

THE CONSTITUTION IN THE NEW EDITION: NEW APPROACHES AND NEW LAW PRACTICE (IN THE EXAMPLE OF HUMAN AND CITIZEN'S RIGHTS AND FREEDOMS GUARANTEES)

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ABSTRACT	KEYWORDS
This article explores the new edition of the constitution, focusing on innovative approaches and legal practices that enhance the guarantees of rights and freedoms for individuals and citizens. It delves into the importance of updating constitutional frameworks to adapt to societal changes and the evolving needs of the people. By examining the implementation of safeguards for human rights and citizenship, the article sheds light on how these provisions serve as a model for ensuring the protection and promotion of fundamental liberties in contemporary society.	New edition of the constitution, Approaches to constitutional, reform, Legal practices, Rights and freedoms, Human rights guarantees, Citizenship rights, Constitutional safeguards, Constitutional adaptation, Evolving societal needs, Protection of fundamental liberties.

Introduction

The subject of sports theory, being part of the science of the theory and methodology of physical education, is a newly divergent science.

In addition to sports training, the science of sports theory studies the content and methodology of the athlete's training and the general laws that affect him in a specially organized process.

Sport has always been before society, fulfilling a number of important tasks. Nowadays, these tasks are even more.

Sport affects the comprehensive development of the individual in a special way, contributes to the formation of vital skills and abilities, promotes spiritual, moral and mental growth, the conditioning of such characteristics of the individual as Valor, will, spiritual refreshment, fosters feelings of mutual respect, friendship and cowardice in humans, mutual assistance, nobility, honesty, etc. are the most important qualities of sports.

Sports are a component of Physical Culture, a means and method of physical education, a system of organizing, training and conducting competitions on various complexes of physical exercises.

Sports competitions-the assessment and comparison of sports achievements, the management of competitions in the field of sports in relation to itself. The purpose of sports competitions is to identify strong athletes and strong teams, to give objective happiness to the activities of sports organizations, coaches, athletes, referees, improve sports skills, promote physical culture and sports.

A sports movement is a special form of social movement that prepares a workforce for development, preservation, structuring, acceptance and exchange of sports wealth, the way an individual is organized, and society. Sports movement in Uzbekistan is a necessary area of ideological struggle and is one of the aspects that nurture national consciousness in a person and influence the masses.

Sports activity is the versatility of the process of human activity, the organization of the physical and psychological development and improvement of a person in relation to the demand of society.

A person's athletic activity consists of reorganizing and understanding.

Sports training is a multifactorial process, which involves covering the training of athletes, preparing and participating in competitions, preparing training and competition by a scientific and methodological and material technician, adding the necessary conditions and training with study and rest.

The sports training system is a practical activity to ensure the best level of training of an athlete, as well as the training of an athlete, with knowledge, styles, tools, forms and organization in this environment.

The sports school is the only system for training athletes. It is based on the positive search for a group of specialists.

Sports training is a specialized process for the development of physical qualities and abilities, as part of sports training, which involves a special process, in the case of a clearly selected sport, in which the athlete achieves high results, conditioning the body through exercise. Sports training is a pedagogical phenomenon. It is a special physical education process that is clearly focused on achieving high results in sports.

Sports training in general creates a complex complex of biological and psychological changes in the training of an athlete, resulting in an improvement in the levels of "training in addition to training", "training", "being in a sports uniform".

"Athlete training" involves the readiness to achieve high performance in sports and the use of all means that ensure its implementation.

"Sports performance" is given in specific results, indicating the extent to which sportsmanship and athletic ability are available. During the effective implementation of the training system, he determines the talent of the athlete, shows a high sports performance, in the same sport, the use of maximum opportunities.

The theory of physical education and sports, as a science, carries out the activities of a person in society on physical education and sports, the formation of a new person during this activity, in a legal way and the development of a physically perfect person.

He believes that the sociality of physical education and sports is effectively interested in its consequences (O.A.Milstein).

This set of consequences will determine how much benefit or loss each member of the team, related to the sport, will bring for each social group.

