

## **Sports Innovations In Modern Conditions (Sociological Analysis)**

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**Abstract.** This article analyzes the problem of sports in modern conditions. The article reveals the concept of sport from the theoretical-methodological approach and is analyzed by many famous scientists. Analyzing the fact that sport is considered to be one of the important social institutions of mankind, a sociological approach to sport gives consideration of the issue as a social mechanism in solving many social problems of mankind. The article considers the problem of sports in such theories as “Theory of Marx”, “Theory of social systems”, “Phenomenological theory”, “Theory of symbolic interactions”, “Theory of structures” and “Theory of conflicts” as well as “Theory of mobility”. Each theory reveals the problem of sport in a sociological perspective. The author discovers the concept of sport by the theoretic-methodological aspects of the sociological sciences. The phenomenon of sport is that it always unites people and leads to a healthy lifestyle. In sociological theories, sport is seen as one of the social structures of society and one of the most important social institutions in the life of mankind.

**Keywords:** sport, physical education, innovation, analysis, theoretical and methodological, social institute, theory, economics, social system, phenomenology, symbolic interactionism, structure, conflict, mobility, healthy lifestyle, society.

It is not a secret that every human being nowadays is connected with the fields of physical culture and sports. Intensive integration of the following spheres with physical culture and sports is taking place: economics, politics, culture, education, science, arts, media, medicine, religion, ecology and other socially active spheres.

Physical and cultural sport activities positively influence the process of integration of the population, emphasize the degree of life, quality of life and lifestyle, and provide the population with professional, creative and physical activity.

The main activities of the sport as a social phenomenon effects the following:

- International relations;
- Labor activity

- Team relations;
- Social status;
- Formation of fashion;
- Ethical values;
- Lifestyle;
- People's behavior.[1,57]

The sports phenomenon is a powerful social force. Many scholars point to the fact that sports and sports activities are a national idea. Nowadays sports are becoming more and more socially accepted. For example, Olympic games and other international competitions. Some researchers believe that sports are the cause of social change in society. These social institutions and social realities do not exist separately. They are generally conspicuous in their relationship, and one element of the structure and the general nature of the elements affect the function of the elements and properties. Not only does sports fulfill some of its functions (high results in sports, entertainment, spare time, and etc.), but it also functions as a function of determining the standard of living of people. The concept of "sport" is a multi-faceted unit of measurement that performs a number of functions in a relationship system and generalizes them. The role of sports is growing in the process of nurturing and socializing the younger generation, in shaping a healthy lifestyle. Sports have entered the fashion world, creating a unique style of dressing and defining leisure, behavior, interests, spiritual satisfaction, and living standards in certain social and demographic groups.[1,57]

The term "sport" comes from the English word "disport" but the genesis of this concept comes from the old French word *de sporte*, which means "to enjoy, to take pleasure in". [2,15] [1,58]. The hometown of sports is England. "England is the mother and cradle of sports, which is a British term, like the Italian term for music that has become a nation's value. It's like changing a part of a culture from one country to another", said Agness Bain. [3,41].

Sport has been established in England as a recreational activity. As the industry was in rapid development in England at that time, the question of restoring it was open because of the use of too much labor force. The change and growth of the bourgeois class has been linked to the process of institutionalization of sport. This was due to the fact that industrial growth in the XVIII century bourgeois in England led to increased leisure time due to technological progress. K. Aisenberg notes: "In the first half of the XIX century, conjunctivism significantly affected the development of competition, if not for the middle class, as a result of industrialization and urbanization." [4,5]. Therefore, modern sport emerged as a public need in the XIX century and began to function as a demonstration of technological progress and the decline of the elite of that time, and the socialist position of the aristocracy in England to fill its free or leisure time. [2,20].

If we take a historical approach to sports, then we can see that its structure and theoretical and methodological study of the sport phenomenon have been studied in different ways.

