

## Impact of sport on personality development

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**Abstract:** *In recent years, the sport is becoming more popular among people, but few know about its main features. So the main goal of this work is to show how this sphere of human activity may affect not only physical health, but also on the formation of moral personality.*

**Keywords:** *physical culture and sport; personal qualities; moral education; formation of will; the process of self-realization; self-knowledge and self-improvement.*

In the modern world, sports are an integral part of the lives of many people. Each of us at least once attended a training session, or attended physical education classes at school, but not everyone knows about the intricacies of these disciplines. And in my work I would like to reveal one of the main directions of sports life.

In my opinion, a person should first of all care not about improving his body, but about the development and formation of a personality, which in turn will consciously take care of the perfection of the body. Thus, playing sports serves to educate a harmonious person, and it does not matter what kind of sports activity.

In addition to anthropometric data, which are largely determined by hereditary factors and are difficult to change for the better, the concept of harmonious human development should also include the unity, consistency and proportionality of “non-corporeal” qualities inherent only to humans (will, morality, aesthetics, intelligence). And all this in the aspect of the unity of spirit and body.

With such an understanding of the harmony of development, the leading becomes the general orientation of the personality, understood as a need-motivational orientation within its framework of the general culture.

Physical culture is the interaction of at least three traits of a person's personality:

- correct value orientation in the way of life;
- a certain level of physical fitness and education
- the presence of a need for regular exercise in order to actively improve self-improvement.

The most necessary condition for the free development and disclosure of one's physical and spiritual powers is a meaningful gravitation of each person to achieve physical culture.

Systematic sports have a beneficial effect on the development of such a person's communicative abilities as sociability, sociability, an impulse to creativity, independence in decision-making.

Active sports is not a particularly long period in a person's life. However, this period is extremely important, since it is during this period of time that the main formation of a person as a person takes place. But it should be noted that the organization of sports activity should be under reasonable, humanistically directed, unified pedagogical management, and not be uncontrolled.

With a dismissive attitude to this requirement, the sports team does not often form a positive life position of the individual. Often in such cases, you come across corporate morality and selfish mood.

This mainly occurs when sports mentors seek to educate primarily an athlete, not a person.

Among the wide variety of sports disciplines, multi-round and team sports should be emphasized. Now the first of them are becoming more and more widespread, and the latter are attracted both by collectivism and by the fact that in the process of playing activity, anthropometric data are largely leveled out due to the need for different roles and the improvement of the rules of the competition.

In my opinion, in sports activity, a number of significant functions can be noted that affect the formation of a person's personality:

- cognitive;
- informational;
- aesthetic;
- regulatory;
- socializing;
- hedonistic;
- communicative;
- educational;
- semiotic;
- recreational and health-improving.

It is also necessary to highlight some qualities that are formed in a person in the process of playing sports: the joy of victories and the bitterness of defeat, the ability to learn from this a useful lesson for oneself, an increased sense of duty and responsibility to the team and society, comprehension of one's honor and dignity, participation and empathy, conscientiousness in wrestling.

Competitions are a specific feature of any sport. They have a positive effect on the formation of personality. In the sport itself, relationship building is prescribed, although the rules are strict, most athletes still adhere to the rules of competition. In this competition lies the need to obtain victories and gold medals, achieve heights, and set new records. However, the beauty of sport is not only competition, but also the impact on the moral and ethical education of the individual. After all, it is possible to defeat an opponent and win not only due to physical strength, but also due to strong-willed efforts, reflections and instant intelligent decisions, as well as emotional mood and proper preparation for the competition. Nowadays, sport is an integral part of the upbringing of the younger generation. After all, sport gives a healthy generation, both in physical and moral and ethical directions, and in return it requires only training and nothing more.

Sport also gives people confidence in themselves and their strengths. Every person, including an athlete, has a need to evaluate himself and his capabilities. All our actions are constantly being evaluated by someone. From this, a person develops a certain self-esteem about himself. An increase in the level of self-esteem affects volitional aspirations and goal-building, fruitfulness, quality and usefulness of human activity. How can an athlete show this? That's right, thanks to the competition. Consequently, sports performance is the basis for an athlete's self-esteem. We can say that, moving up the ladder of a sports career, there is growth in communication with people and in other spheres of life and activity besides the team.

Of course, victories bring a person an additional supply of energy and self-confidence, which has a positive effect on his whole life, especially in the process of becoming an individual as a person. However, the victory is not needed to convince the superiority of forces over the opponent. Sport,

awards, victories are a means, not a target.

Also, thanks to sports activities, the development of a person's intellectual abilities takes place. This happens in the process of a creative search for mastering technique and tactics, the ability to manage your emotions, find instant decisions and make them. Consequently, in a person all this is deposited in his head, and at a subconscious level is manifested in his actions and deeds in social situations.

All this contributes to the development of depth, breadth, criticality, flexibility of thinking, as well as cognitive activity, which is largely facilitated by the international character and multi-contact in communication in the field of sports.

If we consider from the point of view of aesthetics, then the main thing in playing sports is the knowledge of the beauty of physique and movement, the demonstration of this beauty, the inexhaustible physical and spiritual capabilities of a person.

