European Journal of Innovation in Nonformal Education (EJINE)
Volume 2 | Issue 12 | December - 2022 ISSN: 2795-8612

The Effect and Role of Rowing Training on Youth Socialization

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A B S T R A C T
Scientists say that the higher education system is the main institution of socialization, in which education and training is the only process aimed at preparing a highly educated, knowledgeable, physically and spiritually developed person. Socialization of students of higher education is fundamentally different from a similar process in a general education school. . Most of them face serious difficulties during the adaptation period. Therefore, it is considered the most appropriate solution to direct them to some kind of sport. In this, rowers feel part of a team, feel team spirit, work together to win and overcome failures. Increases interest in rowing.

A R T I C L E I N F O
Article history:
Received 27 Oct 2022
Received in revised form
27 Nov 2022
Accepted 28 Dec 2022

Keywords: higher education, sports, spiritually developed, students, socialization, questionnaire, rowing.

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Enter. Each era brings its own type of worldview, new knowledge, new life experience, constantly changes our worldview of man and his place in life. During the past century, civilization has gained amazing power, and we need the various skills and rational issues that have created modern science to use for the benefit of mankind. The spheres of social life directly related to education, upbringing and the formation of a person as a person gain special importance due to their socialization. [1,11,21,31,41,51,61,71,8,97]

The problem of their socialization has always been relevant for the successful social adaptation and all-round development of growing young people. Socialization is a method necessary for society to maintain social balance and manage social roles. In the process of socialization, the internal evaluation criteria, system of relationships, life activities and other objects of the social sphere are formed to which the person belongs, conducts his behavior and activities. A person's internal relationship system is formed based on their concepts, which defines the coordinate system in which the person places all his important events. This system includes internal and external instances, is dynamic in time, and forms a whole that can be compared, contrasted, or matched. Family, education and training systems, cultural objects, personal and collective communication, mass media, public associations, labor teams, business environment, official bodies, local communities and their self-government institutions, and other institutions of civil society are considered the main ones . agents of socialization. [8,18,28,38,48,58,68,78,88,92]

In other words, in the conditions of modern social development, the socialization of a person affects the life activity of a person, determines his direction, values and system of relations. [2,12,22,32,42,52,62,72,82,96]

The purpose of the study was to determine the effect of rowing lessons on the socialization of the student's personality.

Scientists say that the higher education system is the main institution of socialization, in which education and training is the only process aimed at preparing a highly educated, knowledgeable, physically and culturally developed person. The socialization of students of higher education is fundamentally different

from a similar process in a general education school. High school students find themselves in a new learning environment. Most of them face serious difficulties during the adaptation period. These difficulties have a negative impact on the successful acquisition of educational programs, interactions with students and teachers, and in general, do not cause any inconvenience in higher school activities. With the transition to higher indicators, the aimless difficulties in the socialization of students will not be eliminated; but has various negative consequences (psychological disturbance, dropout studies, etc.). On the other hand, without strong moral references, in the absence of skills, it is difficult to plan your life and professional life, to clearly confirm personal views, for which the socialization process at the university is responsible; its graduates are almost not oriented. Socio-economic environment and are more likely to join a marginal and possibly criminal environment. [9,19,29,39,49,59,69,79,87,91]

The process of socialization is historically and culturally defined as the active development of a person. In the age of science and technology, it acquires its own characteristics: the criteria of social maturity change and become more complicated, it is accompanied by a change in the complexity of social institutions, the form of education, relations between generations, etc. Increasing the value of life, education, culture, health, human individuality is increasingly being considered as criteria of social development of the society. In this regard, the importance of culture, including physical culture, is increasing in the 21st century. .[3,13,23,33,43,53,63,73,83,95]

Physical culture is a special phenomenon in higher education. Physical culture, while working for the biological nature of a person, helps to form the spiritual sphere. Therefore, like other types of culture, physical culture plays an important role in the development of the individual. It is known that three main components of personality structure - functional mechanisms of mentality, individual experience and personal characteristics can be successfully developed when a person acquires physical culture.

In the modern world, physical education is an increasingly important fact as part of the general culture of the individual and society. However, along with the phenomenon of physical culture, which is generally accepted and understandable to many, the phenomenon of sports appears and develops with an independent status. Based on the experience of socio-historical development, physical education and sports developed almost simultaneously and enriched each other. However, at first, each of them had its own characteristics and gradually took its place in the social life of the society.

