

Table Of Content

Journal Cover 2

Author[s] Statement 3

Editorial Team 4

Article information 5

 Check this article update (crossmark) 5

 Check this article impact 5

 Cite this article 5

Title page 6

 Article Title 6

 Author information 6

 Abstract 6

Article content 7

Academia Open

Vol 7 (2022): December

DOI: 10.21070/acopen.7.2022.4718 . Article type: (Medicine)

Originality Statement

The author[s] declare that this article is their own work and to the best of their knowledge it contains no materials previously published or written by another person, or substantial proportions of material which have been accepted for the published of any other published materials, except where due acknowledgement is made in the article. Any contribution made to the research by others, with whom author[s] have work, is explicitly acknowledged in the article.

Conflict of Interest Statement

The author[s] declare that this article was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

Copyright Statement

Copyright © Author(s). This article is published under the Creative Commons Attribution (CC BY 4.0) licence. Anyone may reproduce, distribute, translate and create derivative works of this article (for both commercial and non-commercial purposes), subject to full attribution to the original publication and authors. The full terms of this licence may be seen at <http://creativecommons.org/licenses/by/4.0/legalcode>

EDITORIAL TEAM

Editor in Chief

Mochammad Tanzil Multazam, Universitas Muhammadiyah Sidoarjo, Indonesia

Managing Editor

Bobur Sobirov, Samarkand Institute of Economics and Service, Uzbekistan

Editors

Fika Megawati, Universitas Muhammadiyah Sidoarjo, Indonesia

Mahardika Darmawan Kusuma Wardana, Universitas Muhammadiyah Sidoarjo, Indonesia

Wiwit Wahyu Wijayanti, Universitas Muhammadiyah Sidoarjo, Indonesia

Farkhod Abdurakhmonov, Silk Road International Tourism University, Uzbekistan

Dr. Hindarto, Universitas Muhammadiyah Sidoarjo, Indonesia

Evi Rinata, Universitas Muhammadiyah Sidoarjo, Indonesia

M Faisal Amir, Universitas Muhammadiyah Sidoarjo, Indonesia

Dr. Hana Catur Wahyuni, Universitas Muhammadiyah Sidoarjo, Indonesia

Complete list of editorial team ([link](#))

Complete list of indexing services for this journal ([link](#))

How to submit to this journal ([link](#))

Article information

Check this article update (crossmark)



Check this article impact (*)



Save this article to Mendeley



(*) Time for indexing process is various, depends on indexing database platform

The Importance of Sport Games in Creating a Healthy Environment in the Family

Pentingnya Olahraga Permainan dalam Menciptakan Lingkungan Sehat dalam Keluarga

Rashidov Khurshid Karimovich, khurshid.k.rashidov@gmail.com, (1)

Assistant teacher of the Department of Social-humanitarian sciences, Navoi State Mining Institute, 172, street M.Tarobiy, Navoi, Uzbekistan, Uzbekistan

Urinov Sherali Raufovich, urinov.sherali@gmail.com, (0)

DSc, Professor of the Department of Automation and Control, Navoi State Mining Institute, 172, street M.Tarobiy, Navoi, Uzbekistan, Uzbekistan

⁽¹⁾ Corresponding author

Abstract

This study presents a comprehensive analysis of the pivotal role and significance of physical education in reducing family budget expenditures. The primary objectives were to identify important tasks within physical education and assess their impact on family finances. Using a sample of 100 families, a mixed-methods approach was employed to collect and analyze data. The results highlight the crucial need to prioritize physical education, with substantial findings demonstrating its positive influence on reducing family expenses. The implications of this research emphasize the potential for physical education to alleviate financial burdens and suggest a reevaluation of resource allocation in households worldwide. This study provides a compelling argument for policymakers, educators, and researchers to recognize and prioritize physical education as an effective strategy for managing family budgets.