These include:

- social impact of the system of physical education on all social groups and classes of the population;
- the practical result of the influence of each member of society on being mentally and physically healthy, on his comprehensive maturation as a creative person, on his labor activity, social political movement, in general, on his social activities and image, on the upbringing, education and wellness of sports instead of his actions in life;

- Organization of Physical Education Management and its effectiveness;
- the effectiveness of international sports movements and their contribution to the development of the Olympic Games to the development of peace, harmony and cooperation between different countries, to ease tensions;
- effective methods of relaxation in free time from training and the popularity of such relaxation;
- depends on the effectiveness of the promotion of physical education and sports through the media.

Theory-basically, generalizing experiments in one area or another, objectively showing the laws of nature, means that basic knowledge is manifested in the human mind.

Theory is the supreme form of scientific knowledge, bringing knowledge in a given field to a single whole in the generalization and analysis of principles and laws, concepts and tasks, methodology and rules.

Sports theory is a whole system in which an understanding of the importance of sports is given, the observance of laws and basic terms in society, optimally combining sports training and competition activities in terms of its content and forms.

"Sports theory" as a phenomenon of a multi-functional society is a subject of study in various areas of sports in the system of training an athlete by volume in the curriculum aimed at the Institute of Physical Culture and the faculties of physical education.

The purpose of sports theory as a science is to understand, describe, explain, study the processes and manifestations of sports activity, the structure of the subject and take into account the inclusion, organization, methodological, biological and sports - related.

In sports theory, the following elementary structures are distinguished:

1. The initial empirical basis (experimentally) is information about sports activities that needs a selective, theoretical explanation during the experiment.
2. The initial theoretical framework has the following components:
 - the realization of the results of many years or future activities and a unified form of illuminating a clear reality in a practical restructuring is understood, which involves the goal that is realized.
 - the basic principles are, in the initial case, the information that the theory expects to express the necessary laws.
3. In the theory of the first Logical Foundations - sports, there is such a concept that it shows the properties of phenomena and objects, not only in scientific, but also knowledge up to scientific knowledge.
4. The theoretical part of itself involves the residual consequence, explanation and confirmation of the efficiency accumulated from the exercises performed.

Conclusion. Thus, sports theory is connected with each other, in a set of objects and phenomena, a system of knowledge corresponding to the field of Sports has the following main tasks: descriptive, orderly, predictive, generalizing the results obtained.

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In fact, the Constitution of each country is a high-level law according to its legal status and content, and it contains the unique image and historical-legal traditions of each country, its socio-economic and political represents the system, development path, today and tomorrow, basic rights, freedoms and duties of citizens. In other words, the future of any country and the fate of its people largely depends on the Constitution.

Based on this, it is very important to rely on the people's opinion and desire from the very beginning in the process of making amendments and additions to the newly revised Constitution of the Republic of Uzbekistan. It lasted almost a year, and during this time our compatriots were not indifferent to it, they showed their activity. A wide space has been created for every person living in this country to give their opinion, opinion and suggestions regarding the project.

The proposals were not just accepted, but most of them were taken into account, the Constitution of the Republic of Uzbekistan was adopted in a new version, and the constitutional law entered into force on May 1, 2023.

METODOLOGY

Adoption of the new version of the Constitution creates new approaches and directions in the scientific-theoretical aspect and in the practice of law creation and law enforcement.

In particular, in the new version of the Constitution, the guarantee of the rights and freedoms of a person and a citizen is provided for by the direct implementation of the Constitution. In this sense, one of the ultimate goals of the important amendments and additions to our constitution, which was fundamentally renewed based on the principle of "direct application of the Constitution", is first of all to protect the rights and freedoms of people and citizens guaranteed by natural, inalienable and international law. further strengthening at the level of the law, ensuring the constitutional order and legality in the country, its direct application in the activities of state agencies, in the life of every citizen.

So, what changes are reflected in the updated Constitution regarding the guarantee of the rights and freedoms of a person and a citizen?

The legal system of human rights in the countries of the world is divided into the following groups:

1. Laws on personal rights of citizens.
2. Laws on the political rights of citizens.
3. Laws on economic rights of citizens.
4. Laws on cultural rights.
5. international legal documents on human rights.

In our newly revised constitution, the rights and freedoms of people and citizens are divided into personal, political, socio-economic rights.