Sport, as an important social phenomenon, penetrates all levels of modern society and has a wide influence on the main spheres of social life. It affects ethnic relations, business life, social status, fashion, moral values and lifestyle of people. .[5,15,25,35,45,55,65,75,85,94]

Sociological surveys conducted among the population, especially young people involved in sports, show that sports form the initial understanding of life and the world. In sports, important values for modern society, such as achievement motivation, success, striving to be the first, to win not only the opponent, but also oneself, are most vividly manifested.

Sports training are purposeful, organized and usually conducted in a team. Sports help people gain interpersonal experience, build relationships and interactions with each other and with coaches, other athletes, and sports referees. Mutual support, demanding each other, high discipline, the ability to focus on the interests of the team, high-quality sports work - all can be trained in sports. A true leader and organizer can be born in sports, because sports model life situations. [7, 17, 27, 37, 47, 57, 67, 87, 93]

The value potential of sports allows solving many educational tasks. Thanks to sports activities, the athlete can cope with the difficulties that the adolescent often faces in high school, in the family and in other situations.

Interest in new types of sports in young people is formed in connection with the desire to develop new types of sports activities, to try their strength in something new, unexplored and unusual. Therefore, there are mass, more emotional types of sports training, where not only practical training is emphasized, but also the development of personal qualities, where great attention is paid to forms of aesthetic education.

Rowing is a wonderful and rapidly developing sport in 152 countries of the world, member states of international and continental federations. Long-term loads used in boat races develop a stable nervous system of the athlete and increase resistance to fatigue. Boat racing builds voluntary mechanisms,

facilitates emotional well-being and mental balance. In addition, mental modeling of the technique of movements performed in boat races is used. Boat racing is a special type of practical activity that is carried out in two environments - air and water, natural waters and changing weather conditions, which makes it a way to relax, increase stamina and endurance, and an active recreation. Overcoming air and water resistance and performing a repeated cycle of muscle tension, the rower improves his strength endurance, develops respiratory muscles, which stimulates an increase in blood flow in the capillaries and improves tissue respiration. Rowing is a universal type of aerobics and has a great effect due to its effect on all mechanisms of oxygen supply to the body. Rhythmic movements and breathing, exposure to sunlight and water-air aerosols stimulate reflex thermoregulatory mechanisms, activate immune processes and increase the body's resistance to stress.

According to the International Rowing Federation, about 50 million people in the world now take part in various professional and amateur competitions due to the convenience and democratic nature of this team sport, in which rowers in the same boat are of different ages, genders and sports. can be The feeling of being part of a team, the feeling of team spirit, the opportunity to work together to win and survive setbacks will undoubtedly increase the interest in rowing.

Research methodology . We developed a questionnaire consisting of 21 questions in order to determine what changes have occurred in the social development of rowing athletes. 20 members of the rowing team of the Nukus branch of the Uzbekistan State University of Physical Education and Sports participated in the survey.

Research results.

The results of the survey were as follows Table 1

No	What qualities did you develop during your studies? What changes can you notice?	Totally agree	Partially agree	Incompatibility
1 .	I am not afraid of defeat, I learn to win	18	2	-
2.	Their confidence increased	20	-	-
3.	Enjoy sports activities	20	-	-
4.	Increased responsibility in studies and work	16	2	2
5 .	Compete according to the principles of fair play	18	1	1
6.	Has developed leadership qualities	15	3	2
7.	I give my energy, my time, my friendship to others	17	2	1
8 .	I am ready to help someone	16	4	-
9 .	I don't trust others. I pay attention to my strength	18	2	-
10.	I learned to enjoy the victory of the team I supported	19	-	1
11 .	I lead a healthy lifestyle	20	-	-
12.	I learned how to train properly	20	-	-
13.	I rarely try to say "I can't" and "never".	19	1	-
14 .	I am persistent in solving my problems	18	1	1
15 .	I became more purposeful	19	1	-
16.	I try to respect the feelings of others	20	-	-

17.	My body is healthy, my mind is healthy	18	2	-
18.	I learned to work in a team	18	2	-
19.	I felt like a leader, an extraordinary person	5	14	1
20.	I am an " open " person	17	3	-
21.	I give up bad habits	20	-	-

Summary. According to the results of the questionnaire, the inclusion of rowing lessons in the educational process improves the socialization of students. Performing development exercises in pairs, team participation in psychological training and discussing competitions will help improve their skills, prevent self-restraint, help to be ready for mutual help, support, cooperation gives, reduces the fear of criticism, relieves a high emotional state. Well-being makes them more optimistic, determined, responsible and able to be leaders of the youth group.

Thus, if sports activities are properly organized, sports can become a serious and effective way of forming the social activity of the growing generation.

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