

THE ROLE OF SPORTS IN STRENGTHENING THE QUALITIES OF STUDENTS (In the example of handball)

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Abstract

Sports games, especially team sports, play an important role in the personal and social development of students. They help not only to increase physical fitness, but also to develop many skills. Handball, with its dynamics and team spirit, is of particular importance in strengthening many qualities of students. In this article, we will consider in detail how to develop most qualities of students through handball games.

Keywords: Handball, physical activity, game, opponent, skills, goal, stress, partners, sport, students.

Introduction

Handball is a team sport that requires coordination and cooperation between players. During the game, each player needs to fulfill his task, fight with opponents and work together to achieve team goals. This process develops teamwork skills in students. They learn to understand each other, help each other and work together to achieve a common goal. The success of teamwork is based on mutual trust and cooperation, which helps to strengthen the social skills of students. In handball, during the game, each player has to fulfill his role, but sometimes there is a need to lead. During the game, players must discuss strategies, make decisions and consult with each other. This process helps students develop leadership skills. They learn to express their opinions, motivate others and actively participate in solving problems. Leadership skills are important not only in sports, but also in future professional activities.[1]

Handball games are played in a fast and competitive environment. Players have to make decisions under stress and pressure during the game. This process helps students develop stress management and problem solving skills. Controlling one's emotions during the game, correctly reacting to success and failure, increases the mental stability of students. The ability to manage stress is useful in other areas of life. In handball, players strive to constantly develop their skills. During the game, it is necessary to learn from your mistakes, evaluate your capabilities and work on yourself. This process strengthens students' desire for self-development. They learn to work hard, be patient and work on themselves to achieve their goals. Self-development skills help students achieve success in their personal and professional lives. Competition is important in handball. Players improve their skills by competing against each other. However, healthy competition should be based on mutual respect and friendship. By learning about



healthy competition, students learn how to behave in a competitive environment, accept competition, and cooperate with others. [2]

Healthy competition helps students develop social skills and prepare them to be successful people in the future. Handball games require physical activity. During the game, players develop physical qualities such as speed, strength, endurance and coordination. This helps to improve the general physical condition of students. Physical development helps not only to form a healthy lifestyle, but also to improve the mental state. Through sports, students learn to take care of their health and make physical activity an integral part of their lives. Social relations of students develop through handball games. During the game, players communicate with each other, make new friends and expand their social network. This process helps to develop social skills of students. Social communication allows students to improve their relationships, exchange new thoughts and ideas. Social relations are also important in future professional life.[3]

There are a number of effective methods and strategies for building teamwork skills in students. Involving students to participate in team projects is important in developing their teamwork skills. During projects, students learn to share ideas with each other, share tasks and work together to achieve a common goal. Sports games, such as handball, basketball or football, are an excellent platform for developing teamwork among students. [4]

During the games, students learn to cooperate, develop strategies and support each other in a competitive environment. Organization of group discussions and discussions helps to increase exchange of ideas and mutual understanding between students. This process teaches students to respect each other's opinions and make collective decisions. Through role-playing, students learn how to work as a team in different situations. Each student must fulfill his role and develop relationships within the team. This method encourages students to be creative and collaborative in solving problems. Organization of seminars and training aimed at the development of teamwork skills will be useful for students. During these events, students can learn the theoretical foundations of teamwork and participate in practical training. Organization of mentoring programs by experienced students or teachers creates an opportunity for new students to learn teamwork. Mentors can share their experiences and support students in teamwork.[5]

Social activities, such as participating in charity events or community service, increase team spirit among students. This process encourages students to help each other and work together for collective goals. The introduction of a mutual evaluation system among students helps to develop their ability to work as a team. Through peer assessment, students can identify each other's strengths and weaknesses and exchange ideas. Giving students group problem-solving tasks increases their ability to work as a team. This process encourages students to think together, develop strategies, and support each other in solving problems. Creating a positive and supportive environment for students is important in developing their teamwork skills. Teachers and leaders can increase team spirit by encouraging students and respecting their opinions. Strengthening students' teamwork skills is important for their personal and professional development. The methods and strategies presented above will help students succeed in teamwork and prepare them to be effective team members in the future.[6]



Conclusion:

Handball games play an important role in strengthening many qualities of students. Teamwork, leadership skills, stress management, self-development, healthy competition, physical development and social relations contribute greatly to the personal and social development of students. Through sports games, students not only improve physical fitness, but also develop many skills. Therefore, the inclusion of sports games such as handball in the educational process of students helps to strengthen many of their qualities and prepare them to become successful people in the future.

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