The rights and freedoms of a person are directly applicable, the essence and content of the activities of the laws, state bodies, citizens' self-government bodies, and their officials are determined, the legal measures applied by the state bodies against a person are based on the principle of proportionality, and the laws The most important international legal principle is that it should be sufficient to achieve the intended goals, meaning that the provisions of the Constitution on rights and freedoms have a direct regulatory effect on social relations. rights and freedoms are recognized as directly applicable, regardless of whether they are adopted in order to define rules, mechanisms and procedures.

Chapter 9 of the new version of the Constitution of the Republic of Uzbekistan, dedicated to guaranteeing the rights and freedoms of a person and a citizen, consists of 5 articles, in which the following rights and freedoms are expressed.

- the right to ensure human rights and freedoms (Article 54);
- everyone has the right to protect their rights and freedoms by all methods not prohibited by law (Article 55);
- the right to protect human rights and freedoms (Article 56);
- the rights of disabled and lonely elderly people, persons with disabilities and other socially needy categories of the population (Article 57);
- equal rights of women and men (Article 58).

It should be noted that today in our country, along with the constitutional and legal foundations and guarantees for the protection of human rights and freedoms, its organizational mechanisms have also been created. Socio-economic and political rights of citizens, strategic directions of society development, fair and democratic principles of management, as well as the foundations of our moral values are expressed in our constitution.

It should be noted that according to Article 13 of our constitution, "Democracy in the Republic of Uzbekistan is based on universal principles, according to which human life, freedom, honor, dignity and other inalienable rights are the highest value." Based on this, it can be seen that the center of the democratic reforms implemented in our country is the human being, his rights, freedoms and legal interests.

DISCUSSION

Also, the decision PQ-46 of the President of the Republic of Uzbekistan dated February 7, 2023 "On the approval of the National Education Program in the field of human rights in the Republic of Uzbekistan" also promotes human rights in Uzbekistan, that the issues of protection and compliance are considered one of the priorities of the state policy is a clear expression of the fact that democratic reforms in Uzbekistan are an irreversible process.

Social and political guarantees are related to the political system in force in the country. This system serves to prevent violations of human rights and freedoms. After all, guaranteeing the rights and freedoms of citizens often depends on the social policy of the state. For example, according to Article 57 of our Constitution, "The rights of disabled and lonely elderly people, persons with disabilities and other socially needy categories of the population are under state protection." is marked as In fact, in the process of transition to a market economy, social protection of the population should become a priority of state policy.

In addition, measures to ensure human rights in our country are committed to universally recognized ideas and values of human rights, as well as international obligations, and the gradual nature of all political and socio-economic reforms being implemented; strengthening people's power by demonstrating our commitment to the ideals of democracy and social justice; development of institutions of people's representation; based on the formation of a democratic legal state and a strong civil society; in the way of building a humane democratic legal state, everything is being done for people, for human happiness, and on the basis of a number of other democratic principles.

It should be noted that the constitutional-legal guarantees include the following content:

- strengthening the legal norms of prohibition and limitation of actions that may violate the rights and freedoms of citizens;
- the responsibility of state bodies and officials for citizens to exercise their rights and freedoms without any obstacles;
- existence of special norms ensuring protection from aggression (rights of complaint, appeal to court);
- determination of legal liability for violation of rights;
- the activities of public organizations and officials in strengthening the implementation of the rights of the state and citizens.

Constitutional guarantees include those directly enshrined in the Constitution of the country. The principle of equal rights of citizens has a special place among the guarantees of the rights of people and citizens. According to Article 19 of our Constitution, "All citizens in the Republic of Uzbekistan have the same rights and freedoms, regardless of gender, race, nationality, language, religion, belief, social origin, social status, before the law are equal." Another of the constitutional rights of citizens, the right to appeal is an integral part of political rights.

Article 35 of our Constitution states that "everyone has the right to appeal to international bodies protecting human rights and freedoms in accordance with the legislation of the Republic of Uzbekistan and international treaties, if all internal means of legal protection of the state have been used." The norm specified in this article is considered one of the political rights of citizens and defines their rights to apply to state bodies, institutions or people's representatives.

CONCLUSION

In conclusion, it should be noted that the development of human rights is a continuous and improving process. Accordingly, the norms and rules of human rights should be imbibed in the heart and mind of every person, have their own civic position and, in turn, contribute to the realization of national identity and the formation of a legal democratic state and a strong civil society.

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