© Eurasian Journal of Sport Science 2024; 1(2): 146-149
https://eajss.uz

The importance of instilling universal human values in students through action games

Abdurakhimova Zebiniso Mingjigitovna [1]

[1]Samarkand state university, Samarkand, Uzbekistan

Abstract

Purpose: Drawing conclusions about the necessity and relevance of instilling universal human values in students by means of action games.

Results: Aripova Vasila Bakhtiyarovna and Salimov Gayrat Mukhamedovich conducted their scientific work on the development of physical qualities in children by means of active games. According to researcher V. B. Aripova, the objectives of the study are the development of a list of action games designed to develop the physical qualities of young children, the development of gymnastic microtrainings in the process of child growth, sorting and implementation of yoga exercises to classes.

Conlcusion: Through action games, primary school students are instilled universal values: patriotism, friendship, love of nature, patience, loyalty, etc. Our main goal is to show the criteria of education from the essence of each action game.

Keywords: action games, physical qualities, national action games, types of sports (athletics, martial arts, wrestling), spiritual values, universal values, value system, education.

Introduction

Based on the topic of the need and relevance of instilling universal values in students through action games, improving the education system through action games, recommendations are given on the work plan for physical education in schools, improving the physical qualities of the student, motor skills.

The Head of State stated that the principle of "From an action strategy to a development strategy" is defined as the main principle of future activities in order to ensure the integrity and continuity of democratic reforms.

Of course, human value for us is not some abstract, lofty concept. "When we talk about human dignity, we mean, first of all, the peaceful and safe life of every citizen, ensuring his fundamental rights and freedoms," said the President of the Republic of Uzbekistan Sh.Mirziyoyev.

According to the President, human dignity means creating decent living conditions and modern infrastructure for every citizen, providing qualified medical services, quality education, social protection systems, and creating a healthy environmental environment (1).

So, we consider values to be a set of concepts that are valuable to humanity.

Education and upbringing are universal human values. It is very important to introduce students to universal and national values, rich culture, improve their skills, form requirements for mastering secular and religious knowledge, enrich them, and form aesthetic ideas. Universality is a cultural and national diversity inherent in all people, that is, it implies respect for representatives of different nationalities, recognition of the uniqueness of different religions and other cultures, respect for values.

Results and discussion

The research was conducted in the library of the State University of Physical Education and Sports of Uzbekistan. The results of the study show that the following data were analyzed on the territory of our republic in the period from 1991 to 2023. Among them, such researchers as Abdullaev Mehriddin Jumandulloevich, Kipchakov Bahadur Bahriddinovich, Tajibaev Soip Samijonovich conducted such scientific work as improving the effectiveness of training using action games in sports, classification of action games by a specific type of sport, methods of using action games in comprehensive training of students. In the theory and practice of physical education, the means of physical culture, sports movement and physical education are used as a category of special systems. One of the important stages of the physical education system is physical means. And their component part consists of gymnastics, sports, action games and the forces of health-improving (sun, air, water, hygienic factors) effects of nature. As it can be seen, action games are one of the most important areas of the physical education system (2). According to researcher M.J.Abdullaev, taking into account the age of the students doing athletics, action games (individual, doubles, team, relay) are determined and used in the preparatory, main and

Table. Scientific works aimed at improving the effectiveness of sports through action games

