

Influence of Basketball on the Mental and Physical Development of the Personality

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In the Republic of Uzbekistan, in recent years, consistent measures have been taken to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of persons with disabilities and ensure a decent performance of the country in the international sports arena.

At the same time, specific programs in the field of physical culture and sports are being introduced into practice, contributing to the strengthening of the health of the population, the wide involvement of young people in sports and the selection of talented athletes among them, the formation of national teams by master athletes who provide high results in sports, and the creation of additional conditions for trainers.

The order of practical work is carried out in order to determine the priority areas aimed at improving the qualifications and knowledge of the population in the field of physical culture and sports for the formation of a comprehensively developed and physically healthy personality in the country.

It is known that the means of education have a significant impact on personality development. The means of material culture (toys, clothes, dishes, etc.) are associated with the development of practical intelligence, and the means of spiritual culture, presented in a symbolic form (books, language, painting, etc.), are more essential for the development of theoretical thinking and other higher mental functions.

Comprehensive personal development is the process of mastering the means of material and spiritual culture created by humanity. The symbolic means of spiritual culture perform two functions in education. First, they serve as a means of communication between educators and pupils, as well as between pupils, ensuring communication in the educational team and disseminating information. Secondly, they are used in joint activities as a means of solving educational problems.

Any person should strive to become useful to his country and society. But this can only be done by people with comprehensively developed spiritual and physical strength. They can become such only under the influence of certain social conditions of life, among which physical education plays a special role.

Today, despite certain measures to popularize physical culture and sports, unfortunately, we are faced with a very serious problem - the weakening of schoolchildren. For the most part, they are not energetic, physically weak, anemic, and suffer from various types of health problems. Recently, many schoolchildren have been experiencing disharmonious development, deficiency or excess body weight - acceleration, accelerated development of the adolescent's body during puberty, all this affects the state of health, including the psyche.

You observe that the bulk of modern students is practically not fond of sports, they are not interested in physical education lessons. The health of 70% of students is weakened, there is a violation of posture, underdevelopment of muscle mass, obesity and dystrophy. The motor activity of school-age children is very low, they are drowsy, and can hardly cope with the curriculum. The psyche of most of them is not stable, children are quick-tempered, touchy, inadequately react to comments.

Unfortunately, today many schoolchildren give more preference to computer games and watching TV, instead of going out into the yard, running around and playing, for example, with the same ball.

Currently, there are many sports games that have wide opportunities for the development of physical qualities and functions of the body, health promotion, and increased motor activity.

One of these sports games is Basketball, which is perhaps the only popular sport that has managed to win the hearts of fans around the world in a matter of decades, which in itself seems to be an unprecedented phenomenon.

The popularity of basketball and its widespread use in the system of physical education are conditioned, first of all, by the economic availability of the game, high emotionality, great spectacular effect, complex impact on the body and education of young people.

Basketball is based on natural movements such as running, jumping, throwing, passing. They are easy to teach children, teenagers and adults. Therefore, basketball is included in the education and training program for children, starting from kindergarten, and ball games - from the age of two. The desire to surpass the opponent in the speed of actions aimed at achieving victory teaches those involved to mobilize their capabilities, to act with maximum effort, to overcome difficulties arising in the course of sports struggle. These features contribute to the education of perseverance, determination and purposefulness.

Systematic basketball practice strengthens health, promotes all-round physical development, fosters will, perseverance, and courage. It attracts with an abundance of various technical and tactical techniques, emotionality, airiness, dynamism, at the same time collectivism and individualism, and in addition, in our opinion, and many experts, it is one of the most effective means for the mental and physical development of a person.

Basketball is one of the means of physical education that most significantly affect the all-round development of a person, improving his physiological indicators. Movement in basketball makes the body work harmoniously during the game, like a clock.

