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Polyanichko M.V.***Lesgaft National State University of Physical Education, Sport and Health,
St. Petersburg, Russia*****Correspondence:** marianiks777@gmail.comE-mail: marianiks777@gmail.com**THE ROLE OF SPORT IN THE LIFE OF MODERN YOUTH**

Annotation. According to official statistics, during the first to eighth grade of school, the number of healthy children decreases by 3-4 times, and by the end of the school educational program, about 80% of graduates have some deviations in their health status. The number of smokers, alcohol users and drug-addicts is constantly increasing. This is due not only to social and economic problems, but rather to the illiteracy of youth in the issues of the "Healthy Lifestyle" program, the lack of proper motivation aimed at harmonious development of the individual and, as a result, by improper organization of leisure. The modern world, with its endless race of rapidly developing technologies, the information avalanche of the media, vast virtual Internet space and the ever increasing demands of society, requires enormous reserves of time, energy and strength from every individual. Strength both physical and psycho-emotional, incessant intellectual development, stress resistance, emotional stability and readiness to meet all these high requirements. So what role does sport play in the life of modern society, and especially among young people? What is sport for them - an abstract concept, incompatible with reality due to lack of energy, time and money, a form of spending free time and communication or a vital necessity?

The study answers questions why in a society that chooses physical education and sports to be a part of their life, will be no room for suicides, depression, women's reproductive health decrease and extinction.

Key words: Sport of higher achievements; sport for all; motivation; problems of modern society; self-development; Olympic movement; health; physical and spiritual development; health problems; healthy life style; illness; stress resistance.

Introduction

“He who doesn't smoke or drink will die a healthy man” - this is how modern young people like to laugh about the agitation for regular physical culture and sports activities and the idea of giving up bad habits[1]. Mass sports events, competitions, marathons and other general sport activities that accompanied our parents all their lives at school, college and even at work and were considered prestigious, now, unfortunately, are a thing of the past. [2]

We all can't help but notice that the most rated and popular television programs in modern society are - if not openly encouraging, then - openly promoting violence and promiscuity. They propose the "rest" in smoky nightclubs, same-sex love, alcohol drinking or taking expensive drugs as a norm of life, an indicator of being chosen, belonging to some privilege group of people, so called luxury life style or a symbol of “living to the fullest”. But the content of all of these media products is the same, it doesn't carry any common sense or healthy ideals, doesn't give the audience any motivation for spiritual or physical development, or any good examples, demonstrating role models for the healthy and happy life style or mental stability. The absence of external censorship leads to the absence of internal censorship. It's a so called “circles on the water” effect. We all are responsible not only for our own lives, but also for the people around us, who we either seduce with



our irresponsible behavior and provoke to the worst, or we inspire with our ideals, good hopes, aspirations for the future, dreams, faith in good, but most importantly, with our concrete actions, our personal example.

Literally a few decades ago, children - the future of every nation - were brought up with a clear set of moral ideals for "what is good, what is bad" from a very popular Vladimir Mayakovsky's rhyme [3] that was being taught in the every kindergarten of our huge country. And even if today the lines of this children's poem seem naive and incompatible with the crazy rhythm of the modern society, where trade and market relations rule the world, they gave a much-needed, absent today life attitude that determines the fate of any human being: there are things more expensive than money.

Methods and organization of the study

The purpose and objective of the study was to identify how this situation affects young people, who are always in search of life guidelines and role models among students of different universities, who, due to workloads of studies and other obligations, could not regularly engage in physical education and sports. And among the students of the P.F. Lesgaft National State University of Physical Culture, Sports and Health, most of whom are professional athletes (masters of sports, coaches, world and European champions, Olympic champions, members of the national sport team etc.) who cannot imagine their life without regular physical loads and sports. The latter, contrary to the false stereotype about the narrowness of the interests of athletes due to their focus on sports achievements, demonstrate a high level of erudition and knowledge, since regular sports teach them hard self-discipline, willpower and patient, long-term work for results. All these qualities, which are formed in young people through regular physical exercises and sports, serve to create a strong, versatile, strong-willed personality, which from an early age is familiar with a sense of personal responsibility. For oneself, one's family, and, ultimately, for the country.

The concept of "value system" is considered formative when we talk about personality. The truth is that everyone has this system - even if not always consciously, clearly formulated, but it always manifests itself in actions, in a person's attitude to life and to others. The world-famous writer and successful screenwriter Stephen King was able to capture the essence of these different visions of the world and their human reflection into one sentence of his book "Hearts in Atlantis": "Two people looked through the prison bars: one saw the dirt and the other saw the stars." A very clear and simple (as all genius things) visualization of the two systems of values contrast - false and correct. A person is formed not only by external circumstances, but also by the strength of the spirit and his internal attitude towards them.

