

Sports as a Factor in Forming Social Health of Students

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Abstract

The article discusses the main theoretical aspects associated with the phenomenon of social health of an individual, analyzes the role of sports in its formation. The main problems associated with the popularization of sports in the student community are identified, the possible positive consequences of the impact of sports on the social health of an individual are described. The article concludes that human social health is an essential element of a holistic system of student development, self-determination, and outlook. It depends on the different influences of social aspects of public life, as well as on the degree of individual involvement in sports activities. Sport is the most important factor in the formation and maintenance of social health, as well as a particularly important part of the life of a modern young man. Student youth are greatly influenced by the university as a key institution of socialization in the process of social health formation and development.

Keywords: sports activity, social health, socialization, sport, activity, self-actualization.

Sport is an integral part of the life of every modern person. Recently, a healthy lifestyle, sports activities, physical activity, gyms, yoga, and outdoor activities have been increasingly popularized, since all possible conditions have been created for this. It is also a social phenomenon that forms and maintains the social, physical, and mental health of the individual. The student especially needs to maintain all these types of health, since his activity is mainly aimed at intellectual work, which involves a long stay in front of a computer or reading books. This determines the relevance of the chosen topic.

Sports competitions, various events, and compulsory disciplines introduced as part of the educational process, undoubtedly, ensure the development of the creative potential of students. Consider the opinions of various scientists on this matter.

The social and individual value of physical culture and sports is growing more and more every year. Sport is considered the basis of not only the physical, physiological but also the mental, mental health of the individual. Students especially need to maintain social activity and comprehensive development, therefore they turn to sports as a formative factor in this very development. It is a physical culture that helps self-realization, the formation of a worldview and the maintenance of social health since it affects all spheres of human life.

Based on these definitions, it seems possible for us to conclude that the decisive aspect in the formation and maintenance of the social health of the individual is precisely the society and the degree of its influence on the individual. In the context of this definition, sport can be a fundamental and shaping factor, since it is a socially significant phenomenon and is socially supported in every possible way.

Social health consists of several components: morality and social adaptation. Sport within the framework of the system of morality, firstly, affects the self-esteem of the personality of a young person, since it is he who is the source of not only good health but also an aesthetically beautiful

and developed body, which is undoubtedly considered relevant and attractive in modern conditions. Secondly, it allows you to develop such qualities as the ability to predict the course of events and show critical thinking. This is due to the tactical and strategic focus of many sports that influence the development of these qualities. For example, football players follow the scheme created by the coach, show strategic skills during the match, and during unexpected situations, they instantly react and immediately begin to solve the problem that has arisen.

Sport influences the development of many moral and moral qualities: it teaches to help those who need help, to show empathy, sympathy, to determine the difference between good deeds and bad ones. Athletes go through a rather difficult path of formation before they achieve success, which affects the formation of their personality social health, interaction with other people, and this is what determines the above factors. Speaking about social adaptation, it would not be superfluous to note the influence of sports on the ability to adapt to different environmental conditions, which is achieved as a result of constant training in different conditions and practicing different sports throughout life.

Social well-being and inclusion, the degree of satisfaction with social status and social activity directly depend on the level of sports training and self-esteem of the individual, which is formed as a result of sports activities. A high level of independence and self-actualization is achieved through the cultivation and regularity of classes, as well as the creation of a personal plan of activity, training, classes in sections. Sport contributes to the strengthening of various essential mechanisms that affect the social life of a student, reproduces an alternative to modern culture, and promotes active personal development. First of all, this can be considered a certain engine of progress in the formation of social health and behavior, the processes of self-actualization, self-affirmation, and self-realization, which can be considered the most significant and relevant moments in the life of every young person in the period of formation

Of course, speaking of student youth, one cannot fail to note the most important influence of an educational institution as a key institution of socialization on the formation and development of social health. It is within the framework of education that sport is cultivated and popularized most of all since it is part of most curricula for various specialties. Of course, one cannot fail to note the existing pedagogical problems in this direction: the emerging negative attitude of young people to physical education. This is due to a change in the very system of society, the emergence of various technical means that affect the psyche of the individual, the unwillingness of young people to spend their time working at a computer, for example.

This problem requires an immediate solution, since ignoring it can lead to the complete exclusion of sports activities from the lives of young people, which will lead to immediate degradation and deterioration of social and mental health. V.L. Gatilo, being extremely concerned about this problem, expresses the following opinion: "Traditional physical education has not been particularly effective for a long time. The analysis of physical culture classes at the university showed that students practically do not have a focus on physical culture and sports". As you know, the sports life of an educational institution, in which a student spends a large amount of time as part of the educational process, has a fairly authoritative and significant potential. The university influences both the strengthening of the social health of the individual and its physical development. Sports clubs, frequent competitions, and competitions, regular physical education classes have a direct impact on attracting students to sports life and, accordingly, strengthening and shaping social health.

So, the social health of a person is the most important element of a holistic system of student development, self-determination, and worldview. It depends on the various influences of the social aspects of public life, as well as on the degree of involvement of the individual in sports activities. Sport is the most important factor in the formation and maintenance of social health, as well as a particularly important part of the life of a modern young person.

LIST OF USED LITERATURE:

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