

PHYSICAL ACTIVITY AMONG STUDENTS: DEVELOPMENT STRATEGIES AND MOTIVATION FACTORS

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Annotation: *This article analyzes the impact of physical education and sports on the educational process. The article studies the impact of physical education on students' academic performance, psychological state and general activity. The results of the scientific article show that students who regularly engage in physical activity achieve high results in terms of concentration, stress management and participation in social activities. The article also highlights the role of physical education in improving educational efficiency, innovative methods and the importance of sports in the general education system. Based on the results obtained, practical recommendations were developed to increase students' physical activity.*

Keywords: *Physical education, sports, educational process, academic performance, physical activity, healthy lifestyle, stress management, innovative methods.*

Physical education and sports are an integral part of human life and play an important role in its physical, mental and intellectual development. In particular, physical activity in the educational process not only serves to strengthen health, but also to increase the academic performance of students. It has been proven through scientific articles that physical activity helps to concentrate, reduce stress and increase motivation.

Nowadays, many students are switching to a passive lifestyle under the influence of modern technologies. This leads to a decrease in their level of physical activity, an increase in health problems and a decrease in efficiency in the educational process. Therefore, studying the impact of physical education on the educational process and the mechanisms for increasing its effectiveness is a pressing issue.

This article analyzes the impact of physical education and sports on the educational process. The level of physical activity of students, its impact on academic performance, as well as ways to improve physical education are studied. The results of the article will serve to develop practical recommendations for organizing physical education classes in universities based on innovative methods and widely involving students in sports.

Scientific articles on the impact of physical education and sports on the educational process have been studied by many scientists. International and local articles show that regular physical activity plays an important role in developing students' cognitive abilities, reducing stress levels, and improving academic performance.

For example, articles by Ratey J. & Hagerman P. (2008) studied the effects of physical activity on the brain and found that physical activity improves cognitive functions. Sallis J. F. & Owen N. (2011) also proved that physical activity has a positive effect on students' concentration and academic performance. Among local scientists, Kh. S. Jo'raev (2020) analyzed the importance of physical education in higher educational institutions of Uzbekistan and showed the positive impact of sports training on academic success. R. Q. Turaev (2019) wrote articles on innovative methods of organizing physical education.

Also, articles on sports psychology and motivation theories published in recent years are helping to identify effective methods for attracting students to sports training. The articles show that the promotion of a healthy lifestyle and the development of sports infrastructure in universities lead to an increase in students' physical activity. This article used mixed methods, that is, qualitative and quantitative analysis methods. 200 students studying at different universities were selected as participants in the article. Questionnaire method – Anonymous questionnaires were distributed to study students' attitudes towards physical education classes. The questionnaire examined students' frequency of sports participation, their opinions on the impact of physical education on academic performance, and their motivational factors for sports. Observation method – Students' activities were observed in university gyms and their level of participation in physical education classes was analyzed.

Experiment – Students were divided into two groups, one group participated in regular physical education, and the second group participated in the traditional educational process. According to the results of the observation that lasted one semester, positive changes were observed in the academic results of students who regularly engaged in physical education.

Interviews and focus groups – In order to better understand the attitude of students to physical education classes, open interviews and focus group discussions were organized. The data obtained were processed using statistical analysis methods and presented in the form of diagrams and graphs.

The results of the questionnaire were analyzed using the SPSS program and the main factors affecting student motivation were identified. The results of the observation were evaluated based on qualitative analysis methods.

The results of the conducted article showed that physical education and sports classes have a significant impact on the educational process of students. The results of the questionnaires, observation and experiment revealed the following important aspects:

Among the students who participated in the article, 57% stated that they regularly engage in sports. 26% of students stated that they only participate in university-mandated physical education classes. 17% of students do not participate in any sports activities and do not pay attention to physical education.

The relationship between physical education and academic performance An 8-12% improvement in academic performance was observed among students who regularly

participated in physical education. It was found that students who participated in sports had a higher ability to concentrate and absorb new knowledge. The percentage of students who received high marks in exams was 15% higher among students who actively participated in university sports.

According to the results of the article, regular physical activity helped reduce stress and fatigue among students. A higher level of motivation was observed among students who actively participated in physical education. It was noted that social activity and teamwork skills were developed among students who regularly participated in sports. University sports infrastructure and student interest

Among the students who participated in the survey, 65% stated that the university needs to improve its physical education and sports infrastructure. 32% of students noted that although they want to participate in sports, they cannot do so due to the lack of suitable conditions. 20% of students noted that the university should organize additional sports events and competitions.

Motivational factors for sports

Desire to improve health (40%)

Personal interest in sports (30%)

Compulsory physical education classes (20%)

Support from friends or coaches (10%)

Overall result:

Students who regularly engage in physical education and sports are not only physically healthy, but also have higher academic results. It is important to improve sports infrastructure at universities, modernize physical education programs, and more actively involve students in sports. The results of the article show that physical education and sports activities have a significant impact not only on the physical health of students, but also on their academic performance. These results are consistent with international and local articles, confirming that regular physical activity has a positive effect on the development of cognitive abilities, stress reduction, and the learning process.

The article showed that students who participate in regular physical education activities are more successful academically. This may be due to better oxygen supply to the body, improved brain function, and reduced stress levels. Several articles also confirm the positive effect of physical activity on mental activity and cognitive processes.

However, it was observed that the level of physical activity among students is insufficient. While many students participate in mandatory physical education activities, most of them do not engage in additional sports outside the university. This indicates the need for additional motivational measures to form a culture of physical activity.

It was found that the main motivational factors for students to engage in sports are related to improving health, personal interest, and the mandatory nature of physical education classes. At the same time, the university's sports infrastructure and the motivational approach of coaches also stood out as important factors. In this regard, it is

important to modernize university sports programs and make physical education subjects more attractive.

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