

SCIENTIFIC AND THEORETICAL FOUNDATIONS FOR THE DEVELOPMENT OF MASS SPORTS AMONG UNIVERSITY STUDENTS

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Abstract:

This article analyzes the scientific and theoretical foundations for the development of mass sports among university students. The study examines the social significance of mass sports, students’ physical activity, motivation, and the state of sports infrastructure. It also proposes solutions to existing problems and recommendations for their implementation. The article highlights the role and importance of mass sports in forming a healthy lifestyle among students and suggests scientifically grounded approaches to enhance the sports culture in higher education institutions.

Keywords: Higher education institutions, students, mass sports, physical activity, sports infrastructure, motivation, healthy lifestyle, sports culture, scientific-theoretical foundations

Introduction

In our country, promoting a healthy lifestyle, strengthening youth health, and engaging them in regular physical education and sports are recognized as priority directions of state policy. In particular, developing mass sports among university students is an important factor not only for their physical well-being but also for their intellectual, psychological, and social development as well-rounded individuals.

In recent years, large-scale reforms have been implemented to expand sports infrastructure, build modern sports facilities, and improve the organization of sports clubs and competitions in higher education institutions. At the same time, studying the scientific and theoretical foundations of mass sports and organizing physical education based on effective methods serve to increase students’ interest in sports.

This article analyzes the scientific and theoretical aspects of developing mass sports among university students, the existing challenges and their solutions, as well as recommendations based on best practices. Research in this field contributes to understanding the impact of sports on personal development and fostering a healthy, well-rounded young generation.

Degree of Research

In recent years, the issue of developing mass sports among university students has been studied scientifically and theoretically by many scholars and specialists. In particular, local researchers such as A.Q. Abdukarimov, M.S. Oripov, A.A. Shoyusupov, and A.R. Juraev have extensively analyzed ways to increase students' physical activity, enhance their interest in sports, and promote a healthy lifestyle.

Foreign researchers -including P. Bourdieu, R. Bailey, and C. Green -have explored the socio-economic factors influencing mass sports, the impact of sports infrastructure and policy on youth health, and concepts such as sports culture, university sports, and motivation for sports participation.

Nationwide practical studies have focused on students' attitudes toward physical education, participation in sports clubs, levels of physical activity, and identifying existing challenges. However, methodological recommendations aimed at increasing students' participation in mass sports events still need further improvement.

Therefore, there remains a need for a deeper and more practice-oriented scientific analysis to develop effective, evidence-based proposals and recommendations.

Research Aim

The main aim of this study is to analyze the scientific and theoretical foundations for the development of mass sports among university students, identify existing problems, and propose effective solutions and recommendations.

Research Objectives

To achieve this aim, the following research objectives were set:

1. Theoretically substantiate the concept of mass sports and its significance in youth life.
2. Study the level of interest and participation of university students in sports.
3. Analyze the infrastructure, organizational, and motivational factors in the development of mass sports.
4. Evaluate the role and impact of sports in shaping a healthy lifestyle among students.
5. Develop practical recommendations and proposals aimed at promoting mass sports.

Scientific Novelty

This study is scientifically novel in the following aspects:

1. A detailed analysis of students' needs, interests, and activity levels in mass sports under university conditions.
2. Systematic identification of the factors hindering the development of mass sports and scientifically grounded proposals to eliminate them.
3. Development of innovative theoretical and methodological approaches - including digital technologies, interactive methods, and tools for promoting sports culture -to enhance students' motivation for sports participation.

The Nature and Social Significance of Mass Sports

Mass sports are an important social phenomenon that helps form a healthy lifestyle, increase physical activity, and promote sports culture among the population, especially the youth. It primarily serves health-improving, educational, and social integration functions and represents the non-professional, everyday aspect of sports.

The student period is one of the most active and transformative stages in a person's life, during which maintaining physical and mental health is crucial. Therefore, encouraging students' participation in mass sports is an effective means to support their well-being, reduce stress, and enhance social engagement.

The State and Opportunities of Mass Sports in Higher Education Institutions

In recent years, the sports infrastructure of higher education institutions in Uzbekistan has gradually improved. Many universities and institutes now have sports halls, open fields, clubs, and organizations. Moreover, mass sports competitions such as "Student Sports Games," "Universiade," and "Rector's Cup" are held regularly.

