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## YOUTH SPORTS AS AN AGENT OF SOCIALIZATION IN A MODERN KAZAKHSTAN SOCIETY

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**Abstract.** Sport is one of the most important agents of socialization of modern youth, as well as an effective means of physical development, health promotion, communication, and the result of people's activity. The purpose of the article is to define teenage sports as one of the socialization institutions, and also to identify the factors of influence of sports on youth. The leading role of the sports environment in the process of socialization of adolescents through sports is considered, as well as its importance in the physical culture and sports education of young people.

According to the results of the sociological research conducted, sport is the main manifestation of a healthy lifestyle for young people. Through sports, a young generation educates and perceives it as a means of socialization, based on discipline, reflecting in forming a certain system of norms and values. It was revealed that sports have a positive impact on the formation of his personal culture. Along with these positive factors, negative factors of sports were also identified, such as academic failure, high risk of injury. The results show that although participation in sports provides numerous benefits, it is necessary to eliminate significant negative aspects to ensure a balanced approach to adolescent participation in sports. It was also established that the presence of stress in the educational process, and insufficient development of sports infrastructure at the required level are the main obstacles leading to a decrease in the interest of young people in sports and their physical activity. The study of this problem will be useful for the further development and improvement of state policy aimed at increasing the physical activity of young people.

**Keywords:** teenager, youth, sport, agents of socialization, individual, process, behavior, socialization.

## Introduction

The radical social changes taking place in Kazakhstan affect all spheres of the country's social life, including political-economic, socio-cultural spheres, social institutions, and public relations at the present time. Particularly, there were many difficulties in organizations that contribute to the socialization of children, allowing them to spend leisure time and engage in sports in addition to education. Most of them did not perform their duties at the expected appropriate level, or there was a decrease in the intensity and efficiency of their work.

Insufficiency of suitable and effective infrastructure, which allows training and practice of many types of sport, had a negative impact on the condition of sport, including youth sport, which is the main institution of socialization of young people.

Teenagers' and children's crime, the study of their deviant or delinquent behavior, attracted the attention of various specialists, including sociologists and researchers, and became one of the issues that became important objects of various discussions and debates. A comprehensive study of this issue can show what effect it will have on their socialization by revitalizing youth sport and its further development. Properly organized, publicly available sports contribute to the socialization of young people, the formation and consolidation of socio-cultural values and attitudes, as well as the formation of the best personal qualities of teenage boys.

The importance of this task is increasing for Kazakh society. There are almost no studies and scientific works devoted to the sport socialization in domestic science, to determine the place of sport in the socialization of the younger generation. Therefore, an attempt is made to analyze the development of sport socialization in the country, and the problems in this field are addressed more optimally, with scientific accuracy and reliability in this work. First of all, a theoretical analysis of the concept of sport as the main means of socialization of teenagers is offered.

In the case of properly organized sports activities, it can be an important and effective means of modern youth's social activity formation and a healthy lifestyle of people. We can say that revitalization and further development of children's and youth sport in the country will make a significant contribution to the further implementation of the socialization process of an individual during the teenage period. The socialization process of teenagers involved in sports in Kazakhstan has general laws and features that require comprehensive analysis.

## Literature review

In the modern Kazakhstani society, sport is a special social institution for the formation, dissemination, and development of human movement culture. In addition, the data obtained by researchers and examples of the life path of outstanding sportsmen prove that sport is the main force of socialization of youth.

President Kassym-Jomart Tokayev signed a law that allows children from four to 17 years old to visit various sections at the expense of the budget of local executive authorities in our country at the end of 2020. As a result, since May 2021, the Art Sport program for the development of children's sport and creativity has started working in Kazakhstan. Thanks to that, thousands of children had the opportunity to participate in sport sections or creative circles for free. Table 1 below provides information on sport schools for children and teenagers and the number of children participating in the republic (Shajmardanov, 2022).

