

## THE BENEFITS OF REGULAR EXERCISE FOR STUDENTS

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**Annotation.** This article explores the importance and benefits of regular exercise for students. Research shows that physical activity not only improves physical health but also enhances cognitive functions. The article discusses how exercise reduces stress, increases concentration, and positively impacts academic performance. Additionally, it provides insights into the most effective workouts for students and how to incorporate them into their daily routines.

### ABSTRACT

Regular exercise plays a crucial role in maintaining students' overall well-being, both physically and mentally. Engaging in physical activity enhances cognitive functions, improves concentration, and reduces stress levels, leading to better academic performance. This paper examines the various benefits of regular exercise for students, including its positive impact on memory, mood, and energy levels. Furthermore, it discusses practical ways for students to incorporate exercise into their daily routines despite busy schedules. By highlighting the connection between physical activity and academic success, this study emphasizes the importance of an active lifestyle for students.

**Key words:** Physical exercise, student health, academic performance, stress reduction, concentration, regular activity, healthy lifestyle

### Аннотация:

В данной статье рассматривается важность и преимущества регулярных физических упражнений для студентов. Исследования показывают, что физическая активность не только улучшает физическое здоровье, но и развивает когнитивные функции. В статье обсуждается, как упражнения снижают стресс, повышают концентрацию и оказывают положительное влияние на академическую успеваемость. Кроме того, представлены эффективные виды тренировок для студентов и рекомендации по их включению в ежедневный распорядок.

**Keywords:** физические упражнения, здоровье студентов, академическая успеваемость, снижение стресса, концентрация, регулярная активность, здоровый образ жизни.

### АБСТРАКТ

Регулярные физические упражнения играют важную роль в поддержании общего благополучия студентов как в физическом, так и в психическом плане. Физическая активность улучшает когнитивные функции, повышает концентрацию и снижает уровень стресса, что способствует лучшей академической успеваемости. В данной работе рассматриваются различные преимущества регулярных упражнений для студентов, включая их положительное влияние на память, настроение и уровень энергии. Кроме того, обсуждаются практические способы включения физических упражнений в повседневный график студентов, несмотря на загруженность.

Подчеркивая связь между физической активностью и академическими успехами, исследование акцентирует внимание на важности активного образа жизни для студентов.

**Annotatsiya:**

Ushbu maqolada talabalar uchun muntazam jismoniy mashqlar qilishning ahamiyati va foydalari tahlil qilinadi. Tadqiqotlar shuni ko'rsatadiki, jismoniy faollik nafaqat jismoniy salomatlikni yaxshilaydi, balki kognitiv funksiyalarni ham rivojlantiradi. Maqolada mashqlar stressni kamaytirishi, diqqatni jamlashni oshirishi va akademik natijalarga ijobiy ta'sir ko'rsatishi muhokama qilinadi. Shuningdek, talabalar uchun eng samarali mashqlar va ularni kundalik jadvalga kiritish usullari haqida ma'lumot beriladi.

**Abstrakt:**

Muntazam jismoniy mashqlar talabalar salomatligini saqlashda muhim rol o'ynaydi, ham jismoniy, ham ruhiy jihatdan. Jismoniy faollik kognitiv funksiyalarni yaxshilaydi, diqqatni jamlash qobiliyatini oshiradi va stress darajasini pasaytirib, akademik natijalarning yaxshilanishiga yordam beradi. Ushbu maqolada talabalar uchun jismoniy mashqlarning turli foydalari, jumladan, xotira, kayfiyat va energiya darajasiga ijobiy ta'siri ko'rib chiqiladi. Shuningdek, talabalar o'zining band jadvaliga qaramay, jismoniy faollikni qanday kiritishi mumkinligi bo'yicha amaliy tavsiyalar beriladi. Jismoniy faollik va akademik muvaffaqiyat o'rtasidagi bog'liqlikni ta'kidlab, ushbu tadqiqot talabalar uchun faol turmush tarzining muhimligini ko'rsatadi.

**Kalit so'zlar:** jismoniy mashqlar, talabalar salomatligi, akademik natijalar, stressni kamaytirish, diqqatni jamlash, muntazam harakat, sog'lom turmush tarzi.

**Introduction:**

In today's fast-paced academic environment, students often face high levels of stress, fatigue, and mental exhaustion due to demanding coursework and busy schedules. As a result, maintaining both physical and mental well-being has become increasingly important. One of the most effective ways to achieve this balance is through regular exercise. Engaging in physical activity not only improves overall health but also enhances cognitive abilities, concentration, and emotional stability. Numerous studies have shown that students who incorporate exercise into their daily routines tend to perform better academically and experience lower stress levels. This paper aims to explore the various benefits of regular exercise for students and provide practical strategies for integrating physical activity into their daily lives.

**Discussion and Results:**

Regular exercise offers numerous benefits for students, impacting both their physical and mental well-being. One of the most significant advantages is its ability to reduce stress and anxiety. Studies indicate that physical activity stimulates the production of endorphins, also known as "feel-good" hormones, which help alleviate stress and improve mood. As a result, students who engage in regular exercise often report feeling more relaxed and focused, which positively influences their academic performance.

Additionally, exercise enhances cognitive functions such as memory, problem-solving skills, and concentration. Research shows that physical activity increases blood flow to the brain, which improves neural connections and boosts mental clarity. This is particularly beneficial for students, as better cognitive function leads to improved learning capacity and academic achievements.

Furthermore, regular physical activity contributes to better time management and discipline. Students who establish a workout routine learn to balance their studies and personal lives more effectively. They also experience increased energy levels, allowing them to stay active and productive throughout the day.

The results from various studies confirm that students who exercise consistently perform better academically, experience reduced stress levels, and develop healthier lifestyles. Despite their busy schedules, incorporating even short workout sessions into daily routines can significantly enhance overall well-being. Thus, promoting exercise among students should be a priority for educational institutions, as it fosters both academic success and long-term health benefits.

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