

THE EFFECTIVENESS OF USING ATHLETIC GYMNASTICS TOOLS TO IMPROVE THE QUALITY OF LIFE OF ADOLESCENTS

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Abstract

This article presents the results of scientific research on the effectiveness of using athletic gymnastics tools to strengthen students' health, increase their physical performance, and improve their practical physical preparation for future professions. Certain recommendations are also provided in this regard.

Keywords: Quality of life, criterion, bodybuilding, powerlifting, arm wrestling, tool, exercises, model.

Introduction

Nowadays, young people are actively taking care of their health as an essential component of life success. Athletic gymnastics remains one of the most prestigious sports, helping individuals achieve harmonious all-round development. It is not about blindly chasing results regardless of one's physical capabilities, but rather about training under the guidance of skilled coaches.

In the past decade, there has been growing interest in athletic gymnastics among people of all ages around the world. Until recently, physical education specialists advised against strength training for adolescents, especially exercises involving heavy weights.

However, experience in strength-based sports such as weightlifting, powerlifting, and artistic gymnastics—fields with a high strength-load component—has shown that, when done with proper methodology, strength exercises not only do no harm but can actually improve health and encourage physical development in youth. The practice of bodybuilding also supports this.



Renowned American expert Joe Weider, coach of many famous bodybuilders and head of the Center for Bodybuilding Research, believes that children can begin athletic training from the age of 10.

LITERATURE REVIEW

Currently, one of the characteristics that helps evaluate various aspects of the lives of students and young people is the "quality of life" (A.A. Novik, 1999; L.A. Kuzmichev, 2000; I.B. Ushakov, 2002; V.Yu. Albitsky, 2004; A.A. Baranov, 2005; I.B. Ushakov, 1996, 2000, 2005; V.A. Kuvaldin, 2010; I.V. Samsonenko, 2011). In recent years, specialists from various fields have shown interest in the issues of quality of life, linking them with specific studies in health, education, and demography. A number of researchers (A.A. Novikov et al., 1999) consider that quality of life is the individual's ability to function in accordance with their condition in society and to derive satisfaction from life.

Determining the quality of life is based on a person's assessment of their level of physical, mental (intellectual, emotional), social (professional activity, home life, relationships at work, in the family, and in society), and economic well-being. Factors such as attention concentration, decision-making ability, memory, vivid perception, visual-motor coordination, mental integrity, emotional stability, and the feeling of enjoyment in life are taken into account.

In other words, quality of life refers to the degree of a person's completeness both within themselves and within their society. A number of authors (E. Laszlo, 1997; D. Meadows et al., 1999, and others) rightly believe that quality of life is determined by criteria related to the social, spiritual, cultural, psychological, and moral aspects of life. At the same time, they view quality of life as a reflection of the aggregate of social-political and spiritual needs, as well as the moral wealth of individuals.

"Results of the research and its discussion"

Criteria	Hayot sifatini tashkil qiluvchilar
Jismoniy	Plane of the Components Forming Quality of Life"
Psychological	Positive emotions, thinking, learning, memory, concentration, self-esteem, appearance, negative experiences
Level of Independence	Daily activities, ability to work, independence from medications and treatment
Jamiyat hayoti	Shaxsiy o'zaro munosabatlar, sub'yektning jamoaviy qiymati, hayotiy faollik
Community life	Peace, security, life, security, availability and quality of medical and social services, availability of information, opportunities for education and professional development, leisure, ecology
Spirituality	Religious, personal beliefs, values, and health behaviors

RESEARCH RESULTS AND DISCUSSION

The concept of "Quality of Life" characterizes the level of comprehensive life safety, taking into account a person's subjective assessment of various aspects of life, and is considered an interdisciplinary category that reflects the overall effectiveness of human life activity, the actual level of satisfaction of material, spiritual, and social needs, and the level of intellectual, cultural, and physical development of an individual (V.A. Orinchuk, 2009).

The formation of the concept of "quality of lifestyle" is based on the historically developed concepts of "lifestyle" and "healthy lifestyle" at all stages of historical development. Each stage of historical societal development has its own "quality of life" standards, which are determined by the level of technological and moral development of that society.