**Table 1. Sport schools for children and teenagers, and the number of participating children**

	Number of organizations, units					Number of participating children, thousand people				
	2017	2018	2019	2020	2021	2017	2018	2019	2020	2021
Sport schools for children and teenagers, all	353	361	357	376	389	232 912	245 014	259 830	272 658	289 857

Note: Compiled based on data from (Shajmardanov, 2022).

According to the National Bureau of Statistics of the Republic of Kazakhstan, the number of sport schools for children and teenagers in 2017 was 353, in 2019, only 4 schools were opened (357), and in 2021, the number of such schools reached 389. That is, in the years under review, 36 schools were opened, and 289,857 children and teenagers had the opportunity to participate in various sections. In 2017, only 232,912 children participated in these schools, while in 2019, 259,830 children and teenagers participated in sports, and in 2021, this number reached 289,857 (increased by 56,945 children). The increase in the number of schools and the number of children participating is encouraging and can be considered as the initial result of the launch of the Art Sport program. Today, this program has been renamed Damubala, i.e., creative circles and sports sections for children.

The number of children and schoolchildren engaged in physical education and sports is presented in Table 2 (*Statistics of culture, 2022*).

**Table 2. Fitness and health recreation works**

Statistical indicator	2017	2018	2019	2020	2021
Children and schoolchildren engaged in physical education and sports, thousands of people	1 586,9	1 834,4	357,1	1 938,6	2 048,3

Note: Compiled based on data from (Statistics of culture, 2022).

The most active share of the population engaged in physical education and sports belongs to schoolchildren of general education schools. According to official data, 1,834,567 children were included in physical education and sports among children in 2022, which is 63% of the total number of children (2917.8 children).

According to the Ministry of Culture and Sports, there are more than 38,600 sport facilities in Kazakhstan (27,500 of them belong to the facilities of educational institutions, including sport schools, and 11,100 facilities belong to physical training and sports facilities). It should be noted again that the increase in the number of such sport and recreation facilities is important for our country in the process of education and socialization of the future growing generation.

The word «sport» comes from the old French and English words «de sporte», meaning «entertainment, fun». This concept is only partially responsible for its content in modern society. Nowadays, sport is defined as a result, a comparison of the results in the competition. But it remains a means of entertainment and cheering up for spectators and fans, and sport remains as spectacle (*Matveev, 2020*).

According to Russian researchers I.V. Babanov and E.A. Grishina, modern «sport exists in a certain social context, it is influenced by many factors, which are closely related and interconnected» (Babanov, Grishina, 2018). Sport is a social system with a complex structure consisting of individuals who interact with each other according to their beliefs, standards, and means of communication. For example, two competing teams, a son and a father engaged in fishing, and a golf instructor teaching beginners, can be considered social systems. The social environment is the reason for the conflict between competing groups. In case of escalation of the relationship «individual-environment», the subject begins to feel inner restlessness and discomfort. The individual takes active actions to adapt to the environment, which leads to the emergence of conflicts by eliminating them.

According to the purpose of the article, we tried to explain sport, which is considered another agent of socialization, as a means of socialization of teenagers. At the same time, according to the definition of the UNO, people aged 10-19 years are considered teenagers. They are divided into early (10-12 years old), middle (13-15 years old), and older teenagers (over 15 years old). Young people are people between 15 and 24 years old.

If we consider sports experience from a cultural point of view, we can refer to the view of the famous French sociologist Pierre Bourdieu. Bourdieu considers that parents invest capital in children; that is, the habits of this group are reproduced from generation to generation. Thus, because the upper class has a greater amount of capital, such as resources and power, they have more opportunities to pass on to their descendants. This shows their peculiarities in choosing sport. They try to choose a sport that is non-violent and does not involve direct physical harm. At the same time, classes of workers with low cultural and economic capital seek to choose sports that require strength (*Bourdieu, 1984*). S. Stempel, a follower of P. Bourdieu, continued the idea of his teacher and showed that representatives of the upper class choose sport based on competition, such as fitness and aerobics, athletics, and weightlifting, as well as those that do not cause aggression and direct physical injury. At the same time, the upper class is also used to distinguish sports practices from other classes. This creates a special relationship between classes; the upper class is considered «strong» and the lower class «weak» (*Stempel, 2015*).

