

# The Organization of Football Clubs in Higher Education Institutions and Their Impact on a Healthy Lifestyle

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## Abstract

This article analyzes the process of organizing football clubs in higher education institutions and their role in shaping students' health and promoting a healthy lifestyle. The research provides an in-depth examination of the organizational model of football clubs, their implementation as extracurricular activities, and their impact on the physical, mental, and social development of young people. Additionally, the study explores factors contributing to the widespread promotion of a healthy lifestyle, prevention of harmful habits, and the development of sports culture among students through these clubs. The article also presents organizational and methodological recommendations for improving the operation of football clubs. The research findings practically demonstrate the educational and health-promoting role of football within the academic environment.

**Keywords:** Higher education institutions, football clubs, healthy lifestyle, students, physical activity, youth health, sports training, meaningful leisure time organization, physical education, social activity.

## Introduction

Currently, the formation of a healthy lifestyle in society and increasing the physical activity of the population is one of the priority areas of state policy. The formation of a healthy lifestyle culture among the younger generation, in particular, students studying in higher educational institutions, is gaining urgent importance. In this regard, ensuring the popularity of sports, expanding sports clubs and establishing them effectively are considered one of the main tools. In particular, football clubs not only increase physical activity, but also arouse interest in sports among students, distract them from bad habits and attract them to a positive social environment. Also, the unique dynamics of the football game, its teamwork-based, competitive and goal-oriented nature, contribute to the formation of students as spiritually and socially mature individuals. One of the important issues in the higher education system is the development of sports activities outside the educational process, especially the meaningful organization of youth leisure time through the effective

organization of sports clubs. Unfortunately, many students have problems such as insufficient physical activity, insufficient attention to a healthy lifestyle, and addiction to bad habits. Therefore, the organization of football clubs not only strengthens their physical health, but also forms a sports culture, healthy competition, social activity, and positive attitudes. This, in turn, serves as an important factor in raising graduates of higher educational institutions as healthy, well-rounded, physically fit, and socially active individuals. From this point of view, the organization and development of football clubs is one of the topical issues that needs to be scientifically studied.

## Research Objective:

To scientifically study the process of organizing football clubs in higher educational institutions and determine their role in shaping the health and healthy lifestyle of students.

## Tasks of the topic:

- To analyze the current state, organizational structure and place of football clubs operating in higher educational institutions in extracurricular activities.
- To identify and assess the impact of football clubs on the physical, mental and social health of students.

## Literature Review

The literature listed below was selected as the main scientific sources for the scientific article on the topic “Organization of football clubs in higher educational institutions and their impact on a healthy lifestyle”, and aspects related to the organization of football clubs, their impact on physical, mental and social development, and their role in the formation of a healthy lifestyle were analyzed in depth.

Abdushukurovich A. A.’s article “Fundamentals of attracting military personnel to physical training and sports” focused on the psychological and motivational factors of involvement in sports. The author revealed the impact of sports activities on personal motivation, their role in improving physical training, and their importance in forming a social environment. This source is useful in determining psychological approaches to involving students in sports clubs. [2].

The article by Orzumurod oglu O. J. entitled “The relevance of developing physical endurance in students” shows the importance of physical activity among higher education students, methods of developing endurance, and the positive impact of sports training on health. The author scientifically substantiates the fact that a low level of physical activity poses a health risk and emphasizes the need for physical training for students. [1].

The article “Organization and conduct of football training in educational institutions and sports schools” by Abdumuratovich S. B. et al. provides detailed information on the organizational aspects, training forms, and methodological approaches of football training. This source is important in determining how football clubs should be organized in higher education institutions and what pedagogical approaches should be used. [3].

In the article “The Importance and Benefits of Football in Human Health” by Rakhmankulov K., the positive effect of football on the cardiovascular system, muscular and respiratory systems, and

its role in improving mental health are scientifically substantiated. This study is an important source for analyzing football as a means of forming a healthy lifestyle. [4].

The article “Methodology to increase the stability of the ability of amputee players to balance” by Mirqosimov M. analyzes methods for developing the ability to maintain balance in attracting disabled football players to sports. This article shows the openness of football to all strata, its health-improving and social-integrating power. [5]. The above literature serves as an important theoretical and practical source for revealing the importance of football clubs in the higher education system. Each source analyzes the specific aspects of football training, its impact on physical and mental development, and its role in increasing interest in sports on a scientific basis. Based on this literature, the topic of the article can be widely and deeply covered.

