

## Sport helps to simulate problem situations and find ways out of them

*Khasanov Rustam Adizovich*  
*Bukhara State University*

### **ABSTRACT**

*The article discusses ways to reduce the workload of professional athletes and sports amateurs, reduce the risks associated with workloads. It also considers a range of issues of contradictions associated with physical activity accompanying during long training in professional sports.*

**Key words:** *modern sports, elite sports, Olympic and professional sports.*

### **Introduction**

Modern sport is a powerful industry that includes a special system for producing sports records. It involves, along with athletes and coaches, managers, sports doctors, psychologists, and researchers. The mass media constantly "spin up" large-scale competitions to the level of the main events in the life of society. Nevertheless, modern sport should not be presented as a single phenomenon with one goal, function and general patterns of development. Modern sports are many-sided and varied. The system of sports includes such varieties as mass, children and youth, school, student sports, solving problems of health improvement and the formation of sports culture of the younger generation. It is to achieve such results in the Republic of Uzbekistan that a state program for the development of sports among youth was adopted, within the framework of which the concept of five main initiatives of the head of state of the republic was adopted, the fourth of which was aimed at attracting young people en masse to sports. Sport of the highest achievements (Olympic and professional sport) is aimed at achieving high sporting results and victories. These varieties share common functions: entertainment, political, economic. Sport of the highest achievements broadcasts a special example of a lifestyle, a way to achieve success, demonstrates high sports technique, the ability to beat an opponent. For many viewers, this model becomes a role model not only in sports, but also in other spheres of life. However, elite sport has generated a large number of contradictions that do not allow modern sport to develop positively, often discredit it and form a negative attitude of people, especially parents, to sports. Increasingly, public opinion evaluates modern sport as a dangerous sphere of activity for humans. Purpose of the research: to conduct a sociological analysis of the contradictions of modern sports and propose ways to overcome them.

Among the most acute contradictions in the development of sports in modern society is the myth that sport is perhaps the only and main factor in maintaining and strengthening health. No one disputes the preventive value of exercise. However, you need to understand that this is just one of the factors that make up a healthy lifestyle. In addition to sports, human health is affected by the environmental situation, the regime and quality of nutrition, the presence of bad habits, the standard of living, heredity, etc. Therefore, one should not directly link the state of health and sports. In addition, there are known tragic cases that happened to outstanding young athletes due to injuries and high sports loads. Suffice it

to give an example of the tragic fate of Alexei Cherepanov, when the heart of a young and promising athlete stopped at a hockey match. The picture has already become common when track and field athletes, skiers, biathletes, after passing the distance "dead", fall on the track of the stadium or on the track [1].

Sports of the highest achievements is associated with the risk and the need to influence the maximum permissible physical activity on the body. Unfortunately, due to a number of circumstances (disposition to win at any cost, doping), the athlete goes over the edge of the permissible and damages his health, and sometimes the health of his opponent.

Currently, the number of new sports, especially extreme sports, is rapidly increasing in the republic: mountain bike, quads, freestyle, scooters and much more. Extreme sports sometimes supplant classical ones - like wrestling, boxing, athletics, gymnastics. Although there are not enough areas for these sports on the territory of the republics, athletes have to practice outdoors.

However, a person cannot be prohibited from engaging in any kind of sport and learning the capabilities of his own body. Moreover, often in life we are faced with situations when only a complete concentration of forces allows us to avoid danger. And the more physical strength a person has, the less health losses he gets out of a difficult situation. Sport helps to simulate problem situations and find ways out of them. Therefore, each person must decide to what level of sports achievements he should strive for or stay healthy in general.

The contradiction associated with sports and the health of an athlete can be resolved by improving the sports equipment, competition rules, improving the material and technical equipment of sports facilities, health prevention, medical control over the health of athletes, as well as improving the quality of professional training of the coaching staff. However, the problem of "sport and health" remains unresolved.

The next contradiction in the field of elite sports is that many sports have become rapidly "younger". Record results are achieved by adolescents, almost children, for example, in sports such as rhythmic and artistic gymnastics, figure skating. In other sports, the age of the winners also tends to decrease. It is clear that young athletes can also win the highest ranked competitions. However, the essence of the problem is that there is a forced training of a young athlete without taking into account the age indicators of his development.

This problem is aggravated by the existence of a selection system for talented children, when not a sport for a child is selected, but a child for sport. Selection selection is a serious psychological stress for many children and parents, which often pushes the child away from sports forever. The use of special technologies "worked out" on the adult contingent, without their adaptation to the methodology of children and youth sports, leads to premature "pumping" of a young athlete, and there can be no question of sports longevity. This contradiction in the field of youth sports ultimately distorts the essence of sport, cripples athletes physically and morally.

Another contradiction, seriously undermining the foundations of sports, is generated by the system of contractual victories, which are organized in the hotel rooms of judges, in the offices of managers, that is, far from gyms, playgrounds, fields. The displacement of the competitiveness factor has become significant, especially in team sports. According to researchers, a considerable number of football and hockey championship matches are "sold" in advance. This, of course, affects the moral foundations of

athletes, as well as the entertainment of sports. Therefore, we often see half-empty stands and disappointed fans.

In professional sports, as well as in show business, big money "spins". But the fight for the "purity" of sports, of course, must be waged.

An equally difficult situation is developing in the pharmacological service of sports and medicine. The use of doping, which began in the 1970s and 1980s, has spread across all sports. The problem of doping is perceived ambiguously in the society. Of course, in this way, sport wins in entertainment, but it loses much more in humanity. Indeed, subject to the use of doping, we are not talking about identifying the strongest, in this case there is a struggle between doctors and pharmacologists who can most successfully "pump up" an athlete. At present, it is hardly possible to solve this problem, since in modern sports the tendencies of winning a victory at any cost are only intensifying and developing, and fans of extreme sports have a path to improvement.

Doping is not a private practice of sports doctors, but a well-thought-out system of scientific, methodological and medical support.

At the same time, there is no doubt that a modern athlete experiences colossal training loads and his body is not able to quickly recover without the help of pharmacological agents, that is, pain relievers. If you do not use supportive drugs, the athlete will not be able to train in modern volumes and preset intensity regimes, and the negative consequences of stress will lead to pathological changes in his body and psyche. Therefore, sports doctors demand to legitimize some pharmacological agents that will help athletes cope with excessive stress and stress, increase the body's resistance to colds, and increase the pain threshold in the treatment of sports injuries. Nobody forbids people of extreme professions (miners, oilmen, frothy people, stuntmen) to restore their working capacity with the help of pharmacological agents. So why can't a professional athlete be helped to shorten recovery time from injury or excessive training stress?

The activities of specially created organizations to combat doping did not justify hopes: doping scandals do not subside in society. Athletes convicted of doping are closed for a long time the road to big sport, they are deprived of sports awards, they become one of the people who are rejected by society.

Thus, the way to solve these and other social contradictions of modern sports is to strengthen the educational, scientific and cultural components of sports activities. The formation and intensive development of sports culture can significantly increase the potential of modern sports and form a positive public opinion, which makes it possible to find new resources for the massive involvement of people in the sports movement.

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