

# The role of physical culture and sports in the formation of a well-rounded personality and a healthy lifestyle

UDC 77.03.13



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Received by the editorial office on 20.04.2025

## Abstract

**Objective of the study** is to evaluate the role of physical culture in the formation of personality and a healthy lifestyle.

**Methods and structure of the study.** The study, devoted to the study of the influence of physical culture on personality development, involved students of the 5th grade of secondary school No. 6, located in St. Petersburg. The results of the conducted research convincingly demonstrate that sport and physical culture play an important role in the formation of a harmoniously developed personality and leading a healthy lifestyle.

**Results and conclusions.** Regular sports and physical exercises contribute to the improvement of physical qualities such as strength, endurance, flexibility, and maintain the required level of physical activity. In addition, physical activity has a positive effect on the development of a number of psychological qualities, including self-awareness, discipline, self-confidence and the ability to control their emotions. Awareness of the principles of healthy eating helped students maintain optimal weight or reduce excess body weight, as well as form healthy eating habits.

**Keywords:** *physical activity, personality formation, healthy lifestyle, physical culture, strength, endurance, flexibility, comprehensive personality development.*

**Introduction.** A well-rounded personality is a person who is harmoniously developed in all areas: intellectually, physically, emotionally, psychologically, socially and spiritually.

Physical education and sports play a leading role in maintaining and strengthening health and preventing various diseases, forming a healthy lifestyle, fostering sustainable motivation and a positive attitude towards exercise [1, 7]. Regular exercise helps develop such qualities and skills as persistence, concentration, self-control, restraint, activity, and the ability to overcome oneself. [2, 3, 8].

Regular training helps develop students' mental health: it fosters a sense of fairness, decency and respect for other participants in competitions. In addition, sports help to develop discipline and self-discipline, which is important for success both in school and in professional life. Active participation of students in sports events helps them respect the rules,

be tolerant and recognize diversity. In addition, sports activities strengthen moral fortitude and a sense of responsibility, which is important for a mature personality. Sports can also develop leadership qualities and the ability to work in a team. It teaches how to make decisions and be honest and open both to oneself and to others [2, 5, 6, 9].

A healthy style is a way of self-expression of the individuality of students in life by means of physical education and sports, determined by their psycho-physiological characteristics, worldview and subjective activity aimed at strengthening health, maintaining performance, physical and self-improvement. A healthy style is not only tracking your own needs and competent treatment of your own body, not only understanding how to work and rest, what to eat, what habits you should not get carried away with, but choosing your environment and priorities, realizing the social significance of your own example and behavior [4, 5].



**Objective of the study** is to study the role of physical education in the formation of personality and a healthy lifestyle.

**Methods and structure of the study.** The experiment involved students of the 5th grade "B" of St. Petersburg Secondary School No. 6. The students were assessed according to the following parameters:

1. Physical health (urine and blood test results, heart rate, pulse); 2. The degree of muscle development corresponding to the body type and age (in points);

3. Mental health, emotional background at the current moment in time (method "Current state");

4. The maturity of the student's personality and the main problems in this area (questionnaire).

After the questionnaire assessment of the maturity of the personality and the interpretation of the results obtained on physical and psychological health on the translation scale, the final scores were presented.

**Results and conclusions.** Testing took place before and after the introduction of mandatory additional physical education classes, which, in turn, consisted of various ways of conducting them, such as:

1) Outdoor games have a positive effect, since they interest in physical development through the prism of a game option, which is more suitable for children's age ("Running", "Pioneerball", jumping rope, "Fishing rod", "Bouncer", etc.

2) Sports games, as a more serious form of outdoor games (football, basketball, etc.).

3) Conducting master classes and communication with children on the topic of physical development and nutrition by professional athletes.

Additional classes were aimed at interesting students in a variety of physical activities, since the purpose of this experiment was the desire of children to attend physical education classes not just for the purpose of getting grades, but because of an understanding of the importance of this aspect. Before the experiment: children had difficulty attending physical education classes included in the school curriculum, often skipped classes or did exercises poorly, not to the end; felt awkward when they had to do an exercise in front of the whole class, were embarrassed by themselves against the background of general insecurity; ate "junk food" (fast food products (fast food, pizza, chips)) and refused school food offered in the cafeteria.

#### *Indications before and after the experiment*

Student's name	Physical health		Mental health		Personal maturity	
	Before the experiment	After the experiment	Before the experiment	After the experiment	Before the experiment	After the experiment
Andrey K.	1	2	1	3	1	2
Lisa N.	1	2	2	2	2	2
Sveta G.	2	3	2	2	1	2
Natasha A.	2	3	2	3	2	3
Alexey M.	1	3	1	2	2	3
Anna M.	2	2	1	2	1	2
Karina A.	2	2	1	3	1	3
Sergey M.	2	2	1	2	2	3
Nikita Ch.	3	3	3	3	3	3
Sofia S.	3	3	3	3	2	2
Artem Ya.	1	2	2	2	3	3
Stepan T.	1	1	1	2	1	2
Mark E.	2	2	2	2	1	2
Evgeniya K.	1	2	2	2	1	2
Olga V.	1	2	3	3	2	2
Evgeniy F.	2	3	1	1	2	2
Egor L.	3	3	2	2	2	2
Lisa P.	3	3	3	3	3	3
Peter M.	1	3	1	3	1	3
Pavel I.	1	2	2	3	2	2



After the experiment: children began to willingly attend physical education classes and show initiative in terms of sports games; many girls and boys showed interest in team sports, which led to an increase in the number of children in special clubs, both within the school and outside of it; children stopped being embarrassed, became more relaxed and began to more easily make contact with their peers; many of them understood and realized the importance of healthy eating.

After the questionnaire assessment of the maturity of the personality and the interpretation of the results obtained on physical, psychological health on a scale of translations (from 1 to 3, where 1 is bad, 2 is average, 3 is good), a comparative analysis “before” and “after” the experiment was conducted, presenting the indicators in a table, assessing the state of physical and mental health, as well as the maturity of the personality.

Thus, the majority of children had low and average physical and mental health before the study, i.e. 1 or 2 points. Only a minimal number of students scored 3 points. We assessed the maturity of an individual by their ability to stand up for themselves, work in a team and take care of their household needs independently. After our study, the indicators improved significantly. Thus, there are almost no students left who have a “1”, the number of students who improved their indicators is 15 out of 20.

**Conclusions.** The study shows that physical education and sports play an important role in the formation of moral and ethical qualities of a person. Regular training contributes to the development of fairness, decency and respect for others. In addition, sports help to form discipline and self-discipline, which is important for success, both in school and in professional life.

Active participation of students in sports events helps them respect the rules, be tolerant and recognize diversity, since sports teaches how to work in different teams and appreciate each participant. Sports activities strengthen moral fortitude and a sense of responsibility, which is important for a mature personality.

Sports can also develop leadership skills and the ability to work in a team. It teaches you to make decisions and be honest and open both to yourself and to others. Physical education and sports have a complex effect on the development of students' moral and ethical qualities, which contributes to their personal growth and the formation of social skills.

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