

PHYSICAL CULTURE AS A TOOL FOR SOCIAL ADAPTATION OF FOREIGN STUDENTS IN UNIVERSITIES OF UZBEKISTAN

Ruzieva Mahliyo Kayumovna

Fergana State University, teacher ruziyevamahliyo @ gmail . com +998907861976

**ORCID ID** : 0000-0001-7006-880 X

**ABSTRACT:** In the modern world, education is becoming global, which leads to an increase in the number of foreign students in higher education institutions of Uzbekistan. One of the key factors in the successful social adaptation of foreign students is physical education. Regular sports and physical activity not only improve physical condition, but also help to integrate into a new socio-cultural environment. The article examines the mechanisms of the influence of physical education on the social adaptation of foreign students, analyzes the problems they face, and suggests ways to solve them. Particular attention is paid to the role of sports events and team training in strengthening intercultural ties.

**Key words:** physical education, social adaptation, foreign students, sports, higher education, Uzbekistan, intercultural interaction.

In recent years, there has been an increase in the number of foreign students studying at universities in Uzbekistan. This process is accompanied by a number of adaptation difficulties associated with the language barrier, cultural differences and social isolation. Foreign students face the need to adapt to new conditions of study, life and communication, which requires active support from educational institutions. One of the effective means of social adaptation is physical education, which promotes health, development of communication skills and integration into a new environment.

Physical education performs several key functions in the adaptation process. Firstly, it helps reduce the level of stress associated with adaptation difficulties due to regular physical activity. Secondly, sports activities create an environment for informal communication and expanding the circle of acquaintances, which contributes to the formation of a sense of belonging to the student community. Thirdly, participation in sports events contributes to the development of leadership qualities, self-confidence and social activity of students.

**Physical education as a factor of social adaptation**

Physical education plays an important role in the process of social adaptation of foreign students, offering a variety of opportunities to improve their general well-being and integration into a new socio-cultural environment. In addition to the obvious benefits for physical health, it has a significant impact on psychological state, social connections and the ability to adapt to new living conditions.

Moving to a new country to study is always a serious stress for an international student. A new language, a different culture, an unfamiliar environment, separation from family and friends - all this can cause feelings of anxiety, loneliness and depression. Physical activity is an effective tool for relieving psychological stress and improving emotional state. During exercise, the body produces endorphins, the so-called «happiness hormones», which have a positive effect on mood, self-esteem and overall psycho-emotional state. Regular exercise helps reduce the level of cortisol, the stress hormone, and improve the quality of sleep, which also helps improve the psychological state.

Sports activities create a unique informal atmosphere that helps to establish friendships and develop communication skills. Unlike the academic environment, where communication is often limited by formal frameworks, sports teams and groups provide opportunities for informal communication, sharing experiences and supporting each other. Joint training, games and competitions help to overcome language and cultural barriers, learn to work in a team and find common ground with people from different countries and cultures. Participation in sports activities helps to form a sense of belonging to a group and reduce feelings of loneliness and isolation, which is especially important for international students far from home.

Moving to Uzbekistan, a country with a unique climate and distinctive traditions, can be a serious challenge for foreigners. Adapting to new climate conditions, eating habits, and everyday life requires time and effort. Regular physical exercise helps foreign students better adapt to these changes. Physical exercise strengthens the immune system, increases the body's resistance to disease, and helps to more easily cope with the change of climate zones. In addition, sports contribute to the formation of healthy habits and proper nutrition, which is also important for adapting to new living conditions. Physical activity helps foreign students quickly adapt to a new daily routine, class schedule, and other features of life in Uzbekistan.

Finally, physical exercise helps to adapt to new living conditions and integrate into the student community, which contributes to their successful studies and a pleasant stay in Uzbekistan.

### **The role of universities in organizing physical activity**

Higher education institutions in Uzbekistan are actively implementing programs to develop physical education among students. The organization of sports sections, competitions and mass events helps involve foreign students in the social life of the university. Many universities offer special adaptation programs that include sports activities aimed at involving students of different nationalities. Also, the creation of student sports clubs allows for the formation of friendly communities where foreign students can develop their sports skills and cultural interaction. In addition, the availability of sports facilities at universities, such as gyms, swimming pools and sports grounds, plays an important role in popularizing a healthy lifestyle among students.

### **Problems and solutions**

The main problems include differences in students' physical fitness, lack of information about available sports sections, and language barriers. Many international students may have difficulty understanding the rules and organization of sports events due to language differences. The solution to these problems may be the creation of multilingual information platforms, introductory adaptation programs, and active involvement of students in sports events through mentoring. For example, introductory sports training with the participation of physical education teachers who speak foreign languages or senior student mentors who have already undergone adaptation can significantly facilitate the process of including international students in the university's sports life.

Another important issue is the lack of awareness among students about sports opportunities at the university. Posting information about sports events on social networks, university mobile applications and dormitory boards can help attract international students to an active lifestyle.

Physical education plays an important role in the adaptation process of foreign students, helping them overcome barriers and integrate into a new environment. Sports activities help improve health, reduce stress, improve emotional state and form intercultural ties. To improve the effectiveness of adaptation of foreign students through physical education, it is necessary to

continue to develop sports initiatives, expand access to physical activity and create favorable conditions for the participation of foreign students in the sports life of universities in Uzbekistan. In the future, it is important to develop joint international sports projects, organize student competitions with the participation of students of different nationalities and implement programs that promote the active involvement of foreign students in the sports life of universities. In addition, strengthening the interaction between universities and sports federations can contribute to the further development of sports infrastructure and the attraction of foreign students to mass sports.

**Literature**

1. Saifullaev N.F. «The influence of physical activity on the adaptation of students» - Tashkent: University Press, 2023.
2. Karimov A.Sh. «Social integration through sports». - Samarkand: Publishing house «Science», 2022.
3. International experience of social adaptation of students through physical education // Bulletin of Education and Science. - 2024. No. 1
4. Akhmedov B.A. «History of Uzbekistan» . Tashkent: Shark, 2001.
5. Ismailov T.I. «Adaptation of foreign students at the university: social and pedagogical aspect». Moscow: RUDN, 2005.
6. Mavlonov U.M. «Pedagogical foundations of physical education of students». Tashkent: Fan va technology, 2010.