But unfortunately there was a so-called "velvet revolution of mentality", substituting the correct, healthy concepts in the mind for the false ones. For example, desperate doctors (gynecologists mostly) and legislators, concerned about the increase in the number of abortions in the country, especially among adolescents, and, as a result, the decline in women's reproductive health, introduced the concept of "safe sex" as a preventive measure. If it is impossible to prohibit, impossible to influence the underage population from promiscuity, impossible to prevent it, so at least reduce the harmful effects by choosing the lesser of two evils. "Safe" is a neutral, soothing term followed by the word "irresponsible", forming an ideal consumer out of a minor citizen. A person with no obligations or sense of responsibility, only the pursuit of personal pleasure. And we can all see the results of the destructive consequences of this deviant behavior, resulting in concrete actions, in the inexorable annual figures of statistical studies. The growth of abortions, divorces, as a result - more and more children growing up in defective families, an increase in maternal and child mortality, and a decline in the health of the nation as a whole.

Thankfully, diametrically opposed calls to abandon habits that are harmful to health and destroy a person's personality physically and spiritually appear in popular social networks, which today replace live communication for so many people and have already become an integral part and norm of spending time. For example: "If you think you have to try everything in life, then try to be loyal, honest, hardworking and loving."



But despite the attempts to popularize sports and the attention paid to it as a means for educating a harmoniously developed and healthy personality, one can see the reverse process. Even after the introduction of physical culture into the compulsory educational program of universities and schools, and even some national kindergartens, most young people rarely go in for sports. When analyzing the factors, which influence the development of physical culture and sport and finding out the reasons preventing this, the lack of desire, free time and money are called. Many justify it by the complete inability to combine an active lifestyle with work and study. They also refer to the commercial nature of sports institutions: “How can you go in for sports when there simply isn’t enough money, time, or energy for it ?!”

Although a more plausible reason is the wide variety and availability of entertainment facilities: cafes, clubs, cinemas and the like. Students visit them to relax, however, the effect is the opposite: visiting such institutions weakens the body. Excessive noise negatively affects the hearing and causes rapid fatigue. And every person who is even a little proud of the fact that he is not smoking, but at the same time is constantly in the company of smokers or in smoky rooms, is actually disingenuous, or even worse, is engaged in self-deception. Because the so-called "passive smoking", when tobacco smoke is equally gets into the lungs, has the same detrimental, destructive effect on the body. Here comes the paradox: why, knowing about the harm to the body and the negative consequences from such a pastime, young people still consciously choose damage to their health instead of a promising future?

One of the reasons is communication with friends and new acquaintances. Even in ancient times, Aristotle called man a “social animal”, which needs communication for internal balance. Previously, sports could serve as an leverage for young people to advance within a certain social group, as well as a means of rest from mental stress, or an entertainment, an opportunity to “show oneself”. But now it has been replaced by habits that promote degradation and destruction, which are presented as the norms of modern reality, not just a tribute to fashion, but an inevitability - no one wants to be considered a "black sheep", and a bad example, as you know, is contagious. [4]

And here you need to be able to analyze and make the right choice: on the one hand, modern fashion dictates a sport style for a healthy body, slim figure, energy, and this takes time and effort. On the other hand, we see the rapid development of Internet communication. Means of communication are no longer considered a luxury, rather a necessity and an integral part of the modern world, therefore, various social networks and virtual sites of interest clubs not only replace live communication for people, but also contribute to the development of a sedentary lifestyle that negatively affects any organism, especially young.

As a result, no one will deny that systematic physical education and sports have a positive effect on improving performance - both physical and mental, that they are a preventive measure against many diseases [5], but not many have the strength and desire to move from words to actions. Not just want to change one`s life for the better, but systematically work on the result. To choose not what is easier, more familiar and simpler, but take real steps so that in everyday life there is always a place for the rational time organization, internal discipline, composure, quick assessment of the situation, the ability to calmly survive failure - and even defeat, ability to achieve goals.

How can one not recall here the prophetic lines of the commandment poem of the great English writer Rudyard Kipling "If", included in the golden fund of world`s literature masterpieces and quoted no less than Shakespeare's sonnets:

If you can keep your head when all about you
Are losing theirs and blaming it on you, (...)
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son! [6]



It is no coincidence that champions, who have already left their names in the history of sport, love to quote these lines so much. After all, these are the qualities, familiar to the organized, purposeful people who value their health, time and effort, and therefore choose sport as the essential part of their life.

The strongest people, as a rule, are those who were not broken by failures and defeats, but only tempered thanks to it. They made others believe in their dreams and pursue one's goals even more stubbornly. You can refer to bad genetics, improper metabolism and poor health, or you can make an effort on yourself and start working, doing daily exercise, not “tomorrow” or “from next Monday”, but set a goal, believe in yourself, and... just do it! Then success is guaranteed. Stories of people who have achieved something, against all odds could be the best choice for motivation to just start doing something. For example, the Winter Olympics 2014 held in the city of Sochi showed the interest of the world community in watching the performances of their favorite athletes. Interest in physical culture and sports has increased again. Skating rinks, fitness clubs, stadiums and sports grounds once again became a meeting place, replacing smoky cafes, nightclubs or just “home leisure time” with beer by the TV.

