Physical Culture As A Social Factor In Personality Development

B. Madaminov

Ph.D. Associate Professor Of Namangan State University, Uzbekistan

ABSTRACT

This article discusses the role of physical culture in personality development, the interaction of society and physical culture and sports.

KEYWORDS

Individual, product of social life, biological organism, personality formation, megafactors, macro factors, mesofactors, microfactors

INTRODUCTION

We know that the main force and factor that ensures any social development is the individual. The perception of man as a leading force, the view of the individual as the source of any development and the future of society are the means the recognition of the realities of social life. The former Soviet system and the ideology of communism completely devalued the position of the individual and elevated the collective consciousness to the forefront. As a result, the freedom of the individual, his creative and enterprising power was pushed aside, and the phenomenon of individuality was completely unrecognized. In our view, one

of the main factors in the development of foreign social sciences is the recognition of human maturity, individuality, freedom of choice in any situation and the pursuit of psychological well-being. Allowing the individual to express himself, recognizing his uniqueness and, in general, giving the individual a choice in any situation is one of the main factors determining the maturity of social relations, the level of development of society. In this regard, the issue of ensuring the individual and his or her mental well-being as an important and leading topic among modern social sciences may become a leading topic. When talking about a person's mental well-being, it is important to focus on the issue of his or her psychological well-being. It is the psychological overflow that underlies important social psychological issues such as being responsible for one's own life, responding to one's choice of one's life path, and consciously controlling one's behavior. Psychological overflow is not only a product of a person's current state, but also of how he or she imagines his or her past and future. On the one hand, psychological well-being is based on the love and respect that a person receives in the family in which he or she is formed, while on the other hand, the worldview formed so far is closely connected with the feeling of hope and confidence in the future.

MATERIALS AND METHODS

The psychological well-being of the individual is literally an important force and factor that underlies the development of not only a single individual, but society as a whole. As being a self-confident person who values his opportunities and abilities can take on a

leadership role not only in his own life, but also in the team. In ensuring the spiritual well-being of the individual should become a central issue as an important connecting point of all the social sciences and humanities. According to a study of leadership values among young people, the desire of today's youth to solve important issues in their lives independently, to build their way of life responsibly, and to show genuine inner feelings in general is one of the leading values. The desire to express oneself, to make free choices in problematic and important life situations has always been recognized as an important value for the growing person. As the above-mentioned research also points out, it is a matter of time for the social sciences and the humanities to unite and work towards a common goal in order to realize such a true human phenomenon. In our view, philosophy as a general science is manifested as the methodological basis of all scientific research, and the end result can be measured by the spiritual perfection and well-being of the individual. The scientific and practical achievement of any social science must ultimately be assessed by the existence and possibilities of the conditions created for the free development of the individual.

Today we are witnessing great reforms, especially in the field of sports. Schools and lyceums, colleges and institutes are being reconstructed and overhauled. While innovations such as modern educational buildings, comfortable classrooms, the provision of educational equipment are among the material resources, there are a number of tasks in the organization of the sports process. In particular, the organization of lessons and classes in interactive sports technology, the pursuit of perfection in the personality of the

student and giving priority to the formation of his mental state, independent behavior - should become the central point of the modern pedagogical process. To do this, first and foremost, it is important to have educators armed with advanced sports technologies, coaches who recognize the individual freedom and independent choice of the child as the highest value. In many respects, one of the tasks facing the disciplines of sports should be to provide curricula and materials that provide such a sports process. If we analyze many areas today, we can focus on the work done to ensure the free choice of the individual. Choosing a profession and especially having the opportunity to study abroad is one of the key factors in building an individual's own life independently. Even the ability of young people to choose an alternative type of service in the performance of their military duty can be recognized as the highest level of free choice.

When analyzing various areas, it should be noted that the institution of the family plays a leading role in the upbringing of a free and perfect person. Unfortunately, the main problems related to the spirituality of young people today are related to the problematic situations that occur in the family. Tensions in family relations, the fact that the values of some families are focused on consumption, material wealth and false prestige, lead to the predominance of appropriate values in the growing child, leaving his development prospects at the level of material possessions, making any life choices based only on material criteria. is happening. And working with the head of the family, parents, becomes an important task in the formation of a spiritually mature, independent faith and psychologically full person. All the sciences and fields related to the institution of the family are responsible

for this goal. This situation poses new challenges to the social sciences and requires the integration of all areas.

