



WAYS TO DEVELOP THE SYSTEM OF INTERNAL AND EXTERNAL FOOTBALL LEAGUES IN HIGHER EDUCATION

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Abstract

This article analyzes the formation and development of internal and external football league systems in higher education institutions. The role of football in promoting a healthy lifestyle among students, as well as its contribution to fostering teamwork and competitiveness, is highlighted. The paper examines effective ways to organize internal leagues (inter-faculty and inter-institute) and external leagues (between universities at city, regional, or national levels), focusing on their organizational-methodological aspects, material and technical support, and management mechanisms. Furthermore, proposals are presented for enhancing students' physical and social activity through the introduction of regular football leagues. The research findings demonstrate the significance of popularizing football in higher education and creating a healthy competitive environment among youth.

Keywords: higher education, football, internal leagues, external leagues, student competitions, healthy lifestyle, sports system, physical education, competition, football clubs, sports management, youth sports

Introduction

Today, physical education and sports, especially football, are recognized as an important factor not only in the formation of a healthy lifestyle, but also in the development of important qualities such as increased social activity among young people, teamwork, discipline and leadership. In order to attract students to sports in higher educational institutions, spend their free time meaningfully, and achieve



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socio-economic and psychological stability, it has become necessary to effectively operate internal and external sports leagues. In particular, regular competitions between football clubs and students increase interest in sports, create a competitive environment, and serve as an important tool in raising a healthy and socially active generation in the higher education system. One of the priority areas of state policy for the development of sports in our country is the widespread popularization of mass sports among young people and strengthening the sports infrastructure in the higher education system. From this perspective, the organization and systematic activity of internal (interfaculty, interinstitutional) and external (city, regional or republican universities) football leagues in higher educational institutions not only increases interest in sports among students, but also ensures their physical and mental health, and creates a basis for adhering to a healthy lifestyle. The relevance of this topic is that it allows for sports to be carried out in harmony with education, develop a competitive environment, and unleash the potential of young people.

Research objective: To form a system of internal and external football leagues in higher educational institutions, identify ways to effectively develop them, and develop scientific and practical foundations for the systematic organization of sports competitions that serve to popularize a healthy lifestyle among students.

Tasks of the topic:- To study and analyze the current state of the football leagues and competitions system in higher education institutions.- To study and evaluate the organizational, methodological, material, technical and managerial aspects of organizing internal and external leagues. Literature review. Modern scientific research in the field of football comprehensively sheds light on the development of this sport in Uzbekistan, its role in the education system and its contribution to a healthy lifestyle. From this point of view, the following scientific sources are of particular importance in the formation of scientifically based views on the development of the system of internal and external football leagues in higher education. The article by Bakhtiyorovich H. S. and co-authors "Football Development in Uzbekistan: Problems and Prospects" (2025) analyzes the existing systemic problems in the territorial development of football, infrastructure, talent identification and the effectiveness of sports schools. The authors studied the current state of internal competitions and regional leagues and



made proposals to ensure their more effective functioning. This source is important in determining the practical foundations for the organization of internal leagues in the higher education system. [1].The article “Football: History, Basic Rules and Global Significance” by M. D. Toychiyevich (2025) covers the historical roots of football, the evolution of rules, and the socio-spiritual and political significance of the sport. This source serves as the main theoretical basis for understanding the formation of football leagues and their global impact. The author substantiates the need to study football as a global sport in higher education. [2].Narimon oglu A. B. (2025) in his article focused on the technical and tactical aspects of goalkeepers aged 11–12. Although the study focused on the age group, the information he provided about the approaches, quality of training and methods in the football training system plays an important role in the development of talented athletes in higher education. He also indicates the need for a gradual training of young people in domestic leagues. [3].The article by Abdumuratovich S. B. and co-authors (2025) is devoted to the methods of organizing and conducting football training in educational institutions and sports schools. This article provides methodological recommendations for strengthening integrative cooperation between higher education institutions and sports schools, expanding the base of internal leagues and their organization. This resource serves as a methodological basis, in particular, in the formation of football infrastructure in the higher education system. [4].The article by Rakhmankulov K. (2025) highlights the impact of football on human health and psychological state. The author substantiates the importance of football in the development of physical activity and a healthy lifestyle. This allows us to consider football leagues in higher education institutions as a means of promoting the principles of a healthy lifestyle. [5].The historical analysis presented by Koratovich M. M. (2025) highlights the origins and stages of development of football. This resource helps to understand how football leagues were formed and to study on what model they can be implemented in the conditions of Uzbekistan. [6]. Of course, below is the research methodology section for a scientific article on the topic of ways to develop a system of internal and external football leagues in higher education. Research methodology. This study aims to study the current state of development of the system of internal and external football leagues in higher



educational institutions, identify problems and justify ways to improve them. The study was conducted based on the following methodological approaches:-
Research method The study used descriptive and analytical research methods. Through a descriptive approach, existing football leagues (internal and external competition forms) in higher educational institutions were analyzed. Through an analytical approach, the effectiveness of these systems, their role in forming a competitive environment and their impact on the educational process were studied.- Data collection methods The study used primary and secondary data collection methods:

