

Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar. Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

#### 4-SHO'BA: O'QUVCHILARNING JISMONIY SIFATLARINI RIVOJLANTIRISHGA YO'NALTIRILGAN O'QUV JARAYONINI LOYIHALASH

##### SHAXMATCHING RUHIY VA JISMONIY TAYYORGARLIGI MUAMMOLARI.

10.53885/edinres.2022.43.47.079

A.A.Jo'rayev. dotsent. NavDPI

Tel. 97-228-84-58, [jurayev68@mail.ru](mailto:jurayev68@mail.ru)

**Kalit so'zlar:** *Shaxmat san'ati, debyut, endshpil, mettilshpil, taktik vositalar, strategiya, turnirlar, shaxmat musobaqasi.*

**Ключевые слова:** *шахматы, дебют, эндшпиль, метилпат, тактические средства, стратегия, турниры, шахматный турнир.*

**Key words:** *chess, opening, endgame, methylpath, tactical means, strategy, tournaments, chess tournament.*

Shaxmat murabiyi faqat shaxmatni sevadigan odam bo'lmasligi lozim: u pedagog-psixolog bo'lishi va ayrim tibbiy-biologik masalalar bo'yicha jiddiy bilimlarga ega, ya'ni shaxmat o'yini inson psixikasi va sog'lig'iga qanday ta'sir qilishini yaxshi tasavvur eta oladigan bo'lishi kerak. Gap avvalo shaxmat o'yini, u bilan shug'ullanish salomatlikka noxush ta'sir etmay, balki foyda keltirishi lozimligi haqida ketyapti.

Ma'lumki, bu o'yin sportning aksari ko'p turlaridan farqli o'laroq, muskullarning qattiq ishlashi bilan bog'liq emasligiga qaramay, shaxmat sportga kiradi. Buning ustiga shaxmatni ifodali tarzda sportning gipodinamik turi deb atash mumkin, chunki shaxmatchi professional faoliyati davrida talay vaqtni shaxmat taxtasi yonida o'tirib o'tkazadi, ya'ni kamharakat turmush tarzini kechiradi. Bu xususiyatga e'tibor berish kerak, nega deganda, sport faoliyatining boshqa turlarida, ayniqsa musobaqalar o'tkazilayotgan vaqtda emotsional zo'riqish odatda yuksak darajadagi harakat aktivligi bilan uyg'unlashib turadi. Bu harakat aktivligi bilan uyg'unlashib turadi. Bu harakat aktivligi organizmni emotsional zo'riqishning yurak-qon tomir va asab tizimining funksional holatiga noxush ta'sir ko'rsatishidan asrashi tufayli muhim ahamiyatga egadir. SHaxmat esa sport faoliyatining shunday formasiki, u qattiq asabiy-emotsional zo'riqish bilan amalga oshadi va ayrim hollarda salomatlikka noxush ta'sir ko'rsatishi mumkin.

Kuchli asabiy-emotsional zo'riqishning salomatlikka noxush ta'siri nimalarda namoyon bo'ladi? salomatlikning yomonlashish belgilari turli-tumli bo'lib, yakka tartibda har xil namoyon bo'ladi. Masalan, ular "qandaydir boshqacha" bo'lib qolganliklari, "horg'inlik" sezgisi paydo bo'lganidan shikoyat qiladilar; ayni vaqtda vahimaga tushish yuksak hayajon, navbatdagi uchrashuvga tayyorlanish holatlari yuz beradi; ba'zilarining ishtahasi bo'g'iladi, ko'pincha ularda uyqusizlik paydo bo'lib, buning natijasida ularning salomatligi asta-sekin yomonlasha boradi.

E.Lasker matchning 10-partiyasini X.R. Kapablankaga yutqazgandan keyin o'z holatini shunday baholagan edi. Jahon chempioni haddan ziyod asabiylashish natijasida og'ir kasallikka duchor bo'lay deb qolgan edi. U shunday yozgan edi: "... o'yinning 4-soati tugab, belgilangan kontrol vaqt yaqinlashib qolganda, men deyarli butunlay holdan toygan edim... shaxmat taxtasini g'ira-shira ko'rar, boshim esa xunuk og'rirdir. Bu menga ehtiyotkorlik chorasi bo'lib unga quloq soldim... men kubalik vrach bilan maslahatlashdim. U menga boshim aylanayotganligi, o'yin oxirida pozitsiyani baholash va, hatto vaziyatni aniq ko'rishga qurbim yetmayotganligi nima bilan bog'liq ekanligini tushuntirib berdi". Lasker o'yinni to'xtatishga qaror qildi, biroq rasman matchni yana to'rtta o'ynalgan partiyadan so'ng (ikkitasini yutqazgan edi) topshirdi.