Thus, it is time to recognize the important thesis that the state of the social sciences is a shining mirror of the ongoing reforms in the country today. Sociology, philosophy and psychology are the leading disciplines in this field, especially those that directly study man and his social life. As a product of these sciences, it is important to determine the mental well-being of people living in society and to study the factors that affect the further growth of this criterion, as well as to create measures to activate them. to put integrated tasks before all social sciences in this direction, to unite all responsible scientists and researchers in solving these tasks is a more important issue. Perhaps in the solution of such a huge task it is possible to create a separate, socialized scientific-practical center.

An entity that manifests as an individual is formed as an individual under the influence of the social environment. The process of socialization plays a big role in this. Because, compared to the animal world, man comes into the world "undeveloped." Human qualities are the product of social life, the result of socialization, in the process of social relations and interactions, the individual acquires the necessary knowledge, principles, patterns of behavior in order to function effectively in society. As a result of socialization, a simple biological organism becomes an original social being, that is, an individual.

The concept of socialization has both practical and general theoretical significance, as do the concepts of 'society' and 'individual'. The concept of "socialization" emerged in the late

nineteenth century to describe the process of formation of the individual under the influence of the social environment. Socialization is the process of assimilating the social norms and cultural values of the society to which a person belongs throughout his or her life. The concept of "socialization" is closely related to the concepts of "education of the person", "formation of the person". However, it is a broad concept that allows a person to cover possible effects. Education is a purposeful process of giving a person certain social features and qualities. Socialization is the process of influencing the conditions of social life that accompany an individual's life in society. This process involves a set of certain social experiences, forms of activity, norms, patterns, values in any field of life.

Socialization of the person is a multifaceted, complex process, which is influenced by various life events and is one of the primary conditions for the formation of the person. Although many of these factors have now been studied, however, the various factors that have emerged as a result of development remain novel to science. In particular, according to A.V. Mudrik, the following four groups can be distinguished in the classification of factors of socialization: [1]

- Mega factors - (mega-very large, common) - are understood as the universe, planets, the world, etc., which directly or indirectly affect humanity.
- Macro factors (macro-large) - includes the country, population, society, state factors that affect the socialization of the population living in different areas.
- Meso factors - (meso - middle, intermediate) - covers the region, city, village, settlement.

- Micro-factors - (micro-small) - consists of family, neighbors, peers, educational institutions and religious organizations, various non-governmental, public and private organizations.

In modern socio-economic, cultural and educational conditions, all the factors influencing the socialization of the individual must be studied. This allows us to have a complete picture of the process of socialization and manage it effectively. From the four factors mentioned, macro factors cannot be managed. Their effects are taken into account, however, there is no way to control them. Meso and micro factors have a direct impact on a person's socialization, and they can be controlled and neutralized by negative factors and amplified by positive ones.

The twentieth century has been marked by crises in many areas of social life. The processes of socialization were not left out. The technicalization of life, the existing factors of socialization and the collapse of intergenerational relations, the lack of new social institutions, the incompleteness of the social space that complicates social movement in the chosen direction have made significant changes in traditional mechanisms of socialization.

The concept of socialization in classical sociology was theoretically expressed by E. Durkheim, T. Parsons, G. Tard, N. Smelzer. The following factors affect the socialization of the individual: the formation of social relations, increasing the influence of peer groups, youth subculture, scientific and technological progress, growth of social dynamics, leisure organization, weakening of traditional

institutions and the emergence of innovative institutions, prolongation of childhood and adolescence. There are two modules of socialization, which are manifested in preparing them for independent living and recording independent living. The socialization of the younger generation is influenced by the main factors - environmental, mesosocial, economic, political, spiritual and moral.

1. Social adaptation. This means that the individual adapts to social conditions, social norms, social groups, organizations and institutions, ie the environment. The process of social adaptation begins and is formed mainly in the family. Any relationship in the family is reflected in the socialization of the individual. Therefore, the family plays a key role in the formation of the individual as a person.