At the same time, research based on critical theories acknowledges individuals as active agents, actively engaging in various situations, using their own personal resources to achieve their goals, make decisions, and views the process of socialization as ongoing throughout one's life through an interconnection of ideas-goals-actions. Meanwhile, sports are considered a cultural experience shaping personal roles and behaviors within a given social environment (*Evans & Pfister, 2020*).

Advances in theoretical approaches and assumptions used in relation to the study of socialization and sports show how researchers have studied socialization in sport, outside of sport, and through sport. In America, demographic growth in the 1950s required the development and education of the younger generation, especially boys, to find all the conditions to teach them skills necessary for their proper development (*Dagkas & Quarmby, 2010*). Structured practice included in sport activities was considered by parents and residents of settlements adjacent to large cities in Western Europe and America, especially in the USA, as a convenient and optimal environment for children's socialization. Sport teaches young people to work as a team, to achieve, to compete, to observe collective rules and to obey authority. Today, the importance of youth-oriented sports is growing in many countries. Of course, the growing importance of sport for teenagers raises the question of how to attract young people to sports and team sports. The respondents to this question were often organizers of sports events. They usually associate participation in organized sport with positive results of development. For the first time, issues related to human sporting activities were used as the subject of investigation, and their research usually focused on examining participation in sport as an experience that positively affects social and personal development (*Coakley, 2011*).

And such concepts and beliefs were propagated in industrial and postindustrial societies for almost a century only through public opinion. Since the 1950s, researchers have tried to verify the correctness of such opinions through real sociological research. In the middle and end of the 20th century, research on this issue consisted of correlational analysis. Such studies compared US schoolchildren using the criteria of «sport players» and «non-sport players» (*Lareau, 2013*). Various behavioral indicators were taken as variables: academic performance, reputation and status in school culture, and levels of delinquency and deviance.

The results of sociological research in the field of sports in the 20th century can be formulated as follows:

- Sport can be realized through positive and negative aspects of socialization for participants, as it consists of different rules and methods, techniques.
- Sportsmen form their collective behavior by following what the coaches say, understanding what the team expects from them.
- Sport teaches people to work together regardless of race, ethnic origin, gender, age, or social status.

The scientific literature and the role of sports in the lives of adolescents and their impact on their social development and socialization, based on sociological research, are analyzed in this article.

## **Methodology**

A pilot sociological study was conducted among adolescents in September-November 2022 using an online survey method. The survey questions consist of several blocks. The thematic blocks include the following sections: adolescents' attitude to sports, the impact of sports on the socialization process of adolescents, and factors influencing sports participation. The survey questions were closed and semi-closed in nature.

The Google Forms platform was used as a research tool. The study aimed to identify the factors influencing sports in adolescents, examining their impact on the socialization process. The

survey was conducted among adolescents aged 14-17 years who are regularly engaged in sports based on purposive sampling (N-150). The sample size of 150 respondents is representative for pilot studies, as it provides sufficient statistical indicators to identify medium and strong effects (95% confidence interval and approximately 4.87% margin of error). The sample consisted of adolescents participating in sports sections of the Youth Palace of Astana (swimming, athletics, basketball, volleyball) and the Pro Football football academy. The purposive sampling of adolescents involved in sports in the study was justified by the research objectives and provides sufficient accuracy for analyzing the main patterns in the studied group.

### Results and discussion of the research

One of the first aims of this research was to determine the main values of teenagers in their value orientations. According to the results of the given answers, teenagers chose «health» as the main value (88%), «family» in the second place, and «material situation» in the third place.

Health was determined as the main value for teenagers, since sport is considered to be one of the main indicators of health. The question was asked, «Rate your attitude to sports?» according to the objective of this research. They were asked to rate the functions of sport from «very low» to «very high» (see Table 3).

