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THE ROLE OF SPORTS IN THE MORAL EDUCATION OF YOUNG PEOPLE

Abstract. In the article, the views of Heydar Aliyev, the national leader of the Republic of Azerbaijan at the first youth forum, the important tasks put forward by the state in the field of improving the material livelihood of the people, the main goals and tasks of physical education, the tasks facing the school in the field of physical development of young people, the pedagogical collective from the first days when children enter school the students' physical development and taking care of their height, comprehensive physical education, strengthening of health, increase of working capacity, prolongation of life and other problems are reflected. In Azerbaijan, the physical and spiritual development of teenagers and young people, their formation as personalities who acquire comprehensive knowledge, a broad outlook, spirituality and cultural values, and their growth as worthy citizens for our society are always in the center of attention. By developing physical education, which is one of the most important conditions for life, in other words, physical education and sports, wide opportunities are created for the healthy growth of the young generation in Azerbaijan, as well as for their improvement, mental and intellectual development. By developing physical education and sports, our state succeeds in developing the growing young generation as healthier, physically strong, morally perfect young people who love their homeland and people. Another important aspect of sports and physical education in the physical and spiritual education of young people is related to issues of labor activity and patriotism. Thus, a healthy lifestyle and physical fitness allow the involvement of highly capable and professional young people in production and act as a factor affecting the country's economic development. In addition, raising healthy youth is one of the important conditions for the defense of the Motherland, and the role of physical education and sports in this matter is great. Taking into account all these important points, the development of physical education and sports in

modern civilized states is aligned with the youth policy and subordinated to the general strategy. It is one of the priorities of the state policy to create conditions for the physical, mental and spiritual development of young people, to help them realize their capabilities and abilities, to solve their social and economic problems, and to ensure the protection of their rights.

Key words: spiritual education; physical education; sports; endurance; flexibility; quickness; young people; general training; special training; medical supervision; hygiene.

INTRODUCTION / ВСТУП

Formulation of the problem. Moral education is the formation of a person's understanding of life, ensuring the constant and harmonious development of the individual. Moral education contributes to the development of such feelings as pride, sincerity, responsibility, which give a higher purpose to a person's work and thoughts.

At the first youth forum, the national leader of the Republic of Azerbaijan, Heydar Aliyev, said: "I would like the youth of Azerbaijan to be healthy, strong and resilient, to be uncompromising against the enemies of our Motherland, to fight for the sake of their people, for the sake of complete victory over the enemy, and you will be able to withstand everything difficulties. "You must prepare yourself as a strong, flexible and resilient person, knowledgeable and able to overcome any difficulty" [3].

One of the important tasks put forward by the state in the field of improving the material well-being of people is strengthening health and prolonging life. The solution to this problem largely depends on the correct implementation of physical education work, the strong inclusion of physical education and sports in people's daily lives (hygienic gymnastics, industrial gymnastics, therapeutic exercises, sports, general educational training, the use of therapeutic agents, supervision and hygienic factors [1].

Physical education ensures the development of the form and functions of the body, strengthens and improves all its systems. Without such physical qualities as strength, speed, endurance, agility and speed, it is impossible to perform motor activity. These qualities develop in interaction with the carrier of motor skills and abilities. One of the main objectives of physical education is the development of the five qualities of movement (strength, speed, endurance, agility and speed). After all, labor productivity, defense and sports activities largely depend on the level of their development.

Comprehensive physical education is the basis for improving health,

increasing performance and prolonging life. In addition, strengthening the body with physical activity helps the body fight colds and infectious diseases.

One of the main tasks of physical education teachers is to improve the health of athletes and athletes, taking care of strengthening their body. This task should be the focus of every teacher and coach in the course of their work.

In the process of regular physical education and sports, your health and body are strengthened. Also, physical education and sports should be carried out only in good sanitary conditions. Exercising in a dusty room with insufficient fresh air or in hot conditions that reduce the body's endurance has a detrimental effect on the health of those involved in physical education.