№	Name of scientific works	Full name	The year of defense of scientific work
1	Improving the methodology of using action games to increase the effectiveness of training for young athletes	*Abdullaev Mekhriddin Junaydulloevich*	Chirchik-2019
2	Technology of using action games with elements of martial arts in younger schoolchildren	*Kipchakov Bakhodir Bakhriddinovich*	Tashkent-2011
3	Scientific and pedagogical substantiation of the methodology of using action games in the comprehensive training of junior martial artists	*Tajibaev Soib Samijonovich*	Chirchik-2019
	Scientific works combining physical qualities and wellness factors with the help of action games	Full name	The year of defense of scientific work
1	The development of physical qualities of preschoolers through action games	*Aripova Vasila Bakhtiyarovna*	Chirchik -2022
2	The effectiveness of using national action games in physical education lessons for I-II-year students (using the example of female students)	*Danieva Yarkin Chorievna*	Tashkent -2009
3	Organizational and methodological features of improving the health of younger schoolchildren in physical education lessons	*Saidov Izzatillo Istamovich*	Chirchik -2019
4	The effectiveness of the development of physical qualities of students aged 7-10 years on the basis of national action games	*Salimov Gayrat Mukhamedovich*	Tashkent -2007
	Scientific works on the significance of the connection of values with physical education	Full name	The year of defense of scientific work
1	Improving the mechanisms for the formation of spiritual values in physical education and sports specialists.	*Shopulatov Abdimalik Nurullaevich*	Chirchik-2019
2	Pedagogical foundations for the development of physical qualities in primary school students on the basis of a valuable approach	*Davronov Nurzod Ismoilovich*	Bukhara-2022
3	Pedagogy improving the technology of the development of the value system in students of higher educational institutions. (DcS	*Taylanova Shokhida Zaynievna*	Samarkand-2019

nal parts of training. According to the author of a research paper on the topic “Technology of using action games with elements of martial arts in younger schoolchild
dren” B.B.Kipchakov cited the following tasks:

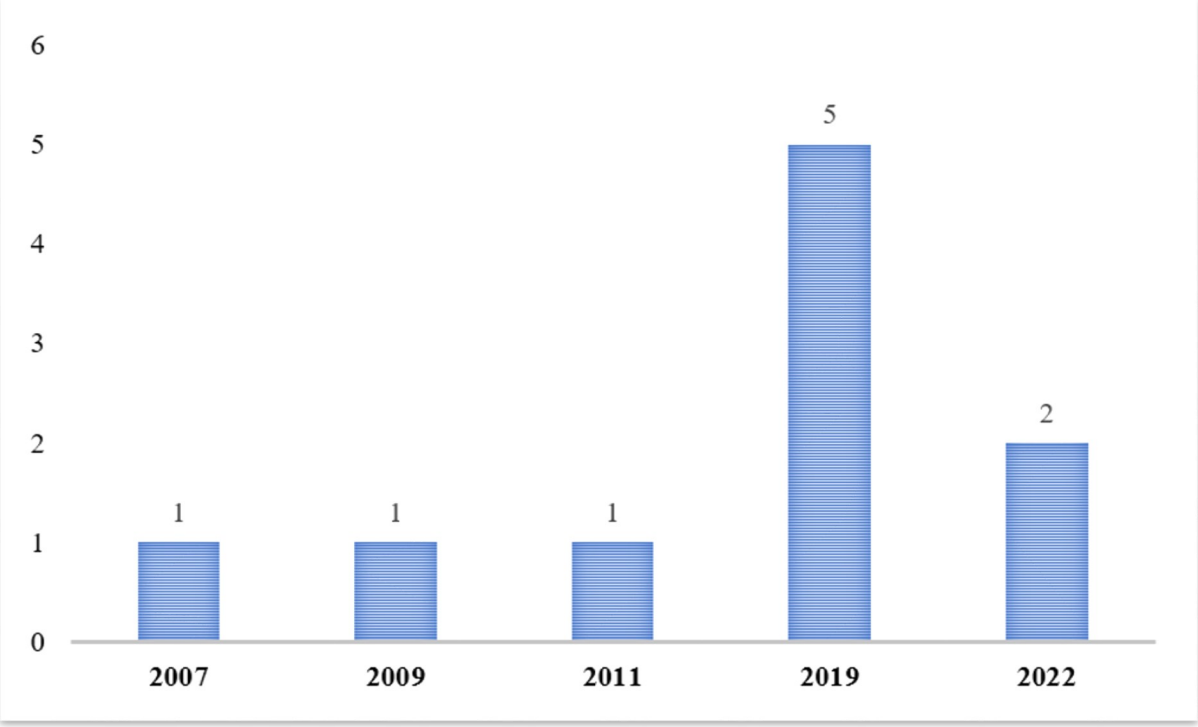
The advantages and necessity of action games with elements of martial arts, the use of action games with elements of martial arts in physical education lessons in schools were summarized and based on this, the development of physical qualities was justified with the help of experiment.