Scientific research work is constantly conducting within the walls of the oldest university in physical culture, “Lesgaft National State University of Physical Education, Sport and Health, St. Petersburg”. Only on December 10, 2021, the X International Congress “Sport, Man, Health” was held, dedicated to the 125th anniversary of the founding of this university. Every spring, it hosts the Open Conference of Young Scientists with international participation “Man in the World of Sports”, where reports on the role of physical culture and sports in the modern world and its impact on society are heard and discussed.

The current Federal Law “On Physical Culture and Sports in the Russian Federation” and the “National Doctrine of Education” consider physical education and sports as one of the most important means of effectively solving the socio-economic problems of the society, preventing diseases, promoting health, supporting high mental and physical activity of the youth. It helps the education of patriotism, strong mental spirit and preparation of youth for the defense of their Motherland.

Conclusion

Physical culture and sport - whether we like it or not - shape the life of every person – just by its presence or absence.

Therefore, in a society that chooses physical culture and sports as a part of its life, there will be no place for suicide, depression, a decrease in the reproductive health of women, degradation and extinction.

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РОЛЬ СПОРТА В ЖИЗНИ СОВРЕМЕННОЙ МОЛОДЕЖИ

Аннотация. Современный мир, с его бесконечной гонкой стремительно развивающихся технологий и всё возрастающими запросами общества постоянно требует от человека огромных резервов времени, энергии и сил - как физических, так и психо - эмоциональных, непрерывного интеллектуального развития, стрессоустойчивости, эмоциональной стабильности и готовности соответствовать всем этим высоким требованиям. Но по данным официальной статистики за время обучения в школе с первого по восьмой класс число здоровых детей снижается в три - четыре раза, а к концу обучения около восьмидесяти процентов выпускников имеют те или иные отклонения в состоянии здоровья. [1] Это объясняется не только социально-экономическими проблемами, а, скорее, безграмотностью молодежи в вопросах программы «Здорового образа жизни», отсутствием правильной мотивации, направленной на гармоничное развитие личности и, как следствие, неправильной организацией досуга. Так какую роль занимает спорт в жизни современного общества, а особенно - среди молодежи? Что для них спорт - абстрактное понятие, несовместимое с действительностью из-за нехватки сил, времени и денег, форма проведения свободного времени и общения или жизненная необходимость?

Исследование отвечает на вопросы почему в обществе, которое выбирает занятия физической культурой и спортом частью своей жизни, не будет места суицидам, депрессиям, снижению репродуктивного здоровья женщин, деградации и вымиранию.

Ключевые слова: спорт высших достижений, спорт для всех, мотивация, проблемы современного общества, саморазвитие, Олимпийское движение, здоровье, физическое и духовное развитие личности.

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ҚАЗІРГІ ЖАСТАР ӨМІРІНДЕГІ СПОРТТЫҢ РӨЛІ

Аңдатпа. Қазіргі әлем, қарқынды дамып келе жатқан технологиялардың шексіз жарысымен және қоғамның өсіп келе жатқан сұраныстарымен адамнан үнемі үлкен уақыт, күш пен күш – жігерді талап етеді – физикалық және психо-эмоционалды, үздік сіз интеллектуалды даму, стресс кет өзімділік, эмоционалды тұрақтылық және осы жоғары талаптардың барлығына сәйкес келуге дайын болу. Бірақ ресми статистикаға сәйкес, мектепте бірінші сыныптан сегізінші сыныпқа дейін сау балалардың саны үш-төрт есе азаяды, ал оқудың соңында түлектердің сексен пайызға жуығы денсаулығында қандай да бір ауытқуларға ие. [1] бұл тек әлеуметтік-экономикалық проблемалармен ғана емес, жастардың "салауатты өмір салты" бағдарламасындағы сауатсыздығымен, жеке тұлғаның үйлесімді дамуына бағытталған дұрыс мотивацияның болмауымен және соның салдарынан бос уақытты дұрыс ұйымдастырмауымен түсіндіріледі. Сонымен, спорт қазіргі қоғам өмірінде, әсіресе жастар арасында қандай рөл атқарады? Олар үшін спорт дегеніміз-күш, уақыт пен ақшаның жетіспеушілігінен шындық қасәйкес келмейтін абстрактілі ұғым, бос уақыт пен қарым-қатынасты өткізу формасын емес өмірлік қажеттілікпе?

Зерттеу сұрақтарға жауап береді неліктен денешынықтыру мен спортты өмірінің бір бөлігі ретінде таңдайтын қоғамда суицидке, депрессияға, әйелдердің репродуктивтіден саулығының төмендеуіне, деградацияға және жойылуға орын болмайды.



Кілт сөздер: жоғары жетістіктер спорты, Барлығына арналған спорт, мотивация, қазіргі қоғамның мәселелері, өзін-өзі дамыту, олимпиадалық қозғалыс, денсаулық, жеке тұлғаның физикалық және рухани дамуы.