Taking care of the physical development of young people is one of the most important tasks of physical education teachers and sports coaches. It is known that the development of the human body ends very late: for example, some parts of the skeleton often harden and turn into bones only around the age of 25. Physical education teachers and sports trainers must always take into account the characteristics and level of physical development of those involved in physical culture and sports [7].

At this time, first of all, the normal development of the internal organs that are most important for human life occurs, primarily the heart and lungs, the neuromuscular system and sensory organs – the ability to see, hear, touch, feel. Secondly, it is necessary to take care of the correct development of growth and the correct development of the external forms of the body; they should be given the appropriate physical form and beauty. This is based on actions that influence the formation of the skeleton and the development of skeletal muscles.

In the field of physical development of young people, schools face particularly great challenges. The teaching staff must take care of the physical development of students and their proper growth from the first days of children entering school.

Analysis of major research and publications. Teachers working in the field of sports: D. Guliev [2], M. Aslanly [9], R. Babaev [10] note in their studies that when children's bodies are constantly given attention, their bodies develop harmoniously; if insufficient attention is paid to sitting, correct standing of children, etc., on the contrary, permanent defects may form in their body, i.e. children may have a curved spine, a slightly bent back, etc. However, it should be noted that some teachers in schools do not care about the normal physical development of children; Physical education teachers do not do enough to combat these shortcomings.

Although physical education improves the health of young people and

develops them physically, those involved in physical education should be taught certain skills and abilities to perform movements. In physical education and sports programs, the types of physical education movements are indicated, the types and degrees of relevant skills are determined. For example, in a school, the physical education program requires students to acquire the correct skills to perform vital activities. In physical education classes at school, children are taught to walk, run, jump, throw tools, and so on.

AIM AND TASKS / МЕТА ТА ЗАВДАННЯ

Purpose of the study: Each sports coach prepares active community builders, physically well developed, healthy, cheerful, ready for high labor productivity and defense of the Motherland, not afraid of difficulties.

This goal can be achieved by solving the following specific **tasks** of physical education:

- every physical education teacher must organize classes in such a way that athletes develop not only physically, but also mentally;
- certain aesthetic views and other qualities were formed in them;
- Teachers and trainers should not lose sight of any aspect of the above responsibilities.

THE THEORETICAL BACKGROUNDS / ТЕОРЕТИЧНІ ОСНОВИ ДОСЛІДЖЕННЯ

At the present stage of development of our country, the strategic goal is to achieve the full and sustainable development of the system of physical education and sports in the country in accordance with the Development Concept “Azerbaijan 2020: Vision for the Future”, with its help, improving the health of children, adolescents and youth and solving related problems social and economic problems in society, solving and organizing activities in accordance with the requirements of the modern era. The main directions in this area are the formation of physical culture and sports activities as a healthy lifestyle in the minds of schoolchildren and students, achieving a high level of physical education through improving the abilities necessary for their physical development and physical improvement, and training creatively thinking citizens and individuals.

The purpose of research work carried out in the field of physical education and sports is to resolve the issue of expanding the scope of sports for everyone, regardless of age, ethnic origin and health status, to create a dynamic network of sports and youth organizations, clubs, society, as well as training coaches and

volunteers. Ensuring the mass participation of physical culture and sports is one of the important issues of our time. The popularity of sports is important for the moral and physical development of the younger generation.

National leader Heydar Aliyev paid great attention to the development of physical education and sports and in one of his speeches he spoke about this: "The work done for the development of sports and physical education, the work that we will do in the future, is one of the main directions of the state and national policy" [3].

