

PSYCHOLOGICAL FACTORS OF FORMING A HEALTHY LIFESTYLE THROUGH SPORTS GAMES PLAN

Ikromova Sitora Akbarovna

Asian International University, Bukhara, Uzbekistan

Abstract: *This article explores the psychological factors that play a crucial role in forming a healthy lifestyle through sports games plan. The integration of mental and emotional well-being in sports activities is essential for individuals to maintain a balanced and sustainable healthy lifestyle. This article examines various psychological factors such as motivation, self-efficacy, goal setting, and stress management in relation to sports games plan and how they contribute to overall health and well-being. The relationship between psychological factors and the adoption of a healthy lifestyle through sports games is critical yet often underexplored. This article examines how psychological elements such as motivation, self-efficacy, social support, and mental well-being influence the formation and maintenance of healthy lifestyle habits through engagement in sports games. By understanding these psychological factors, we can design more effective sports programs that not only promote physical health but also enhance mental and emotional well-being.*

psychological factors, healthy lifestyle, sports games plan, motivation, self-efficacy, goal setting, stress management

Keywords: .

Introduction:

Maintaining a healthy lifestyle is not just about physical exercise and diet; it also involves the integration of psychological factors that contribute to overall well-being. Sports games plan can be an effective way to incorporate both physical activity and mental wellness into one's daily routine. Psychological factors such as motivation, self-efficacy, goal setting, and stress management play a significant role in forming a healthy lifestyle through sports games plan. The pursuit of a healthy lifestyle is a multifaceted endeavor that encompasses physical, mental, and social well-being. While the physical benefits of engaging in sports games are well-documented, the psychological factors that contribute to the adoption and maintenance of these healthy habits are equally important. This article explores the key psychological elements—motivation, self-efficacy, social support, and mental well-being—that play a crucial role in forming a healthy lifestyle through sports games. By addressing these factors, sports programs can be tailored to foster long-term commitment and holistic health benefits.

Introduction

The pursuit of a healthy lifestyle is a multifaceted endeavor that encompasses physical, mental, and social well-being. While the physical benefits of engaging in

sports games are well-documented, the psychological factors that contribute to the adoption and maintenance of these healthy habits are equally important. This article explores the key psychological elements—motivation, self-efficacy, social support, and mental well-being—that play a crucial role in forming a healthy lifestyle through sports games. By addressing these factors, sports programs can be tailored to foster long-term commitment and holistic health benefits.

Motivation

Motivation is a primary driver of behavior, influencing individuals' decisions to participate in and sustain physical activities. Intrinsic motivation, where the activity itself is enjoyable, is particularly effective in encouraging long-term engagement in sports. Extrinsic motivation, such as rewards or recognition, can also play a role, especially in the initial stages of participation. Understanding the sources and types of motivation can help in designing sports programs that maintain participants' interest and commitment over time.

Self-Efficacy

Self-efficacy, or the belief in one's ability to succeed in specific tasks, significantly impacts participation in sports. Individuals with high self-efficacy are more likely to start and continue engaging in physical activities. Sports programs that provide opportunities for skill development and offer positive feedback can enhance participants' self-efficacy, leading to greater perseverance and resilience in adopting a healthy lifestyle.

Social Support

Social support from family, friends, and peers is a vital component in sustaining a healthy lifestyle through sports. Positive social interactions and a sense of community can enhance motivation and enjoyment. Team sports, in particular, offer a structured environment where social bonds can be strengthened, promoting both physical and psychological well-being. Effective sports programs should foster a supportive atmosphere that encourages social connections and mutual encouragement.

Mental Well-Being

Engaging in sports games has been shown to improve mental health by reducing symptoms of anxiety, depression, and stress. Physical activity stimulates the release of endorphins and other neurotransmitters that enhance mood and cognitive function. Additionally, the structured nature of sports games provides a sense of purpose and achievement, contributing to overall mental well-being. Addressing mental health benefits in sports programs can encourage more individuals to participate, knowing that their mental health will also improve.