Consider the effects of the game on the human body:

- Effect on the musculoskeletal system. Almost all types of muscles work very actively in this game, as we jump, run, walk, bend and straighten. From this, the intensity of work often changes, since acceleration and deceleration of movement, as well as jumping, constantly alternate with playing at a slow pace. In one game, a person on average overcomes 7 km.

Some of the exercises of modern basketball are so beneficial that they have been incorporated into many health and fitness courses. For example, a basketball exercise such as throwing a ball into the basket develops the hands, muscles of the legs and back, which can be a good prevention of joint disease. An interesting and active game with constant movement will help weakened and sedentary people feel much better after regular training.

- Effects on the respiratory system. Regular exercise helps to increase the vital capacity of the lungs. Playing basketball leads to an increase in the frequency of respiratory movements, it reaches 50-60 cycles per minute with a volume of 120-150 liters. This has a beneficial effect on human health, which becomes more resilient and energetic, gradually developing the respiratory organs.

- Effects on the circulatory system. The number of heartbeats during the match ranges from 160-230 beats/min, on average -199 beats/min. The external work of the heart increases 4 times and the index of the minute volume of the heart - 7 times.

An increase in the relative volume of the heart (13000-1400 cm) is observed in basketball players in more than 50% of cases compared with untrained men. They associate this phenomenon with the specificity of sports activity. The relationship between the volume of the heart and physical performance in athletes is linear. The larger the volume of the sports heart, the higher the

physical performance of the athlete. Of all team sports, basketball players have the highest rate. [five]

- Effects on the digestive system. Thanks to prolonged physical activity and intense breathing, not only the lungs are well trained (their volume increases), but also the organs of the digestive system.

Considerable energy costs for one productive basketball game are approximately 900-1200 kilocalories. As a result, working muscles use a significant amount of body fat to consume the missing energy, gradually relieving a person of extra pounds.

Slender people in this case continue to strengthen and maintain a magnificent figure. Today this fact motivates many men and women suffering from excess weight to start health basketball training, to get a beautiful figure in the process of an exciting game.

During the game of basketball, the nervous system is actively acting, which constantly monitors and regulates the activity of all organs, coordinates movements. The need to switch from one level of activity to another determines the special nature of the course of nervous processes. Such a large load in the training and competitive processes improves the entire central nervous system.

Rapid mastering of a wide range of changing information during a direct fight with an opponent with a constant lack of time is associated with increased activity and improvement of the functions of the visual analyzer. The peripheral elements of the retina provide control over the movements of partners and opponents on the court, and the central elements keep the ball in sight. It is believed that the response to signals from the periphery of the visual field is lower than from the central one. In relation to basketball players, some reject this point of view, believing that they respond equally well to signals both in the center and in the periphery of the visual field. A basketball player improves their peripheral vision, and this is a big plus that has a significant impact on the effectiveness of visual perception. Studies have shown that today, regular basketball practice increases the sensitivity of visual perception of light impulses by an average of 40%.

Spatial (depth) vision is improved while passing the ball to a moving partner, catching, dribbling the ball.

The motor analyzer experiences a great load in the process of differentiated efforts associated with high accuracy of movements when throwing, passing the ball.

A.P. Laptev, examining the time of the motor reaction (maximum frequency of movements in 10, 20 s), the accuracy of muscle efforts during hand actions, the differentiation of time in short intervals (1.5-3.0 s), the speed of viewing the proofreading text, found that basketball players indicators are significantly better compared to representatives of other sports

An irreplaceable means of mental education for schoolchildren are outdoor games, in particular, basketball, where during the game memory is activated, thinking develops, vocabulary is replenished, i.e. the speech of children is enriched.

THEM. Sechenov pointed out that muscle movements are of great importance for the development of brain activity. In this process, the motor analyzer has a special role. The motor analyzer provides the perception and analysis of information about the movement and position of the body in space.

With muscle contraction, a stream of nerve impulses enters the cerebral cortex, and their tone increases. The motor analyzer is a connecting link in inter-analytic relations and is considered by modern science as a mechanism of sensorimotor integration along with the frontal lobes.