In the modern period, physical education and sports remain relevant. The Decree of the President of the Republic of Azerbaijan Ilham Aliyev on the preparation of the Development Concept "Azerbaijan 2020: Vision for the Future" is one of the important parts of the future-oriented policy of our people. In this order, the Development Strategy, covering 2013–2023, and the State Program for 2016–2020, 2012–2020 for the development of physical education and sports in order to encourage the youth of Azerbaijan to a healthy and active lifestyle and ensure their integration into society. The National Strategy and State Program for the coming years are being prepared and implemented.

Today, in our country, sport, like all developing spheres of social life, is experiencing a period of prosperity. A manifestation of this is the creation of a high-level sports infrastructure, the construction of about 50 Olympic sports complexes and the provision of them to our people. The country's leadership wants to spread this development throughout the country and make the sport popular. Powerful sports bases are being created in the capital and regions so that our youth can grow up healthy by playing sports at these bases.

In connection with the current situation, one of the main goals of the National Strategy is to achieve mass development of physical education and sports in the country.

Currently, sharp differences have emerged between the past and the present. Many researchers confirm that the physical activity of a modern person is 100 times less than the physical activity of a person 100 years ago.

Information from World Health Organization (WHO) Bulletin No. 384 of June 2016 confirms the above:

- a sedentary lifestyle and physical inactivity are the fourth leading risk factor for death worldwide;
- about 3.2 million people die every year because of this;
- is one of the main risk factors for non-communicable diseases such as cardiovascular diseases, cancer and diabetes;

- an active lifestyle and physical movement have significant health benefits and are considered an important factor in disease prevention;
- every third person in the world lives an insufficiently active life.

According to statistics, children and adolescents studying in schools nowadays are overloaded with mental work. Hygienist scientists prove that 82–85 % of schoolchildren's daily routine is spent studying at school and at home, solving assignments, in short, a sedentary lifestyle. Even the need for physical movements and active activity of younger schoolchildren is satisfied only by 15–19 %.

It is important for every teenager to get at least 10–12 hours of vigorous physical activity per week. Unfortunately, we have to admit that very few schoolchildren participate in sports sections and general physical training groups. As a result, the risk of developing physical inactivity in children and adolescents increases, which leads to the widespread occurrence of a number of diseases, such as cardiovascular, nervous and metabolic disorders.

It has been proven that human health depends only 8–10 % on the activities of healthcare institutions, 18–22 % on genetic factors, 17–20 % on the state of the environment and 49–53 % on lifestyle and living conditions.

Physical movements are purposeful motor activity of a person associated with solving a specific problem. Each motor activity consists of individual movements. Actions used for the physical development and improvement of a person are called physical actions. Physical movements are activities organized according to the laws of physical education. Physical activity is the main means of physical education at school. Physical movements form motor skills and develop the motor system. It improves blood circulation and metabolism, and has a positive effect on breathing. Physical movement increases speed, quickness, strength, endurance, improves natural movement habits such as walking, running, jumping, balancing and jumping which are important for a person's life.

Currently, the number of people who accept the idea that physical education and sports are an important norm of human life is increasing every day. This, in turn, leads to the emergence of new public and individual approaches that society accepts as a whole and in a personal form. In general, the level of development of society is measured by the degree of identification, development and use of individual skills and qualities of people. At this time, we should especially note the level of health and physical fitness of the population, which is one of the main components of the system of cultural values, in different age periods, mainly in the first half of life. Because the development and formation of other cultural values often depends on these criteria.

Physical education and sports instill in a person positive moral qualities,

love for the Motherland, attachment to family, self-confidence, patience, perseverance, endurance and other qualities. In addition, with the help of physical education and sports, other types of education are further developed – labor education, personal hygiene education, economic education, aesthetic education, legal education. At the same time, we should not forget that the above is directly related to strengthening the defense capability of our country. A healthy and strong young generation is a reliable guarantee of the future.