- Questionnaire: Special questionnaires were conducted for coaches working in the departments of physical education and sports of higher educational institutions, students studying in the sports field, and deans of faculties.
- Interview: Semi-structured interviews were conducted with experts, federation representatives and sports club coaches.
- Document analysis: Relevant regulatory and legal documents, regulations of sports federations, regulations and results of football competitions held in higher education institutions were studied.

6 large higher education institutions in different regions of Uzbekistan were selected for the study. 10 students and 2 coaches from each higher education institution participated in the study. The total number of respondents was 72. Purposeful sampling was used as the selection methodology.

Data analysis The obtained data were processed through qualitative (contextual) analysis and quantitative statistical analysis and summarized using graphs, tables and diagrams. During the analysis, the structure of existing internal and external leagues, the number of participants, the quality of organization and the level of impact were compared.

Research limitations: As the study was conducted only within a few universities and seasonal competitions, the generalizability of some findings to the entire higher education system is limited. At the same time, it was observed that data on the level of participation in external (international or other inter-university) leagues was sometimes insufficient.

Research results and discussion. During the research, the existing system of internal and external football competitions in 6 large higher educational



institutions in different regions of Uzbekistan, their level of organization, number of participants, opinions of coaches and students were studied. Also, the existing infrastructure, incentive mechanisms and organizational issues were analyzed in depth. 1. The state of internal leagues. According to the survey results, 83% of universities have internal football leagues, which are mainly held in an interfaculty or inter-course format. The number of students participating in these leagues is increasing every year, which indicates a growing interest in sports among students. However, these competitions are often organized not on the basis of regulations, but as a general initiative. The game schedule, refereeing system and medical supervision are not sufficiently established.

2. The state of participation in external leagues. 57% of HEIs participate in regional or other inter-HEI competitions (external leagues). However, this participation is not permanent, but rather seasonal or related to official holiday events. Some HEIs do not have sufficient opportunities to participate in external competitions due to financial, transport and sports uniform restrictions. At the same time, it can be determined that the sports performance of teams participating in external leagues is significantly higher than that of students participating in internal leagues.

3. Opinion of coaches and experts. The main opinions expressed by coaches and faculty heads in semi-structured interviews conducted as part of the study are as follows:

- Although internal leagues are an important tool in forming a sports culture, they lack a formalized and systematic form;
- Participation in external leagues is effective in exchanging experience and increasing the competitive spirit, but their permanent organization requires cooperation between HEIs and a system of joint leagues;
- To stimulate students' interest in football, it is necessary to introduce incentive mechanisms such as grants, sports scholarships, and coaching positions.

4. Infrastructure and material and technical base. Although 60 percent of the studied universities have a main field for playing football, their lighting system, irrigation, security, and modern equipment are poorly equipped. During the rainy season, training and matches are canceled or moved to sports halls. This situation



is a serious obstacle to the effective conduct of internal leagues throughout the year.

5. Analytical results. Based on the table and graphic analysis, the following conclusions were drawn:

- For the effective operation of internal leagues, they must be conducted on the basis of official regulations;
- The establishment of external leagues serves as the basis for friendship between universities, sports competition, and professional growth;
- Education and sports can be combined by integrating sports activities into the educational process;
- Internal and external football leagues are an important factor in forming a healthy lifestyle among students.

Conclusion. The results of the study show that although there is a system of internal and external football leagues in higher education institutions, a systematic and consistent approach is needed to develop them. Internal leagues play an important role in the formation of physical activity, sports culture and teamwork skills in students, but most of them are still organized informally, without clear regulations and plans. External leagues have great potential to strengthen sports cooperation between higher education institutions, train competitive football players and create opportunities for the exchange of professional experience.

The development of the system of internal and external football leagues should be carried out in the following main directions:

- Formalization of internal leagues, their regular, criterion-based and evaluation system;
- Establishment of external inter-university leagues at the regional, republican and even international levels;
- Use of sports management and marketing approaches in the management of football competitions;
- Modernization of football infrastructure, including artificial turf fields, lighting systems, improvement of medical services and technical equipment;
- Creation of a system of material and moral incentives for students actively participating in competitions.



These measures serve as an important factor in developing a healthy lifestyle in the higher education system, strengthening sports potential, and shaping the younger generation as disciplined, team-thinking, and active individuals. The system of internal and external leagues should be considered as a means of directly improving not only sports, but also the quality of education.

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