

IMPROVING THE PHYSICAL AND MENTAL WELL-BEING OF STUDENTS THROUGH PHYSICAL EDUCATION

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Annotation. This article examines the issue of improving students' physical and mental well-being through physical education. In view of modern education and lifestyles, many students face physical and mental stress problems, which can affect their academic performance and overall health. This article focuses on the various aspects of using exercise and sports activities to improve the overall health and well-being of students, as well as the effectiveness of such methods.

Keywords: *health, student, motivation, physical activity, sports clubs, sports, adaptation.*

The topical relevance of this article is

that many students today suffer from physical and psychological problems that can be attributed to lack of movement and exercise. Physical education can be an effective means of addressing these problems while improving the health and academic performance of students. The article is also relevant to educators, parents, and students who are interested in promoting healthy lifestyles and improving the quality of education.

Physical education plays an important role in student health and well-being. Regular physical activity helps strengthen the immune system, increase energy levels, reduce the risk of developing chronic diseases, and improve sleep quality. In addition, physical activity improves mental health, reduces stress levels, increases self-esteem and improves concentration and memory. Table 1 presents the benefits of physical education for students [1, 6].

Table 1. Benefits of physical education for students.

Physical health	Mental health	Academic performance
Strengthening of the immune system	Stress reduction	Improved concentration and memory
Increase energy levels	Improved self-esteem	Higher academic ranking
Reducing the risk of chronic disease	Improved mood	Reduced dropouts and academic problems
Improved sleep quality	Improved social skills	More effective pastime

According to research, many students are deficient in physical activity, which can lead to reduced quality of life and academic performance. Stress, lack of time, lack of moti-

vation and lack of accessible sports facilities are the main reasons for low physical activity levels among students, which are also presented in Table 2.

Table 2. Main reasons for lack of physical activity among students.

Reason	Description
Stress	Study loads, exams and social pressures can cause stress that makes it difficult to exercise
Lack of time	Class schedules, exam preparation and homework may leave little time for sport.
Lack of motivation	Lack of interest or intrinsic motivation to participate in physical activity and sport
Lack of accessible sports facilities	Limited access to sports facilities and equipment on school campuses

To increase students' physical activity levels and improve their physical and mental well-being, a comprehensive approach should be used. Below are some strategies that can be used in educational institutions:

1. Developing and implementing physical education programs: Universities and colleges should develop and implement comprehensive physical education programs that include a variety of sports and activities adapted to the different fitness levels of students.
2. Providing access to sports facilities and equipment: Institutions should provide students with access to quality and modern sports facilities and equipment to help encourage participation in physical activity.
3. Organizing sports events and competitions: Regular sports events and competitions can increase students' interest in physical education, promote team spirit and develop social skills.
4. Involvement of qualified coaches and instructors: Having professional coaches and instructors will help to ensure that students receive quality instruction in various sports and will help to keep them motivated and interested in physical education.
5. Incorporating healthy lifestyle elements into the educational process: Educational insti-

tutions can incorporate physical activity into students' schedules and emphasize the importance of physical activity as part of the overall educational process.

6. Development of sports communities and groups: Institutions can encourage the creation and development of sports clubs, groups, and online communities that will help students find like-minded people and get support while exercising.
7. Research and monitoring: Universities and colleges can conduct research to identify the underlying causes of physical inactivity among students and develop strategies to address this [2, 5].

Engaging external resources and partnerships: Institutions can partner with government and non-government organizations, sports clubs and businesses to provide additional support and resources to improve student physical activity.

Physical activity reduces stress levels and improves students' mood. During physical activity, the body produces endorphins, the happy hormones that help cope with negative emotions and create a feeling of euphoria. Regular exercise promotes a positive self-image and improves self-esteem. Table 3 presents key indicators of mental well-being [3, 7].

Table 3. Key indicators of mental wellbeing.

Indicator	Description
Stress level	The degree of tension and discomfort caused by external and internal factors
Mood	A sense of emotional well-being, which can be positive or negative
Self-esteem	A person's perception of their worth, competence, and proper place in the social environment
Self-image	Perception of self in social, emotional and physical aspects

Physical education has a positive impact on students' cognitive functions such as memory, attention, reaction speed and decision-making ability. Studies, the results of which

are presented in table 4, show that students who engage in physical education perform better in their studies and cope more effectively with academic tasks.

Table 4. Effect of physical education on cognitive functions.

Cognitive function	Description	Effect of FC
Memory	Ability to memorize, retain, and reproduce information	Improvement of short and long term memory
Attention	Ability to focus on a particular stimulus while ignoring others	Improved concentration and maintenance of attention
Reaction speed	Time required to respond to an external stimulus	Faster response to stimuli and improved coordination
Decision making	Ability to assess a situation, analyze alternatives and choose the best option	Improved problem-oriented thinking and decision making

Physical education contributes to the mental health of students, reducing the risk of depression, anxiety disorders and other mental problems. Regular exercise helps to develop

resistance to stress, adaptation to changing conditions of life and harmonious development of personality, which is also presented in Table 5.

Table 5. Factors affecting mental health of students.