A healthy society is the strategic goal of every state. Of course, the state is pursuing a special policy to attract citizens to play sports. In this sense, the state's goal is for every Azerbaijani to be interested in sports and regularly engage in sports. Naturally, a healthy generation in the country is formed through the provision of mass sports by the state. Of course, this mature generation is also the healthy future of our country. Comprehensively formed, competitive training of modern youth is a continuation of the successful youth policy of the state.

President Ilham Aliyev touched on these important points in his speech and recommended that every citizen regularly play sports: "I would recommend every citizen to play sports. Not once a week or once a month, but regularly. There is great benefit in this, and if this happens, every person will see it in his life" [3]. The head of the country advised our outstanding athletes, who have brought the glory of Azerbaijan to sports, to actively engage in educational work. Stressing that opportunities for outdoor sports are created for every person, President Ilham Aliyev also emphasized the importance of mass physical education from the point of view of the nation's health.

Along with the health of people of all ages, sport also creates conditions for their harmonious development, instills in students such positive qualities as protecting the honor of their home school, higher educational institutions, and the Motherland as a whole. Therefore, the popularity of sports is important for the moral and physical development of the younger generation. National leader Heydar Aliyev paid great attention to the development of physical education and sports and in one of his speeches said about this: "The work done for the development of sports and physical education, the work that we will do in the future, is one of the main directions of state and government politics" [3].

It is known that issues of physical education of children and adolescents are determined by various social, psychological and other factors. If work related to physical education is carried out regularly and purposefully, then its quality and efficiency will be much higher. In addition, parents should also be interested in their child's physical activity. Experts believe that parents should influence their children in such a way that their interest in sports increases. At

this time, there will be no obstacles to the development of physical education in a family environment. At the same time, when performing any task in this area, the child's skill improves, he acquires new skills, habits, and becomes stronger.

Naturally, every society needs healthy and physically strong young people. Therefore, in his speech, President Ilham Aliyev touched on the importance of young people being physically strong and added that sports significantly increases the sense of patriotism: "Every sports victory, especially a victory won at prestigious international competitions, raises national pride and national pride. spirit in our country. Therefore, sport plays a very important role in the life of every country" [3].

In short, the process of managing the physical culture and sports movement in Azerbaijan is developed at the level of modern requirements. The number of improved sports institutions is increasing, and the activities of municipalities, local and regional public organizations in this area are intensifying. Of course, the state is fulfilling its obligations in order to make this process even more ambitious, and will continue to fulfill it in the future. At the same time, every citizen should try to contribute to the popularization of sports. Only in this case will it be possible to achieve the desired results in the implementation of such strategic tasks as physical education and mass sports. Of course, the efforts of President Ilham Aliyev to develop sports and the decisions made by President Ilham Aliyev, who focused on this factor, suggest that in the coming years, Azerbaijani sports will conquer new heights and enter a new stage of its development.

RESEARCH METHODS / МЕТОДИ ДОСЛІДЖЕННЯ

Among the general pedagogical methods of scientific research in physical culture and sports, 4 main groups can be distinguished: organizing and conducting research in experimental groups; collection and analysis of current information; obtaining and analyzing retrospective information; mathematical processing of research results.

RESULTS OF THE RESEARCH / РЕЗУЛЬТАТИ ДОСЛІДЖЕННЯ

At the second youth forum, our national leader Heydar Aliyev said: "We want the youth of our independent state to develop comprehensively, walk well, swim well, walk deftly and gracefully, in a word, to be a normal and healthy person, ready for work and defense, developing physically, let it also develop correctly [3].

At the same time, before physical education, skills are identified that are specific to certain types of physical education and are primarily used in sports

practice, sports competitions, stadiums, sports grounds, swimming pools, as well as skills used when performing movements on one or another gymnastic equipment or equipment and the task of training these skills of persons involved in physical education. Examples include sprinting, hitting a ball in a game of tennis, and so on. Despite the fact that sports skills are quite specific, they are of great importance in the physical education of our youth.

