

## Developing a Sense of Patriotism in Students Through Physical Education as a Pedagogical Problem

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At the new stage of development of Uzbekistan, developing a new system of educating students in the spirit of patriotism has become one of the urgent tasks. Establishing a sense of patriotism in students is an important direction of education, which includes the development of love and respect for the Motherland, its cultural heritage, traditions and history. Physical activity plays an important role in developing a sense of patriotism in students, as it helps to form a healthy lifestyle and develop physical qualities necessary for the protection of the Motherland. Patriotism is the greatest duty of the young generation as a member of society, and it includes such characteristics as loyalty to the family, trust in the future, respect for history, attention to the present day, taking into account the interests of people around, and the ability to distinguish right from wrong.

In one of his speeches, the President of our Republic Sh. Mirziyoyev emphasized that spiritual and educational education is a very important, delicate and decisive issue, and in the process of education and training conducted with today's youth, it is a new way to bring up the patriotic qualities in them. has put the tasks of developing directions on the agenda. Based on this, in the process of physical education, it is necessary to widely use forms of collective cooperation in educating students of general education schools in the spirit of patriotism. In this process, our head of state gave recommendations such as generalization of historical traditions and experiences of foreign countries and creation of patriotic organizations of children and teenagers in our country on a modern scientific basis. Also, an important aspect of educating high school students in the spirit of patriotism in the process of physical education is the formation of stable motivation for sports and physical activity. Researcher G. M. Ergasheva expressed the following opinions about the formation of patriotic characteristics: a person who understands his identity, has a complete historical memory, and thinks independently does not betray his Motherland, but values the interests of the Motherland above all else and is ready to give his life for it. So, in the pedagogical process, in order for the feeling of patriotism to become a real belief and a real belief in high school students, it is possible to develop the qualities of bravery and courage by showing the patriotism of historical figures, their heroism in front of the Motherland as an example.

In the process of physical education, it is important to pay attention to the following aspects when researching the process of educating high school students in the spirit of patriotism:

- 1) in the process of physical education, to determine the goals and tasks of instilling a sense of patriotism in high school students, to develop patriotic feelings and to form respect for the history and culture of their country, citizenship and responsibility, as well as to develop physical skills and abilities;
- 2) to determine the methods and means of inculcating the sense of patriotism in high school students during physical education: this may include various forms of physical activity, organizing sports events, excursions, as well as the use of virtual reality technologies;
- 3) to determine the criteria for determining the sense of patriotism of high school students in the process of physical education: as a criterion, the level of activity of students in training, increasing their knowledge about the history and culture of their country, improving physical fitness and health, increasing the level of civic activity;

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4) collecting and analyzing data related to the achievement of the goals and tasks of instilling a sense of patriotism in high school students during physical education: forming data by surveying students, observing the educational process, and organizing events;

5) on the basis of data analysis, evaluation of the effectiveness of technologies for determining the sense of patriotism of high school students in the process of physical education: the results obtained from the evaluation are analyzed by comparing them with the set goals and tasks.

Instilling a sense of patriotism in high school students in the process of physical education is the process of forming patriotic feelings and beliefs in students through physical exercises, physical fitness and activities aimed at developing health.

According to the analysis of the scientist K. Usmanov, who studied the importance of patriotic ideas, patriotism is a feeling that shows high morality, and its meaning is to love the Motherland, protect the Motherland, ensure its safety and integrity directly and indirectly. strengthened through responsibility. It can also show the importance of supporting and respecting other people in one's country. This can be achieved through physical games and competitions where students work as a team. Social support: Support from family, friends and community can help students learn to respect their country and culture.

In today's troubled times, thinking more deeply about the objective conditions for the formation of true patriotic feelings based on high humanity among young people is one of our tactical and strategic goals. After all, in the period after the independence of our country, patriotism was shown as the main basis of the development of the society. They are evident in loyalty to universal values, strengthening and development of the spiritual heritage of our people, free expression of human potential.

In general, physical activity is an important element of educating high school students in the spirit of patriotism, it serves to form their physical and moral qualities, a healthy lifestyle, and respect the traditions and culture of their country.

Historically, the concept of patriotism has ancient roots, but in the modern sense it emerged in the new era and is connected with the nation state. The concept of "patriotism" has a long history and has been formed in different cultures and eras. It is related to love for one's country, striving for its well-being and protecting its interests. In this sense, patriotism can be seen as a form of national identity.

The German philosopher Immanuel Kant said about this: "If the fulfillment of legal duty is forced from outside, moral duty, on the contrary, depends on virtue, that is, internal phenomenon, free will. As long as this is the case, it is an important task to form patriotism in high school students as an internal moral obligation.

In our opinion, the problem of determining students' sense of patriotism in the process of physical education can be an object of research as a pedagogical problem with the following aspects:

- extensive dialectical connection of the concept of patriotism with related concepts;
- the role and importance of physical activity and endurance in the development of intellectual and spiritual qualities in a person;
- the historical roots of patriotism, the sanctity of the country's defense, and the connection of the conditions for being worthy of it with physical and mental qualities;
- taking part in sports competitions for the honor of the country;
- participation in sports competitions as a member of the national team;
- the requirement of physical and spiritual perfection from a person for the defense of the country.

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Based on this, the directions of scientific research conducted on this topic were clarified. They are as follows:

1. The dialectic relationship of the concept of patriotism with the physical and mental qualities of a person.
2. Relationship of patriotism with age and physiological characteristics.
3. Patriotic pedagogy.
4. The role of patriotic education in the context of the concept of education.
5. The issue of national honor in the context of sports psychology.
6. Dialectical relationship of physical qualities with mental qualities.

