



FEATURES OF SPIRITUAL AND PHYSICAL EDUCATION OF YOUTH IN EDUCATIONAL INSTITUTIONS

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Abstract:

This article analyzes the process of spiritual and physical education of young people in educational institutions, its specific features, and its significance. The interrelation between spiritual and physical education in the comprehensive development of the younger generation and its impact on personal growth is highlighted. Additionally, advanced experiences and innovative approaches for effectively organizing this process in educational institutions are recommended.

Keywords: Spiritual education, physical education, educational institutions, youth, personal development, innovative approaches, educational process, comprehensive development.

Introduction

In the Republic of Uzbekistan, to ensure that the younger generation spends their free time meaningfully outside the educational process, various facilities such as libraries, study and sports halls, enlightenment rooms, sports grounds around multi-story residential areas, science and sports clubs, and small business centers have been consistently active in educational institutions. Additionally, to instill a healthy lifestyle in young minds, meetings and discussions with sports veterans, poets, writers, artists, and professors are regularly organized.

The "Mahalla" citizens' assemblies in Uzbekistan have been actively engaged in family and women's affairs, as well as religious enlightenment and moral education. Consultants in these fields have carried out significant work. Imams, under the program approved by the Muslim Board of Uzbekistan, have conducted outreach and advocacy activities in all neighborhoods. In cooperation with the Women's Committee, mahalla representatives, and healthcare professionals, they



have held discussions every Friday during Jumu'ah prayers. These sessions emphasized the consequences of consanguineous marriages, the importance of extending intervals between childbirths, breastfeeding, and the responsibilities of mothers towards their families and children, using references from the Holy Quran and Hadiths.

To prevent offenses and crimes, maintain public order, and ensure security, student groups such as “Shield Group” and “Mahalla Guardians” have been formed in schools, academic lyceums, and universities to assist law enforcement agencies. These issues are regularly discussed among students, and necessary measures are taken to monitor and support students who are absent from classes, prone to offenses or crimes. Meetings are held with such students, their parents or guardians, and representatives from law enforcement and the “Mahalla” community. Reports on these efforts are reviewed monthly at juvenile delinquency prevention services, educational institution meetings, and mahalla assemblies.

Since Uzbekistan's independence, special attention has been given to the upbringing of an educated and well-rounded younger generation. In all educational institutions, including schools, lyceums, and higher education institutions, efforts to prevent crimes related to drug use, psychotropic substances, and juvenile delinquency have been strengthened through educational films and awareness campaigns. The Ministry of Internal Affairs, in collaboration with fire safety and traffic safety departments, conducts safety training in schools, lyceums, and universities. Awareness programs on road safety measures in residential areas and preschools are regularly carried out. Discussions explaining the importance of road traffic rules are held with young children to ensure their understanding.

Efforts to prevent crimes related to extremism, drug abuse, fire hazards, and traffic violations among students include visual displays and joint initiatives with relevant organizations. Coordination between educational institutions and local community organizations has played a key role in promoting public safety. Schools and lyceums have hosted awareness events with visual presentations to educate students on these matters.

A range of initiatives has been undertaken under the concept of "Family, Mahalla, and School" collaboration. These initiatives include planned activities conducted in cooperation with mass media, television, and related organizations. Numerous programs and articles have been prepared and presented to the general public.

These activities not only contribute to students' health but also positively impact their social engagement and teamwork skills. Based on the goal of fostering both the spiritual and physical well-being of young people, it is essential to develop and implement comprehensive collaborative programs for physical education in schools, neighborhoods, and higher education institutions. Such efforts will not only help students establish a healthy lifestyle but also contribute to their academic and social development.

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