Along with the great influence of motor actions on the intellectual development of children, the formation of motor skills, the improvement of their motor skills are directly dependent on the nature of the mental activity of schoolchildren.

The problem of the relationship between mental and physical activity is especially urgent at the present time, based on the tasks of educating the creatively thinking younger generation.

For normal mental performance of the body, an optimal ratio of the processes of excitation and inhibition in the cerebral cortex is necessary. A limited flow of information enters the brain from a poorly functioning muscular system, and this leads to a decrease in the excitatory process and inhibition in the cerebral cortex. Conditions arise for increased fatigue, decreased performance, deterioration of health.

An academic load in conditions of reduced physical activity and processing of a large amount of information often leads to mental overstrain. Daily movement deficit and mental overload often lead to sleep and appetite disturbances, irritability, headaches and other disorders such as neuroses, congestion in the lungs and abdominal cavity, lower limbs, intestinal atony, decrease or increase in blood pressure.

Motor activity reduces the excessive tone of cerebral vessels, improves cerebral blood flow, contributes to the supply of oxygen to nerve cells, the removal of "toxins" from them.

In increasing the general mental performance, the body's resistance to fatigue during the week, quarter, year, the greatest assistance is provided by regular exercises in sports sections and circles. Qualitative and quantitative indicators of mental performance among those who go in for sports are higher than among those who attend only physical education lessons.

After short-term intense exertion, memory and attention improve to the greatest extent after about two hours, thinking - immediately after exercise and after three to four hours.

In basketball, successful performance in competitions depends not only on a high level of physical, technical, tactical fitness of an athlete, but also on his psychological readiness.

In order to fully exercise his technical, tactical and physical abilities, abilities, skills and reserve capabilities, a basketball player must be prepared, psychologically, for the conditions of his sports activity. Everything that has been accumulated in the process of education and training over months or years can be lost in a matter of minutes, and sometimes even seconds before the start or during the competition. Therefore, it should be remembered that the psychological preparation of a basketball player for competition is a very important and obligatory component of education and training.

The psychological preparation of an athlete for a competition should be aimed primarily at the formation of qualities and personality traits and mental states, on which further stability and success of competitive activity will depend.

In basketball, it is important for a coach that his player consistently shows and implements a good percentage of hits. However, if an athlete is unstable, the coach cannot determine how he will perform in a particular competition, so the athlete will experience significant anxiety and uncertainty before each of his performances. And uncertainty is the main obstacle to achieving high sporting achievements, that is, the problem of stability is not only the problem of the athlete's result in these games, but also the problem of the formation of confidence or uncertainty in the athlete. Thus, solving the problem of the formation of psychological stability, we, first of all, solve the psychological problem - the formation of confidence, on which the success of a basketball player in competitive activity largely depends. As practice shows, many basketball players do not have psychological stability. This greatly reduces their playing potential.

In this way, basketball has a positive effect not only on physical and mental development, but also shapes the personality as a whole. Along with the effect on health, playing basketball develops a strong-willed character, self-control and a stable psyche. The process of competition leads to the motivation to find creative solutions in difficult situations. Team play contributes to the development of tactics on the way to the goal, improves communication skills and individual

initiative. Systematic training also leads to the formation of independence, perseverance and determination.

Children in the basketball section develop such character traits as endurance, willpower, discipline, courage, perseverance and self-control.

Basketball is a coin for personal growth, self-confidence, a resource as the ability to survive, overcome difficulties, and grow up. Practice shows that the experience gained within the walls of sports schools, in sports clubs, helps yesterday's athletes to achieve their goals in adulthood. Basketball also contributes to the upbringing of a number of positive qualities and character traits: the ability to subordinate personal interests to the interests of the team, mutual assistance, respect for partners and rivals in the game, conscious discipline, activity, a sense of responsibility, punctuality, sports ethics.

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