

The Physical and Moral Impact of Tourism Activities on School-Age Children: A Case Study in Karshi City

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Abstract: *This article examines the physical and moral impact of tourism activities on school-age children, with a particular focus on the city of Qarshi. The study analyzes how educational tourism, recreational trips, cultural excursions, and sports-related travel influence children's physical development, emotional well-being, social interaction skills, and moral values. Special attention is given to the role of tourism in shaping children's worldview, enhancing their civic responsibility, promoting healthy lifestyles, and strengthening their cultural awareness. The findings highlight both the positive outcomes and potential challenges associated with involving school-aged children in tourism activities, offering recommendations for creating safe, value-oriented, and pedagogically meaningful tourism programs.*

Keywords: *Pedagogical Innovation, Teaching Methods, Professional Development, Education Quality, Learning Outcomes*

Introduction

In our country, under the leadership of President Sh.M. Mirziyoyev, consistent measures are being implemented to develop physical education and sports, ensure public health, and cultivate a healthy generation. The legal basis for this process is provided by the Decree No. PQ-3031, "On Measures to Further Develop Physical Education and Mass Sports," adopted on June 3, 2017 [1]. Tourism (travel) serves not only as a means of recreation but also as an important socio-pedagogical factor that promotes the physical and moral development of individuals and strengthens public health [2,5]. Therefore, scientifically studying the educational and pedagogical significance of tourism is a pressing issue in modern pedagogy and health promotion practices.

Methodology

The main aim of the study was to examine the methods of organizing tourism activities for students in grades X–XI and to investigate their health-promoting effects through experimental observation. Excursions were conducted in various scenic locations during the educational process, and students' cardiovascular and respiratory system activities were regularly monitored. Physiological indicators of participants (heart rate and breathing rate) were recorded throughout the multi-day excursions, allowing for analysis

of how the duration and altitude of tourism activities influenced the body's adaptation to physical load [4].

A multi-day excursion along the Qo'ng'irtog' mountain range was organized from April 4 to April 9, 2019, with the participation of students from School No. 3 in Qarshi. The excursion initially covered a distance of 8,000 meters on the first day and was subsequently extended to 25,000 meters. Cardiovascular and respiratory indicators were measured daily. This process enabled analysis of the students' physical preparedness for tourism and their physiological adaptation capacity [3,4].

In our country, under the leadership of President Sh.M. Mirziyoyev, consistent reforms are being implemented to develop physical education and sports, ensure public health, and cultivate a healthy generation. In state policy, promoting a healthy lifestyle and raising the younger generation as physically and morally well-rounded individuals has been identified as a priority direction. The legal and organizational basis for this process is provided by Decree No. PQ-3031, "On Measures to Further Develop Physical Education and Mass Sports," adopted on June 3, 2017, which plays an important role in establishing the framework for physical education and sports in educational institutions [1]. This decree sets out tasks such as creating the necessary material and technical base for engaging in physical education and sports, forming a culture of physical activity, and widely promoting healthy tourism among the population.

In this context, tourism (travel) is not only a means of recreation or leisure but also emerges as a socio-pedagogical factor that ensures the physical and moral development of individuals and helps balance their lifestyle. Modern pedagogical research indicates that tourism plays a significant role in increasing physical activity, reducing stress, and maintaining sustainable life activity in the human body [2]. Furthermore, tourist excursions teach the younger generation to respect nature, understand its laws, develop aesthetic feelings, and cultivate social qualities such as teamwork, helpfulness, harmony, and responsibility [5].

Therefore, scientifically studying the educational and pedagogical significance of tourism is a pressing issue in contemporary pedagogy and health promotion practices. Tourism activities enrich the educational process and ensure not only the physical but also the moral and mental stability of young people. During such activities, students observe natural laws directly, act in harmony within a team, and acquire skills to solve problems creatively. These exercises increase physical endurance, strengthen willpower, patience, and self-confidence.

Result and Discussion

The effective integration of tourism into the education system contributes to forming active citizenship, a healthy lifestyle, and ecological culture among the youth. This constitutes one of the strategic tasks for modern society. From this perspective, using tourism to promote the physical and moral development of school-age children, increase their social activity, and employ it as a health-promoting factor highlights the practical value of scientific research.

The main objective of the study was to investigate methods for organizing tourism activities with students in grades X–XI and to study their health-promoting effects through

experimental observation. During the research, excursions in various scenic locations were conducted, and students' cardiovascular and respiratory system activities were regularly monitored. The data collected showed that tourism activities positively affect the physiological condition of students, especially as long-distance excursions increased the body's adaptation to physical loads. This further confirms the health-promoting, educational, and pedagogical significance of tourism.

The experiment was conducted with students from School No. 3 in Qarshi City from April 4 to April 9, 2019, along the Qo'ng'irtog' mountain range. Excursions initially covered a distance of 8,000 meters on the first day and were later extended to 25,000 meters. Observations revealed that as altitude and distance increased, heart rate and respiratory rate also increased, reflecting the body's adaptation to mountain conditions [4]. Over the one-week observation period, physiological indicators stabilized, demonstrating an enhanced capacity of the body to adapt to physical loads.

According to the experimental results, multi-day tourism activities improved students' physical fitness, endurance, and willpower. In addition, these activities had a positive effect on the cardiovascular, respiratory, and digestive systems, contributing to overall health promotion [3]. Overall, the results indicate that tourism plays a crucial role in promoting youth health, moral development, and educational effectiveness.

Furthermore, acquiring new experiences and skills in unfamiliar environments significantly contributes to the development of the human brain: such activities foster the formation of new neural connections, which in turn enhance overall quality of life. Moreover, research indicates that individuals with a higher number of these neural connections tend to have higher education, maintain a healthy lifestyle, exhibit better psychological well-being, and generally experience greater life satisfaction [5].

The results of the study indicate that tourism activities positively affect the physiological condition of students. During multi-day excursions, the activity of the cardiovascular and respiratory systems stabilized, and the body's capacity to adapt to physical loads increased. This confirms that tourism has not only health-promoting but also educational and pedagogical significance.

During excursions, as altitude and distance increased, heart rate and respiratory rate also increased, reflecting the body's adaptation to mountain conditions. In addition, multi-day tourism activities were found to improve students' physical fitness, endurance, and willpower. Furthermore, tourism activities positively influenced the cardiovascular, respiratory, and digestive systems, contributing to overall health promotion [4].

At the same time, tourism fosters social qualities in young people, including friendship, solidarity, and helpfulness, and plays an important role in cultivating respect for nature. These aspects provide a basis for the effective integration of tourism into the educational process as an integral component.

Conclusion

Tourism (travel) is not only a means of recreation for school-age children but also an important factor contributing to their physical, moral, and social development [2,5]. The

multi-day excursion conducted in Qarshi demonstrated that tourism activities help stabilize students' physiological indicators, enhance the activity of the cardiovascular and respiratory systems, and promote the development of physical fitness and willpower. These results support the use of tourism as an effective tool for physical and moral education in school settings.

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