

Effect of Sports Participation by the Parent on Physical Fitness of Their Child

Orazmukhammedova Makhim Abdikarim kizi and Rozibaeva Zuhrajon Oybekovna

2nd year students of Nukus State Pedagogical
Institute named after Ajiniyaz.

Abstract: The aim of the research is to analyze the influence of the chosen factor of the socio-economic state "sports activity of parents" on the physical fitness of college students. With the help and support of experts in physical education, physical education, sports and previous research in these areas, a comprehensive and appropriate package of physical and socio-economic factors has been developed. The 500 female college students were randomly selected from twenty-one academic colleges of the Nukus State Pedagogical Institute named after Ajiniyaz. For this study, the AAHPERD youth fitness test was organized and the socioeconomic data of the same students was questioned to determine the impact of parenting sports on physical fitness. The obtained assessment of physical fitness and the factor of socio-economic state, the assessment of "sports participation of a parent" were analyzed using the analysis of the covariance of the significant influence of "sports participation of a parent" on physical fitness. The researcher examined all samples in two groups. The groups were as shown below; A. All students in rural and urban areas. B. Tribal and non-tribal areas of all students. Analyze the data using the SPSS program and find out the average sports achievement score of family members, the average physical fitness score in the sample and the "F" values in all four groups and compare the results. The calculated F value for rural areas for all students is 1.634, for all students in the non-tribal area is 1.641 and was significant at the 0.01 and 0.05 levels, while for all students in the tribal area it was 1.531, it was significant. at the level of 0.05. The urban area of 0.758 students is unrelated to both levels.

Keywords: Sports Participation, Physical Fitness, ST & Non-ST

1. INTRODUCTION

Physical fitness is the richest human asset; can not be bought, but you can earn in everyday life physical exercise. Earlier physical fitness means ability a person to perform a given physical task, including muscle effort. But this is a narrow concept of physical fitness has undergone changes, now a new concept "Physical Fitness" is developing. According to AAHPERD, "Physical Suitability means a condition characterizing the degree which a person is able to function. "Ability to function depends on physical, mental, social and spiritual fitness components, all of which are related to each other and also interdependent. Adequate level Fitness should be developed at an early age and then constantly supported through regular participation in thoughtful activity designed for general be a person. Children must be suitable for participation in children's games through which they develop organic energy, strength and other physical form quality. Fitness is a basic need for games & sports. So, it is generally accepted that success in different types of games and sports activities mainly depend on physical fitness of its participants. A basic level of fitness plays a vital role in improving any athletic performance but there seems to be a lack of specific knowledge about the impact of family members' athletic performance on Physical fitness of their child. It was a big deal taking care of the sports teacher and assessment coaches the impact of family members' athletic performance on Physical training of the wards. For this I studied the "Impact of parenting sports on Physical fitness of the child

Importance of research:

Despite the growing recognition of physical fitness for health and performance come all over the world, it takes a lot of advertising and educational efforts to evoke the desired attitude, especially among young people, college gathers students for physical education and sports develop physical fitness. If we look in the field physical education and sports, physical fitness plays an important role. Athlete not at optimal level physical fitness cannot compete successfully. Some parameters, such as family support, financial, moral, family parenting and sports experience can also help in general physical shape, as well as in the implementation of their child. Interpersonal relationships with the status of residence, the mode of stay and the participation of family members can lead to lack of support for participating in sports training. In the desired goals can be better achieved in sport if family members also play sports and participation in games. In its absence, athletes, as well as society will suffer a huge loss. Physical fitness is basic need to participate in games and sports. Base fitness level plays a vital role in improving any sport performance, but there seems to be a lack of specific knowledge about the "Impact of sport on parent for the physical training of their child. "So research intends to determine the impact of athletic performance on family members about the physical training of their child in tribal and non-tribal territory.

Purpose of the study: The purpose of the study was: compare "The Impact of Parenting Sports on Physical fitness of their child"

2. METHODOLOGY:

Variables: The researcher analyzed the available scientific literature refers to socio-economic conditions and Physical fitness from books, magazines, periodicals, journals and research papers and listed important factors of socio-economic condition and physical fitness test. Physical Education and Sports Specialists consultations and detailed discussions were held on variable Physical fitness and socioeconomic status. Based on a review of the relevant literature, expert opinions. and the scientist's own understanding of the physical Physical fitness and socio-economic condition, namely: variables were chosen for the purposes of this study.

Independent variable: Final score of the AAHPERD Youth Fitness Test. **Dependent variables:** parental involvement in sports. **Statistical analysis:** the data were obtained according to different criteria. measures for physical fitness and socio-economic condition variable score "parental involvement in sports" subjected to statistical methods of comparison with four groups below; A. Rural and urban areas area of all students. B. Tribal and non-tribal areas of all students. According to statistical studies, the ANOVA test was carried out. where to the value "F" was found and compared with the tabular "F" value. The significance level remained at the levels of 0.01 and 0.05.

5. CONCLUSIONS:

On the basis of the findings shown in table, sports participation by the parent significantly affect Physical Fitness of rural area all, tribal area all, non-tribal area all, college students, whereas did not significantly affect urban area all college students.

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