As an example, I.S. Barchukov noted: "In the social reality of sport there are the following activities: labor, education and games". In the concept of work, Barchukov explains how the "physical and mental motivation" of the athlete's ability and quality in the context of sporting activities is focused on the performance and quality of the athlete. In the concept of education, activity means that there is a purpose for acquiring knowledge and skills of others, and that sports education "prepares the actions and the conditions of the competition in the sports." Finally, in the understanding of the game, there is a 'performance motive' that is said to be a set of actions that will be followed by participants' consent in accordance with the rules established by the sporting organizations." [5,8].

N.I. Ponamaryov's opinion is: "The phenomenon of sports and games reflects the notion that sport reflects the concepts of fitness, play, competition and physical activity." [6,6].

If we describe sports from a sociological point of view: Sport is a special social institution in human life and activity that is an extremely complex and multifaceted social phenomenon that describes human behavior, health, lifestyle and culture.

The term "sport" is used in many variations and is derived from the main purpose of the sport:

- \* *Children sports;*
- \* *Adolescents sports;*
- \* *Popular sports;*
- \* *Amateur sports;*
- \* *High skill sports;*
- \* *Professional and commercial sports;*
- \* *Olympic and Paralympics sports and etc.*

Sport not only competes in achieving the highest results, but also *performs the functions of comprehensive development, preparation and training of athletes, the functions used in sociocultural events: heuristic, recreational, economic, political, and ideological.* [1,59]

For any society, the formation of a "*harmoniously developed generation*" is of utmost importance. Sport is one of these activities that addresses the urgent problems of any society in the following ways:

- \* *Promotes physical and intellectual potential as well as health;*
- \* *Increases labor productivity;*
- \* \* *Develops and improves the quality and ability of a person and nurtures a "fully developed and developed person", physically and psychologically.* [1,59].

Many scholars and researchers express differing opinions when interpreting the terms "sport" and "sports activity." While some believe that sport is a sport based on achievement and success, and setting records and observing certain norms determines the social status of athletes (such as sports rankings, achievement of sports titles, etc.), some others think "sports" as a type of martial arts and as a constant developmental competition in peoples' lives. The rest see sports as a key mediator in physical improvement, a necessary activity to "maximize human development." [7;8;9;10;11].

The main purpose of any science is to comment, and explain the social processes and laws in society. In modern science, the concept of "paradigm" is often used. The term means "to learn and know the general model of problems and their solutions". In this regard, it is advisable to consider some of the paradigms of sports and to consider sociological theories of sports in improving living standards. From such theories:

*K. Marks Theory. Although Marks does not carry out scientific studies directly related to sports, his basic theory relates to logical sports, one can determine the scientific basis for the following sports:*

1. The sport is subordinated to the dialectical base and the program of general sociological theory;
2. Historical materialism is the main content and essence of the explanation of sports and is interpreted as the solution to sports problems;
3. Sport is directly related to the organization of the production process [21,2].

V.I. Stolyarov commented on the subordination of sports to the dialectical framework and thesis: "This doctrine determines the role of sport in social relations, in social class formation with other elements of the social system and society." [22,7]. Sociologists who study sports take the position of Marxism first, because the methodology of Marxism is determined by the social structure of society. Secondly, Marxism's methodology is "the fact that sports constitute the basis of human activity and culture, as determined by the degree of independence and freedom in the economic structure of society." [22,7] An example is the development processes in post-independence Uzbekistan. With the change of production relations over time, sports also began to change as a society. In other words, it not only began to serve as a form of recreation, but also as a demonstration factor in national security and economic production. Any developing country is considered to be linked to sports in proportional to economic growth. Health and resilience play a major role in accelerating economic reforms. The key to health and endurance is sports! If we take a sport based on Marxism, sport should be a factor that affects all aspects of human development and should be accessible to all, regardless of gender, race or class. The Marxist approach to sport is linked to the historical development of society and is based on a purposeful study of sport. This approach focuses on sports as a key element in the development of a harmonious generation. Marxists believe that sports research should take place

on a historical plane, and that sporting practices should be based on the culture and character of the historical society under study. Finally, in Marxist approach, the analysis of the production of direct capitalism is related to wages and is the basis for any social activity in modern society. [2,27].

