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The Role of National Traditions in the Physical Education Process

Peran Tradisi Nasional dalam Proses Pendidikan Jasmani

Khudoynazarova Gullola Mirkhojiddinovna, demsonfarms@yahoo.com, (1)

teacher of the Faculty of Physical Education of Kokand State Pedagogical Institute, Uzbekistan

⁽¹⁾ Corresponding author

Abstract

This paper makes analyses of the role of national traditions in the process of physical education. On this case, the socio-cultural potential of Uzbekistan, physical culture and sports have their own content, form, purpose and essence has been investigated. The work of physical culture and sports specialists in conducting large-scale and in-depth events, such as inculcating them in the culture of everyday life, educating the physical fitness of young people, attracting talented young people to sports, improving their skills, spreading the country's glory to the world through sports noteworthy.

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Introduction

In the socio-cultural potential of Uzbekistan, physical culture and sports have their own content, form, purpose and essence. The work of physical culture and sports specialists in conducting large-scale and in-depth events, such as inculcating them in the culture of everyday life, educating the physical fitness of young people, attracting talented young people to sports, improving their skills, spreading the country's glory to the world through sports noteworthy.

One of the problems of our time is the training of specialists in physical culture and sports, the deepening of their knowledge and constant improvement of their practical skills, creativity and initiative.

Fundamentals of specialization in almost all stages of the faculties of physical culture (courses) "Theory and methods of physical culture", "History and management of physical education", "Methods of teaching sports and movement games", "Pedagogy" and similar theoretical disciplines, methodology and ways of its application in practice are taught in depth. The concept of national traditions in the theoretical knowledge of various strata of the population, the organization of physical education, sports, travel and national games in educational institutions, the application of mass sports events in them the basic concepts are almost unexpressed.

It should be noted that the textbook "Physical Education and Sports Management" by Associate Professor KR Yarashev (2001) to some extent explains the above problems. It was also noted that the organization of the educational process in the organization of public health physical education, tourism and national games should be carried out in the faculties of physical culture. However, not enough has been done in this area. On the basis of the sections "Selected disciplines", "Special courses" in the curriculum of the faculties of physical culture in all institutes and universities of the Republic (TSPU named after Nizami, SamSU, KokandDPI, FarDU, NamSU, etc.) hours are devoted to theoretical concepts and practical skills. It explains some of the concepts of national values, spiritual and enlightenment culture. Associate Professor HA Meliyev, the author of this dissertation, took the initiative in implementing these measures. Involvement of high-level students in local events such as "Navruz", Independence Day, Harvest Festival, Professional Days (teachers, medical staff, etc.), equipping them with practical and organizational skills in this field. Creative experiences have been achieved.

They point out that the faculty teaches a lot of theoretical subjects to students, but the need to teach more national-traditional activities and involve students in practical activities is somewhat overlooked. These considerations may be more or less logical. However, future physical education teachers and coaches should teach national values and traditions at sports events.

According to professors and teachers of the above-mentioned universities and some leading specialists in other regions, spirituality and enlightenment with teachers of national independence, pedagogy, cultural studies and related disciplines it can be said that there is no organic connection between teachers of educational faculties on these issues. They just teach their subjects. In our opinion, in any field, science, educators should be engaged in activities, creativity, initiative, combined with the education of spiritual and physical development of future professionals. Only then will future professionals be able to think highly, be proud of their national values, and fully realize their duty and responsibility to the people and the country.

It is necessary to take into account that the management of such requirements in practice is related to the social working conditions, social security of production communities, various institutions, residential areas, recreation and leisure facilities. The need for organizers and coaches to organize public health, physical education and sports events, to determine the staff on the basis of needs, to place orders with the necessary sports organizations or bachelor's higher and secondary special educational institutions. will need to be added. If these measures are taken, it will be possible to increase the number of organizers in certain areas, to spread national traditions in their work, and to use them purposefully.

The State Education Standards of the Republic of Uzbekistan (2015) and the qualification requirements set an important task to ensure the continuity of physical education in educational institutions, the mass involvement of schoolchildren and students in sports activities. On this basis, the program "Physical Education" (2014) for the higher education system and academic lyceums, vocational colleges and secondary special educational institutions has been developed and is being implemented. On March 1, 2000, special tests "Alpomish" and "Barchinoy" were introduced. Their content, form and goals are based on the development of physical fitness, labor and defense skills of students.

The goals and objectives of the radical reforms in our country, public events in the field of culture, medicine, education and sports, their content, the full maturity of young people studying professionally, the full response to the students of the time, to do so requires having all the qualities associated with feelings of devotion to the Fatherland and beliefs. It should be noted that the above "Physical Education" programs provide detailed information on the study of national values in physical education classes, especially on the use of national traditions in physical education, sports, travel and national games. no This has a negative impact on students' perceptions of national traditions, including the importance of physical education. On the other hand, most physical education teachers are not able to leave the program, and a creative approach and practical initiatives are rare. These negative features are reflected in the educational process of students (pedagogical and organizational).

