent a number of diseases. Our state supports young athletes, and not only them, but also musicians, artists, everyone who is engaged in art, who spends their time with meaning.

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