

## **THE HEALTH EFFECT OF SPORTS ON THE EMOTIONAL STATE OF STUDENTS IN THE FIGHT AGAINST STRESS**

Nowadays, when more and more young people suffer from various pathological diseases, when more and more conscripts of the Ukrainian army do not complete their service due to illness, the problem of public health is felt very acutely. But what led to such frightening factors? Bad ecology? Constant stress? Insufficient and improper nutrition?... Of course, all these factors have unfortunately accompanied our state since its existence, but it also depends on the people themselves. After all, most young people spend their free time not in gyms, but in bars, smoking cigarettes, and drinking alcohol. Yes, parents have now forgotten about the so-called rest in the family circle in nature, preferring to sit quietly in front of the tv, leaving the children to the "friend of the family" - the computer. And as a result - obesity, scoliosis, poor eyesight in their descendants, and this is not a complete list. However, many will say about the inaccessibility of sports within the boundaries of a village or a small town. But what is really a sport? If we look in any encyclopedia, we will find the following explanation: "Sport is an organic part of physical culture, a special field of identifying and unified comparison of people's achievements in certain types of physical exercises, technical, intellectual and other training through competitive activities." But it is not limited to physical education only. Sport has an independent general cultural, pedagogical, aesthetic, and other significance. This especially applies to "big sports". Physical education cannot be limited to sports, and it cannot be considered as a universal means of physical education, because it places increased, often extreme demands on the functional capabilities of people's bodies, their age, state of health and level preparedness Sports can be considered as a system of results of physical culture, since this term denotes the pursuit of physical achievements based on norms and rules, training and competition. The term "sport" is used in relation to various fields, depending on the goal set by the person who engages in or participates in certain sports. These include children's and youth sports, mass sports (sport activities during recreation, in free time from studies), as well as high-achieving amateur and professional sports (junior and adult athletes). However, the main goal of sports is to promote human health. Unlike sports, human health is based on genetic factors, lifestyle, and environmental conditions. However, to a certain extent, it also depends on a person's conscious attitude towards himself and the surrounding environment. After all, human health is a state of complete socio-biological and psychological comfort, when the function of all organs and systems of the body are balanced with the natural and social environment, there are no diseases, painful conditions, and physical defects. However, according to the most general features, the health of an individual can be defined as the natural state of the body, characterized by the complete balance of any pronounced painful changes. It should be remembered that health depends on many factors that combine into one integral concept - a healthy lifestyle. Its purpose is to teach a person to be smart about his health, physical and mental culture, harden his body, skillfully organize work and rest. Therefore, it is safe to say that, of course, a person can be healthy from birth, but regular exercise will contribute to health throughout life.

What are physical education and sports? Physical culture and sports are means of creating a harmoniously developed personality. They help to focus all the internal resources of the body on achieving the set goal, increase work capacity, allow you to squeeze in the fulfillment of all planned tasks into the framework of a short working day, create a need for a healthy lifestyle. Physical culture is part of the general culture of society, one of the spheres of social activity aimed at maintaining health, developing human physical abilities and their use in accordance with the needs of social practice. Physical culture is a broad, collective concept. It includes all achievements accumulated in the process of socio-historical practice: the level of health, sports skills, science, works of art related to physical education, as well as material (technical) values (sports facilities, equipment).

Physical culture is understood as a set of all goals, tasks, means, and forms of activities inherent in this society, which contribute to the physical development and improvement of people. This includes physical education, sports, etc. Physical education is a pedagogical process, which is aimed at improving the forms and functions of the human body, forming motor skills, related knowledge skills, as well as the education of physical qualities. Physical education is connected with other aspects of moral, aesthetic, industrial, labor education. Sport is the dominant form of manifestation of physical culture, this word is often used as a synonym for the concept of "physical culture". Sports can be considered as a system of results of physical culture, since this term denotes the pursuit of physical achievements based on norms and rules, training, and competition. The term "sport" is used in relation to different areas depending on what goal is set for oneself, what is engaged in or who participates in certain sports activities. These are children's

and youth sports, mass sports (sports during recreation, in free time from studies), as well as high-achieving amateur and professional sports (junior and adult athletes).

The importance of physical activity for the vitality of the body. Active physical activity is one of the prerequisites for the harmonious development of a person. After all, with constant physical exertion, the muscles are lengthened, which leads to their better elasticity. During training, muscle mass increases, muscles become stronger, nerve impulses cause muscle contractions of higher strength.

Muscle strength and bone strength are interconnected. During sports, the bones become coarser, and the correspondingly developed muscles have sufficient resistance. The entire skeleton becomes more durable and stable. After all, a sedentary lifestyle harms the body. Insufficient movement leads to muscle weakness and laxity. Exercise, work and play develop capacity, endurance, intelligence, and strength. There are cases where regular exercise has led to improved health, sometimes even helping to cure incurable diseases. In addition, physical exercises help to overcome stress. It is known that people under the age of 30 have much more vital needs than older people, and therefore they are more likely to experience stress. Stress is a set of general non-specific biochemical, physiological, and psychological reactions of the body as a result of the action of extraordinary stimuli of various nature and character, which cause violations of organ functions. Complete release from stress means death, therefore weak stress is a normal phenomenon in life and necessary for the realization of human fulfillment. However, if it is intense and long-lasting, it can become the basis for the development of diseases or lead to death. To harden the mental state, a person should do morning hygienic gymnastics, use physical labor, sports, walks in the fresh air, etc. Under the influence of adverse factors, the level of physical health decreases, and the improvement of conditions contributes to its increase. A person's health, the resistance of his body to adverse environmental conditions, and work capacity largely depend on nutrition. Proper and rational nutrition is an important factor in ensuring human life, growth and development of the body, prevention, and treatment of diseases, including those that have developed because of emergency situations. Hardening of the body is an important factor in physical health. Hardening is an increase in the body's resistance to adverse conditions of certain environmental factors (for example, low and high temperatures) through systematic dosed effects of these factors on the body. Hardening is based on the ability of the human body to adapt to changes in environmental conditions. In humans, the process of adaptation of the organism to new conditions of existence occurs - adaptation occurs.

Cold hardening is practically the most important since hypothermia of the body contributes to the emergence of respiratory viral diseases. In an organism resistant to low temperatures, heat is generated more intensively, which promotes better blood circulation and reduces the possibility of infectious diseases and frostbite. After all, desire and purposefulness, training, and a thoughtful attitude to physical exertion work wonders. Even physically weak, sick, and emasculated people can become excellent athletes.

Studies have shown that students who are involved in systematic physical education and sports and who show a high level of activity develop a certain stereotype of the routine of the day, the confidence of their behavior increases, the development of "prestige attitudes, high vitality" is observed. They are more sociable, express readiness for cooperation, rejoice in social recognition, are less afraid of criticism, they have higher emotional stability, endurance, optimism, energy are more characteristic of them, among them there are more persistent, decisive people who know how to lead a team.