



MODERN SPORT: PROBLEMS AND SOLUTIONS

Karimov Bekzod Boyqobilovich

Docent University of Economics and pedagogics

Abstract

Modern sport represents a multifaceted industry, encompassing both mass and elite sports, playing an important role in society. At the same time, its development faces several issues, including the myth that sport is the main factor for maintaining and improving health, the dangers of intense physical exertion, early specialization of children, corruption, and the use of doping. This article explores the key contradictions in modern sport and proposes solutions through the improvement of sports equipment, training methods, athlete selection systems, and health prevention strategies. It is expected that addressing these problems will improve sports education and create a positive public image of sports.

Keywords: modern sport, elite sport, Olympic and professional sport, sports problems, conflict resolution, doping.

Introduction

Modern sport is a powerful industry that includes a unique system for producing sports records. It involves not only athletes and coaches, but also managers, sports doctors, psychologists, and researchers. Mass media constantly "promote" large-scale competitions to the level of major events in society. However, modern sport should not be viewed as a single phenomenon with one goal, function, or common patterns of development. Modern sport is multifaceted and diverse. The sports system includes types such as mass sport, youth and children's sports, school sports, and student sports, which aim to improve health and form the sports culture of the younger generation. Elite sport (Olympic and professional sport) is aimed at achieving high sports results and victories. These types of sport share common functions: entertainment, political, and economic. Elite sport transmits a special lifestyle model, a path to success, demonstrating high sports technique and the ability to outplay an opponent. For many spectators, this model becomes an ideal to follow, not only in sports but also in other areas of life. However, elite sports have led to a large number of contradictions that prevent modern sport from developing positively, often discrediting it and forming negative attitudes, especially among parents, toward sports activities. Public opinion increasingly views modern sport as a dangerous activity for human health. The goal of this research is to conduct a sociological analysis of the contradictions in modern sport and offer ways to overcome them.

Methods and Literature review

One of the most acute contradictions in the development of modern sport is the myth that sport is nearly the only and primary factor in preserving and improving health. No one disputes the preventive value of physical exercise. However, it is important to understand that sport is only one of the factors constituting a healthy lifestyle. In addition to engaging in sports, factors such as the ecological environment, diet, harmful habits, standard of living, genetics, and others affect a person's health. Therefore, it is wrong to directly link health status solely to involvement in sport. Furthermore, tragic cases have occurred with outstanding young athletes due to injuries and excessive physical exertion. A prime example is the tragic fate of Alexei Cherepanov, when the heart of this promising young hockey player stopped during a match. It has become a common sight for athletes like sprinters, skiers, and biathletes to collapse after finishing their races, sometimes even on the track or course.



Elite sport is associated with risk and the need to impose extreme physical loads on the body. Unfortunately, due to a number of circumstances (the drive to win at any cost, the use of doping), athletes often exceed the acceptable limits, causing harm to their health, and sometimes to their opponents' health as well.

At present, the number of new sports, especially extreme ones, is rapidly increasing: mountain biking, quad bikes, freestyle, scooters, and more. These extreme sports sometimes displace classic ones such as skiing, athletics, and gymnastics. However, it is impossible to forbid people from engaging in any type of sport and exploring the limits of their own bodies. Moreover, in many situations in life, only full concentration of strength allows us to avoid danger. The more physical strength a person has, the less damage to their health they will suffer when overcoming a difficult situation. Sport helps simulate problematic situations and find ways out of them. Therefore, every individual must decide to what level of sports achievement they aim to reach.

The contradiction related to sport and athletes' health can be resolved by improving sports equipment, competition rules, and material and technical infrastructure of sports facilities, as well as by implementing health prevention measures, medical monitoring of athletes' health, and improving the quality of professional training for coaches. However, the "sport and health" issue remains unresolved for now.

Another contradiction in elite sport is the increasing trend of sports "youthification." Record-breaking results are being achieved by teenagers, almost children, in sports such as artistic and rhythmic gymnastics, and figure skating. In other sports, the age of winners is also decreasing. It is clear that young athletes can win in the highest-level competitions. However, the problem lies in the accelerated preparation of young athletes without considering their developmental age indicators.

Results

This issue is aggravated by the selection system for talented children, where the sport is chosen for the child, rather than the child being suited to a specific sport. The selection process becomes a serious psychological stress for many children and parents, often driving them away from sports altogether. The use of specialized techniques, designed for adults, without adaptation to the methods of youth sports, leads to premature physical "overload" of young athletes, and there is no question of a long sports career. This contradiction in youth sports ultimately distorts the essence of sport and physically and morally damages the athletes.

Another contradiction, which seriously undermines the foundations of sport, arises from fixed victories, arranged in hotel rooms for judges or in the offices of managers, far from sports halls, fields, or courts. The displacement of competitive factors has reached significant proportions, especially in team sports. According to researchers, a considerable number of matches in football and hockey championships are "sold" in advance. This, of course, affects the moral fabric of athletes and the spectacle of the sport itself. As a result, we often see half-empty stands and disappointed spectators.

Analysis and Discussion

In professional sports, as in show business, big money is involved. However, the fight for the "purity" of sport must certainly continue.

A similarly complex situation exists in the pharmacological service of sport. The use of doping, which began in the 1970s-1980s, has spread across all sports. The issue of doping is perceived differently in society. While doping may enhance the spectacle of sport, it detracts from its humanity. When doping is used, it is no longer about identifying the strongest athlete, but rather about a battle between doctors and pharmacologists who can best "enhance" the athlete. It seems unlikely that this problem can be resolved today, as the trend in modern sport to win at any cost is only intensifying.



Doping is not a private practice of sports doctors, but a well-developed system of scientific, methodological, and medical support. At the same time, it is beyond doubt that modern athletes face immense training loads, and their bodies cannot recover quickly without the help of pharmacological substances. Without supportive drugs, athletes would be unable to train at modern volumes and intensities, and the negative consequences of these loads would lead to pathological changes in their bodies and minds. Therefore, sports doctors call for certain pharmacological substances to be legalized to help athletes cope with excessive strain and workloads, enhance their immune response to illnesses, and increase pain thresholds when treating sports injuries. No one prohibits workers in extreme professions (miners, oil workers, astronauts) from using pharmacological means to restore their ability to work. So why shouldn't professional athletes be helped to shorten recovery time after injuries or excessive training loads?

The activities of organizations established to combat doping have not lived up to expectations: doping scandals continue to shake society. Athletes caught using doping are banned from professional sports for a long time, stripped of their awards, and rejected by society.

Conclusion

Thus, the way to resolve these and other social contradictions in modern sport lies in strengthening the educational, scientific, and cultural aspects of sports activity. The formation and intensive development of sports culture can significantly enhance the potential of modern sport and help form a positive public opinion, which would allow new resources to be found for mass involvement in the sports movement.

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