Motivation is essential in sustaining interest and enthusiasm for engaging in sports activities regularly. Individuals who are motivated are more likely to set goals and work towards achieving them. Self-efficacy refers to one's belief in their ability to successfully perform certain tasks or reach specific goals. Individuals with high self-efficacy are more likely to persist in the face of challenges and setbacks.

Goal setting is another important psychological factor that can help individuals stay focused and committed to their sports games plan. Setting realistic and achievable goals provides individuals with a sense of direction and purpose, leading to better adherence to their exercise routine. Stress management techniques such as deep breathing exercises, mindfulness meditation, or seeking social support can help individuals cope with the pressures of daily life and maintain a balanced perspective on their health goals.

Conclusion:

In conclusion, integrating psychological factors into sports games plan is essential for forming a healthy lifestyle that promotes overall well-being. Motivation, self-efficacy, goal setting, and stress management are key components that can help individuals stay committed to their exercise routine and achieve their health goals. By addressing these psychological factors alongside physical activity and nutrition, individuals can create a sustainable healthy lifestyle that supports both their physical and mental health. The formation of a healthy lifestyle through sports games is profoundly influenced by psychological factors. Motivation, self-efficacy, social support, and mental well-being are critical components that determine the extent to which individuals engage in and sustain physical activities. By understanding and incorporating these psychological factors into sports programs, we can create more effective and holistic approaches to promoting health and well-being. Future research and practice should continue to explore these dynamics to enhance the impact of sports on healthy lifestyle formation.

REFERENCES:

1. Olimjonovna, K. O. (2023). AYOLLARDA REPRODUKTIV TIZIM FAOLIYATINING O'ZGARISHIDA GIPOTERIOZ BILAN BIRGA KECHISHI. *Ta'lim innovatsiyasi va integratsiyasi*, 10(3), 174-179.
2. Olimjonovna, K. O. (2024). HYPOTHYROIDISM AND REPRODUCTIVE DYSFUNCTION IN WOMEN. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 36(5), 75-82.
3. Komiljonova, O. (2024). THE USE OF GINGER FOR MEDICINAL DISEASES BASED ON TRADITIONAL MEDICINE. *Центральноазиатский журнал образования и инноваций*, 3(1), 203-211.
4. Olimjonovna, K. O. (2024). MORPHOLOGICAL CRITERIA OF THE THYMUS IN CONGENITAL HEART DISEASE. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 36(6), 197-202.
5. Olimjonovna, K. O. (2024). CLINICAL AND MORPHOLOGICAL ASPECTS OF THE TOPOGRAPHIC ANATOMY OF THE PARATHYROID GLANDS. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 36(6), 209-217.

