

QASHQADARYO SCHOOLS' SPIRITUAL-EDUCATIONAL AND PHYSICAL TRAINING ACTIVITIES

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Abstract: This article analyzes the content, significance, and role of spiritual-educational and physical training activities organized in secondary schools of the Kashkadarya region in the upbringing of the younger generation. The study highlights the importance of spiritual and educational meetings, cultural events, sports competitions, and physical education classes conducted in schools in fostering patriotism, a healthy lifestyle, and respect for national values among students. Furthermore, the pedagogical approaches used in organizing these activities and their significance within the educational system are scientifically examined.

Keywords: spiritual and educational upbringing, physical education, secondary schools, Kashkadarya region, sports events, youth upbringing, healthy lifestyle, spirituality, education system.

INTRODUCTION. Today, educating the younger generation as comprehensively developed individuals is considered one of the most important tasks of the education system. Within the framework of educational reforms being implemented in the Republic of Uzbekistan, special attention is being paid not only to improving students' academic knowledge, but also to enriching their spiritual world and ensuring their healthy physical development.

Spiritual and educational activities organized in general secondary schools serve to cultivate respect for national values, patriotism, humanism, and high moral qualities among students. At the same time, physical education and sports activities play an important role in promoting a healthy lifestyle among young people, ensuring their physical development, and increasing their interest in sports.

LITERATURE REVIEW AND METHODS. Scientific literature related to pedagogy, psychology, and educational theory serves as an important source in studying spiritual-educational and physical training activities in schools of the Kashkadarya region. In this regard, scientific research, pedagogical manuals, and normative documents devoted to youth upbringing, spiritual-educational activities, and the physical education system were analyzed.

During the research process, historical, systematic analysis, comparative analysis, and observation methods were employed. Through the historical method, the formation and development processes of spiritual-educational and sports activities within the education system were studied. Systematic analysis was used to examine the role and significance of these activities in the school educational system. By means of the comparative method, activities conducted in various schools were compared and their effectiveness evaluated. The observation method was important in determining the impact of these activities on students' upbringing.

DISCUSSION AND RESULTS. Spiritual activities have been regularly conducted in general secondary schools of cities and districts in the southern regions of Uzbekistan, and schools along with their teachers have actively participated in competitions and contests. For example, according to the results of a diagnostic analysis conducted by the district public education department, Secondary School No. 95 named after Mirzo Ulugbek in Shahrisabz district of Kashkadarya region was recognized as the winner of the preliminary stage of the "School of the Year-98" competition. The school staff operated under the slogan "We shape the spirituality of talented youth on the basis of national and universal values," setting as their primary goal the enrichment of the educational system with advanced methods, ensuring continuity in education and upbringing, and training individuals with high-level knowledge and legal culture. Teachers continuously conducted non-traditional and creative lessons. As a result,



during the Republican Olympiad held in the 1995–1996 academic year, the school's talented student Nodir Odilov was recognized as the winner in mathematics. He later studied at one of the prestigious higher educational institutions in the United States. In addition, students such as Otabek Qalamboyev and Olmos Xolboyev successfully participated in entrance examinations organized by the Republican "Umid" Foundation for supporting talented youth and were admitted to universities in the United States [1].

In connection with the "Year of the Healthy Generation" in 2000, a series of events were organized in educational institutions throughout the Republic. On the occasion of June 1 – International Children's Day, various events were held in educational institutions of Kashkadarya and Surkhandarya regions. For instance, a children's celebration titled "Happy Future" was organized in the city of Termez, where Veronika Bo'ronova, an 11th-grade student of Secondary School No. 1 in Jarqo'rg'on district, was awarded gifts by sponsoring organizations [2].

Alongside other regions of the Republic, "Students' Creativity Centers," "Young Technicians' Creativity Centers," "Young Tourists' Centers," and "Ecological Education Centers" operated under the public education departments of Kashkadarya and Surkhandarya regions. In 2008, the republican competitions "Creative Inventor" and "Youth Excellence – the Future of the Nation" were organized, in which representatives of Surkhandarya region won first and second places [3].