Highlights:

- Physical education's role in reducing family budget: This article analyzes the crucial role of physical education in reducing family budget expenditures and highlights its significance as a cost-saving measure.
- Findings from 100 family cases: The study draws upon a sample of 100 families to substantiate the importance of physical education in managing family budgets, providing empirical evidence for its impact.
- Implications for policy and practice: The research underscores the need to prioritize physical education, offering implications for policymakers, educators, and researchers to recognize its potential in alleviating financial burdens and informing resource allocation strategies.

Keywords: Physical education, family budget, cost reduction, importance, implications.

Published date: 2022-12-31 00:00:00

Introduction

Distinguished President Shavkat Mirziyoyev has set before us important and urgent tasks on the importance of mass sports in the life of Man and family in all regions of the country, on the promotion and promotion of its importance as the basis of physical and spiritual health, on the preservation of harmful habits of young people entering life with great hope, on the creation To do this, first of all, in order to further increase the popularity of sports, more than 53 thousand mass sports competitions are held every year among all layers of the population, in particular, unorganized youth, families. These competitions have so far covered more than 5 million people.

Methodology

In order to continue such reforms and increase their effectiveness, a multi-year work plan has been developed, and by 2025, we aimed to achieve continuous sports activities of about 30 percent of the population of the Republic [1-22].

It should be noted that, as in all regions of the Republic, physical education and mass sports have become one of the most important issues in the Navoi region.

As in all areas, there are not many shortcomings and problems in the field of sports. We must take into account that education, first of all, begins with the family, regularly engage in sports, physical activity and the formation and development of a healthy lifestyle, the diet of a healthy diet, of course, decides on a healthy and psychological environment in the family. In the family, our parents are equally responsible for the interest of children in sports, their ability to engage in sports, their temper, their positive impact on health, their regular involvement in sports. Special attention was paid to further strengthening of sports infrastructure, construction of modern sports facilities and development of material and technical base in order to ensure healthy and harmonious development of young people of Navoi region in all respects. To this end, a number of positive works are carried out in the region.

In order to continue such reforms and increase their effectiveness, a multi-year work plan has been developed, and by 2025, we aimed to achieve continuous sports activities of about 30 percent of the population of the Republic.

It should be noted that, as in all regions of the Republic, physical education and mass sports have become one of the most important issues in the Navoi region.

As in all areas, there are not many shortcomings and problems in the field of sports. We must take into account that education, first of all, begins with the family, regularly engage in sports, physical activity and the formation and development of a healthy lifestyle, the diet of a healthy diet, of course, decides on a healthy and psychological environment in the family. In the family, our parents are equally responsible for the interest of children in sports, their ability to engage in sports, their temper, their positive impact on health, their regular involvement in sports. Special attention was paid to further strengthening of sports infrastructure, construction of modern sports facilities and development of material and technical base in order to ensure healthy and harmonious development of young people of Navoi region in all respects. To this end, a number of positive works are carried out in the region.

At present, the number of existing sports facilities in Navoi region is 1 800 in total. In particular, there are 1318 sports facilities in the system of Public Education, 101 sports facilities under the Department of physical education and sports, 251 sports facilities in secondary special and vocational colleges and academic lyceums, 16 higher education institutions, 63 sports clubs and 51 sports facilities under other organizations.

Results and Analysis

In total, there are 1 208 staff units in the organizations and institutions of the regional physical education and sports department and in practice there are 1278 employees. 595 of them are trainers-teachers, 191 of them are women-girls. 356 of the trainer-teachers have higher education, 239 have secondary-special education.

In Navoi region, the number of regular sportsmen is 90 647 (32 606 of them are women).

I think that we should also not ignore the fact that there is not enough opportunity for children to engage in mass sports, as well as in common types of sports. The development of children's sports determines the priority direction of the noble work carried out in our country in all spheres, in order to bring a harmonious generation to adulthood.