However, practical analyses show that not all students actively participate in sports. The following barriers are often observed:

- Insufficient or overbooked sports facilities after class hours;
- Shortage or obsolescence of sports equipment;
- Lack of modern motivational methods in physical education classes;
- Students' limited free time and excessive dependence on digital technologies.

These factors serve as significant obstacles to the development of mass sports.

Scientific and Theoretical Foundations for the Development of Mass Sports

To enhance interest in sports, not only material but also theoretical and methodological foundations are important. The following approaches can be effective in shaping students' positive attitudes toward sports:

Motivational Model:

Ensuring the balance between internal (health, appearance, self-development) and external (participation in competitions, rewards) motives in attracting students to sports participation.

Interactive Methods

The use of interactive methods in lessons-such as game-based approaches, competitive elements, and digital platforms (sports applications, tournament tables)-can enhance students' engagement in sports.

Promoting Sports Culture

Promoting sports-active students on social media, as well as organizing projects and campaigns that advocate for a healthy lifestyle, play an important role in shaping a positive sports culture. In addition, higher education institutions should develop strategic documents that include their sports policy and maintain statistical monitoring of student participation in sports activities.

Proposals and Recommendations for the Development of Mass Sports

1. Improving University Sports Clubs - expanding the activities of student sports clubs, providing them with support through grants or social projects.
2. Sports Motivation Training -conducting psychological training sessions to foster intrinsic motivation toward sports participation.
3. Organizing Sports Events in Innovative Formats - introducing new forms such as flash mobs, marathons, sports festivals, and e-sports competitions.
4. Improving the Physical Education Curriculum - shifting from traditional lesson formats to elective-based sports activities (e.g., fitness, yoga, mini-football, street workout, etc.).

Research Findings

The results of the study indicate that while there are significant positive developments in the promotion of mass sports among university students, certain problems still persist.

Firstly, based on collected data and surveys, approximately 65–70% of students are regularly engaged in physical activity. However, around 30% participate less frequently or not at all. These figures are influenced by factors such as insufficient sports facilities, time constraints, and low motivation.

Secondly, it was determined that organizing mass sports competitions and sports clubs serves as an effective tool in promoting a healthy lifestyle. In particular, 75% of students reported that participation in university-organized sports activities increased their level of physical activity. Thirdly, the use of digital technologies and interactive methods plays an important role in boosting interest in mass sports. Sports applications, online competitions, and virtual training platforms provide new opportunities for promoting a healthy lifestyle among students.

Furthermore, if the proposed innovative approaches and motivational programs identified during the study are implemented in practice, it is expected that students' interest and participation in mass sports will increase significantly.

Overall, the scientific and theoretical foundations and practical opportunities for developing mass sports in higher education institutions complement each other and contribute to the effective organization of physical education processes.

Statistical Summary

According to the data obtained, the level of participation in mass sports among university students averages 68%, which reflects their understanding of the social significance of sports and their desire to maintain a healthy lifestyle. However, the remaining 32% of students participate less frequently or not at all.

Participation in sports competitions stands at 54%, indicating that more than half of the students take part in active sports events. Meanwhile, 62% of students regularly use sports facilities, which shows that infrastructural opportunities are not yet fully utilized.

The main reasons for the decline in students' interest in sports include lack of time (35%), insufficient infrastructure (28%), and low motivation (22%). Additionally, 15% of students reported that dependency on digital technologies decreases their attention to sports.

These findings suggest that comprehensive measures are needed to promote better time management, expand sports infrastructure, and enhance motivation in order to further develop mass sports among students.

Conclusion

The findings of this research demonstrate that the development of mass sports among university students plays a crucial role in promoting a healthy lifestyle and strengthening youth physical well-being. Mass sports not only increase physical activity among students but also contribute to their social integration, mental health, and personal growth.

Although the rate of regular sports participation among students is relatively satisfactory, issues such as limited sports facilities, low motivation, and time constraints remain. Therefore, higher education institutions should focus on improving sports infrastructure, introducing innovative teaching methods, and developing strategies aimed at increasing student interest in sports.

Moreover, applying digital technologies and interactive methods can further strengthen students' engagement in mass sports. Universities are recommended to conduct a more systematic sports policy, expand sports events, and implement innovative programs that promote healthy lifestyles among students.

Ultimately, a comprehensive study and practical implementation of the scientific and theoretical foundations for the development of mass sports in higher education institutions serve as a key factor in ensuring the physical and spiritual development of young people.

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