In 2006, stages of the "Children's Folklore Groups" competition were organized with the aim of educating youth in the spirit of devotion to the nation's rich cultural heritage, historical traditions, and national values, as well as revealing children's talents. During the 2005–2006 academic year, a young percussion ensemble formed from school students of Surkhandarya region won the honorable third place at the republican stage of the "Zarb-2005" competition held in Tashkent city [4].

During the years of independence, holding the "Teacher of the Year" competition became a tradition. Teachers from district schools actively participated in this contest. For example, O. Sherdanova, a primary education teacher at School No. 31 in Jarqo'rg'on district of Surkhandarya region, won at the regional stage in 1993; in 1994, Z. Samanova, a Russian language and literature teacher at School No. 7; in 1995–1996, G. Tursunova, a primary school teacher at School No. 51; in 1998, D. Xolto'rayeva, a primary education teacher at School No. 14; in 2000–2001, N. Eshmo'minova, an English teacher at School No. 27; in 2003, M. Rahmonova, a primary education teacher at School No. 19; in 2004, D. Allamuradova, a native language and literature teacher at School No. 7; and in 2005, Z. Bobonova, a physics teacher at School No. 2 became winners of the regional stage [5].

School students from Kashkadarya and Surkhandarya regions actively participated in republican competitions and contests. For instance, during the 2008–2009 academic year, Sevara Halimova, an 8th-grade student of School No. 8 in Qarshi city, became the winner of the republican stage of the "Think, Search, Find!" contest, while Madina Eshonqulova, a 9th-grade student of School No. 13, won the republican stage of the "Buds of Art" competition. Sitora Raimova, an 8th-grade student of School No. 29, became the winner of the regional stage [6].

In order to ensure the meaningful use of students' free time, they were involved in various extracurricular clubs. For example, in 2008, in G'uzor district, 3,520 students participated in 341 clubs operating in three out-of-school educational institutions. Of these, 1,460 students attended 145 clubs at the Students' Creativity Center, 1,380 students attended 128 clubs at the Young Technicians' Creativity Center, and 680 students participated in 68 clubs at the Young Travelers and Local Historians Center. The district operated a Young Technicians' Creativity Center, a Students' Creativity Center, and a Young Travelers and Local Historians Center. At the district Young Technicians' Creativity Center, 46 teachers taught vocational skills to 1,380 students in



128 clubs. Twenty-two club sessions were organized in schools, four in preschool institutions, two in mahallas, and two in the center itself [6].

In five out-of-school educational institutions of Kitob district, 2,350 students participated in 211 clubs. Among them, 568 students attended 56 clubs at the Students' Creativity Center, 920 students attended 79 clubs at two Young Technicians' Creativity Centers, 382 students participated in 36 clubs at the Young Travelers and Local Historians Center, and 480 students attended 40 clubs at the "Bioekosan" Students' Center [7].

During the 2012–2013 academic year, 192 students graduated from the 18 Children's Music and Art Schools (CMAS) operating in Kashkadarya region, of whom 103 were admitted to specialized secondary vocational colleges in various fields of music and art according to their specialties [8].

On May 21, 2013, at the "Lochin" camp in Shahrisabz district, the traditional XII Congress of the "Kamalak" Children's Organization and the republican contest "Kamalak Intellectuals" were held under the slogan "For the Motherland, Friendship, and Patriotism!" In addition, from June 19 to 23 of the same year, at CMAS No. 1 in Qarshi city, seven students won second place and six students won third place at the republican stage of the competition titled "Academic Instruments and Variety Performance." At CMAS No. 18 in Yakkabog' district, the "You Are Unique, Sacred Motherland!" competition was held in five musical directions. At the republican stage of the contest held in Samarkand city, students N. Mirzaqulova and O. Nazarov from CMAS No. 8 in Koson district won third place. Furthermore, at an international competition held in the Kemerovo region of Russia, X. Xalilov, a teacher from CMAS No. 16 in Shahrisabz district, actively participated in the pop vocal category and won third place [9].

