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## REVIEW ARTICLE

### FORMING THE ATTITUDE OF THE STUDENTS AS A TRADITION IN THE PHYSICAL CULTURE

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#### ABSTRACT

This article analyzes the importance of the pedagogical foundations of the healthy lifestyle education for the university students. And also, the essence of relations of various scientists of the set problem is determined and in the importance of value attitude as an effective way to solve problems is justified. This article is about the problems of the students at the higher educational school. It gives us more effective information about how to organize the healthy life style of the pupils in physical training activities.

## INTRODUCTION

Decree of the President of the republic of Uzbekistan, PF 49-47 on February 7, 2017, was confirmed to develop five basic directions "Strategy of Actions" for 2017-2021 years. Which was based on to provide contemporarily sport activities, making healthy life of the children and teenagers, and improving their activeness for physical culture and sports. This requires to develop qualified trainers, sport teachers in our country the decree about "Education" (1997) and "Program on personal training" as well as State Educational Standards are based on with holding physical training lessons, sporting sections and different sport events. This process belongs to upbringing youth and students for their physical training, work on professional areas and serve homeland appropriately. The main part an importance of the physical training lessons and sport activities consist of such kind of directions. We may realize this process by having more effective activities and sections. Generally, this direction shows us how to integrate the youth into the physical culture. To reform the higher educational system needs to make humanitar and cultural-educational task, by this way, teachers are able to change general cultural and social professional development in the future for this, we need more condition to organize physical culture, which needs for pedagogical higher educational students. The most beneficial approach on the increase of this problem is to control the instinctive personal activeness of the students and learn as a professional topic of the activities.

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The important target on the personal activity is the motivation which has a great deal of pole in the physical training process. Psychological and pedagogical mechanism of upbringing youth teachers in the physical culture seems to have serious process as a real motivator and others. The criteria of increasing the activity of the pupils the activity of the pupils is important and main special way of the process. It reacts on the daily work of the future teachers. The main tasks of the future teachers in the effectiveness of increasing their attitude are personal and cultural approaches, belongness of the physical culture into the professional way, higher masters' degree on the physical culture, the one side of scientific and practical knowledge of the teachers. The analyse of the practical and educational schools or higher educational schools show us that some pupils have problems to motivate into the physical training. Such kind of problems are known as a continuous tendency and it seems to be declarative and interests of the pupils. These are very important for healthy life, physical growth and psychological development of the pupils. Personal interests, motives and their aims are given on the works of the researchers V.G Aseev, L.I Bojovich, A. K Kovalev, A.N Leontiev, V.S Merlin and others. Some teachers such as V.S.Ilin, V.A. Kankalik, N.V. Spirina, E.N. Shiyonov inform us about their activity, and the importance of understanding each other in their works. And also we can point out that learning the problems of the students is very low. Such kind of problems are given on the books by V.A. Bayer, Ya.Vilenskiy, A.V.Vnukova. so there may be some oppositions on learning the social importance and engagement of the cultural traditions of the future teachers[1]. As for scientific-methodological literatural analyses and their characteristics seem to have some methodical basis on holding physical training activities which are necessary for the students at this moment.

## Examining test for students at the beginning of the study year [3]

№ т/р	The task of the examining test	Meaning of the task	Numbers of the pupils	
			n	%
1	How many times did you go to the physical training lessons?	Always	98	38,7
		I went but sometimes I was ill	37	14,6
		I went but not fast	73	28,9
		I didn't go	45	17,8
2	Did you like your lessons at your higher educational school?	Yes	47	18,6
		Not interesting	152	60,1
		No	54	21,3
3	What do you think about physical training and sports?	Excellent	128	50,6
		Good	50	19,8
		Not important	75	29,6
	Tell us about the accidents facing in your life?	Fast tiring	98	38,7
		Getting nervous	42	16,6
		Ill appetite	16	6,3
		Stress	56	22,1
		Bad mood	59	23,3
		Headache	87	34,4
		Having bad dream	42	16,6
I don't have any bad accident	37	14,6		

But some students who has disease on their healthy, are very changeable in the physical training activities[2]. To train in a group of the students in the motivational and traditional attitude are planned before and it is also requirable for their upbringing and special conditions. This process is directed into two way they are inside and outside factors. By the way, these both factors are certainly affectable on their future there is no concrete recommendation, even if there are more researches about organizing motivational and traditional attitude of the pupils who are involved into the sections to realize the theoretical works on the daily program in the physical training. The emotional attitude its importance, interest and appearance of the knowledge system. It's very important for the students to do some exercises as to consider the healthy life on getting physical training.

#### As a result, we may know these structures:

- Having personal physical and spiritual growth,
- Changing the physical practice of the students into the skill
- Creative approach on the field of the physical training
- submitting necessary detailed news during the practical process
- Obtaining the desired goal
- The structural elements of the motivational virtual treatment are following:
- Cognitive terms on getting physical knowledge.
- emotional terms on forming objective senses for Organizing physical culture
- Ethical attractions of students overcoming the difficulties on their ways.

The diagnostics of the motivational and traditional attitude concerned with physical culture are given below;

- Directivness for tradition

- Activeness and encouragement
- Emotional and sensitive influence
- Physical responsibility in the lesson
- Practical experiments in the physical culture

To make one's target into the realization, there are some outcomes and facts. To learn such kind of target, the first and the second year students are given some examining questions about 250 students are required for this test. In table 1 we may see pupils who attend regularly in the physical culture (less than half part of the pupils) (38,7%) and pupils who don't attend (17,8%) As it's pointed out at the table 1, fast boredom of the pupils (38,7%), headache (34,4%) ill-moodness (23,3%) and only 14,6% of the pupils don't have any problems. This examining test was made up for the students to learn about their motivational and traditional attitude in the cognitive way.

In the end, 53,3% of the pupils are good, 38% are lower than good pupils, and only 8,7% of the pupils are higher than good pupils [4]. This research proves us the cognitiveness of the pupils to learn about their motivational and traditional attitude.

The great numbers of the students who were taken into the special medical group (82%), was negative, passive in the physical activities. And it defines that they need a special psychological and pedagogical approach on forming their motivational traditional attitude[5]. We may see their educational upbringing process is cognitive, emotional and ethical approach to form their motivational traditional attitude of the students in the special medical group. The most significant aim of the experimental group is known by their harmonic action in the relations between person and society, attempts on the encouraged knowledge for the cognitive approach on the basis of the physical education.

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