2. Social internalization is the process of entering social norms and values into the individual's inner world. The individual does not mix with the social environment, but enters it as an independent entity, and in many theories the socialization of the individual is seen only as an object of external influence. These theories are based solely on the natural essence of socially changing man through socialization; the activity of the individual and the biological characteristics assigned to him are not taken into account.

The family is the primary agent of socialization. It should be noted that in some modern societies of the developed world, the role of the family as a social institution is being lost. It is being replaced by secondary socialization institutions. Over time, schools, industries, the military, social organizations, and informal associations will become more influential in shaping the individual and the generation.

The following sports, which have studied the different mechanisms of socialization, can be singled out:

- Psychoanalysis;
- Interactionism;
- Culturological

In the psychoanalytic sport of socialization (V.M.Bexterev, I.S.Kon) this process is understood as the assimilation of a system of social roles of vital importance.

According to the theory of interactionism (Dj.G.Mid., U.M.Wentworth), socialization is related to the assimilation of social norms by an individual. Representatives of the field of psychoanalysis study the complex process of socialization, which consists of a number of stages, in the following stages: psychogenetic, figurative-symbolic, intellectual-conceptual. (K.Blaga., M. Shebek).

- At the psychogenetic stage, the usual patterns of satisfaction of needs are formed on the basis of trial and error.
- Images formed during the blocking of normal behavior in the figurative-symbolic stage are associated with various actions, sounds, and so on.
- At the intellectual-conceptual stage, with the help of symbols, the child is able to control himself and the behavior of others.

According to Eric Erickson, a psychologist and one of the founders of neo-Freudianism, the basic law of the socialization process is the "epigenetic principle", in which human life consists of several stages. At each new stage, socialization acquires a new look and character

and is not similar to the stage in previous processes. The transition to a new era is a "normative crisis." This leads to conflict and an attempt to resolve them. Society prepares the individual to perform appropriate social tasks, solves the problems of life facing the individual through the means of defining normative methods. Erickson studies the human way of life in eight periods {2}

- Infancy - includes raising a child with a "trust base" to the outside world. The main tool in this is the care and love of parents. If the "trust base" is not formed, the child will form a "trust base" to the world and constant anxiety will arise.
- Childhood - the child develops his feelings and personal values or their reflection - shyness and suspicion. The child's independent growth, combined with physical activity, gives him a choice. The development of such a stage instills in the individual a sense of respect for order as a sense of responsibility.

CONCLUSION

In conclusion, we can say that the forms of feeling of the childhood (about five to seven years of age) want to do something. A sense of guilt arises when we collect these wishes. At this age, they actively take part in group games and try to build relationships with peers, learn different roles, fantasizing, and so on. At this stage, senses of reality, a relationship of understanding rights are formed:

- School age - a sense of accomplishment, the pursuit of a goal and the formation of

creativity and deep attitude to important values.
- Adolescence - an increase in feelings of loneliness, not being like others. There is an increase in the desire for self-awareness, a sense of new time, psychological interests, pathogenic processes occur.
- Youth - is characterized by the ability to enter into a sociopsychological relationship with another person. His alternative is to increase the feeling of being alone.
- Middle age - increase in creative activity. This movement increases their demand not only in labor, but also in serving others and sharing their experience.
- Maturity is the age of maturity or old age, characterized by a sense of satisfaction and contentment in life, and in some cases, depression and despair.

REFERENCES

1. Mudnik A.A. Social Pedagogy, Moscow, 1999.
2. Dobrenkov V. and Kravchenko A. I. Fundamental Sociology. Volume 7. Man, individual, personality. - M. 2005
3. Madaminov, B. (2019). STRATEGY OF DEVELOPMENT OF PEDAGOGICAL COMPETENCE IN TRAINING PHYSICAL EDUCATION. Scientific Bulletin of Namangan State University, 1(2), 258-262.
4. Sarimsakova, D. (2020, December). THE MODELS OF COMMUNICATIVE COMPETENCE: DEVELOPING SOCIOLINGUISTIC COMPETENCE IN EFL TEACHING. In Конференции.

5. Muhamadjonovna, S. D. (2020). A Set of Methodological Tools For The Formation Of Sociolinguistic Competence Of Future English Teachers. The American Journal of Social Science and Education Innovations, 2(12), 298-302.