**Table 3. Youth attitude to sports (in %)**

Version of the answers	very low	low	medium	high	very high
Sport is an expression of a healthy lifestyle	1,4	4,2	14,4	3	57
Sport is performance, show, and entertainment	6	16	20	30	28
Sport is a form of international cooperation	6,8	0,5	27,1	18,5	27,1
Sport shows the potential and level of development of the nation in the world	8,5	7,1	25,4	20	19
Sport educates and regulates a person	4,2	4,2	7,1	40	44,5
Sport is a way to maximize a person's physical capabilities	1,4	0	5,7	2,8	70
Sport is a means of gaining fame and glory	8,5	15,5	31,4	4,6	10
Sport is a source of income	12,8	25,7	38,5	15,7	7,3

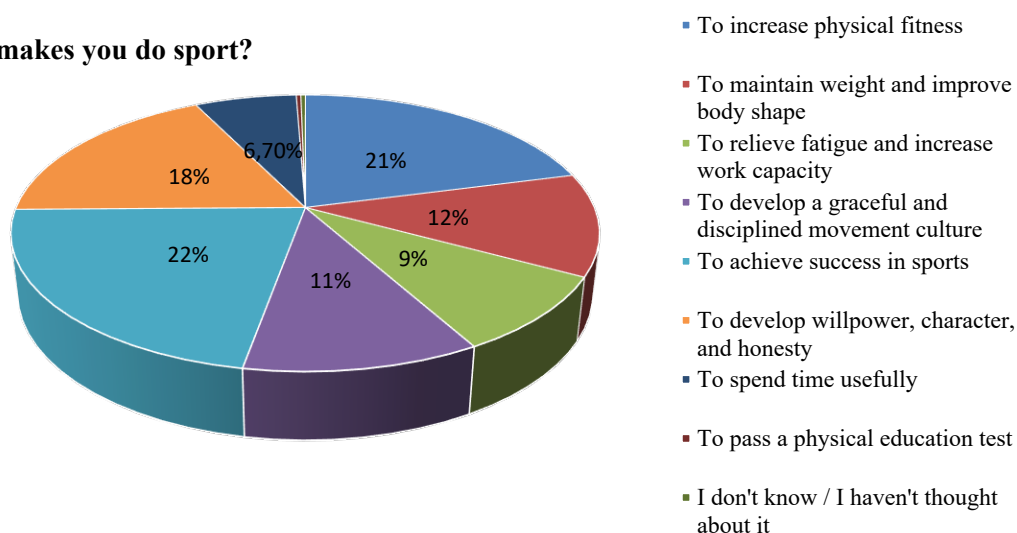
Note: Compiled based on research conducted by the authors.

As we can see from research results, for teenagers, sport is not a source of fame and income, but rather an expression of a healthy lifestyle, and a person can educate themselves through it. Therefore, we noticed that sport is perceived as a means of socialization for teenagers. As we can see from research results, for teenagers, sport is not a source of fame and income, but rather an expression of a healthy lifestyle, and a person can educate themselves through it. Therefore, we noticed that sport is perceived as a means of socialization of teenagers. While the majority of respondents (57%) rated sports very positively as a manifestation of a healthy lifestyle, the majority of young people (30%) highly appreciated and viewed sports as entertainment. As for

international cooperation, the responses are heterogeneous; in particular, 27.1% of respondents rate this phenomenon positively, 27.1% of respondents treat it neutrally, and only 6.8% of respondents give a negative assessment. This reflects the political function of sport - its function as a tool through which sports competitions improve relations between countries. Respondents positively assessed sport as a means of education and discipline; 44.5% of the responses of the vast majority of respondents are proof of this. This shows confidence in the socializing power of sport, as well as its influence on personality formation. Teenage athletes, entering into a specially organized educational process, fully or partially realize their capabilities, acquire systemic skills that are the basis of socialization (Stambulova et.al, 2015).