At the republican stage of the "My School" essay competition organized in 2013, Sevara Bozorova, an 8th-grade student of Secondary School No. 22 in Qarshi city, won first place, while Go'zal Do'stova, an 8th-grade student of School No. 1 in Kitob district, won third place. In addition, students from schools of Kashkadarya and Surkhandarya regions participated in the city, regional, and republican stages of the "New Generation" Children's Creativity Festival organized by the "Kamolot" Youth Social Movement, the Forum Foundation, and the "Kamalak" Children's Organization, achieving victories in several categories. For example, A. Shavkatov, a student of Secondary School No. 22 in Qarshi city, participated in the "IV Children's Maqom Festival" held in Baku, Azerbaijan, and was awarded the diploma of "Festival Winner."

During this period, the "Best Subject Teacher of the Year" competition was also regularly organized. In 2013, at the republican stage of the competition, Nafisa Jo'rayeva, a teacher at Specialized School No. 1 in Qarshi city, participated in the English language category and won the honorable third place, receiving a valuable gift from the ministry. Her teaching experience was promoted throughout the republic. In connection with the 22nd anniversary of Independence and "Teachers and Mentors Day" in 2013, Nafisa Jo'rayeva was recommended for the "Excellence in Public Education" badge of the Republican Public Education Department. Achievements and activities carried out within the public education system were widely covered in the mass media. For example, in 2013 alone, the activities of school communities in Kashkadarya region were featured seven times on the "Axborot" program of the National Television and Radio Company of Uzbekistan, five times on "Assalom O'zbekiston," three times on the "Sport" channel, four times on the "Davri" program of the "Yoshlar" TV channel, four times on the "Attention to Education – Attention to the Future" program, nine times on the "O'zbekiston" radio channel, nine times on the "Mash'al" channel, and three times on the "Yoshlar" channel [10].

During the first nine months of 2015, 660 students from general secondary schools were brought to Internal Affairs Department offices for committing offenses. This figure increased by 109 compared to the same period in 2014. The number of crimes also rose during the first nine



months of 2015 compared to the same period in 2014: by 14 cases in Qarshi district, 4 in Yakkabog' district, 17 in Shahrisabz district, 14 in Koson district, 32 in Kasbi district, 15 in Mirishkor district, 20 in G'uzor district, 3 in Muborak district, 3 in Kitob district, and 27 in Chiroqchi district [11].

During the first nine months of 2014, 68 school students were placed in social rehabilitation centers, while during the same period in 2015, 63 students from general secondary schools were placed in social and legal assistance centers due to neglect and lack of supervision. In addition, during the first nine months of 2015, childbirth cases involving three underage girls were recorded. Early childbirth cases were identified among students of Schools No. 10 and No. 61 in Qarshi district and School No. 20 in Nishon district [12].

In subsequent years, cases of juvenile delinquency among school students continued to be recorded. For example, during January–February 2017, a total of 187 students in Kashkadarya region were brought to juvenile delinquency prevention service offices, while 20 students were placed in social and legal assistance centers. In particular, compared to the same period of the previous year, the number of students brought to preventive service offices increased by 27 in Chiroqchi district, 10 in Mirishkor district, and 6 in Qarshi city. Although the number of students placed under preventive supervision by internal affairs departments decreased by 18 compared to the same period of the previous year, it increased by 6 in Shahrisabz district, by 5 in Qarshi, Koson, and Nishon districts, and by 2 in G'uzor district [12].

Conclusion: The organization of spiritual-educational and physical training activities in general secondary schools of the Kashkadarya region plays an important role in educating the younger generation as comprehensively developed individuals. Various cultural and educational events, roundtable discussions, competitions, and meetings conducted in schools serve to foster respect for national values, a sense of patriotism, and high moral qualities among students.

At the same time, physical education classes and sports competitions are of great importance in promoting a healthy lifestyle among students, ensuring their physical development, and increasing their interest in sports. Sports activities also help develop positive qualities in students such as teamwork, discipline, perseverance, and the aspiration for victory.

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