The work carried out by physical education teachers and sports coaches is aimed at instilling in our youth a sense of national patriotism, love for the country, their sports team and sports, strengthening their self-confidence in the fight, which should be followed by sporting achievements and world records in the most important sports. This struggle of our domestic athletes to improve sportsmanship and win new records is their sacred patriotic duty [10].

President of the Republic of Azerbaijan Ilham Aliyev, receiving our Olympians, said: "We must educate athletes in such a way that they believe in themselves, tirelessly try to improve their sporting achievements with a deep sense of patriotism. Each member of our teams is obliged to adequately and successfully defend the honor of our independent state at international competitions" [3].

One of the important tasks is to train physical training coaches to take care of sports equipment and equipment in gyms and sports fields as the apple of their eye. Being an independent state, Azerbaijan provided physical education teachers with beautiful buildings, stadiums, sports grounds, and all kinds of sports equipment.

Physical education and sports training should instill in our youth a sense of collectivism, a sense of love for their sports team, and the ability to subordinate their personal interests to the interests of the team. Creating a sports team, strengthening it and taking care of the proper organization of the team's work is the most important task of the work of coaches and organizers of physical education among young people.

In carrying out this task, it is very important to have a clear understanding of how a sports team should be organized and its most characteristic features.

Some people believe that a team is a group of people united by one interest, in our case an interest in sports. This is certainly true. However, the entire content of a sports team does not consist only of the sporting interests of a certain group of athletes. The main feature of a real team is that all its members fight to fulfill the common tasks of this team.

A properly organized team has common goals and objectives. These goals and objectives are achieved through the efforts of all team members. Members

of the athletic department may not limit their participation on the team to attempts to improve their sportsmanship.

A sports team must take care of the development of the corresponding sport, fight to introduce young people to a particular sport, and better equip sports activities with equipment and inventory. The team must strive to further improve the sports training of all its members and achieve a common victory.

Each sports team has strict training and athletic training rules. All team members are required to strictly follow these rules and implement them correctly.

A good sports team must have a socio-political and self-determining tradition. As a rule, an athlete who has just joined an organization sees that there are established traditions and a general line of sports activity, certain rules, general and orderly collective discipline, the correct division of responsibilities between team members and the fulfillment of these responsibilities.

The discipline of an athlete does not mean simple subordination of the individual to the established rules of sports organizations: it is, first of all, conscious discipline based on universal cooperation and friendly relations, on the need to protect the interests of the sports team together. An athlete, who is responsible not only for his own personal discipline, but also for the discipline of the entire team, does not tolerate violations of discipline and actively fights for high discipline in his team.

Of great importance for the successful completion of the tasks facing physical education is the development of moral and volitional qualities in athletes, such as willpower, initiative, courage, determination, perseverance, and the ability to overcome difficulties and obstacles. Physical education teachers and sports coaches must develop the above qualities in their daily work, skillfully educating our youth in the spirit of independence.

By engaging in various sports, a person can increase his willpower, become stubborn and persistent, develop the ability to overcome one or another difficulty and develop other qualities. However, it is important for us that in the process of forming the above-mentioned volitional qualities they are given the right direction. Having such a clear focus, physical education can lead to the formation of individualism, selfishness, selfishness, arrogance, disdain for the team and other similar negative traits in the character of our youth.

Every Azerbaijani athlete, every coach must understand that he is grateful to his people for their successes and achievements.

From the above it is clear that the work carried out in the field of physical education of youth is very important and responsible work. This requires teachers to take a very responsible approach to their work.

Naturally, this does not mean that the tasks of mental, spiritual, aesthetic education, and labor education can be accomplished only by means of physical education. These tasks are solved by the organization of pedagogical work in independent Azerbaijan. However, physical education teachers and sports coaches should always take into account the above tasks, otherwise their work can easily be limited and lose its significance in the overall system of teacher education.