The question «What are the most important concepts in sports for you? » was asked to determine youth's attitude to sport. The question was asked, and the following answers were received. According to the answers of the respondents, «health» was in the first place, 52.8%, discipline, result, and honesty were in the second place with 31.4%, and «victory» was in the next place with 15.8%. Health is a characteristic that determines not only general physical health, but also its psychological «mood». A person's activities depend on their health – when a person is ill, they are forced to give up full-fledged activities, mental work, and various types of recreation. Therefore, health is important at any age.

**What makes you do sport?**



**Figure 1. Factors that motivate to do sport**

Note: Compiled based on research conducted by the authors.

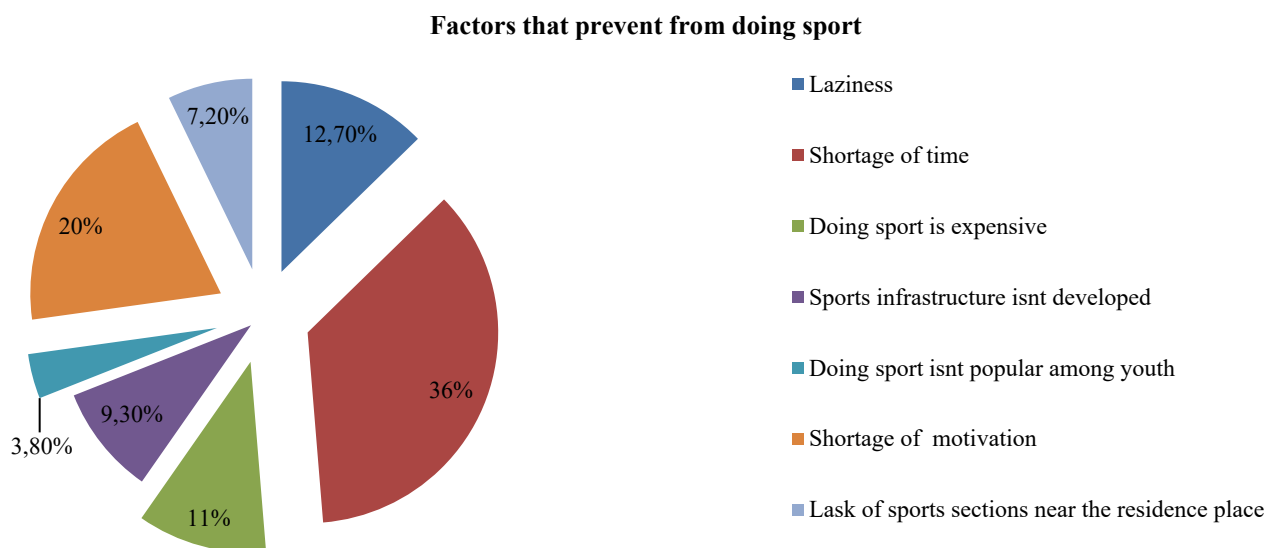
According to Figure 1, 22% of respondents showed that they wanted to achieve certain achievements in sport, and 21% showed that they wanted to increase their physical fitness. We can see that teenagers have the intention to be engaged in sport professionally in the future, according to this indicator. Another 18% of respondents believe that qualities such as willpower, character, and loyalty can be formed through sport. 12% showed that they do sports to maintain their weight and keep their body in good shape. And 11% showed that it is the education of good manners and movement culture.