In general, these directions are distinguished by the fact that they have a growing and changing character.

Establishing a sense of patriotism is the process of forming people's feelings and beliefs related to the sense of belonging to their homeland, nation, and its cultural values. It is a phenomenon of society's life, which depends in many ways on the social, cultural and political environment. Establishing a sense of patriotism is an important element of community life, as it helps to form a positive image of the country and the nation, to form a sense of civic responsibility and respect for cultural traditions. Patriotism, by its very essence, means love for one's country and readiness to protect its interests, while developing a sense of patriotism is aimed at making a person understand why his country is unique and valuable, why it should be protected. Determination of patriotism is carried out in various spheres of social life, for example, family, education, mass media, culture, sports, etc. In this process, state and non-state organizations play an important role, which can create conditions for the formation of patriotic feelings and the development of the uniqueness of the citizenship position. Achieving a sense of patriotism can become a powerful factor that ensures the development of civil society and creates conditions for the formation of a strong and united nation. However, like any other process, it must be based on shared values and principles so as not to turn into propaganda or mind manipulation.

Based on the results of the research and the study of the issue as a scientific-pedagogical problem, we determined the priority directions of the problem of determining the sense of patriotism among high school students (Fig. 1).

Educating students in the spirit of patriotism is a holistic pedagogical process, which is a systematic educational process of purposeful cooperation of subjects such as general secondary schools, sports institutions, non-governmental organizations, divisions of the "Youth Union", family. and is the result of educational activities. This process combines physical training classes, various sports clubs, preparation and participation in sports competitions, training aimed at increasing independent physical qualities, excursions and tourist trips.

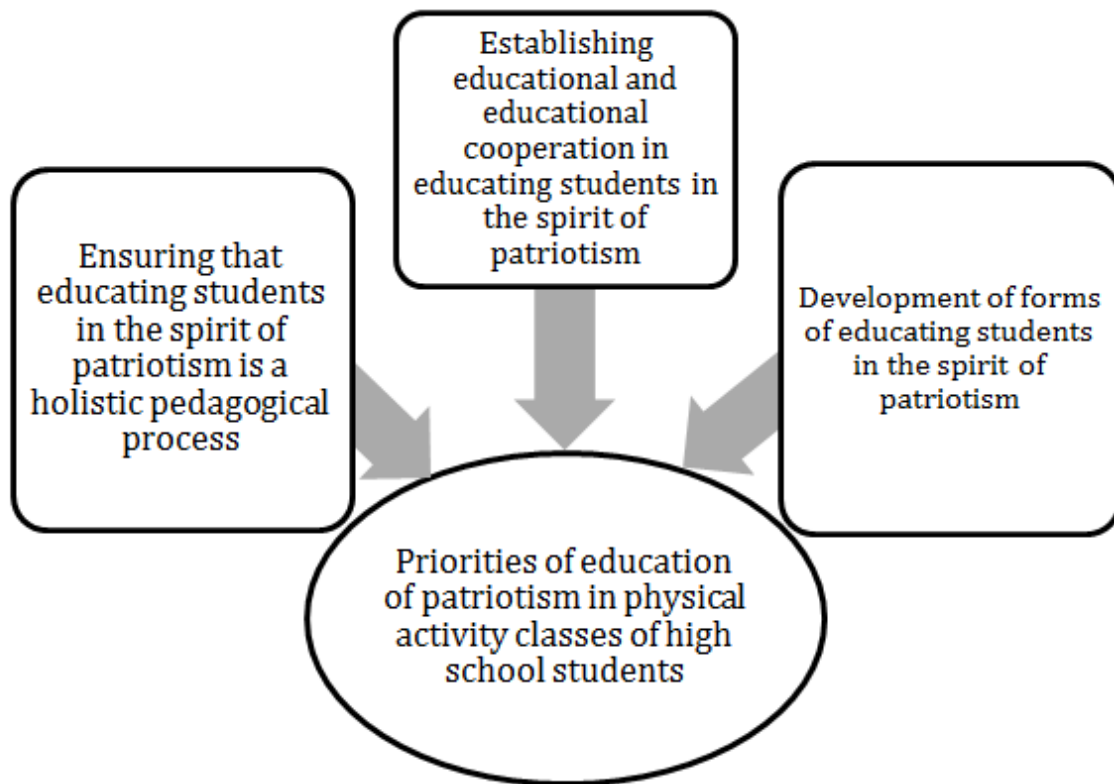


Figure 1. Priority areas of educating high school students in the spirit of patriotism

Instilling a sense of patriotism in high school students in the process of physical activity is a process of forming a deep connection and responsibility of students to their country, its culture, history and people, which instills in young people love for the Motherland, its historical traditions. , it is desirable to be aimed at developing understanding of values and culture.

M. Kuronov, one of the Uzbek scientists, interpreted the new expression "Uzbek patriotism" as follows: "Uzbek patriotism is knowing and loving Uzbekistan as a single Motherland, readiness to protect its interests, history of Uzbekistan, cultural it means respecting the heritage, interest in it, loyalty to independence, confidence in the greatness of the future of Uzbekistan, realizing and demonstrating the primacy of the interests of the republic over personal, group, local, territorial interests. According to this basis, he develops the criteria of national upbringing of students and conducts experiments in the pedagogical process. In his research, he describes the "high", "medium", "low", and "negative" levels of patriotism classification. This can be understood as one of the important features of improving patriotism.

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