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Physical Education as the Main Tool in the Improvement of Health Technologies

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Abstract:

In this article, we have put forward research that it is possible to increase physical activity indicators in people by developing a program to use physical education as the main means of improving health technologies. Currently, in Uzbekistan, but also in the whole world, physical inactivity is an important global health problem and is associated with increased risk. chronic diseases and harmful effects on physical and mental health. Technology-based interventions emerged as a potential solution for promoting physical activity and improving mental health. This study aims to investigate the effectiveness of technology-based interventions in promoting physical development in humans research on improving engagement and mental health outcomes is promoted.

Keywords: Physical education, health, physical exercises, health care technologies, physical exercises, physical inactivity, disease prevention.

Introduction

A person's participation in regular physical activity gives a wide range of results along with benefits such as mitigating cardiovascular disease, more effective weight control, reduction of chronic pain, increase in bone density and physical ability, muscle strengthening, and reduces the risk of death. In addition, engaging in physical activity is associated with many different things positive psychological outcomes, including extended mental well-being and overall quality of life are considered. He has it has also been found to help reduce stress and anxiety levels, reduce the likelihood of experiencing depression and improve sleep quality. There is physical activity and exercise strong association with psychological well-being and governs social welfare. So it is mandatory for individuals should engage in a consistent regimen of physical activity. Technology can be integrated into people's daily activities and physical activities. Spread technology to smartphones and laptops game consoles and smart watches, got deep affects various aspects of our lives, including our daily lives. They are routines, professional activities and recreational activities lead to the improvement of health technologies. However, increased use of technology has led to a largely inactive lifestyle, causing important problems for public health. Physical activity is necessary to maintain regular inactivity healthy lifestyle and prevention of chronic diseases helps prevent obesity, type 1, 2 diabetes and cardiovascular diseases. On the contrary, the effect of physical activity and sedentary behavior on happiness and mental health is an important focus in our lives. Therefore, physical education exercises protect human health it is necessary to check the connection between requires technology-mediated physical activity, subjective well-being, and psychological well-being. Rationale for conducting gender-based research on health technology improvement the role of technology in the

development of physical activity and mental health comes from a growing recognition and gender-specific disparities in health outcomes and the ubiquitous integration of modern technology improves lifestyle. As society grows stronger discovery across digital devices and platforms is critical with a focus on how these technologies affect physical activity levels and the mental well-being of individuals relies on potential gender-based variation. This study seeks to do so provides insight into whether and how the technology is possible serves as a means of mitigating the disparities in the health of men and women. Engage in and use technological interventions aimed at increasing physical and mental activity controls health in balance. Understanding these dynamics can be informative applying targeted interventions and policy measures the potential of technology to promote healthy lifestyles and it can be argued that gender-based health inequalities should be reduced. It is also important to include a gender analysis may occur in the impact of technology on physical activity and mental health. This is the approach recognizes the importance of gender as a relevant factor in promoting equitable health outcomes in context technology-based interventions, ultimately incentives operates based on more inclusive and effective strategies for all. The purpose of this study is to investigate the effect of physical activity promotion technology and it the subsequent impact on the mental health and general well-being of employees, particularly employment results of gender-based analytical approaches are presented. A quality goal was to explore the opinions of the research participants. Motivations for using technology-based physical activity interventions in the workplace and barriers they face to using technology-based physical activity events. Special attention is paid to this investigation exploring potential gender-related disparities. Identifying and eliminating these imbalances is critical to bridging existing gap in knowledge and understanding. The will greatly contribute to the results of this study workplace health promotion initiatives and policies strive to increase physical activity and improve mental performance health and well-being. Special attention is paid to this. In outcome-based analyzes of physical activity and mental health in humans many rigorous studies have consistently shown the positive effects of physical activity on various aspects of mental health. Various research perspectives and methodologies provide evidence that supports people's opinions and less inclined to participate in consistent physical activity will create conditions for the development of clinical depression. Observed in studies individuals who maintain a sedentary lifestyle or those who engage in minimal physical activity are more likely to develop depression over a period of time increased over the years. It found that people who engage in regular and moderate physical activity have a significantly reduced chance of developing it. A collection of literature that includes both qualitative narratives and quantitative meta-analysis reviews offer further validation for the aforementioned findings. Many studies have consistently shown the beneficial effects of exercise on the mental well-being of various populations, including adolescents and individuals of various ages the opinions of the groups were heard. Many studies have been conducted study the effects of exercise on the body serves to relieve symptoms of anxiety. Among these studies performed aerobic activities such as running increases the average level of efficiency. Also, inclusion intervention programs included exercise associated with a modest reduction in anxiety levels. However, studies examining the effects of physical activity psychological and physiological responses to stress may have produced inconsistent findings as a result which can cause difficulties in measuring these variables. Research examining the effects of physical exercise on cognitive functions, particularly reaction time, relies on principles of memory. There are studies by scientists found a positive correlation between physical fitness and cognitive performance among adults. However, experimental studies have yielded inconclusive results findings as reported by known intervention studies improving cognitive function, and in others no statistically significant changes were observed. There was a correlation between physical activity and self-esteem. The results show that there is a limited and unclear relationship between physical activity and total self-esteem, as shown by a meta-analysis reported a small average effect size. Conducted a comparative analysis to study the effects of physical training and mental training on cognitive function was performed. Results showed that both forms of education are used in practice either individually or in combination, produced positive

