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*By Universitas Muhammadiyah Sidoarjo*

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

*Pentingnya Olahraga Permainan dalam Menciptakan Lingkungan Sehat dalam Keluarga*

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### **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.

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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.

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