As you know, physical education has its own characteristics. An analysis of the curriculum of the "Physical Culture" program reveals two areas:

1. Students will be trained and retrained in the chosen sport in the form, content and method common to all faculties of the country and their own DJTI.
2. The potential of professors and teachers of the faculty, courses on special subjects of interest to them are organized. These processes have a positive effect on students' acquisition of more or less specialized concepts and knowledge. However, this is well established in all higher education institutions, and their quality is not high. There are some objective and subjective reasons for this:
 - Educational-methodical manuals, recommendations, combining physical culture and socio-educational features of national traditions, are not perfectly developed;
 - Teachers working in the field of deepening theoretical and practical knowledge of sports have a very shallow knowledge of traditions;
 - The topics of spiritual and physical development in abstracts, courses and graduation these are not covered in detail;
 - In the I-II stages of physical culture education, little attention is paid to the content and essence of public and cultural events held at sports facilities in the context of homework, independent work.

According to the Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 "On measures for further development of physical culture and mass sports" PQ-3031, the selection, testing and mobilization of gifted children in sports schools is a special noted. In such an organizational, practical and educational environment, sports performances and public demonstrations, which are used in national traditions, can play an important role. For this reason, students at all levels of the physical education faculties are encouraged to interact with each other in children's sports and national traditions; you need to teach them how to balance organizationally. Such socio-educational teachings and practical activities should be taught in all theoretical and practical (sports) lessons and sports.

Alpomish and Barchinoy, which belong to them, are included in the curriculum of classes and sports (gymnastics, athletics, movement games, wrestling, specialization, etc.). The tests have traditionally been expressed in the context of national values in the teaching of test-normative requirements, recalling customs, symbolically continued from the lives of our ancestors. However, it is advisable to provide students with relevant information about the epic "Alpomish" and other works of art, historical, cultural and archeological sources.

As in any field, one of the most important activities in the training of physical education teachers is to develop sufficient theoretical knowledge and practical skills. According to the curriculum of the faculties of physical culture, it is planned to conduct a qualifying internship (pedagogical and organizational internship) within 18 weeks (6-8 semesters). The first half of Phase III will focus on physical education and extracurricular sports activities, as well as practical assistance to teachers. At the beginning of the second half of Phase IV, students will conduct activities such as modeling physical education classes, analyzing the lessons of others, organizing classes in sports clubs, leadership in public sports competitions, and arbitration.

Pedagogical observations, formal interviews with teachers with advanced experience, students undergoing internships, scientific-theoretical analysis of the results of the interviews led to the following comments:

- The responsible teachers of the departments of the theory and methods of physical education, specialties in sports, as well as the departments of pedagogy and psychology cooperate in conducting internships for students;
- In preparing students for internships, instructors (methodologists) consistently study and monitor their interests, theoretical concepts and practical activities in their profession;
- At special meetings (conferences) for internships, heads of faculties, heads of departments acquaint students with the main activities;
- Teachers of physical culture of the school, city (district) sports committees, employees of the sports association "Yoshlik" who participated in the conference (on the basis of the proposal) share practical experience;
- creating appropriate conditions in schools for internships, school leaders are responsible for providing practical assistance;
- Students diligently study the tasks set and set an example by using their activities in practice.

In general, the interaction between the school and the faculty in the process of preparation for and conduct of internships is significant. However, there are serious shortcomings, deficiencies and some shortcomings in the study of national traditions and their practical application in the educational process, especially in the qualifying practice of the profession.

These are:

1. Students lack theoretical knowledge to conduct high-level internships. Because, for one reason or another, practical experience in conducting classes, organizing competitions, attracting students to them is not in demand.
2. Most students are good at physical education, physical culture movement, and organizational skills in sports

It is obvious that they do not master it and are not fully aware of sports news.

3. Lack of control by the methodologist of the faculty, the lack of regular analysis of the activities of students causes them to be indifferent to their tasks.

4. There are shortcomings in the physical education teachers of the school in providing practical assistance to the student-practitioners assigned to them.

5. Students have a low level of creative, course or graduate evidence-gathering and research activities.

6. Ensuring the active participation of students in public sports festivals and competitions is not well organized.

7. The use of traditions in the work of spirituality and enlightenment in the school, the youth social movement "Kamolot", the council of the physical education team "Youth", class teachers and other official primary organizations in cooperation with students is not at the required level.

So, there is very little talk about the study of national values in the process of qualifying practices, their use in the educational process in national traditions, their socio-educational features, practical activities.

In general, the literature in the field of physical culture and sports shows that the content of national traditions is not fully reflected in the events.

In the context of scientific research in the country, little attention is paid to the national features of physical education, sports, travel and national games, as well as their socio-educational processes. One of the main reasons for this is that physical education teachers are only training, and sports coaches are only coaching.

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