

**SPORT AS A FACTOR OF FORMING TOLERANCE AMONG YOUTH**

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Summary. In the condition of developing citizens' society in Uzbekistan the problem of forming the tolerance become the main question. The article is about perfectness which is the basis of life of young generation and it comprises mainly the physical and intellectual spheres. Physical culture and sport as institutional systems of citizens' society form the tolerance and beautify person's appearance, besides it, from one hand, sport generalize human ideals, from the other hand in competitions peoples' skills are shown and sport's esthetic notion is described.

Keywords: sport; perfectness; tolerance; esthetics; youth; State Programmer «The Year of Healthy Child»; physical culture; citizens' society.

The notion of perfectness means person's both physical and spiritual perfection. The main dream and aim of a person is to tie these two spheres. If we analyze this striving to perfectness from social-historical side from the past till now, human activity must learned by mythical, religious and philosophical features. These three features of mankind are combined as striving to perfectness in the thoughts of a person. From ancient times the mythology described person's physical perfectness, fantastic features of strength. Such qualities as health, flexible activity, bravery formed historical heroes in that period's persons' thoughts. Because a person used the method of knowing the world mythically in praising human's perfectness and mental possibilities.

Nowadays one of the principles of spiritual integration is the tolerance. Particularly, the principle of tolerance can be seen in forming national, religious, social generosity and in preparing healthy spiritual, physical conditions. To up bring generous and perfect youth it is necessary to develop the sport and physical culture. Physical culture and sport are the main factors of perfectness of persons; they solve the social-economical functions. Nowadays only mentally and physically perfect persons can have positive qualities. Because «to up bring the tolerance is the most important condition in forming citizens' society» [6, p. 22].

Tolerance as a type of perfectness is considered as the basis of young generation's life, it usually comprises the physical and mental qualities. The perfectness of youth begins with forming sport and physical culture which are the bases of healthy life standards. Physical culture and sport are one of the factors which up bring the youth and solve their spiritual-ethic, social-economic functions.

Sport helps the youth to form esthetic senses, needs and styles, laws of development of esthetic culture in the society, esthetic components and esthetic needs of youth. To go in for sport and take part in competitions are the main reasons of esthetic notion of person's activity and its development, they helps to improve physical qualities and talents. Person's physical perfectness becomes a subject of education. Physical culture and sport as institutional systems of citizens' society form the tolerance and beautify person's appearance. Besides it, from one hand, sport generalize human ideals, from the other hand in competitions participants' skills become equal, sport's esthetic notion is brightly described and influence greatly to it development.

When we talk about sport, it is necessary to remind its origin and borrowed language. Sport is a componential part of physical culture, and it is the special mean of physical perfectness of the society's



members. Particularly, sport provides the growth and development of person's physical possibilities and talents. Sport as a component of a society's physical culture firstly has a meaning of «let's compete», «let's check our strength» in Old Greek language.

Till the end of XIX century-beginning of XX century sport was considered as a entertainment, then a show of physical significance, activity which aims to win in competitions. When the need to person's perfectness has grown, professional types of sport appeared. For instance, BC years soldiers had to ride, to arrow, to know methods of struggle and be smart, but now in the period of globalism we need the strongest military specialists. During Temur the Great's ruling all soldiers went in for more than 10 types of sport. During the World War I, II soldiers had to know the foreign languages, to drive machines, swim and certainly, knew more than 15 types of sport.

In the present time scientific-research works about healthy life are studied. It helps to strengthen the scientific-theoretical basis of this process. That's why, attention to sport is very seriously in our state, and persons who go in for sport grow day by day. Sport is a complex of activities which recoveries persons.

It is also necessary to underline that forming the healthy life only with the help of sport verges on person's many sided esthetic development. Because the person needs both physical and spiritual-emotional education. Firstly, we may remember the saying: «In healthy body the healthy mind».

Secondly, sport and physical culture are also reminded together, but they greatly differ. Physical culture mainly helps to keep people healthy and it is the complex of exercises which can be chosen voluntarily by all representatives of the society for themselves. Sport in difference of its types, includes individual or group competitions of special prepared persons under the control of teachers and specialists. The esthetic difference between physical culture and sport was described by philosopher

Abdulla Sher, he said that physical culture gives the possibility of choosing different exercises, but refuses the competitions (individual or group), despite of its types. And sport requires the exact exercises and the competitions are in the first place in sport. But those requirements give an opportunity sportsman to grow themselves and have free actions [2, p. 247].

It is necessary to underline that the sport esthetics resembles to the art. That's why, classic sport types can be analyzed as a specific art. Such famous eastern scholars as Rene Mehue, Morin Kovich, Benjamin Law and other sportsmen considered that sport can be accepted as an art.

To go in for sport hardens the will, strengthens the power, keeps body healthy, that's why all members of society are interested in it. Sport is the means of developing physical culture, it forms social-cultural process and it is the polyfunctional social activity which provides peace, friendship, tolerance and forms ethic qualities.

Wide spreading of sport is one of the most important conditions in upbringing the perfect person. «Only in sport such values as striving to be the first, win not only the partner and also himself can be seen which are necessary for modern society» [3, p. 524]. The sphere of sport research fills traditional medical and pedagogic researches with social-philosophical, acmeological researches. In the period of globalism it is necessary to develop such ethic qualities as developing sport, friendship and honest relations in sport instead of ideological or technical struggle.

In fact, in the period of globalization of social-political relations, cultural integration provides international friendship and tolerance, develops cultural relations and intensifies economical-social processes. Besides it, cultural integration serves for transformation of principles, values and institutions form one nationality to the others for the peace's sake.