The criteria of quality of life include components such as the level of a person's physical, mental, and spiritual well-being, which in turn define their lifestyle and behavior. The functioning of the systems "lifestyle - health", "lifestyle - quality of life", and "quality of life - behavior" takes place through the continuous interaction of objective conditions and subjective characteristics. The relationships between them are objectively determined and depend on a set of social, economic, political, ecological, cultural, and other conditions.

Considering the relationship between the categories of "quality of life" and "standard of living", the following connection is identified: the higher the

standard of living and the faster the pace of life, the higher the quality of life, and vice versa.

Among the objective social conditions of quality of life based on the social interaction between lifestyle and health is the sphere of production, where a person realizes and reproduces their physical, intellectual, and spiritual potential, as well as ecological, economic, and social capacities.

However, the results of our research show that although students highly value physical exercise for strengthening their health, developing physical qualities, and improving their posture, their actual participation in physical education and sports activities is insufficient. Most students lack clear, well-founded motivation for physical exercise, which reduces their interest in physical education and sports activities and leads to a decline in their health, physical condition, and quality of life.

Therefore, it is especially important to involve students in regular physical education and sports activities in order to strengthen their health and relieve mental fatigue. In this regard, it is necessary to utilize the increasingly popular means of athletic gymnastics.

Athletic gymnastics is one of the traditional and popular types of physical exercise aimed at developing muscular strength and improving posture, and has its own individual features. It includes general developmental exercises using dumbbells, weights, barbells, various types of resistance equipment, and exercises with gymnastic apparatuses.

Bodybuilding, powerlifting, and arm wrestling are components of athletic gymnastics.

Bodybuilding is a technique of physical exercise aimed at increasing and developing the volume of specific muscle groups and regulating muscle mass and definition, with the goal of achieving positive results in training under competition or contest conditions.

To increase the effectiveness of the training process in athletic gymnastics, physical exercises that help develop flexibility, agility, speed, strength, and change the movement of muscles—as well as aid in active rest, stretching, and relaxation—are also used.

Athletic gymnastics is a universal means of gymnastics with a developmental and health-improving character. It combines training aimed at enhancing comprehensive physical strength, harmonious personal development, and

strengthening the health of participants. Athletic gymnastics can be applied to both youth and adults without significant health deviations, with emphasis on the importance of the exercises used.

It should be emphasized that if our goal is to prepare well-rounded professionals, it is appropriate to improve students' health and involve them in training through the use of athletic gymnastics tools.

To better understand this, we consider it necessary to refer to the definition of health given by the World Health Organization (WHO).

Health is a great social asset. Good health is the main condition for a person to fulfill their biological and social functions, and is the foundation of self-regulation (Apanasenko G.L., Popova L.A., 2000).

According to the definition by the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

Figure 1 presents a generalized model of health.

Agar rasmning o‘zini ham ingliz tilida qayta tuzish kerak bo‘lsa (sarlavhalar, komponentlar bilan)

As can be seen from the above, it is appropriate to use the means of athletic gymnastics to strengthen students' health, improve their physical working capacity, and enhance their practical physical readiness for future careers.

Thus, in recent years, the issue of increasing the effectiveness of students' physical education has not lost its relevance. This is evidenced by the numerous scientific studies and published research we have reviewed. An analysis of literature sources shows that physical education among students has not fully achieved its objectives. Many students lack sufficient interest in physical education classes at higher education institutions.

The main task of physical education in higher education is to form an attitude that encompasses the understanding of spiritual, moral, and physical health. This task can be solved through the joint efforts of teachers and students and requires a strictly differentiated approach that considers physical condition, individual characteristics, and the psychological structure of the individual.

Increasing interest in individualizing and making movement regimes more effective depends on the application of new, efficient tools and methods in the physical education of university students. Athletic gymnastics is a popular means of increasing students' physical activity. Its application in the process of physical

education helps develop overall physical fitness, positively influences the functioning of the body's main systems, improves health, increases strength and other motor qualities, and helps form a beautiful posture among participants.

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