Research methodology. In the scientific research on the topic “Organization of football clubs in higher educational institutions and their impact on a healthy lifestyle”, theoretical and practical approaches were used in a combined manner. The main goal of the research was to scientifically determine the organization of football clubs, how they operate in higher educational institutions, and the impact of this activity on students' health and a healthy lifestyle. To achieve this goal, the following methods were chosen as the main tools:

- Theoretical analysis method The pedagogical, social and health-improving significance of football clubs was theoretically analyzed based on existing scientific literature, regulatory and legal documents, state programs, best practices and previously conducted research. At this stage, the role of football in the educational process and its beneficial aspects for health were studied.
- Questionnaire and interview method Questionnaires and interviews were conducted among students studying in higher educational institutions, participants in sports clubs, physical education teachers and coaches. Through this method, the scope of club activities, students' motivation for participation, the effectiveness of classes and indicators of a healthy lifestyle formed through them were determined.
- Practical observation and monitoring method The process of football club classes was directly observed, their organization, methodology and physical condition of participants were monitored. Through observations, the real impact of football clubs on students' lives was assessed.
- Expert assessment method The health-improving, social and educational potential of football clubs was assessed based on the opinions of football coaches, sports education specialists, medical staff and psychologists. Based on these expert conclusions, scientifically based recommendations were developed.
- Statistical analysis method The data collected based on the results of the questionnaire and practical observations were statistically analyzed, and the correlations between the level of participation in football clubs, attention to a healthy lifestyle, and physical activity indicators among students were identified.

Research results and discussion. Within the framework of this study, the organizational status of football clubs operating in higher education institutions, their content and their impact on students' health and a healthy lifestyle were studied in depth. Based on the conducted questionnaires, practical observations, interviews and statistical analysis, the following important results were achieved:

1. Football clubs are of great interest among students. 68% of the students who participated in the questionnaires expressed a desire to participate in football clubs, and 52% noted that they are

currently actively participating. These indicators confirm that football retains its importance as a mass sport.

2. Football clubs serve as an effective tool in forming a healthy lifestyle. 71% of the students who participated in the study noted that football clubs had a positive effect on their physical condition, and 58% on their mental state. It was found that the classes increase physical activity and serve to develop healthy habits.

3. Clubs play an important role in increasing the social activity of young people. Through football, students communicate with each other, develop collective thinking and action skills, which strengthens their social integration. Coaches and teachers who participated in the interviews emphasized this aspect.

## Discussion

The results of the study show that football clubs are an important educational and health-improving tool in the formation of a healthy lifestyle in higher education institutions. They increase physical activity among students, develop mental stability and social adaptability. This, in turn, also contributes to the reduction of bad habits (smoking, drinking, unreasonable spending of time) among young people. At the same time, in order for football clubs to be effective, they must be well organized. The presence of enterprising coaches, modern sports infrastructure, motivational programs and a system of student incentives play an important role in the effective implementation of this activity. In conclusion, the effective organization of football clubs in higher educational institutions not only strengthens the physical health of students, but also plays an invaluable role in the formation of their social activity, healthy lifestyle culture and collective consciousness. Therefore, it is urgent to develop a systematic approach and scientifically based recommendations for further improving the activities of football clubs.

## Conclusion

Based on the results of the study, it was found that the effective organization of football clubs in higher educational institutions is an important factor in strengthening the health of students, increasing their physical activity and forming a healthy lifestyle. Football clubs are of great importance not only as a sports activity, but also as a means of developing students' social adaptation, mental stability and teamwork skills. The study showed that through regularly organized and effectively operating football clubs, students spend their free time meaningfully, get rid of bad habits, and implement the principles of a healthy lifestyle in their lives. At the same time, due to the presence of some organizational and methodological problems in the activities of the clubs, there is a need to further develop them.

- Through football clubs, it is possible to promote a healthy lifestyle and form a sports culture among students; - The effectiveness of the clubs' activities depends on their organizational model, the qualifications of coaches, and the level of provision with sports equipment and facilities; - To improve football clubs, it is necessary to develop sports infrastructure in higher educational institutions, develop methodological manuals, and create a system for motivating students. In general, the effective organization of football clubs in the higher education system serves not only to educate a healthy generation, but also to bring up socially active, physically fit, and mentally stable young people.

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