

IMPORTANCE OF PHYSICAL EDUCATION FOR MENTAL WORK

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Alangov Dilshod Zairovich

is a senior teacher at the Academy of the Armed Forces of the Republic of Uzbekistan

Abstract

The article considers the importance of physical training for people who do not engage in intense physical work during work, as well as the classification of rest and different methods of physical training during the working day for people who do mental work.

Key words

physical education, physical activity, mental work, methods of physical training, active and passive rest.

Before defining the concept of "mental labor worker", we need to define the concept of "mental labor". Mental work is an activity related to the reception, processing and use of certain information, which requires the activation of various thought processes, as well as memory and concentration. Therefore, a mental worker is a person who uses and processes some information during his work, and at the same time uses his attention, memory and other thinking processes.

The classification of intellectual labor workers can be viewed from different perspectives. According to some experts, at the current stage of the development of society, many professions related to mental labor may include elements of physical labor, so it is better to classify mental labor professions according to the level of training of the worker, in particular: not only special training and professions that require knowledge, but also general cultural training (scientists, writers, composers); professions that require deep theoretical training in their specialty (teachers, doctors, engineers) and professions that require not only theoretical training, but also practical professional training (simple but skilled labor) [1. pp. 98, 99].

There is a classification according to the goals of work and professional activity, in which mental work is divided into three types: operator (great responsibility and high stress related to the management and control of equipment and machines), manager (a large amount of information working with, with a high level of responsibility for decision-making, decision-making in non-standard situations) and creative work (a more complex form of work that requires a

sufficiently large memory, attention, as well as resistance to nervous-emotional stress) [1. page 99].

In order to answer the question why physical education is important for mental labor workers, it is necessary to consider in detail the characteristics of this type of profession. "Diseases of civilization" are most common among representatives of such professions [2. page 5], which include pathologies of the cardiovascular, nervous, immune, digestive and endocrine systems [3. page 9]. Here you can distinguish between mental and physical work. During physical work, muscles get tired, but at the same time, the body itself gradually gets used to the strain and thus adapts to the work. As for the mental work process, workers not only spend most of their time in one place (often in one position throughout the workday), but they can also be under a lot of emotional and nervous tension and stress. At the same time, there is a peculiarity of this type of work: after the end of the working day, a person can continue to think about his work, even if he is not at his place of work. Consequently, fatigue from work shifts from work to "rest time" and this has a negative effect on the health of the employee [2. page 12]. Therefore, it is very necessary to gradually develop resistance to various external factors of the working environment in representatives of intellectual labor professions.

During long-term mental work, many different processes occur in the body: blood supply to the cerebral vessels, narrowing of the peripheral vessels and expansion of the vessels of the internal organs (these vascular reactions are opposite to those that occur during physical work.) [2. page 11]. If we add to all this emotional stress, excitement, anger, nervous tension, then the situation will be a little different: the heart rate and blood pressure will increase, the thermoregulation of the body will be disturbed (increased sweating), breathing will be uneven. , the first signs of fatigue appear. The employee may ignore these negative changes [2. pp. 11, 12].

If we consider the types of physical education, let's focus on production physical education. M. Ya. Vilensky's book "Physical culture of intellectual labor workers" discusses in detail a set of various classes and exercises. For example, the authors of this book recommend starting the working day with introductory gymnastics consisting of 5-6 "light general development exercises" performed in 5-7 minutes. It is noted that the faster the worker should prepare for work, the higher the additional tension of the skeletal muscles during gymnastics should be [2. page 40].

After about 2-2.5 hours of working time, it is recommended to take a break for physical training. This "pause" consists of 5-8 exercises, for which many factors related to a specific job and working day are taken into account: the nature of the employee's work situation, actions during work, emotional and nervous tension level etc. It should also be taken into account that many workers sit for long periods of time at work. This position creates a serious chronic overload for the spine, so we must not forget this when creating a set of exercises for physical training breaks [2. page 40]. The complex of physical training breaks includes the following exercises: walking in place, breathing exercises, bending the body (forward, backward, right, left), turning the head (clockwise or counterclockwise) and many other exercises [2. pp. 40, 42].

Another type of physical education training is physical education minutes, which are held between physical education breaks. The peculiarity of physical training minutes is that these exercises can be performed without getting up from the chair. When a person sits for a long time, many muscle groups in the body experience long-term static tension, and it is necessary to eliminate such fatigue with exercises. Sometimes it works well to gently bend at the waist and try to move your arms back and forth. Rubbing the neck muscles (as well as the upper part of the trapezius muscles), rubbing the hands, changing the working position - all this helps to overcome fatigue during the working day [2. pp. 42, 44]. At the same time, you should not forget about breathing, because it plays an important role not only during the working day, but also during exercise. It is known that during mental work, the brain consumes more oxygen than other tissues of the human body. At rest, brain tissue absorbs up to 20% of the oxygen consumed by the whole body. Accordingly, when a person is engaged in any mental work (for example, when reading a difficult book), the release of carbon dioxide in the brain increases, which indicates that workers should perform breathing exercises more often [2. pp. 10, 11].

All mental workers are familiar with the feeling of fatigue. Often this is expressed in carelessness, the employee can quickly forget new information; in some cases, fatigue can manifest itself in drowsiness or even overexcitement, so it is necessary to exercise several times during the working day. Of course, there are times when the fatigue is so strong that even physical exercise does not help. In such cases, a person must rest. Short training sessions may not be enough to improve health and work performance, in such cases it is recommended to engage in independent physical training after work, in free time.

In conclusion, we can say that timely and effective rest is very important for a person engaged in mental work. Many experts consider two types of recreation: active and passive recreation. Active recreation involves long-term low-intensity stress on the human body. Weekend trips (for example, a family goes out on a bicycle to spend the night in tents by the river), gardening, picking mushrooms in the forest, bowling, dance clubs, going to various sports, being active can be an example of rest

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