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MORAL VALUES AND SPORTS ETHICS

Abstract: Sport, by its very nature and essence, is a means of strengthening international relations, establishing cooperation and friendship. The feature that distinguishes sports from other fields is competitions, fights, competitions, which are events unique to sports in nature.

Key words: sport, education, competition, patriotism

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Introduction

For thousands of years, sport has not only been an event that leads people to physical perfection, but also serves as a means of educating human qualities such as purity, honesty, courage, honor, friendship and patriotism.

Nowadays, sports and physical education are becoming an integral part of young people's life in bringing up a healthy generation. It is important to create ample opportunities and conditions for young people, who are the future of our independent Uzbekistan, to show them the right path, to raise them spiritually, to help them become mature people in all aspects.

If we interpret sports philosophically, it is one of the leading factors for human self-education. Depending on the rate of growth of sports indicators, the athlete enters the educational process not only physically, but also from the point of view of mental, intellectual, moral, spiritual and patriotism.

Sport is a brave, often even brutal type of activity that requires full display of will qualities. While assessing sports, our president interpreted it as follows: "Sports is an ancient tradition of the Uzbek people. Along with hundreds of national sports games, modern sports are also developing in Uzbekistan"1.

Sport is a tool that unites nations, unites peoples and binds bonds of mutual friendship and brotherhood between them.

It would be no mistake to say that sport is one of the terms that has become embedded in the life and language of the peoples of the world. "Each result in sports is the best measure of health, power and greatness of a nation.

There are many unique aspects of sports. One such aspect is that the advantage of this or that social system is fully demonstrated in the health and longevity of millions of people in front of everyone's eyes. Just one example; "The number of doctors per ten thousand people in the former union was twice as high as in the United States. 60 out of every 100 people in the US and 6 out of 100 in the former union do sports. The average life expectancy of citizens in the United States was 70 years in the 75 former unions". Today, the average life expectancy of citizens in our republic is 73 years. The idea of olympism arose as a result of the power of sports to lead humanity to good since ancient times.

Olympism is a unified supreme view of the aspirations for physical and spiritual perfection during the historical development of mankind over the long centuries. Great philosophers such as Socrates, Aristotle, Pythagoras, Democritus took part in these competitions. Despite the fact that the Olympic Games were banned in certain periods, and as a result they were somewhat forgotten, on June 23, 1894, an international sports congress was convened in Paris at the initiative of Pierre de Coubertin. According to the

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decision of the Congress, in 1896, the I-Olympic Games were held in Athens.

Thus Olympism was re-founded. Although the ideas of Olympism were introduced to science by the famous French pedagogue Pierre de Coubertin, the Olympic Games were famous for their charm and variety of sports in various sports competitions held in a number of large cities of ancient Greece. Now, the basis of the organization of the Olympic Games, which are held once every four years, is the same games that were created before our era.

As the first President I.A.Karimov noted, "if it is not a special environment, whose educational value is created by the art of holiday ceremonies, the prestige of which great artists, scientists, philosophers and poets have contributed, and a beautiful symbol that allows us to look at sports as a common part of universal culture, without it, the Olympic movement and the Olympic Games themselves would not have developed as they are now.

The manifestation of unique and priceless human qualities such as strength, courage, bravery during the Olympic Games is equally valuable for all peoples of the world. The main goal of Olympism is the idea of honest competition, brave competition and true friendship. Since the first Olympic competitions, people who have served prison terms or whose behavior has been judged as negative by society, and whose actions have not been forgiven by society, are not allowed to participate in competitions. All kinds of violence during the Olympic Games have been abolished. Various wars have been suspended for a certain period of time. In case of violation of the rules of the competition, arguing with the referees, giving halal to their work process, buying them, winning the competition using prohibited methods or losing by pre-arranged agreement, the competition is immediately stopped and the participant and his sponsors are fined or whipped. the participant was punished by beating. We know very well that the Roman emperor Nero wanted to win the Olympic Games and chose the dirty way. However, as we mentioned above, since the main idea of the Olympiad was a heroic competition, after the emperor's death, both the victory and the championship were canceled.

