

THE SIGNIFICANCE OF SPORT IN YOUTH DEVELOPMENT

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Abstract: this article discusses the features of the development of physical education and its significance for young people. The methods and strategies of the influence of the teaching system and methods on the students' knowledge of physical exercises are given. Recommendations are given for the introduction of technologies in the industry.

Keywords: analysis, method, research, education, training, physical culture, sport.

The benefits of sports are numerous and can have a profound impact on your life. Participation in team sports promotes health and well-being, builds confidence and can help maintain mental health.

Sports reflect real life: there is competition, teamwork, victories, defeats, conflicts and decisions. Being on a sports team teaches the value of caring for others, developing trust and confidence, and showing respect for authority and other teammates.

Being part of a team can build confidence, and confident children tend to have an easier time coping with school and social situations. But just being part of a group, regardless of natural athletic ability, provides an opportunity to connect with others.

It is well known that exercise and sports beneficial to the body in many ways. Exercise also benefits the brain by stimulating the brain's reward pathways and increasing levels of mood-enhancing neurochemicals such as dopamine. Increased levels of dopamine and other neurochemicals promote a sense of well-being and reduce the risk of anxiety and depression, which are the two most common mental disorders found in adolescents.

Research shows that regular exercise also has a positive effect on the nervous system, which reduces overall stress levels.

The positive effects of regular exercise on the brain reduce the risk of young people self-medicating with substances to help relieve stress and mental health problems.

Working as a team teaches children valuable social skills. They learn to share, appreciate different skill sets, trust others, and support and encourage each other. Because sport can play such an important role in the lives of young people, it is important to ensure that all sports teams and environments are diverse, equitable, inclusive, supportive and safe. These conditions greatly impact the development of young athletes, so creating an equal and safe environment must take precedence over winning.

Along with the social benefits, playing sports can also teach responsibility and discipline. These skills can be applied to all aspects of life, from health and exercise to relationships and school habits. By learning these skills early, athletes realize their value as individuals and take responsibility for their own success.

A correlation was found between regular physical exercise and the overall mental health of students as they move into adolescence. Among students who studied six to seven days a week, 25.1% felt sad for two weeks or more in the past 12 months, compared to 35.7% of students who reported training between zero and one day (Women's Sports Foundation, 2004). Among students who took classes six to seven days, 15% reported suicidal ideation and 6.4% reported suicide

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attempts in the past year, compared with 24.6% and 10.3% of students who took classes zero to one day, respectively (Journal of the American Academy of Sports).

Physical activity is generally associated with improved academic performance, including grades and standardized test scores. In addition, such activities can influence attitudes and academic behavior, including increased concentration, attention, and improved behavior.

Sport also strengthens the character of a teenager. Training develops will, the desire to win, self-confidence, teaches you to accept defeat and regulate your emotions. In adolescence, it is especially important to find exactly the kind of sport that the child will like, because otherwise he will completely refuse to participate.

Through sports, students learn tactical, mental and physical training. Students can concentrate better and have a clearer vision. These qualities are essential for academic success. Students who participate in sports and exercise can achieve academic success.

Thanks to training, will develops, the desire to win, endurance, the ability to fight to the last, not to be afraid of defeats (to be able to lose with dignity). Willpower, which is formed in the process of sports activities, contributes to the development of a teenager as an individual.

What problems does sport solve?

Reduces the risk of ARVI

Eases depression

Prevents and treats osteoporosis

Reduces blood pressure

Reduces chronic pain

Helps prevent several types of cancer

Relieves constipation

Reduces blood sugar levels

Sport permeates all levels of modern society, having a broad impact on the main spheres of society. It influences national relations, business life, social status, shapes fashion, ethical values, and people's way of life.

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