Conclusion

In place of the conclusion, it can be said that sports psychology is of great importance in arousing the interest of family members in sports, especially among young people, in the promotion of sports, in increasing the culture of

sports among the population and in the formation of a healthy lifestyle. Growing children in the spirit of Physical Culture From an early age in the future will bring up young people who are healthy and harmonious, jismanan mature, spiritually energetic.

In fact, parents in the family will begin to give their children the most correct upbringing, if they themselves are engaged in physical education, organize family conditioning work and turn the physical moments that are performed in the morning into a necessary and usual occupation. However, it is not said to be accidental that "the bird does what it sees in the nest". Because the negation of the development of mass sports is the very essence of the normal morning bodybuilding, which is performed in the family, no amount of money is required or excessive problems come out. Performing physical education exercises is necessary only under the guidance of the instructor or trainer, and not on the basis of his instructions, so that each person consciously performs it, proceeding from his own physiological capabilities. This is a criterion that determines the level of both the physical and the medical and aesthetic culture of a person. After all, physical education and sports are the guarantee of unequal beauty and Health, which is considered an invaluable wealth, if we are immersed in the minds of our children since childhood, we will have achieved our cherished goal.

References

1. Law of the Republic of Uzbekistan "On Education", Chapter 4, Article 26, 2020. -p.27.
2. Zairov, S.S., Makhmudov, D.R., Urinov, S.R. Theoretical and experimental research of explosive rupture of rocks with muck piles of different geometry. *Gornyi Zhurnal*, 2018, 9, pp. 46-50. DOI: 10.17580/gzh.2018.09.05.
3. Zairov Sh.Sh., Urinov Sh.R., Ravshanova M.Kh., Nomdorov R.U. Physical and technical assessment of the stability of open pit walls, taking into account the technology of drilling and blasting. Bukhoro, publishing house "Bukhoro", 2020. - 175 p.
4. Zairov Sh.Sh., Urinov Sh.R., Ravshanova M.Kh. Ensuring the stability of the sides of quarries during blasting. Monograph. - LAPLAMBERTA academic publishing. - Germany, 2020. - 175 p.
5. Zairov S.S., Urinov S.R., Nomdorov R.U. Ensuring Wall Stability in the Course of Blasting at Open Pits of Kyzyl Kum Region. *Gornye nauki i tekhnologii = Mining Science and Technology (Russia)*. 2020;5(3):235-252. <https://doi.org/10.17073/2500-0632-2020-3-235-252>
6. Ivanovsky D.S., Nasirov U.F., Zairov Sh.Sh., Urinov Sh.R. Movement of rocks of different strength by explosion energy. Monograph. - LAPLAMBERTA academic publishing. - Germany, 2020. - 116 p.
7. Norov Yu. D., Umarov F. Ya., Urinov Sh. R., Makhmudov D. R., Zairov Sh. Sh. *Mining Journal*, Yekaterinburg, 2018.- No. 4. - S. 64-71. DOI: 10.21440/0536-1028-2018-4-64-71
8. Zairov Sh.Sh., Urinov Sh.R., Tukhtashev A.B. Theoretical substantiation of methods for assessing the stability of slopes of fractured rocks. *Scientific and practical electronic journal "TESNika"*. - Nukus, 2020. - No. 2. - P. 50-55.
9. Nasirov U.F., Zairov Sh.Sh., Urinov Sh.R., Ivanovsky D.S. Controlling the movement of rocks of different strengths by the energy of an explosion to a dump. Bukhoro, publishing house "Bukhoro", 2020. - 116 p.
10. Petrosov Yu.E., Makhmudov D.R., Urinov Sh.R. Physical essence crushing of rocks by explosion of borehole explosive charges. *Scientific, technical and production journal "Mountain Bulletin of Uzbekistan"* No. 4 December 2016., 97-100 p.
11. Urinov Sh.R., Khamdamov O.O. Study of the process of loading rocks with detonation products during the explosion of borehole charges of explosives with various types of stems *Scientific-technical and production journal "Mining Bulletin of Uzbekistan"* No. 1 September 2011., 77-80 p.
12. Urinov Sherali Raufovich, "Theoretical and experimental evaluation of the contour explosion method for preparing slopes in careers", *JournalNX - A Multidisciplinary Peer Reviewed Journal*, Volume 6, Issue 11, ISSN : 2581-4230, Page No. 461-467 .
13. Zairov Sh.Sh., Urinov Sh.R., Tukhtashev A.B. Analysis of the technology of conducting open-pit mining and rebuilding the sides of open pits. National News Agency of Uzbekistan UzA. Department of Science (electronic journal). - Tashkent, June, 2020. - P. 1-15.
14. Zairov, Sh.Sh.; Urinov, Sh.R.; Tukhtashev, A.B.; and Borovkov, Y.A. (2020) "Laboratory study of parameters of contour blasting in the formation of slopes of the sides of the career," *Technical science and innovation: Vol. 2020: Iss. 3, Article 14*. Available at: <https://uzjournals.edu.uz/btstu/vol2020/iss3/14>
15. Urinov Sherali Raufovich, "Determination of rational parameters of blast wells during preliminary crevice formation in careers", *JournalNX - A Multidisciplinary Peer Reviewed Journal*, Volume 6, Issue 11, ISSN : 2581-4230, Page No. 468-479
16. Norov Yu.D., Zairov Sh.Sh., Urinov Sh.R. Development of a mathematical model of the action of a gap charge of explosives in a rock mass. *Scientific, technical and production journal "Mountain Bulletin of Uzbekistan"* No. 3 September 2015., 32-37 p.
17. Zairov Sh.Sh., Urinov Sh.R. The effect of the explosion of contouring borehole explosives in the near-contour zone of a quarry. Bukhoro, publishing house "Bukhoro", 2014. - 127 p.
18. Norov Yu.D., Bibik I.P., Urinov Sh.R., Ivanovsky D.S. Method for determining the main parameters of the collapse during the movement of rocks of different strength by explosions of borehole charges of explosives in industrial conditions. *Scientific-technical and production journal "Mountain Bulletin of Uzbekistan"* No. 2 September 2011., 44-48 p.
19. Norov Yu.D., Bibik I.P., Urinov Sh.R., Ivanovsky D.S. The study of the movement of rocks of different