*The theory of social systems.* The study of sports as a holistic system in sociology, which is used extensively, implies that the interconnectedness and interdependence of a society in the first place results in changes in the way things are organized. The basic element of the social system is not only the unity of the common elements, but also the unit system, which is larger than the common element. [23,94]. That is, the system is the orderly arrangement of common elements and their orderly interrelationship. The systematic approach (which includes athletes, coaches, managers, referees, and any individual or group related to sports) is considered as an interpretation of the position of the social system. Separation of any social system at the individual level (with its own needs) may mislead the functionality of the system. The founder of the systematic approach, Ludwig von Bertalanfi, introduced a systematic approach to systematic approach from a scientific perspective. The main types of social system in sociology include socio-economic formulation, social groups, social organizations, social institutions and individuals. [24,32]. In the study of sports as a social system, it is often desirable to consider it as a social institution. The social institution is a static set of formal and informal rules, norms and guidelines that regulate various areas of human activity and integrate them into the system of roles and positions. *Thus, we can represent a social institution in two ways: the sum of norms on the one hand, and the sum of roles and positions on the other.* [25,416]. There are six basic guidelines for learning sports as a social system: Definition of the social system of sports on the basis of the social reality and social environment surrounding us and its boundaries.

1. Determination of the elements of a sports social system.
2. To consider the relationship between the elements and structure of the sports social system.
3. The study of the relationship of elements with respect to the social system of sports.
4. Define system-forming relationships.
5. Definition of functionality, development and functional design of sports social system. It is important to remember that when we apply social systems theory to sports, there are some limitations.

First, systems theory does not specifically examine the role of individuals in sports and proves that it does not stop them from addressing sports activities.

Second: systems theory is characterized by its realism in application, when it comes to major social changes. As an example: when considering the role of sport in the social system of society or the population's interest in particular sports. The study of sport in the context of social systems theory reveals the influence of sport

genesis on the interaction between sport and other external structures on contemporary reality.

It is worthwhile to mention another theory related to this theory. It is a structural-functional theory. Structural-functionality refers to any social process as a holistic structure in the study of the social system and is interpreted as the basic form of interconnected elements. The social system must be balanced from a functionalist's point of view. The social structure is an activist of standardized relations to the system and follows the rules set out in special roles. The main functions that arise in the role system are: first, the choice of appropriate behavioral patterns; the second is to determine the motivation to expect individual roles through the interaction mechanism. Social institutions are a key component of the system and, in some cases, form functional needs and roles [26,120-126]. If you consider a sports institute as a separate functional differentiation system, it can be divided into four main areas:

1. Relationship of sports with other institutions; (includes sports, family, education, employment and other institutions)
2. Appearance of sports practices in society (inclusion of incidents such as discrimination, sublimation, nationalism)
3. The impact of the social system on sports as a commercialization; (turning sports into various “show” or “sports and mass media”)
4. Specific studies of the underlying causes of sport's involvement are explored through established roles of mechanisms.

If sport is considered in the context of this theory, it can help to balance the social system or cause the system to lose its balance.