Kamroq hollarda asabiy-emotsional zo'riqish ta'siri depressiya va seruyqulikning kuchayishiga yoki tez charchash, loqaydlikka olib keladi. SHunda ruhiyati mustahkam bo'lmagan kishilarda shubhalanish, o'zining keraksizligi haqidagi miyaga o'rmashib qoladigan fikrlar yoki qandaydir og'ir dardga giriftor bo'lib qolganliklari to'g'risidagi hayollar paydo bo'ladi. SHaxmatchi xadiklarini eshitib, uni yupatib, bu bilan ruhiy azoblarini yengillata oladigan vrach, murabiy yoki biror do'sti bilan baham ko'rish imkoniyati bo'lsa-ku yaxshi, bunday imkoniyat bo'lmaganda esa ruxiy ezilish holatidan chiqish qiyinlashishi mumkin.

Shunday qilib, kamdan-kam hollarda faqat partiyadan partiyaga ortib boruvchi uzoq davom etadigan charchoqlik bilan emas, balki o'yin oldidan haddan ziyod hayajonlanishga ham bog'liq emotsional qattiq zo'riqish oqibatida paydo bo'lib, shaxmatchi startdayoq baayni "kuyib ketadi", degan xulosa chiqarish mumkin.

**Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar.** Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

Salomatlikka qarab muntazam ravishda shaxmat o'ynaganda noxush ta'sirdan qanday qutulish mumkin? bunda meditsina nazorati va shaxmatchining maqbul rejimga rioya qilishi juda katta ahamiyatga ega. Gap nafaqat ortiq darajadagi o'yin nagruzkalari haqida, balki juda muhim sanaluvchi dam olishni uyushtirish to'g'risida ham ketyapti. Mana shunda jismoniy tayyorgarlik birinchi darajaga ko'tariladi. Jismoniy tayyorgarlikka sport mashg'ulotlarining qaysi turlarini qo'shish kerak? bu savolga bir xilda javob berib bo'lmaydi. Faqat shaxmatchining ularga nisbatan sub'ektiv munosabatini inobatga olish lozimligini aytib qo'yish mumkin. albatta, kundalik rejimga ertalabki jismoniy tarbiya, "sog'lomlashtiruvchi" yugurish, uyqu oldidan sayr boshqa ba'zi umumiy tavsiyalarni berish mumkin. tajriba ko'p shaxmatchilar sport o'yinlari – katta va stol tennisiga, voleybol, futbolga havasmand ekanliklarini ko'rsatadi. SHaxmat bilan jiddiy shug'ullanuvchi ko'p talabalar bu o'yinlarni sevadilar. Demak, jiddiy shaxmat mashg'ulotlariga hamroh bo'luvchi gipodinamiya va emotsional zo'riqishning noxush oqibatlarining oldini olish uchun ularni kundalik rejimiga kiritish maqsadga muvofiq.

Shaxmatdagi yuklama miqdorini rejaga solishdek muhim masalaga kelganda, avvalo boshlang'ich o'rgatish jarayonidayoq uning asta-sekin ortib borishi prinsipiga amal qilish kerak.

Boshlovchi shaxmatchilarning qoidalar bilan tanishtirilganda keyingi o'yini uzoq cho'zilmasligi darkor, chunki o'yin paytida bunday shaxmat havaskorlarida yuzaga keluvchi serdiqqatlik ularni tezda charchatib qo'yadi. SHu sababdan ham murabbiyning boshlovchi shaxmatchilar bilan mashg'ulotlari qisqa muddatli bo'lishi – bir soatdan oshmasligi kerak. Mashg'ulotlar qisqa hamda turli-tuman mashqlar: debyutlar va ulardagi xarakterli tuzoqlar, ikki-uch yurishli oddiy masalalarni yechish va albatta, bevosita bir-biri bilan o'ynashdan iborat bo'lmog'i lozim. Boshlang'ich o'rgatish jarayonida shaxmatga qiziqish va muhabbatni o'stirish uchun nafaqat mashhur shaxmatchilarning estetik zavq o'yg'otuvchi asarlaridan, balki eng oddiy strategik planlarni namoyish qilish va o'rgatishning boshida ko'p uchraydigan xatolarni ko'rsatish uchun bolalarning shaxmat ijodidan ham foydalanish pedagogga juda foydalidir.