Respondents were asked the question: «What kind of sport do you actively play or have you played? » to find out what kind of sport teenagers are involved in. 16% of respondents

participate in swimming, football (11%), other types of aerobic activity – wrestling (10%), running (6%), aerobics (5%), cycling (5%), fitness (5%), martial arts (7%). Those who do not do any kind of sport are 13%. Among sports, football, volleyball, table tennis, and tennis are popular among teenagers. Among sports, football, volleyball, table tennis, and tennis are popular among teenagers. Football has a huge psychological and physical impact on a teenager. Orients young people to work in a team (Soylu et al, 2024). Saarinen M. and other researchers have identified a system of principles of socialization and self-realization of pupils of a sports school in Finland and, most importantly, point to the principle of individual independence and timely formation of its demand in society. This principle reflects the unity of self-development, self-education, and self-creation of adolescent athletes (Saarinen, 2024). The type of athlete can also be explained by contact with peers and their high integration into the social environment related to sports for young sportsmen (Gretsov, 2017). Next, «Do you consider sport a necessary element of the general culture of teenagers’ personality? » The respondents' answers to the question were as follows. The vast majority of research participants answered yes - 82%. Only 12% had a negative opinion, and 6% showed that they had difficulty in answering.

Youth gave the following answers to the question «Healthy lifestyle for you...». About 32% of the respondents showed that it is a sport. 22% mentioned giving up bad habits such as alcohol, smoking, and overeating, 18% noted proper nutrition, and 16.5% noted monitoring of health conditions. 8.5% believe that maintaining proper body hygiene is a healthy lifestyle, while only 2% of respondents stated that maintaining a routine is a healthy lifestyle. According to the research results, the importance of playing sports for teenagers has been proven again.

The respondents were asked the following question: «What factors would you name that prevent teenagers from doing sports in your opinion?» to determine the reasons that prevent teenagers from actively participating in sports. The given answers are below.



**Figure 2 – Factors that prevent doing sports**

Note: Compiled based on research conducted by the authors.

As shown in Figure 2, the main factor that hinders sports participation is “lack of time” (36%). In our opinion, this factor can be explained by the excessive academic load currently in



educational institutions. The next factor is low motivation (20%), 12.7% of respondents indicated "laziness". 11% of the study participants noted that the high cost of sports sections is one of the obstacles to sports participation. In addition, the lack of development of sports infrastructure at the required level affects the decline in interest in sports among young people. While young people use sports to maintain a fit body, strengthen willpower, and develop organizational and self-defense skills, the main reason for parents to send their children to sports is to teach them to lead a healthy lifestyle.

As a follow-up to this question, "What are the negative aspects of playing sports in your opinion?" 33.5% of respondents answered that it negatively affects their academic or school performance. 27.5% of adolescents indicated that they are at high risk of injury while playing sports. 22% experienced psychological crises such as stress and anxiety when participating in sports competitions, while 15% of adolescents did not hide the fact that they experienced «social pressure» from coaches and parents to perform well during competitions. Only 2% found it difficult to answer.

The question «Required age to do sport» was asked to evaluate the position of sport as one of the main means of socialization of an individual. In the selected answer options, «from early childhood -56.5%» was chosen by the majority of youth, the rest of the answers were «in teenage age - 6.0%», «in youth - 4.0%», «in adulthood -0.5%», and «at any age -31.5%» was divided. Analyzing researchers' works, the general laws of the socialization process in teenagers can be distinguished as follows:

Several conclusions can be made summarizing the results of the conducted sociological research. In particular, teenagers value sport as a positive phenomenon aimed at health, discipline, and reaching the maximum level of human potential. According to the answers of the respondents, the young generation considers sport as a good, positive concept and believes that it has a great influence on the development of the individual.

## **Conclusion**

According to the results of the sociological research conducted, we found out that sport for teenagers is a manifestation of a healthy lifestyle, and through it, they can train themselves. Therefore, it has been proven that sport is accepted by teenagers as a means of socialization. In addition, among the youth who participated in the research, there were teenagers who connected their future with professional sport. That is, they showed sport as their desire to achieve certain goals and increase physical fitness.

We have seen that the empirical research conducted among teenagers has some effects of sport on the formation of the personality culture of youth. It was found that it is important to start playing sports from an early age. However, it was known that the presence of an excessive load in the educational process is the main obstacle for teenagers to do sport, and the lack of development in the sport infrastructure at the required level has a great impact on the decrease of their interest in physical activity.