*Theory of Phenomenology.* The founder of the theory of phenomenology is Alfred Schutz. According to Schutsch, the phenomenon in the phenomenon explains the creation of events, that is, communication between people through their emotions. The sensory organs of the individual provide a general disorganized appearance and feeling. But people first of all, consciously summarize their sympathy, describe the types of objects through elements of the event, that is, to explain phenomena, to explain the event[26,193]. When an individual enters into a relationship with another individual when the opposite individual has the same view of life as he does. In the context of phenomenology, it can be argued that human nature is interpersonal and influences human consciousness and behavior in the context of a person's own social and social environment, and the social conditions of his or her life. Getting sports contests as a description or phenomenon when viewed in the context of sociological analysis of sport is an act manifested in the internal motives of the sport. In other words, human action is a product of the subjunctive prism in the inner nature of the individual. The context of phenomenology suggests that the actions performed by any athlete, trainer, or other sporting actor are the product of their inner nature, emotions and emotions. For this reason, sport phenomenology examines individual

actors in sporting activities as the main object in the study of intrinsic motivations and emotions. According to this theory, phenomenology is based on the process of socialization of individuals in the study of sports, in contrast to other structural paradigms, by the influence of social environments on the inner world of the subjects of sporting activity, the behavior of the athlete or actor. This approach correlates efforts to learning sports, that is, the phenomena in sport that we learn about the reality that surrounds us as a result of the inner nature of our minds. [25,423].

*Symbolic interactionism theory.* The founders of this theory are George Mid and Charles Cully. The basic principle of this theory is that man creates many symbols in his life and gives them a unique meaning. In the interactions people exchange these symbols, and this communicative process also has a distinctive meaning, largely reflecting the "inner world". *Symbols are codes of common understanding and synthetic meanings of objects and actions* [25,422]. The main symbol of the theory of symbolic interactionism is the language. As an example, we can observe the social reaction of the word "athlete" and the identification of the person who is "athlete". Many people, knowingly or unknowingly, use different concepts to send and apply these concepts to each other, creating new concepts. In order to understand this theory in the context of sport, we need to consider the example of athletes. Athletes or just one athlete builds their own image in the behavior process, and the athletes send and use each other with different symbols and symbols as a form of communication that helps them display, transmit, or use information about them. One of the areas of new sociology that has become very popular in recent years is "Sociology of the Body." The basis of this direction is the theory of symbolic interactionism, and when studied in the context of sociology, it is said that information about the human body is obtained through sports and athletes. Generally, any athlete exchanges information about himself and his body by showing, sharing, and presenting much information about himself and his body. From this we can see that symbolic interactionism theory works in conjunction with other theories [27,61-96]. For example, we can derive social systems theory, economic imperative concept, conflict theory, structural theory, and structural-functionality. Simply explaining this theory, the person creates and shares images of the inner world as symbols (i.e. concepts, actions, characters, objects or processes)[28,97-107].

*Theory of conflict.* Conflict theory puts contradictions at the center of their analysis and explores them as events inherent in human nature in society. The theory of conflict was developed by R. Darendorf and L. Kozzer against structural-functionality, and focused on maintaining stability and balance of the social system. In the twentieth century, the theory of contradiction was observed by scholars D.Bell, K.Bouldving (USA), M.Krose, A.Turen (France), Y.Galtunga (Norway) and other scientists. Supporters of the theory of conflict argue that it is very important. Conflicts keep the social system hard and stimulate its

development. Social conflict is one of the most important attributes of social relations. Conflicts reinforce the pressure of the two conflicting parties and restore their relationship. And, as the conflicts between the conflicting groups draw closer and introduce each other, the conflicts can bring the group closer to each other, to learn more about themselves, and even to make friends. When we look at the theory of conflict in the context of sports, sport is a social process that is only organized and stimulated by conflict. As an example: the conflict that arises within a sporting team can unite the team and form the internal unity. According to the theory of conflict, if conflict occurs within a single group or team and is the only purpose, values and interests are positive for group or team relationships as long as values and interests do not form the basis of conflict between relationships. However, if the values and norms of the opposing team form the basis of the conflict in the development of the conflict process, this conflict can lead to a negative situation and the disintegration of the group or team. [29,542].