6. Olimjonovna, K. O. (2024). 2-TIP QANDLI DIABETNI DAVOLASHDA AYURVEDA YONDASHUVINING AHAMIYATI. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 39(5), 132-143.
7. Olimzhonovna, K. O. (2024). DIABETIC NEUROPATHY: ETIOLOGY, PATHOGENESIS, CLINICAL FEATURES AND TREATMENT APPROACHES. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, 4(3), 159-166.
8. Olimjonovna, K. O. (2024). HYPOTHYROIDISM IN MENOPAUSAL WOMEN RECOMMENDATIONS DEVELOPED ON THE BASIS OF EXPERIENCE. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, 4(4), 228-235.
9. Olimjonovna, K. O. (2024). INVESTIGATION OF DISTINCTIVE SKIN ALTERATIONS IN MENOPAUSAL WOMEN AFFECTED BY HYPOTHYROIDISM. *PEDAGOG*, 7(5), 302-310.
10. Olimjonovna, K. O. (2024). ПОНИМАНИЕ ПРИЧИН И ФАКТОРОВ РИСКА ДИАБЕТА. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 8-14.
11. Olimjonovna, K. O. (2024). СВЯЗЬ МЕЖДУ ДИАБЕТОМ И ЗАБОЛЕВАНИЯМИ СЕРДЦА. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 36-42.
12. Olimjonovna, K. O. (2024). УПРАВЛЕНИЕ ДИАБЕТОМ 2 ТИПА С ПОМОЩЬЮ ДИЕТЫ И УПРАЖНЕНИЙ. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 22-28.
13. Olimjonovna, K. O. (2024). THE LINK BETWEEN DIABETES AND HEART DISEASE. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 29-35.
14. Olimjonovna, K. O. (2024). UNDERSTANDING THE CAUSES AND RISK FACTORS OF DIABETES. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 1-7.
15. Olimjonovna, K. O. (2024). MANAGING TYPE 2 DIABETES THROUGH DIET AND EXERCISE. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 15-21.
16. Olimjonovna, K. O. (2024). КРИТЕРИИ ВРОЖДЕННОГО ПОРОКА СЕРДЦА. *MASTERS*, 2(5), 33-39.
17. Olimjonovna, K. O. (2024). ДИАБЕТ И БЕРЕМЕННОСТЬ: ЧТО НУЖНО ЗНАТЬ. *MASTERS*, 2(5), 18-24.
18. Olimjonovna, K. O. (2024). ИСПОЛЬЗУЙТЕ АЛЬТЕРНАТИВНЫЕ МЕТОДЫ ЛЕЧЕНИЯ ДЛЯ ЛЕЧЕНИЯ СИМПТОМОВ ДИАБЕТА. *MASTERS*, 2(5), 25-32.
19. Olimjonovna, K. O. (2024). DIABETES AND PREGNANCY: WHAT TO FOLLOW. *WORLD OF SCIENCE*, 7(5), 93-99.
20. Olimjonovna, K. O. (2024). QANDLI DIABET VA HOMILADORLIK: NIMANI BILISHINGIZ KERAK. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 43-49.
21. Olimjonovna, K. O. (2024). EXPLORING ALTERNATIVE THERAPIES FOR MANAGING DIABETES SYMPTOMS. *WORLD OF SCIENCE*, 7(5), 100-106.
22. Olimjonovna, K. O. (2024). TUG'MA YURAK KASALLIKLARI MEZONLARI. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 57-63.
23. Olimjonovna, K. O. (2024). QANDLI DIABET BELGILARINI BOSHQARISH UCHUN MUQOBIL DAVOLASH USULLARI TADBIQ QILISH. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 50-56.