The phenomenon of body aesthetics can be interpreted in three aspects:

- a natural body is a biological body of an individual, subject to the laws of existence, functioning, development of a living organism;
- the social body is the result of the interaction of a naturally given human body with the social environment;
- the cultural body is a product of the culture-like formation and use of the human body.

Also, in the context of comprehending the aesthetics of the body, the concept of "bodily aesthetics" - "corporeality" is formed. This concept is understood as a body with its inherent motor activity and expressive forms of manifestation, as well as its beauty and grace.

Under the "aesthetics of the body" can be understood as a set of socio-cultural characteristics that are endowed with the bodily figure of an individual in different historical epochs. Along with the meanings of the body, certain complexes of bodily practices are formed in different historical epochs.

In a volitional attitude, it is impossible to achieve a productive result in sports without overcoming a whole complex of both objective and subjective difficulties. Every hour, every hour showing an intense struggle with oneself, a favorable atmosphere appears for creating objective conditions in order to form such vital volitional qualities of a person as perseverance, purposefulness, courage and determination, self-discipline and initiative.

It can also be noted that many people build relationships through sports, get to know other people and themselves. As a rule, the opportunity to express your feelings comes to the fore. Moreover, sport also has important practical benefits: anxiety, tension and aggression decrease in people, a positive effect on human health, an effect on self-organization.

Sport is a kind of antidepressant that helps to forget about your problems at least for a while, unload and just relax, spending this time with benefits for the body.

Of course, not all people have the opportunity to go in for professional sports, because someone cannot overcome the required effort costs. But physical education in sections, gym, circles, etc. help the individual to resist in some life situations. After all, sport develops the correct coordination of movements, strength of mind, a beneficial effect on the cardiovascular, immune systems and the body as a whole.

But no matter how we talk about the beneficial effects of a sports lifestyle, many people believe that physical activity has no effect on human health, that it is a useless and pointless waste of time.

Unfortunately, this opinion is erroneous. It is regular loads, although not long in time, or not particularly heavy in terms of the degree of difficulty, that are able to maintain a constant tone of the human body, strengthen muscles and health. Therefore, many women actively go to fitness centers and willingly go in for sports. Some of them want to lose weight quickly, while others want to maintain their figure in perfect condition.

But that's not the point. The main thing is that they know about the benefits of sports exercises and have set themselves some kind of goal, to which they are getting closer and closer with each lesson.

All people grow old sooner or later. They get bored of sitting at home, reading books and newspapers, watching TV, or conquering the vastness of virtual life.

Sport is the perfect way out that can come to their aid. It can be done with pleasure at any age. In addition, it is especially useful in old age, when muscles are already working worse and bones are weakening. Sport will be pleasant for the soul as well. The most important thing is to find the right atmosphere, as it affects your health and mood. You don't have to go to the gym. You can arrange a pleasant stay at home too.

To do this, it will be enough to watch training videos or read special books with exercises and methodological recommendations in order to correctly build your schedule of classes and get the most useful benefits from this. Such activities will contribute to the prevention of diseases, as well as the prevention of the development of depressive disorders in elderly people associated with the retirement crisis, etc.

Morning exercise gives 68% protection of the body from infectious diseases, resistance to stressful situations increases by 75%. And stress resistance in megacities is vital.

I believe that sport is undoubtedly not only one of the most important aspects of strengthening and maintaining health, physical condition of the body, but also a means of educating a person.

Sports should be started from early childhood. Now a huge number of methods and recommendations have been created for raising a love for sports in a child. And the love of sports must start with the family. This brings the family closer on the one hand, which affects the correct formation of the personality.

Evening jogging, cycling, ice skating, winter skiing and you can list any sports that you can do with your family, which will directly affect the consciousness of the child, on the formation of his personality, but it will also have a beneficial effect on the family environment. Sport strengthens family bonds. It helps you feel more confident and comfortable. Doing it with your loved ones, with your family is a guarantee of a good and prosperous future.

Summing up my essay, I would like to say that physical education and sports are physical exercises, during which performance increases, thereby preventing various diseases.

So it would be worthwhile to think about how to build your whole life in a new way, which will be based on regular physical education and sports. A person leading a healthy lifestyle is a full-fledged and full-fledged member of modern society. A new country can be built on such a person. These strong and healthy people will revive the country, rebuild it, thereby raising it to a sufficient height. Indeed, for such people, no problems that will occur on their way will not become an obstacle. They will cope with them in one go, since they are physically hardened and mentally prepared.

The purpose of my article was to demonstrate the influence of sports on the formation of a comprehensively developed personality. And in my essay I prove this that sports can be not only a

means of health promotion, or a rational form of spending free time, but also significantly influence other aspects of human life: labor activity, moral and intellectual qualities, and the formation of a person's personality.

It was also considered how physical culture and sports affect moral and ethical education, the process of self-knowledge and self-improvement, and the formation of will.

Every year, sports are becoming more difficult, smarter, more interesting, however, the active manifestation of interest in sports is also increasing. And this means that the share of the influence of physical education and sports on the formation of a person's personality is constantly increasing.

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