improvements in cognitive function. Gender differences in physical activity rates of obesity, diabetes, and cardiovascular disease have continued to rise among most populations western countries and other parts of the world. Their systematic review identified various barriers to physical activity, including attitudes toward physical activity, motivation, perceived competence, and more. In humans body image, entertainment, friends, family and physical influence education teachers, and environmental physical activity opportunities are identified. Research has shown that fun is associated with certain physical activities, such as yoga. In addition, it is important that the activity is challenging but not competitive, with autonomy and social support from family members and a high perception of the importance of competence factors. Although recent research has identified the use of electronic devices as a barrier to participation in physical activity, the role of mobile technology in mediating gender differences in physical activity remain unclear. Studies have found that significantly higher gender differences in adolescent play time, shows higher participation of boys than girls. In addition, mobile devices can offer incentives influence physical activity levels with access to fitness apps that promote an active lifestyle. However, excessive dependence on mobile technology for gaming and social media can contribute to a sedentary lifestyle. Therefore, the use of the device can serve as both a barrier and a facilitator for physical activity. Participants' use of technology-based interventions for physical activity a a competitive environment such as communication with colleagues or friends, have proven to be both stimulating and enjoyable. This aspect appeared as a recurring motivation for them acceptance of such interventions. Participants reported that they were active and motivated to engage physical activity was increased by engaging them in ladder challenges or other competitive activities facilitated by technology-based interventions. The statement made by the participants serves as an additional illustration of the main theme, as they expressed their opinions. It is a pleasure to deal with the difficulties of step with them colleagues due to pleasant and encouraging nature watching who can collect the most steps. Emphasizes the role of the present subject competition in motivating individuals to participate physical activity interventions that incorporate technology, thus offering them an enjoyable and engaging experience means increasing their level of physical activity. Performance in competitive activities has been found to improve people's motivation to exercise, it helps improve their overall health and increases fitness levels.

Conclusion

In the next stage of research using a qualitative research method to explore participants' perspectives on physical activity facilitated by technology. The current investigation found that physical activity intervention using technologies has yielded positive results in terms of increased physical activity levels and improved mental health outcomes among both participants genders. The intervention group showed a significant increase level of physical activity before the intervention in contrast to the male and female participants control group. Also female participants the intervention group showed significant improvement in mental health outcomes compared to controls group. The results of this study are consistent with previous studies on the effectiveness of technology-based interventions in facilitating physical activity and improving mental well-being. The investigation further admitted potential gender disparity in exposure intervention on mental health outcomes, emphasis further research is needed to verify this to identify disparities and potential underlying mechanisms. One plausible explanation for the observed gender imbalance may be related to changes in nature physical activity performed by men and women can have a clear effect on mental state health outcomes. Further investigation is required it is to study the hypothesis and determine the potential technology-based approaches to improving productivity interventions to improve mental health outcomes shows effective results for individuals of both genders.

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