24. Olimjonovna, K. O. (2024). TYPES OF CONGENITAL HEART DISEASES. *WORLD OF SCIENCE*, 7(5), 107-113.
25. Qobilovna, A. M. (2024). SOCIAL PSYCHOLOGICAL DETERMINANTS OF FORMATION OF COMMUNICATIVE COMPETENCE. *MASTERS*, 2(5), 62-68.
26. Qobilovna, A. M. (2024). SOCIAL PSYCHOLOGICAL DETERMINANTS OF FORMATION OF COMMUNICATIVE COMPETENCE IN PRIMARY SCHOOL TEACHERS. *MASTERS*, 2(5), 69-75.
27. Qobilovna, A. M. (2024). СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИЕ ДЕТЕРМИНАНТЫ ФОРМИРОВАНИЯ КОММУНИКАТИВНОЙ КОМПЕТЕНТНОСТИ УЧИТЕЛЕЙ НАЧАЛЬНЫХ КЛАССОВ. *WORLD OF SCIENCE*, 7(5), 347-354.
28. Qobilovna, A. M. (2024). КОММУНИКАТИВНЫЕ КОМПЕТЕНТНОСТИ УЧИТЕЛЕЙ НАЧАЛЬНЫХ ШКОЛ. *WORLD OF SCIENCE*, 7(5), 362-370.
29. Qobilovna, A. M. (2024). СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИЕ ДЕТЕРМИНАНТЫ ФОРМИРОВАНИЯ КОММУНИКАТИВНОЙ КОМПЕТЕНТНОСТИ. *WORLD OF SCIENCE*, 7(5), 340-346.
30. Qobilovna, A. M. (2024). BOSHLANGANCHI SINFI O 'QITUVCHILARINING KOMMUNIKATIV KOMPETENTSIYALARI. *MASTERS*, 2(5), 83-90.
31. Qobilovna, A. M. (2024). ФОРМИРОВАНИЕ КОММУНИКАТИВНОЙ КОМПЕТЕНТНОСТИ В СОЦИАЛЬНОЙ ПСИХОЛОГИИ. *MASTERS*, 2(5), 76-82.
32. Qobilovna, A. M. (2024). FORMATION OF COMMUNICATIVE COMPETENCE IN SOCIAL PSYCHOLOGY. *WORLD OF SCIENCE*, 7(5), 355-361.
33. Qobilovna, A. M. (2024). COMMUNICATIVE COMPETENCIES OF PRIMARY SCHOOL TEACHERS. *PSIXOLOGIYA VA SOTSIOLOGIYA ILMIY JURNALI*, 2(4), 89-96.
34. Qobilovna, A. M. (2024). BOSHLANG'ICH MAKTAB O'QITUVCHILARIDA KOMMUNIKATIV KOMPETENTSIYANI SHAKLLANTIRISHNING IJTIMOIIY PSIXOLOGIK OMILLARI. *PSIXOLOGIYA VA SOTSIOLOGIYA ILMIY JURNALI*, 2(4), 75-81.
35. Qobilovna, A. M. (2024). IJTIMOIIY PSIXOLOGIYA FANIDAN KOMMUNIKATIV KOMPETENTSIYANI SHAKLLANTIRISH. *PSIXOLOGIYA VA SOTSIOLOGIYA ILMIY JURNALI*, 2(4), 82-88.
36. Qobilovna, A. M. (2024). KOMMUNIKATIV KOMPETENTSIYATNI SHAKLLANTIRISHNING IJTIMOIIY PSIXOLOGIK ANTRORLARI. *PSIXOLOGIYA VA SOTSIOLOGIYA ILMIY JURNALI*, 2(4), 68-74.
37. Qobilovna, A. M. (2024). INVESTIGATING THE ISSUE OF COMMUNICATIVE AND ORGANIZATIONAL SKILLS IN PSYCHOLOGY. *PEDAGOG*, 7(5), 601-609.
38. Атавуллаева, М. К. (2023). ПСИХОЛОГИЧЕСКИЕ ДЕТЕРМИНАНТЫ ФОРМИРОВАНИЯ СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКОЙ КОМПЕТЕНТНОСТИ УЧИТЕЛЕЙ НАЧАЛЬНЫХ КЛАССОВ. *European research*, (3 (81)), 39-41.
39. Атавуллаева, М. (2024). ПРОЯВЛЕНИЕ АСПЕКТОВ КОММУНИКАТИВНОЙ КВАЛИФИКАЦИИ В ХОДЕ ПРОФЕССИОНАЛЬНОЙ ДЕЯТЕЛЬНОСТИ. *Журнал академических исследований нового Узбекистана*, 1(1), 14-18.

40. Атавуллаева, М. К. (2023). РОЛЬ И ЗНАЧЕНИЕ СОЦИАЛЬНОГО ИНТЕЛЛЕКТА УЧИТЕЛЯ НАЧАЛЬНЫХ КЛАССОВ В ЭФФЕКТИВНОСТИ ОБУЧЕНИЯ. *European research*, (3 (81)), 41-43.

41. Qobilovna, A. M. (2024). MANIFESTATION OF FACTORS OF COMMUNICATIVE COMPETENCE IN THE PROCESS OF PROFESSIONAL ACTIVITY. *International Journal of Pedagogics*, 4(01), 66-73.

42. Qobilovna, A. M. (2023). PROGRAM FOR THE DEVELOPMENT OF PRIMARY SCHOOL TEACHERS' COMMUNICATIVE COMPETENCE FACTORS. *International Journal of Pedagogics*, 3(12), 169-175.

43. Qobilovna, A. M. (2023). PROGRAM FOR THE DEVELOPMENT OF FACTORS OF COMMUNICATIVE COMPETENCE OF PRIMARY SCHOOL TEACHERS. *International Journal of Pedagogics*, 3(11), 131-137.

44. Qobilovna, A. M. (2022). BOSHLANG 'ICH SINF O 'QITUVCHILARIDA KOMMUNIKATIV KOMPITENTLIK SHAKLLANISHINING IJTIMOIIY-PSIXOLOGIK DETERMINANTLARI. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, (Special Issue 1), 102-105.

45. Qobilovna, A. M. (2023). Communicative Competence As A Factor Of Teacher's Professional Competency. *American Journal Of Social Sciences And Humanity Research*, 3(09), 32-44.