Such cases committed by the athlete were considered shameful, an insult to his nation. As can be seen from the above, the athletes behaved with high morale and discipline before the games, during the games, and after the games.

From the beginning of Olympism to the present day, it covers three periods. 1. Antiquity. 2. Kuberbetes period.

"Sculptors, artists, and musicians also competed in the ancient Olympic Games, along with athletes competing in sports. From this situation, since ancient times, the philosophy of the unity of physical and spiritual harmony, the education of a perfect person through sports, and the philosophy of breaking the

ideals of humanism into the life of society are understood in the ideas of Olympism.

The Kuberbetes era was associated with the rebirth of the Olympic movement and laid the groundwork for the modern Olympic movement.

Currently, there is a flag, emblem and motto of the Olympic movement. The full recognition of the National Olympic Committee of Uzbekistan by the International Olympic Committee in 1993 was a great event in the spiritual life of our country. The National Olympic Committee of Uzbekistan includes Olympic clubs, republican sports federations, Olympic Academies and a number of public physical education and sports organizations.

In his speech at the opening ceremony of the Museum of Olympic Glory on September 1, 1996, the first President of the Republic of Uzbekistan I.A. Karimov said, "If we are lucky, the flame of the Olympic Games will definitely be lit in Tashkent." "Uzbek athletes continue to amaze their opponents and spectators in many tournaments and bring glory to the name of our country." , many examples can be given of the fact that most diseases do not show their face. As our great grandfather Ibn Sina said, a person who exercises wisely does not need medicine or a doctor. The world of sports creates strong, goal-oriented people who enjoy life, teaches them to win and give people the fruits of victory. The world of sports teaches a person to choose a goal in life wisely, to be able to realize them, to overcome difficulties with honest struggle. All this helps a person to succeed in his chosen profession, live a long and successful life, stay away from diseases, always be fresh and attractive to others. Our Olympians have such characteristics. Each of them are bright and bright personalities.

Olympism is of great importance in educating a person. It is an important factor in human activities such as education, morality, art, technical progress, friendship between peoples, stability, healthy lifestyle. Here, the English scientist John Locke said, "How much we need health for professional activity, to be happy, how much we need a strong will capable of overcoming hardship and fatigue for anyone who wants to do something important in the world, this is so obvious that there is no need to prove it. " should be noted.

Olympism has a positive effect on a person's moral, cultural and spiritual education along with his physical maturity. In young people, the ideas of Olympism educate the feelings of love for the country, loyalty to the country, and the desire to work on oneself. After the first victory of Artur Grigoryan, the many-time world champion in professional boxing, the President congratulated him and said, "Your victory is important in training our youth in the spirit of patriotism and pride in their homeland." We can see the proof of this idea in the example of thousands of our young people who are showing their abilities in

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the world today. As a result of the opening of the Olympic movement in our republic, great changes have taken place in the spiritual and moral outlook of our youth.

Our young people have realized that it is appropriate to choose a healthy way of life, away from various vices, gangs, and unclean ways. Therefore, in conclusion, we should emphasize that the promotion and promotion of the ideas of Olympism is not only sports experts or people related to sports, but also everyone who promotes a moral and spiritual mature healthy lifestyle will remain the daily work of everyone.

Achieving high results in sports plays an important role in the development of physical education and sports of the country. The growth of these results further expands the idea of what a person is capable of and gives impetus to the discovery of new methods and ways of training. The charm of sports sophistication is unique and intense sports competitions are reflected in the harmony of movements and more.

The social content of sports is the foundation of a healthy lifestyle of citizens and a healthy generation. One of the goals, aspirations, and hopes of every country is to strengthen the health of the population, to raise the growing young generation to be brave and courageous young men and women who are kind to each other and who are necessary for the homeland, the people, and the defense of the homeland.

The peculiarity of sport as a social phenomenon is that it mainly serves the society as a means of developing the physical qualities of a person, at the same time, it also has a strong influence on his spiritual maturity. This feature is a common sign of physical education. The development of the social consciousness of a person is considered a subjective factor in the creation of physical culture.

Attracting young people growing up to sports is one of the most honorable tasks facing the country, it is necessary to educate them mentally mature and physically healthy.

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