Factor	Description	Effects of physical activity
Depression	The presence of prolonged periods of sadness, loss of interest and pleasure in ordinary activities	Reducing symptoms of depression and improving mood
Anxiety disorders	A state of constant anxiety, fear or nervousness	Reduced anxiety and improved ability to cope with stress
Stress tolerance	Ability to cope with negative influences and recover from stress	Increased resilience to stress and improved adaptation to changing conditions

To maintain interest and motivation for physical education, students should choose different types of sports and activities. This approach will help avoid monotony and getting

used to one type of activity. Options include team sports, individual sports, fitness classes and outdoor training, which are presented in Table 6.

Table 6: Sports and activities for students.

Type of activity	Examples	Benefits
Team sports	Soccer, basketball, volleyball	Development of communication skills, cohesion and cooperation
Individual sports	Tennis, swimming, boxing	Development of self-discipline and self-esteem, stress reduction
Fitness classes	Yoga, Pilates, aerobics	Improving flexibility, coordination and strength, relaxation
Outdoor training	Running, bicycling, walking, Nordic walking, rollerblading	Strengthening of immunity, improvement of cardiovascular system

It is important for students to engage in systematic physical activity by planning workouts a week in advance and identifying specific days and times to exercise. It is also important to consider the intensity of exercise

and to alternate between high-intensity and low-intensity activities to avoid overexertion and injury. It is also important to allow adequate recovery time between workouts. Table 7 offers a sample training plan for students.

Table 7. Example of a training plan for students

Day of the week	Type of training	Time	Duration
Monday	High Intensity Interval Training (HIIT)	18:00	30 minutes
Tuesday	Yoga	19:00	1 hour
Wednesday	Running	18:30	45 minutes
Thursday	Swimming	19:00	1 hour
Friday	Rest/Regeneration	-	-
Saturday	Soccer	10:00	1.5 hours
Sunday	Cycling	16:00	1 hour

Motivation plays a key role in maintaining regular physical activity. Students can use a variety of approaches to keep them motivated:

Setting realistic goals: Set short-and long-term goals for your physical activity. Goals should be realistic and measurable so that you can track your progress and feel satisfied with your results.

Support from friends and family: Exercise with friends or family members to provide mutual support and motivation. Share successes and challenges to help each other over-

come difficulties and find new solutions [1,4].

Track your progress: Record your activities, health indicators and achievements in a dedicated diary or using a mobile app. This will allow you to see your progress as well as identify areas for improvement.

Involvement in sports communities and groups: Join sports clubs, groups and online communities where you can share experiences, get support and advice from like-minded people. Table 8 also provides possible ideas for maintaining motivation and obtaining support.

Table 8. Ideas to keep you motivated and gain support

A way to keep motivated	Description
Setting realistic goals	Set short and long term goals that are realistic and measurable
Support from friends and family	Exercise together with friends or family members to provide mutual support
Tracking progress	Record your activities, health indicators and achievements in a dedicated diary or using a mobile app.

Physical education is an important tool to improve the physical and mental well-being of students. Regular physical activity improves quality of life, reduces the risk of developing

many diseases and helps to cope with the stress associated with the educational process.

Incorporating physical activity into students' lives requires a systematic approach,

including a variety of sports and activities, planning and organizing exercise, and maintaining motivation and getting support from others.

Universities and colleges can play an important role in promoting physical activity among students by providing accessible sports facilities, organizing sporting events and creating conditions for the development of sporting communities and groups.

Thus, introducing physical activity into students' lives contributes to healthy lifestyles, improved quality of life and successful learning in educational institutions.

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BƏDƏN TƏRBIYƏSİ VASİTƏSİLƏ ŞAĞIRDLƏRİN FİZİKİ VƏ ƏQLİ RİFAHININ YAXŞILAŞDIRILMASI

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Annotasiya. Bu məqalədə bədən tərbiyəsi vasitəsilə şagirdlərin fiziki və əqli rifahının yaxşılaşdırılması məsələsi araşdırılır. Müasir təhsil və həyat tərzini baxımından bir çox tələbələr fiziki və əqli stress problemləri ilə üzləşirlər ki, bu da onların akademik performansına və ümumi sağlamlığına təsir edə bilər. Bu məqalə tələbələrin ümumi

sağlamlığını və rifahını yaxşılaşdırmaq üçün məşq və idman fəaliyyətlərindən istifadənin müxtəlif aspektlərinə, eləcə də bu cür metodların effektivliyinə diqqət yetirir.

Açar sözlər: *здоровье, студент, мотивация, двигательная активность, спортивные секции, спорт, адаптация.*

УЛУЧШЕНИЕ ФИЗИЧЕСКОГО И ПСИХИЧЕСКОГО БЛАГОПОЛУЧИЯ УЧАЩИХСЯ ПОСРЕДСТВОМ ФИЗИЧЕСКОГО ВОСПИТАНИЯ

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Аннотация. В данной статье рассматривается вопрос улучшения физического и психического благополучия студентов посредством физического воспитания. С точки зрения современного образования и образа жизни многие студенты сталкиваются с проблемами физического и психического стресса, которые могут повлиять на их успеваемость и общее состояние здоровья.

В данной статье рассматриваются различные аспекты использования физических упражнений и спортивных занятий для улучшения общего состояния здоровья и самочувствия студентов, а также эффективность таких методов.

Ключевые слова: *здоровье, студент, мотивация, двигательная активность, спортивные секции, спорт, адаптация.*