Sport is not only practice or struggle, it has also a theory. Nowadays sport is quick-



ly developing. Only talents and activities of the sportsmen are not enough for the victory. Without sport technologies and psychology one cannot imagine the best results in sport. It depends on science and education.

Representatives of special sport spheres are invited to up bring the young sportsmen psychologically, physically and spiritually, they become the coaches. The sportsman without a coach seems a blind person. A coach is an eye and a heart for the sportsman. Teachers use both theoretical and practical knowledge for education.

Technically preparing the sportsmen is a pedagogical process, its aim is to maintain the special methods of movement and develop them. In different types of sport technical movements have various psychological structures.

Sport is more than thousands years old and it has a great importance in upbringing psychologically and physically perfect generation. Rabindranat Tagor's saying: «Without sense of beauty it's impossible to up bring the perfect person» established this fact.

I. A. Karimov said that development of physical culture and sports improve not only human's body but also enrich it with ethic qualities. «When the sportsman understands that he is leading by ethic norms, not by cowardice, he becomes polite to his teachers, friends, and sportsmen in order to his conscience. Developing sport has a great share in upbringing generosity in our society» [4, p. 276].

Independence gave us an opportunity to solve those problems. To up bring physically and ethic perfect person is the main task of our nation and society. That's why it is necessary to draw the youth's attention in the country to sport and its world. Sport and physical culture are necessary for youth to dream, to find the answer for ethic, aesthetic needs. So, the problem of calling attention to sport is the main task nowadays.

Such great ethic qualities as generosity, pride for his group, humanism, patriotism and national pride form in children who go in for sport. Russian researchers who inves-

tigated the acmeological qualities of perfectness said «Upbringing have to be equal both in physical and in mental, aesthetic, ethic aspects» [9, p. 235]. It is clear that upbringing healthy and strong generation closely tied with many social, organizing and spiritual problems. The need of forming the national movement with sport is appeared in Uzbekistan. That's why during last 20 years the point to the fact of developing sport and physical culture. Acceptance of Law about «About Education», «National Program Preparing Specialists», Orders about «About measurements in developing sport and physical culture in Uzbekistan», «About forming the Fund for developing children's sport in Uzbekistan» and others make great social, political, spiritual and cultures changes in Uzbekistan.

Three staged sport games – «Umid nihollari», «Barkamol avlod» and «Universiada» are the main part of «National Program of Preparing Specialists» which is considered as «Uzbek model» of continuity education. Those sport games help to prepare perfect sportsmen which can participate and win in international competitions. It shows that national ethic ideal of perfect generation; on its basis the system of social-philosophical is formed. Those sport games helps to develop youth's strength, toughen their will, grow their patriotism. «It can be seen by the fact that for the last four years attendance to sport of 6–15 years old children percentage grow from 29 to 35, girls' attendance grow from 24 to 31,5 %» [5, p. 294].

6th chapter of State Program of 2010 the Year of Perfect generation was about «upbringing the physically perfect generation, to strengthen the development of children's sport, calling attention of youth to sport, to build new sport complexes and equip them, to prepare skilled teachers and coaches in them» [8, p. 37], 4th chapter of State Program 2014 the Year of Healthy Generation is about «to strengthen the role of sport and education system in forming healthy generation, measures about



attendance of children, especially girls to sport» [7, p. 4] shows that the juridical basis of works are developing.

In the sphere of sport the coach is the person who understands pupils' feelings, helps to develop the qualities individuality. He must be an example for the pupils with his generosity and calmness in feelings. He can help to his pupil both psychic and technical sides. Their relations have to base on «from heart to heart». In that way economical, social and national-ethnic differences have forgotten.

With the help of teacher pupil becomes brave, self-confident and strong. «With the growing of teacher's skill the relations between teacher and pupil might be changed. But it has never been broken» [2, p. 13–14] the teacher has to live in pupils heart even after death. Only in that way he can continue his life.

The teachers and coaches must pay a special attention to the following factors in education generosity in pupils: organizing meetings and conversations with famous sport masters; Conversations about healthy life, against negative influences, strengthening the will, keep the feelings; conversations about planning the day effectively and control the situations; conversations about ethic norms with sportsmen; conversations about responsibility for group, teacher, parents, house; current events about attendance of sport masters of our state in international arenas; conversations about competitions' rules and orders; conversations about service in army and characters of Eastern struggle; visiting the clubs and leading institutions; discussion of films, tele and radio shows, articles, books about sport and physical culture; analyzing of attendance in sport competitions and passing exams; congratulation of winners of competitions, giving the diplomas and medals; organizing the meetings with champions and winners.

In conclusion we may say that sport's spreading is the correlation process of perfectness and healthy life and it formed the institutional system of tolerance, they are

the followings: firstly, organizing of sport actions in all layers of population was defined as the means of making healthy the nation and people's gene fund; secondly, developing sport takes into account the people's age, life traditions, knowledge, social position, possibility, conditions; thirdly, as the result of the functional goals of national models, well skilled, patriot and winner sportsmen between the youth are appeared; fourthly, in the sphere of education in the specialists who is physically prepared and nowadays works at the sphere of production such qualities as collectivism, tolerance, generosity, heroism are formed; fifthly, sport competitions between families and mahallas are the fine examples in developing healthy life standards in families.

Forming and developing of sport helps to strengthen spiritual-ethic integration and to tie international and national relations. Especially in Uzbekistan developing of sport and physically perfect generation shows that there are spiritual integration and tolerance in Central Asia.

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