In any case, the conflict is due to the social system and the structure of the groups, and it can be seen that it maintains a stable relationship within the group or, in general, distorts the situation within the group. The sports system is very interested in us, and it is also divided into various subsystems. For example: high school sports or amateur sports. Within these levels, there are also differences. Conflicts within the sports system lose their relevance. This is achieved if the participating team strives for and succeeds in a sporting event. And conflicts can occur outside. In other words, competitions between rival teams or competitors. In this case, the internal group's status will be further improved and prepared for external threats. In sports, external conflict can be a sporting event or a sports game. It will be a manifestation of the mildest conflict. There are also conflicts between sports teams fans. These situations are related to sports conflicts. You can see from the foregoing statements that conflict theory is more related to sports and activities than any theories.

Another sociological theory can be attributed to sports. This is "The structure theory" of Anthony Giddens. According to A. Giddens, "high modern" society differs from "modern society" by reflexion. That is, in the context of modern society a person is distinguished by his active behavior. This was not the result of the influence of external forces, and the individual could control and explain it. That is why a person acts as a moving person. Particular attention is paid to explaining social reality and language. Under modern conditions, knowledge becomes a prestige of social interactions and refuses to become a monopoly. A. Giddens describes the relationship between human movement and social institutions. Institutional agents emerge as a result of interaction: agents explain how social institutions can or should be reflexively changed as a result of their actions [30,16].

The basic notion of structural theory is the notion of a social agent. According to A. Giddens, the agent's behavior constitutes a model of stratification

and involves three levels: movement motivation, movement rationalization, and reflexive monitoring of movement. In sports, such an agent is an athlete.

*The level of motivation of action is the perceived and unexplained wishes that motivate the agent to move.* The athlete's behavior is such a move that leads him to success - that is, to win.

*The level of rationalization of action is the ability to know and explain actions performed by an agent.*

*Reflexive monitoring of movement is always and continuously monitoring one's actions, as well as the actions of others and their physical and social conditions.* [31,57].

For example, a sprinter - member of athletics, every time he sprints, he monitors other runners and tries to control his distance or proximity from them.

It differs from A. Giddens' theory of structure in functional theory. In his view, the structure in it is taken as a set of rules, but these are the basis of the individual movement (as in functionality theory) and are based on the result. The agent simultaneously develops and obeys the rules. In sports or games, the athlete is guided by the rules and participates in making updates to the rules [31,57].

A sociological theory that can be linked to the latest sports is the theory of *social mobility*. The founder of the theory of social mobility is Pitirim Sorokin, who in his theory explains that social mobility is a normal state of nature and society, not only individual and groups, but also social objects (values) as well as processes and processes that change and create in human activity from one social position to another. It divides social mobility vertically and horizontally. In vertical mobility, P. Sorokin explains the individual jumping from one plate to another, dividing vertical mobility into two types: ascending vertical mobility and declining vertical mobility, suggesting a shift from one stratification layer to another. In a horizontal mobility, any individual, group, or social object assumes the displacement of one stratified stratification in society, that is, the stratification of society within the same stratum. [32,133-134]. If we look at this theory in the context of sports, we can see that if any athlete performs well in his or her sport, then vertical mobility in it. If individuals are involved in different kinds of sports but have no results in the sport they are engaged in, or only exercise to improve their health, then this is only horizontal mobility.

According to P. Sorokin, vertical mobility will be considered in three aspects and will be compared to three forms of social stratification (political, economic and professional). This is understood as an increase in internal or professional occupations, on the basis of political cycles and through the economic ladder. [32,135]. In sports, this is linked to the notion of competition. Any athlete or team of athletes will experience individual or group growth through their performance in the sport. In this case, an indicator for athletes will be played by their predecessors or their coaches. As an example, athletes' achievements are analyzed by three forms of social stratification: their rise to the level of masters in their sport; the

emergence of other athletes as champions; to be the captain of a sports team or a qualified coach in the future; and high incentives for the economic ladder (Olympic Games prizes: 1st place \$ 200,000,000, 2nd place \$ 100,000,000, and 3rd place \$ 50,000,000 and world championship prizes) and the recognition by the state authorities improves their living standards.

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