In accordance with the national curriculum of general secondary education, the subject of physical education is aimed at the development of physical qualities, strength, speed, dexterity, endurance and flexibility by educating students in the spirit of physical health, maturity and loyalty to the Motherland, it serves to develop, strengthen the health of students, create conditions for the development of physical fitness and the formation of skills to observe the correct nutrition, rules of personal hygiene, safety during training in everyday life (3). His research on the development and substantiation in practice of the methodology for the development of motor training of boxers aged 11-13 years with the purposeful use of differentiated action games was conducted by Tajibaev S.S.. According to the results of the research, in his scientific work, he explained the following tasks: motor training of young boxers consists in substantiating, based on experience, the influence of action games on development, the use of action games in the training process of practicing boxers and the developed methodology.

In M. G. Salimov's research, through the use of national action games, he developed the physical qualities of schoolchildren aged 7-10, found effective forms of increasing the role of national games, theoretically studied their educational possibilities. Students aged 7-10 have not mastered all natural movements, such as walking, running, jumping, throwing, so action games belong to natural movements which have great importance for children. Action games are one of the most important and practical means of teaching children and teenagers. Action games include a diverse range of physical exercises related to overcoming obstacles of various nature and the manifestation of various qualities and abilities. In addition, competitive moments are also part of action games, which usually bring joy to children. It is known that the games of preschool children are imitative in nature. The child observes the surrounding world, introduces its elements into the game and through this game learns about the world around him, in which a certain attitude to life phenomena arises. By imitating various things in life, work, natural phenomena, animal life, the student understands the meaning of these events and actions, gradually acquires life experience, learns to overcome difficulties, while forming action skills and enriching his imagination. Children's creative games need to be given enough time and attention. But such games should not be ignored and guided by both parents and educators. Gradually adjusting the game, you can develop children's observation, initiative, independence, hard work, and also teach them to correctly assess the surrounding situation, their actions and those of friends, as well as personal qualities must be brought up in the spirit of the right attitude to failures (4). Every action game is based on education, knowledge, and the values of the nation. Action games based on universal human values can be characterized as follows. For example, educational action games embody such feelings as patriotism, a sense of national pride, courage, bravery, cohesion, a sense of community, and truthfulness. In our country, there are a number of scientists including J. Tulenov, O. Umrzakova, A. Jalalov, H. Shaikhova, E. Yusupov, G. Honazarov, K. Nazarov, B. Karimov, A. Shopulatov, Sh Tailanova who have studied universal human values and their meanings in educational and educational aspects and achieved their goals by trying to shed light on light on the meaningful nature of values in their research. The educational role of values in the field of physical education is invaluable. Regardless of the type of upbringing, the inculcation of Eastern culture and forms of upbringing through education is manifested through action games. The main purpose of action games is the formation of motor skills in children, the attractiveness of the game plot is to evoke and educate positive emotions in participants. There are many scientific studies conducted in our country on the importance of action games and their connection with physical qualities.

The number of scientific papers on the importance of action games, the educational significance of universal human values for the period from 1991 to 2023 is presented in the form of a diagram.

Fig. Dissertation work on research topic in the context of years



Conclusion

According to the results of the study, the following conclusions were made:

With the help of action games, various physical exercises and classifications of action games have been developed in order to develop the physical qualities of secondary school students. Active games are the main method and means of organizing and conducting physical education and sports events with elementary grades.

There are scientific papers showing that the method of using action games as an initial auxiliary teaching program and sports training has produced high results.

In order to develop the growth and physiological state of the child's body, various action games are used.

References

Rahimqulov K. **(2012)** *Milliy harakatli uyinlar* [National action games] Toshkent "Tafakkur bo'stoni" 2012 pp.26-27. (in Uzbek)

Usmonxojayev T, Tolipjonov A, Meliyev X, Xotamov N. **(2014)** *500 harakatli uyinlar* [500 action games] Toshkent "Yangi asr avlodi" pp.10-11. (In Uzbek)

AUTHOR BIOGRAPHY:



Zebiniso Mingjigitovna ABDURAKHIMOVA

Employment
Student of PhD at Samarkand state university

Degree
MD

Research interests
Physical education and sport, Analyzing of sport competitions

E-mail:
zebo.ifora@samdu.uz