#### FOYDALANGAN ADABIYOTLAR

- 1.M.Muxitdinov «Shaxmat» Toshkent 2007 yil.
- 2.I.A. Mayzemis va M.M. Yudovich «Shaxmat » Toshkent 1988 yil.
- 3.B.I. Turov «Shaxmat san'ati durdonalari» Toshkent «O'zbekiston» 1997 yil.
1. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 02. – C. 1011-1016.
2. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – C. 333-338.
3. Karomatovich I. A. METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 1. – C. 242-249.
4. Ibragimov A. K. Catalog of training tasks for training special endurance of young girl handball players. *Academicia: An International Multidisciplinary Research Journal*. Year: 2020, Volume: 10, Issue: 11. P: 486-492. DOI: 10.5958/2249-7137.2020. 01410. X.
5. Narzullayev, Farrux. "Qizlar sporti yo'nalishi bo'yicha tahsil olayotgan qizlarning yengil atletika darslarida kuch siaftlarini rivojlantirishning pedagogik asoslari." *ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz)* 1.1 (2020).
6. Ashrapovich, N. F. (2021). Determination of physical development of primary school students through national movement games. *Middle European Scientific Bulletin*, 11.
7. Ashrapovich, N. F. (2022). FORMS OF CONTROL OVER THE PROFESSIONAL AND PEDAGOGICAL ACTIVITY OF THE TRAINER AND ITS PEDAGOGICAL SIGNIFICANCE. *Web of Scientist: International Scientific Research Journal*, 3(1), 372-379.
8. Narzullayev, Farrux Ashrapovich, and Dinara Olimovna Begimkulova. "Sport psixodiagnostikasi fanini o'qitishda ta'lim texnologiyalardan foydalanishning o'ziga xos xususiyatlari." *Science and Education* 3.4 (2022): 1724-1730.
9. Nematovich K. S. Abdueva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – T. 10. – C. 470-471.
10. Abdueva S. S. Q. Determining the speed and strength of 14-15 year old handball players in jumping //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 1212-1220.

**Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar.** Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

11. Abdueva S. S., Khurbonov S., Sabirova N. Evolution of physical performance and techniques of handball girls aged 11-12 //International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). – 2019.
12. Abdueva S. S. Activities that increase children's interest in the sport of handball //Innovatsionnoerazvitienuki I obrozovaniemejdunarodnayanauchno-prakticheskayakonferensiya. – 2020.
13. Rasulovna S. N. THE PLACE OF PHYSICAL TRAINING AND SPORTS IN THE LIFE OF SCHOOL STUDENTS //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 04. – C. 306-312.
14. Rasulovna S. N. TOOLS FOR DEVELOPING SPECIAL PHYSICAL TRAINING AND PHYSICAL QUALITIES IN SPORTS GAMES //E-Conference Globe. – 2021. – C. 299-305.
15. Sabirova Nasiba Rasulovna. Basics and Advantages of Individual Training to Increase Technical and Tactical Training of Basketball Players. AMERICAN JOURNAL OF SOCIAL AND HUMANITARIAN RESEARCH. ISSN: 2690-9626 Vol.3, No 1, 2022
- 16.
17. Akmalovich, D. B., Khalilovich, T. M., Rasulovna, S. N., & Savrievich, F. F. (2020). Psychological impact of football games to the formation of individuality of the student. *Journal of Critical Reviews*, 7(6), 466-469.
18. Сабирова Н. Р. Значение физической культуры в современном обществе //Проблемы педагогики. – 2020. – №. 6 (51).
19. Усмонов, Ш. Х., Самадов, С. С., & Фармонов, А. Ч. (2021). Физкультурно-спортивные интересы и мотивационные установки студентов. *Вопросы науки и образования*, (4), 129.
20. Xujamurodovich, U. S. (2022). CORRECTIONS IN JUMPING IN THE DEFENSIVE BLOCK AGAINST AN OPPONENT IN VOLLEYBALL. *Web of Scientist: International Scientific Research Journal*, 3(1), 442-450.
21. Azimovna F. M. The quality assessment technology and development techniques in volleyball players //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 04. – C. 242-248.
22. Azimovna F. M. et al. Educational importance of physical education, sports and health measures in higher educational institutions //E-Conference Globe. – 2021. – C. 321-325.
23. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 99-103.
24. Nematovich K. S. Abduyeva Sitorabonu Savridin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – T. 10. – C. 470-471.
25. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. *Педагогическое образование и наука*, (1), 91-97.
26. Akmalovich, Dustov Bakhtiyor. "Acmeological peaks of a sports teacher and coach." *Middle European Scientific Bulletin* 11 (2021).
27. Akmalovich, D. B. (2020). Organization of independent work of students in the process of physical education. *Asian Journal of Multidimensional Research (AJMR)*, 9(11), 120-123.
28. Safarova Rokhat G. Ways and factors of optimization of the content of general secondary education in today's world // Образование через всю жизнь: непрерывное образование в интересах устойчивого развития. 2012. №2 (eng). URL: <https://cyberleninka.ru/article/n/ways-and-factors-of-optimization-of-the-content-of-general-secondary-education-in-today-s-world> (дата обращения: 09.05.2022).
29. Мухитдинова Н.М. Абитова Ж.Р. Механизмы интеллектуального развития дошкольников с помощью физических занятий // Проблемы педагогики.- 2020- № 3 (48) с 79-81
30. Мухитдинова Н.М. Методология физических упражнений и игр в дошкольных образовательных организациях // Проблемы науки-2020-№9 (57) с 81-83
31. Мухитдинова Н.М. Эшов Э. Improvement of psychology and pedagogical process on physical training // Intellectual Archive 2018 с 93-96

**Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar.** Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

32. Djurayeva Maxasti Zokirqizi "The emotion training system for atudents of preschool education for sports gymnastics sports competitions" 88-101 betlar. International Journal of Advanced Research in Monagement and Social Sciences. Vol.1 №2 February 2022

33. Джураева Махасты Зокировна "Характеристика эмоционально –волевой готовности личности к спортивной деятальности" 169-171 betlar. Россия-Таджикистан –Узбекистан. молодежь и развитие духовной культуры общества: актуальные проблемы и перспективы их решения. 22апреля 2022г.

34. Маъмуров Б. Б. Бўлажак ўқитувчиларни шахсга йўналтирилган таълим-тарбия жараёнини лойиҳалашга тайёрлашда қўлланиладиган тамойиллар. Современное образование (Узбекистан), 2017. <https://cyberleninka.ru/article/n/b-lazhak-ituvchilarni-shahsga-y-naltirilgan-talim-tarbiya-zharayonini-loyi-alashga-tayyorlashda-llaniladigan-tamoyillar>

35. Mamurov B. B. The Need to Prepare Future Teachers to Design a Student-Centered Educational Process. Eastern European Scientific Journal, 2017. <http://journale.auris-verlag.de/index.php/EESJ/article/viewFile/600/596>

36. Мамуров Б.Б., Махмудов М.Х. Акмеологическая составляющая образовательной культуры учителя. философские и методологические. <https://www.elibrary.ru/item.asp?id=36679921>

37. В Mamurov, A Mamanazarov, K Abdullaev, I Davronov. Acmeological Approach to the Formation of Healthy Lifestyle Among University Students. III International Scientific Congress Society of Ambient ..., 2020. <https://www.atlantis-press.com/proceedings/isc-sai-20/125937241>

38. ББ Мамуров. Акмеологический подход к воспитанию молодого поколения в наследии предков. Педагогическое образование и наука, 2016. [http://www.manpo.ru/manpo/publications/ped\\_obraz/n2016\\_03.pdf#page=147](http://www.manpo.ru/manpo/publications/ped_obraz/n2016_03.pdf#page=147)

39. Маъмуров Б.Б. Маманазаров А.Б. Условия развитие у будущих учителей навыков проектирования учебного процесса на основе акмеологического подхода. <https://www.elibrary.ru/item.asp?id=37269472>

40. Файзиев Я. З., Зиёев Д. Я. У. краткий исторический обзор развития физического воспитания и спорта //Academy. – 2020. – №. 9 (60).

41. Файзиев Я. З., Кузиева Ф. Эффективности использования национальных средств физического воспитания в учебном процессе //Вестник магистратуры. – 2020. – №. 3-1. – С. 95.

42. U. A. Fayzieva, M. T. Khikimova. Conditions of effectiveness of pedagogical communication. <https://mbukckslg.ru/en/usloviya-uspeshnogo-pedagogicheskogo-obshcheniya-ego-funkcii-organizaciya.html>

43. Fayziyeva Umida Asadovna Saidnazarova Gulshan Bolta qizi. "Ta'lim texnologiyalari" fanidan seminar mashg'ulotlarini bajarish bo'yicha metodik ko'rsatma. [http://213.230.96.51:8090/files/ebooks/Iqtisodiyot/TALIM\\_TEXNOLOGIYALARI.pdf](http://213.230.96.51:8090/files/ebooks/Iqtisodiyot/TALIM_TEXNOLOGIYALARI.pdf)