46. Ataulayeva, M. (2024). COMMUNICATIVE COMPETENCE AS A FACTOR OF PERSONAL AND PROFESSIONAL DEVELOPMENT OF A FUTURE SPECIALIST. *Журнал академических исследований нового Узбекистана*, 1(2), 17-22.

47. Obidovna, D. Z. (2022). GENDER DIFFERENTIATION OF MASCULINE AND FEMININE VERBALIZATION. *European International Journal of Multidisciplinary Research and Management Studies*, 2(05), 59-65.

48. Djalilova, Z. O. (2021). Studies on gender linguistics in the field of Uzbek language. *Academic research in educational sciences*, 2(3), 391-397.

49. Obidovna, D. Z., & Denis, S. (2021). Formulas of speech etiquette in a gender-engineered communication strategy. *Central asian journal of theoretical & applied sciences*, 2(6), 5-11.

50. Obidovna, D. Z. (2021). Comparative Analysis Of Uzbek Men's And Women's Speech Through The Prism Of Gender Linguistics. *Central Asian journal of literature, philosophy and culture*, 2(2), 22-26.

51. Obidovna, D. Z. (2022). Speech Behavior and its Gender Specificity on the Basis of the Main English Language Variants. *Middle European Scientific Bulletin*, 22, 199-205.

52. Obidovna, D. Z. (2021). Gender issues in foreign theoretical linguistics: concerning the history of the issue. *Gender issues*, 7(6).

53. JALILOVA, Z. O. (2021, March). ON THE FORMATION OF THE LANGUAGE OF SCIENTIFIC LITERATURE IN THE HISTORY OF THE ENGLISH LANGUAGE. In *E-Conference Globe* (pp. 18-22).

54. Jalilova, Z. O. (2020). Concerning the issue of terms, having a place with various morphological classes (in view of the example of the terminological arrangement of social action). *Новый день в медицине*, (4), 501-503.

55. Djalilova, Z. O., Juraev, S. S., & Kosimov, S. M. (2021). LATIN AS A PROFESSIONAL LANGUAGE OF MEDICAL WORKERS. *Международный научно-практический электронный журнал «МОЯ ПРОФЕССИОНАЛЬНАЯ КАРЬЕРА»*. Выпуск № 23 (том 1)(апрель, 2021). Дата выхода в свет: 30.04. 2021., 79.

56. Jalolov, T. S. (2024). ПОРЯДОК СОЗДАНИЯ ПСИХОЛОГИЧЕСКИХ ТЕСТОВЫХ ПРОГРАММ. *PEDAGOG*, 7(6), 145-152.

57. Jalolov, T. S. (2024). BOSHLANG'ICH SINFI O'QUVCHILARIDA MULTIMEDIA TEXNOLOGIYALARI ORQALI IJODIY FIKRLASHNI KUCHAYTIRISH. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 64-70.

58. Jalolov, T. S. (2024). PYTHONNING MATEMATIK KUTUBXONALARINI O'RGANISH: KENG QAMROVLI QO'LLANMA. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 71-77.

59. Jalolov, T. S. (2024). DASTURLASHDA INGLIZ TILINING AHAMIYATI. *BIOLOGIYA VA KIMYO FANLARI ILMIY JURNALI*, 2(5), 78-84.

60. Jalolov, T. S. (2024). EXPLORING THE MATHEMATICAL LIBRARIES OF PYTHON: A COMPREHENSIVE GUIDE. *WORLD OF SCIENCE*, 7(5), 121-127.

61. Jalolov, T. S. (2024). ENHANCING CREATIVE THINKING IN ELEMENTARY SCHOOL STUDENTS THROUGH MULTIMEDIA TECHNOLOGIES. *WORLD OF SCIENCE*, 7(5), 114-120.

62. Jalolov, T. S. (2024). THE IMPORTANCE OF ENGLISH IN PROGRAMMING. *WORLD OF SCIENCE*, 7(5), 128-134.

63. Жалолов, Т. (2023). Использование математических методов в психологических данных (с использованием программного обеспечения SPSS). *in Library*, 4(4), 359-363.