



## IMPROVING THE MECHANISMS OF STUDENTS' SPIRITUAL AND PHYSICAL CULTURE DEVELOPMENT

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### ABSTRACT

This article covers issues related to the problem of developing the spiritual and physical culture of students of higher educational institutions. In the context of the modernization of the personnel training system, the issues of improving the pedagogical mechanisms of developing the spiritual and physical culture of students of the technical higher education institution were considered.

### KEYWORDS

Student, spirituality, physical culture, moral education, professional socialization, personnel training system.

### INTRODUCTION

In the years of independence, a new system of training of pedagogic personnel was developed, and a firm conclusion was reached that the quality and efficiency of teaching in continuous education is determined by the professional, spiritual and moral training of future teachers [3; 15-p]. Improved software and methodical support for organization of educational processes was created in higher education institutions. As a result, effective organizational-pedagogical mechanisms of training future engineers based on rich national cultural-historical traditions, customs and universal

values were developed and the priority of humanization of education was ensured. Improvement of the mechanisms of development of spiritual and physical culture in students on the basis of education of physically healthy, spiritually and mentally developed, independent thinking, loyal to the Motherland, with a firm outlook on life, deepening democratic reforms and increasing their social activity in the process of civil society development. It occupies an important place in the strategy of Actions for the further development of the Republic of Uzbekistan.



Experimental work was carried out in the foundational and emphasizing stages, and a total of 312 3-4 year students of Karshi State University, Karshi Institute of Engineering Economics, and Shahrissabz State Pedagogical Institute participated.

A total of 312 students were involved in experimental and control groups to get answers to questionnaires and questionnaires under objective conditions. The results of the survey and questionnaire questions were summarized as follows (Table 1).

From the results of Table 1, it is known that, based on the conducted pedagogical experiment-testing, there were qualitative changes in the skills and abilities of the students of the experimental group to choose the right

behavioral strategies related to spiritual and physical culture ( from 55% to 76% level) and the low level of personal and professional socialization based on mastering spiritual and physical culture decreased from 21% to 6%. In the control group, the level of personal and professional socialization on the basis of the lack of clear selection of behavioral strategies and the acquisition of spiritual and physical culture changed from 17% to 19%, without a significant change in quality (by only 3%). Therefore, the systematic lack of pedagogical influence on the development of the spiritual and physical culture of students leads to the disappearance of their existing behavioral strategies and the weakening of their personal and professional socialization.

**Table 1**

**Levels of students' choice of behavioral strategies related to spiritual and physical culture**

Indicators of evaluation of behavioral strategies for spiritual and physical culture	Talabalarning natijalari							
	Experimental group c=156				Control group c=156			
	At the beginning of the experiment		The experiment is over		At the beginning of the experiment		The experiment is over	
can correctly choose behavioral strategies related to spiritual and physical culture. He has mastered the competencies of physical culture.	136	55%	186	76%	154	62%	162	65%
Can choose behavioral strategies related to physical culture. However, the competence regarding spiritual culture is not fully formed.	60	24%	44	18%	52	21%	40	16%
He cannot clearly choose behavioral strategies related to spiritual and physical culture. The level of personal and professional socialization based on mastering spiritual and physical culture is low.	50	21%	16	6%	42	17%	46	19%



At the end of the experimental work, based on the summarization of empirical research materials, four groups of criteria for determining the level of development of the spiritual and physical culture of students of higher education institutions (cognitive-informational, value-motivational, social-psychological, and organization of activity) the final state was formed according to (Table 2).

**Table 2**

**The level of development of spiritual culture among students of a higher educational institution**

Criteria	Indicators	Number of respondents c= 312					
		High		Medium		Low	
		Group of control	Group of experiment	Group of control	Group of experiment	Group of control	Group of experiment
Informative knowledge	Possession of general and professional knowledge	60	72	30	24	10	4
	Knowing the spiritual and cultural characteristics of the engineering and pedagogical profession	32	78	28	16	40	6
	Independent spiritual and cultural activity	43	76	24	20	33	4
Valuable motivational	The formation of motivations for professional activity based on physical culture	33	78	27	12	40	10
	Positive attitude towards spiritual culture and chosen profession	37	77	22	16	41	7
	Presence of desire for physical culture and professional activity	58	78	32	20	10	2
Social psychological	Positive feeling (emotion) towards spiritual culture	52	82	23	25	15	3
	Active participation in the life of the group and integrated educational institution	55	73	24	25	21	2
	Self-confidence, objective self-assessment, self-control	39	74	24	20	37	6



	Ability to set goals and achieve them	32	62	25	32	43	6
Regarding the organization of the	Possessing the ability to master scientific knowledge methods, establish interdisciplinary communication	26	61	26	34	48	5
	Ability to work with resources, organize educational activities	38	76	36	20	26	4
	Self-control, independent learning, self-assessment	27	71	32	24	41	5
	Ability to independently organize educational activities	24	63	36	33	40	4

Based on the results of the experiment, we will statistically analyze the level of development of the spiritual culture of the students of the technical higher education institution in the experimental and control groups. In order to facilitate mathematical calculation, the indicators of 156 students of the experimental group and 156 students of the control group were taken as a basis.

We present the results of the analysis before the experiment in general in the following table:

**Table 3**

**The level of development of spiritual and physical culture of students of higher education institutions (before the experience)**

groups	Number of students	Levels of mastery		
		High	Medium	Low
Group of experiment	156	43	76	33
Group of control	156	38	82	36

We summarize the results of the analysis at the end of the experiment in the following table:

**Table 5**

**Indicators for determining the level of development of spiritual and physical culture in students of higher educational institutions**

**(at the end of the experiment)**

groups	Number of students	Levels of mastery		
		High	Medium	Low
Group of experiment	156	48	85	23
Group of control	156	33	78	45



If we calculate these indicators in percentages according to the formula, we can see that (at the end of the experiment) there is a 15% difference in mastery levels in the (high) experimental group, (middle) 7%, and low 22%.

In short, to improve the effectiveness of family, community and non-governmental organizations cooperation in developing the spiritual and physical culture of students of higher education institutions, the interaction of motivational, activity-related and value-oriented components in the development of sports health activities and reading culture. dependence should be taken into account.

The impact and interrelationship of such mechanisms as the spiritual prevention system, social pedagogical activity, neurolinguistic programming, andragogic approach, pedagogical deontology and the harmony of man-made civilization and physical culture in the development of spiritual and physical culture in students of a higher educational institution justification is appropriate.

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