Therefore, citizens of the Independent Republic of Azerbaijan must strive for these goals and achieve them through physical education. However, to achieve this goal, it is necessary to define specific tasks depending on the conditions.

CONCLUSIONS AND PROSPECTS FOR FURTHER RESEARCH / ВИСНОВКИ ТА ПЕРСПЕКТИВИ ПОДАЛЬШИХ ДОСЛІДЖЕНЬ

During the research, the following conclusions can be drawn:

1) the importance of the harmonious development of the forms and functions of the body, aimed at the comprehensive improvement of the physical abilities of our people, good health and prolongation of life;

2) ensuring normal physical development, nurturing strength, endurance, flexibility and speed of movement in young people;

3) give them correct and extensive knowledge;

4) to develop in them the skills to perform both general, natural movements (walking, running, throwing tools, etc.) and special physical education movements (various sports, active games, special gymnastic movements);

5) formation of actions, abilities, skills and special knowledge necessary for life;

6) develop the moral and volitional qualities of athletes; to cultivate national patriotism, courage, willpower, initiative, bravery and determination.


Prospects for further research in this direction. All these conclusions drawn are organically connected with each other: with the correct organization of work on physical education, all of them are always solved together, and not one of them can be neglected. Before the physical education of our youth, it is necessary to ensure the best implementation of the above-mentioned tasks, while setting the high goal of preparing youth for work and defense of the Motherland. If a person is weak, if he is not physically developed enough, if he has not acquired the appropriate knowledge and skills, if the moral and volitional qualities inherent in a person are not properly developed, then such a person cannot be considered a person who is completely ready for work and defense.

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РОЛЬ СПОРТУ У МОРАЛЬНОМУ ВИХОВАННІ МОЛОДІ

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Анотація. У статті розглядаються погляди лідера Азербайджанської Республіки Гейдара Алієва на першому молодіжному форумі. Важливі завдання, які висуває держава у галузі поліпшення матеріального

забезпечення народу; основні цілі фізичного виховання які стоять перед школою в галузі фізичного розвитку молоді; педагогічний колектив з перших днів вступу дітей до школи піклується про фізичний розвиток учнів, всебічне фізичне виховання, зміцнення здоров'я, продовження життя та ін. У Азербайджані фізичний і духовний розвиток підлітків і молоді, їх становлення як особистості набуває всебічних знань, широкого кругозору, духовності і культурних цінностей, зростання їх як гідних громадян нашого суспільства завжди знаходяться у центрі уваги. Розвиваючи фізичне виховання, яке є однією з найважливіших умов життя, іншими словами, створюються широкі можливості для здорового зростання молодого покоління в Азербайджані, а також для його вдосконалення, розумового та інтелектуального розвитку. Розвиваючи фізичне виховання і спорт, наша держава досягає успіхів у формуванні підростаючого молодого покоління як більш здорової, фізично міцної, морально досконалої молоді, яка любить свою Батьківщину і народ. Інший важливий аспект спортивно-фізичного виховання молоді пов'язаний з питаннями трудової діяльності та патріотизму. Таким чином, здоровий спосіб життя та фізична підготовленість дозволяють залучати до виробництва високоздатну та професійну молодь і виступають чинником економічного розвитку країни. Крім того, виховання здорової молоді є однією з важливих умов захисту Батьківщини, і роль фізичного виховання і спорту в цьому питанні велика. Враховуючи всі ці важливі моменти, розвиток фізичного виховання і спорту в сучасних цивілізованих державах узгоджується з молодіжною політикою і підпорядковується загальній стратегії. Створення умов для фізичного, розумового та духовного розвитку молоді, сприяння реалізації її здібностей, вирішення соціально-економічних проблем, забезпечення захисту її прав є одним із пріоритетів державної політики.

Ключові слова: духовне виховання; фізична культура; спорт; витривалість; гнучкість; швидкість; молоді люди; загальна підготовка; спеціальна підготовка; медичне спостереження; гігієна.

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