



VOLLEYBALL: IMPACT ON PHYSICAL AND MENTAL HEALTH

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Annotation: *This article provides a comprehensive analysis of the physical and psychological effects of volleyball on the human body. Volleyball is seen not only as a means of physical fitness, but also as an important factor in ensuring psychological stability. The factors that increase muscle activity through physical exercise, improve the cardiovascular system, as well as the social and psychological importance of the game - for example, teamwork, socialization, stress reduction and increased self-confidence - are analyzed in depth. The article also discusses the importance of sport among young people today, and the need to promote it.*

Key words: Volleyball, health, physical activity, mental stability, socialization, youth, sports education, teamwork.

Аннотация: *В данной статье представлен всесторонний анализ физического и психологического воздействия волейбола на организм человека. Волейбол рассматривается не только как средство физического оздоровления, но и как важный фактор обеспечения психологической стабильности. Подробно анализируются факторы, способствующие увеличению мышечной активности посредством физических упражнений, улучшению сердечно-сосудистой системы, а также социальное и психологическое значение игры — такие как командная работа, социализация, снижение стресса и повышение уверенности в себе. В статье также обсуждается значение спорта среди молодежи в современном обществе и необходимость его популяризации.*

Ключевые слова: волейбол, здоровье, физическая активность, психологическая стабильность, социализация, молодежь, спортивное образование, командная работа.

Introduction A healthy generation is the foundation of the development of any society. Reforms implemented in any country to preserve and strengthen human health are bearing fruit. At the same time, the need for sports, which is one of the most important components of a healthy lifestyle, is also growing. Unfortunately, in today's digital world, physical inactivity, a passive lifestyle, and mental stress are widespread among young people.

In such circumstances, active, action-packed, and team games like volleyball play an important role in shaping a healthy lifestyle. Volleyball not only involves physical exercise, but also contributes significantly to the socio-psychological development of a person. This article analyzes the impact of volleyball on health, socialization, and mental stability.

Relevance of the topic In modern life, most young people spend most of their day in front of technological devices, in a passive state. This causes physical and mental problems: chronic fatigue, nervousness, distraction, social isolation, etc. In such conditions, there is a great need to popularize team and dynamic sports such as volleyball. Volleyball promotes mobility, teamwork

It teaches skills, mutual respect and communication. The widespread introduction of this sport, especially in schools and higher education institutions, not only serves to develop health, but also educational aspects. Therefore, the widespread promotion of volleyball among young people is one of the urgent issues.

Discussion part of the topic: Impact on physical health In the game of volleyball, many movements are performed, such as running, jumping, stopping, turning, and active use of arms and legs. These movements lead to muscle activation and improvement of the cardiovascular system. In particular, the muscles of the legs and shoulders, waist and back areas are strengthened due to constant use, and the general condition of the body is strengthened. In addition, physical qualities such as

coordination, balance, speed and agility are developed. People who regularly play volleyball have a much lower risk of being overweight, bone and foot diseases, and heart diseases. Movements not only increase physical strength, but also increase the flexibility of the body. Impact on mental and social health Mental health is directly related to each person's inner peace, mood, and level of satisfaction with life. Playing volleyball keeps a person active, distracts thoughts, and reduces stress. Playing with friends or teammates, in particular, provides psychological relief and positive emotions. Working in a team builds mutual respect, trust, leadership, and cooperation. This is especially important for young people. Quick decisions made during the game increase thinking skills. It also develops the skills to accept defeat correctly and accept victory with humility. The educational role of volleyball Volleyball embodies many educational aspects of sports. Through this sport, young people acquire such qualities as responsibility, patience, honesty, hard work and willpower. Participation in lessons and training teaches discipline and timely preparation. Team games, on the other hand, provide life skills such as adapting to a social environment and solving problems together.

Conclusion: In conclusion, volleyball plays an important role in human health, mental state and personality development. It strengthens the body, develops muscles, improves cardiovascular function. At the same time, volleyball is also necessary for social and mental well-being: a person increases self-confidence, learns to work with a team, communicate, and experience positive emotions. Therefore, more effective results can be achieved by popularizing volleyball among young people, paying sufficient attention to it in sports facilities and curricula, and improving the skills of teachers and coaches. This is one of the important stages in forming a healthy, active and harmonious society.

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