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Sport as a universal value

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Abstract

The aim of this review article is to describe social significance of the sport. The literature review was analyzed. The social importance of sport and its role in our world were discussed. Our analyses show that sport has a significant importance in the system of the universal values. Sport plays a role in education of the young, keeping the health and protecting the people from the negative affect. The authors confirm that sport can influence to the well education, upbringing and healthcare of the children. In that case everyone need to do sport as well as regularly.

Keywords: Sport, social significance, human values, importance

Introduction

Universal values are a system of values of universal significance, which is a common value for all people, nations and states in the world. Universal value is an extremely broad and multifaceted concept. Today, the concept of universal values is becoming increasingly important in people's lives, in their education and enrichment of their spiritual world. The manifestation of universal values regarding the development of society, according to the signs of development, this or that form of universal values comes to the forefront of life. For example, during the war there is peace, freedom, patriotism, when there are enemies in the country, in times of independence, the need to understand national identity, to study national culture increases. Historically, the change of times and eras has never diminished the importance of the concept of sport. Sport has always been central to the system of universal values, as an integral part of the spiritual and material needs of people.

In a word, sport means arguing, competing. The set of movements, consisting of special exercises, forms the basis of the concept of sports. At the same time, the social nature of sport, its role in educating a person as a person is unique. The development of society has also directly led to the development of the concept of physical education. Sport, which is an integral part of physical culture, today demonstrates its high social significance. Recent studies on the importance of sports around the world have shown that its role in people's lifestyles is high. Specialists in physical culture and sports, psychologists, sociologists conducted research on this issue and created scientific and methodological sources at different levels ^[1].

Such concepts as "athlete", "winner", "champion" are widely used among famous athletes and winners of competitions. People look at such athletes with envy, and as a result there is a desire to be like them. Athletes are respected and appreciated everywhere. In fact, people value sport in the form of winners, champions. Respect and glorification of people through sports is of real importance. Athletes who raise the country's flag high in the international arena are valued in the community.

To play sports as a universal value, it is necessary to list its functions. According to the theory of sports, sports have a competitive function, a healing function, an ideological function, an aesthetic function, a moral-educational function, a socio-political function, and an internationalist function. Also, according to some reports, the problems of educating patriotism and humanism in the young generation through sports are described. In this regard, experts acknowledge that the opportunities for educating young people in the spirit of patriotic ideas in the process of sports competitions are high. The fact that sport is not only a criterion for determining results, demonstrating physical abilities, but also the human factor, its relevance to the issue of comprehensive education, is reflected in studies conducted on this topic.

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According to the Law of the Republic of Uzbekistan “On Physical Culture and Sport” (new edition of September 4, 2015) [2], national sports and folk games are an integral part of the cultural heritage of Uzbekistan in the field of physical culture and sports, special patriotism and patriotism. This is the basis for cultivating a sense of desire to enhance prestige. Indeed, the formation and historical development of national sports directly implies the education of people in the spirit of patriotic ideas. Take, for example, the struggle of our national sport. Questions of respect for the adversary in the struggle, protection of the honor and dignity of the motherland and people by protecting their honor constitute the basis of philosophical and spiritual ideas of this sport. Such examples can be seen in sports such as judo, taekwondo, karate, the historical, philosophical and spiritual foundations of which are aimed at the comprehensive education of people. The historical formation and development of sports is based on the idea of educating such qualities as peace, humanity, patriotism and hard work. In the end, peace, humanity, patriotism and hard work were respected and valued as universal values for many years.

The social significance of the sport, its universal value is also reflected in its human nature. At first glance, the content of the sport concept can be seen in the competitions of athletes with a certain level of training, which makes them defeat each other physically, using force [3]. However, the rules of sports, universally recognized norms of sports impose such requirements on athletes, coaches and judges that as a result, participants in sports events are educated and formed in accordance with the criteria of universal values in training, competitions and sports events. After all, physical culture and sports training and sports competitions should be conducted in such a way as not to harm the health, honor and dignity of their participants and spectators. It is not allowed to use training methods that lead to the degradation of the honor and dignity of athletes, as well as their sports injuries. The rules of sports competitions are developed on the basis of certain requirements and require participants to strictly observe them. In this case, sport demonstrates a high level of humanity.

Maintaining and improving human health is one of the main challenges facing the world of medicine. There is a concept in the medical world that “prevention is better than cure”. In the era of improving technologies and technologies, low mobility causes certain problems for people, especially those associated with inactivity. We mentioned above that sport is a complex of active physical activity. Regular exercises of people in accordance with the plan satisfy the body's need for movements. As a result, the body becomes healthy and energetic. This is one of the main reasons why sport is recognized as a universal value.

We all know that in today's globalization, the world's population is concerned about various vices, such as alcoholism, drugs, religious extremism and international terrorism. Ideas alien to the noble goals of the people and the state will inevitably try to influence society. It is necessary to fight against such negative vices and ideas, to form immunity among young people against destructive ideas, and to take measures to protect them from the effects of negative vices. This task, in turn, makes special demands on every citizen, every profession living in society. Modern sports training is aimed not only at improving sports results, but also at training an athlete in every way. It is no accident that the organizer of the modern Olympic Games, the French statesman Pierre de Coubertin, organized the Olympic Games, which are of great importance to humanity and are considered a comprehensive

educational tool [4]. Later, after the Second World War, the organization of the Asian Games at the initiative of India was aimed at the same goal-to ensure peace and tranquility on the planet, to preserve the unity of peoples.

Today's sport has risen to the highest level. It is possible to effectively use sport to educate young people, increase the prestige of countries, combat negative phenomena and promote a healthy lifestyle. Historically, man revered his life as a sacred value. At the same time, such concepts as peace, patriotism, humanity are an integral part of the system of universal values.

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