In conclusion, the study showed that sports have both positive and negative effects on the socialization of adolescents, and the influencing factors can be divided into mental, physical, and social. The mental factor with a positive effect: self-esteem and confidence. Setting and achieving personal goals, winning competitions, and receiving praise from coaches and friends

have a positive effect on adolescents' self-esteem. Thus, achieving success in sports increases adolescents' self-esteem and confidence. Physical factors: Playing sports contributes significantly to the physical health and physical activity of children. Sports help maintain a healthy weight, improve physical fitness, and develop muscles and bones. Social factors: sports are a strong platform for children to develop basic social skills such as teamwork, communication, and leadership. In addition, they develop time management skills and positive social behavior.

Negative mental factors: One of the most important issues is the pressure to perform in competitive sports. The pressure to perform well in competition can lead to stress and depression among adolescents. This pressure often comes from coaches, parents, etc. Physical factors: The risk of injury is a major disadvantage of playing sports. Injuries can negatively affect the physical health of adolescents. In addition, there is a lack of safety measures that meet standards. Social factors: Academic performance: Another important issue is the lack of balance between sports and academic obligations. Time spent on sports activities can sometimes distract from academic studies, creating conflicts between sports and school obligations, which can lead to poor academic performance in adolescents. In addition, the high cost of sports clubs can cause adolescents to lose interest in sports.

Sufficient financing and further improvement and modernization of sport infrastructure are important and necessary conditions for youth's socialization through sport. That is why the state should continue to finance Art sport program and expand sport sections in different regions and megacities of the country.

We recommend the following to maximize youth interest in sports:

- Develop programs that teach adolescents proper exercise and include safe methods.
- Balance academic and athletic commitments. Organize schools and sports organizations to work together to create an environment that supports academic learning and sports development.
- Provide support systems that include mental health resources and counseling services.

In conclusion, this study shows that participation in sports has both positive and negative effects on the socialization of adolescents. While this can have positive effects on physical health, teamwork, and self-esteem, it can also lead to problems such as "social pressure" to perform well in competition, increased risk of injury, and decreased academic performance. It is important to develop a balanced approach to increase youth resilience to such challenges and their interest in sports. However, the positive effects of participating in sports outweigh the negative effects. Sports develop basic social skills such as teamwork, social interaction and discipline, tolerance, as well as friendship, cultural integration, and self-esteem, which can be assessed as having a positive impact on the socialization of adolescents.

In order to expand and complement the findings of the study, it is recommended to conduct comparisons with a control group (adolescents who do not engage in sports) and regional studies in the future.

Youth are the «future of Kazakhstan» who will be the main labor force of the country in a few years. Therefore, it is important to pay close attention to the health of youth in general. This can lead not only to a healthy future generation, but also to the formation of the basic principles of a healthy life that today's youth will be guided in raising their children in the future.

### **Author contributions**

**Tleuova N.Zh.** – Idea of the concept, conducting a survey and collecting factual material. Acceptance of responsibility for all aspects of the work, the integrity of all parts of the article and its final version.

**Montayev A.B.** – Formation of ideas; formulation of key goals.

**Salikzhanov R.S.** – Conducting research, analyzing and interpreting the data obtained.

**Alipbekova G.B.** – Collecting factual material, describing the study results, and preparing a list of references.

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### **ЗАМАНАУИ ҚАЗАҚСТАНДЫҚ ҚОҒАМДАҒЫ ЖАСӨСПІРІМДЕР СПОРТЫ – ӘЛЕУМЕТТЕНУ АГЕНТІ**

**Аңдатпа.** Жасөспірімдер спорты заманауи жастардың әлеуметтенуінің маңызды агенттерінің бірі, физикалық дамудың, денсаулықты нығайтудың, қарым-қатынас құрудың тиімді құралы. Мақаланың мақсаты: жасөспірімдер спортының ерекшеліктерін әлеуметтену институттарының бірі ретінде, жасөспірімдердің спортпен шұғылдануына әсер ететін факторларды анықтау. Жасөспірімдерді спорт арқылы әлеуметтену процесінде спорттық ортаның жетекші рөлі, сондай-ақ оның жастарды дене шынықтыру-спорттық тәрбиелеудегі маңызы қарастырылды.