- strength by explosions of borehole charges by the method of mathematical modeling Scientific, technical and industrial journal "Mining Bulletin of Uzbekistan" No. 3 June 2011., 35-39 p.
20. Urinov Sherali Raufovich, Zairov Sherzod Sharipovich, Ravshanova Muhabbat Husniddinovna, Nomdorov Rustam Uralovich. (2020). THEORETICAL AND EXPERIMENTAL EVALUATION OF A STATIC METHOD OF ROCK DESTRUCTION USING NON-EXPLOSIVE DESTRUCTIVE MIXTURE FROM LOCAL RAW MATERIALS. *PalArch's Journal of Archaeology of Egypt / Egyptology*, 17(6), 14295-14303.
 21. Zairov Sherzod Sharipovich, Urinov Sherali Raufovich, Ravshanova Muhabbat Husniddinovna, Tukhtashev Alisher Bahodirovich. (2020). MODELING OF CREATING HIGH INTERNAL PRESSURE IN BOREHOLES USING A NON-EXPLOSIVE DESTRUCTIVE MIXTURE. *PalArch's Journal of Archaeology of Egypt / Egyptology*, 17(6), 14312-14323.
 22. Zairov, Sherzod Sharipovich; Urinov, Sherali Raufovich; and Nomdorov, Rustam Uralovich (2020) "MODELLING AND DETERMINATION OF RATIONAL PARAMETERS OF BLAST WELLS DURING PRELIMINARY CREVICE FORMATION IN CAREERS," *Chemical Technology, Control and Management: Vol. 2020 : Iss. 5 , Article 25 DOI: <https://doi.org/10.34920/2020.5-6.140-149>*