Спорт салауатты өмір салтының басты көрінісі. Жүргізілген әлеуметтанулық зерттеу нәтижелері негізінде, спорт арқылы жас ұрпақ өздерін-өздері тәрбиелейді және тәртіпке негізделген, нормалар мен құндылықтардың белгілі бір жүйесінің қалыптасуымен көрініс табатын әлеуметтену құралы ретінде қабылдайтыны анықталды. Спортпен шұғылдану олардың жеке тұлғалық мәдениетінің қалыптасуына оң әсерін тигізеді. Осы оң факторлармен қатар спорттың жағымсыз факторлары да анықталды. Олар: академиялық үлгерімнің төмендеуі, жарақат алу қауіптің жоғары болуы және т.б. Әлеуметтанулық зерттеу нәтижелері, жасөспірімдердің спортпен шұғылдануының көптеген артықшылықтарын көрсеткенімен, жастардың спортпен шұғылдануының теңдестірілген тәсілін қамтамасыз ету үшін елеулі жағымсыз аспектілерді жою қажет. Сонымен қатар, оқу процесіндегі шамадан тыс жүктеменің болуы, спорттық инфрақұрылымның қажетті деңгейде дамымауы жастардың спортпен шұғылдануына және олардың физикалық белсенділігіне деген қызығушылықтың төмендеуіне алып келетін басты кедергілер екені айқындалды.

Бұл мәселені зерттеу жастардың физикалық белсенділігін арттыруға бағытталған мемлекеттік саясатты одан әрі дамыту мен жетілдіруде өз пайдасын тигізеді.

**Негізгі ұғымдар:** жасөспірім, жастар, спорт, әлеуметтену агенттері, тұлға, процесс, жүріс-тұрыс, әлеуметтену.

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## **ЮНОШЕСКИЙ СПОРТ КАК АГЕНТ СОЦИАЛИЗАЦИИ В СОВРЕМЕННОМ КАЗАХСТАНСКОМ ОБЩЕСТВЕ**

**Аннотация.** Спорт является одним из важнейших агентов социализации современной молодежи, также эффективным средством физического развития, укрепления здоровья, проявления общения и результата активности людей. Целью статьи является определение особенностей подросткового спорта как одного из институтов социализации, выявление факторов влияния на подростков участие в спорте. Рассмотрена ведущая роль спортивной среды в процессе социализации подростков посредством спорта, а также ее значение в физкультурно-спортивном воспитании молодежи.

По результатам проведенного социологического исследования резюмируем, что спорт является основным проявлением здорового образа жизни для молодежи. Через спорт молодое поколение воспитывает себя и воспринимает его как средство социализации, основанное на дисциплине, выражающееся в формировании определенной системы норм и ценностей. Выявлено, что занятия спортом оказывают положительное влияние на формирование их личной культуры и социализации. Наряду с положительными факторами выявлены также негативные факторы спорта, такие, как академическая неуспеваемость, большой риск получения травмы. Результаты показывают, что, хотя участие в спорте дает многочисленные преимущества, необходимо устранить существенные отрицательные аспекты, чтобы обеспечить сбалансированный подход к участию подростков в спорте. Также установлено, что наличие нагрузок в учебном процессе, недостаточное развитие спортивной инфраструктуры на необходимом уровне являются главными препятствиями, приводящими к снижению интереса молодежи к занятиям спортом и их физической активности.

Изучение данной проблемы будет полезно при дальнейшем развитии и совершенствовании государственной политики, направленной на повышение физической активности молодежи.

**Ключевые слова:** подросток, молодежь, спорт, агенты социализации, личность, поведение, социализация.

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