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**Khurshida Akhmatova**  
Lecturer of Department of  
Economics in IT Tashkent  
University of Information  
Technology Named after  
Muhammad al-Khorezmi,  
Uzbekistan

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## **Impact of health improvement in to human capital is empowering economic growth**

**Khurshida Akhmatova**

### **Abstract**

At the present stage of development of the world community, investment in the human factor is objectively considered as a priority area of investment in order to ensure sustained economic growth. Investing in people contributes to so-called human capital. The most important condition and a solid basis for the accumulation of the country's human capital are in our opinion, high indicators of the physical and spiritual health of the population. This position is explained by the fact that in the case of low levels of both population and individual health, other areas of investment in human capital become ineffective.

**Keywords:** Health, human capital, sport, socio-economic effectiveness, life expectancy.

### **Introduction**

#### **Purpose**

Main objectivity of this paper work is to encourage discussions about the health improvement issues connected to the role of sport and physical activity in health of society. There are approaches of mid twentieth-century resurgence in the importance of physical activity and modern prospective development goals in public health improvement policy. Development of human capital is an evidence base of applied practice within the context of health enhancing interventions. Improving welfare in sport, play, health promotion and behavior change within professional sport. Various work in this area has impacted on a number of areas including practice in young generation, health and wellbeing promotion in a range of population groups, public health and psychology. Due to sport have several health benefits and physical activity can reduce the risk of premature death from non-communicable diseases and the development of diseases ranging from cardiovascular diseases, cancer and diabetes to stress, anxiety and depression.

#### **Regarding equity and equality in society and sport**

Firstly, every effort should be made by state and government machineries to ensure that institutions and organizations responsible for sport comply with the equality provisions of the Charter of the United Nations, the Universal Declaration of Human Rights and the UN Convention on the Elimination of All Forms of Discrimination against Women.

Secondly, Equal opportunity to participate and be involved in sport whether for the purpose of leisure and recreation, health promotion or high performance, is the right of every woman, regardless of race, color, language, religion, creed, sexual orientation, age, marital status, disability, political belief or affiliation, national or social origin.

Thirdly, Resources, power and responsibility should be allocated fairly and without discrimination on the basis of sex, but such allocation should redress any inequitable balance in the benefits available to women and men <sup>[1]</sup>

### **Correspondence**

**Khurshida Akhmatova**  
Lecturer of Department of  
Economics in IT Tashkent  
University of Information  
Technology Named after  
Muhammad al-Khorezmi,  
Uzbekistan

Regarding public health is an established and powerful policymaking sector in the UK and worldwide. Public health policymaking involves several approaches connected to research and evidence-building, commissioning and managing, service delivery and public participation in programs intended to prevent disease, promote health and prolong life at a population level (WHO 2007 World Health Organization (WHO), 2007. Working for health: an introduction to the World Health Organization. Geneva: WHO Switzerland). This is of course a complicated policy arena. Public health involves various methods of monitoring and evaluation, a range of interventions and many health professionals working with diverse people in varying contexts (Douglas *et al.* 2007 Douglas, J., *et al.*, 2007 <sup>[2]</sup>. A reader in promoting public health. London: Sage. There is a growing awareness and intensifying morality surrounding the potential public health threats posed by a lack of physical activity as well as the benefits of sustained engagement in physical activity. Much of this narrative is driven by medical and behavioral science. However, some critical research has identified the complex relationships between sport, physical activity and health (Waddington 2000 Waddington, I., 2000 <sup>[3]</sup>. Sport, health and drugs: A critical sociological perspective. Oxford: Taylor & Francis. Other research has addressed the policy dimensions of physical activity, commercialization and marketing (Piggin 2014 Piggin, J., 2014 <sup>[4]</sup>. Designed to move? Physical activity lobbying and the politics of productivity. Health education journal, and Bairner 2014 Piggin, J. and Bairner, A., 2014. The global physical inactivity pandemic: An analysis of knowledge production. Sport education and society, 21, 131–147. Some work has explored the complex political arena of sports medicine and health (Malcolm and Scott 2011 Malcolm D and Scott, A 2011 <sup>[5]</sup>, Professional relations in sport healthcare: workplace responses to organizational change. Social science & medicine, 72, 513–520. At a macroeconomic level, the idea that human capital incorporates not only education but also health status of the population is more recent. Some pioneer studies that relate health conditions with per capita income are due to Preston (1975), who showed a positive link between national income levels and life expectancy, and reports of the World Bank (World Bank, 1993). Initially the focus was on the role of health to less developed countries (LDC) as a mean to escape from the poverty trap <sup>[6]</sup>.

## Results

Priority health programs are often highly efficient in delivering a limited set of services, but in the process may contribute to inefficiencies in the broader health system as a whole. <sup>[7]</sup> The Advisory Committee met in Geneva 14-15 December 2007. It discussed and made recommendation on the WHO's practices and investment to health statistics, mortality statistics, monitoring of the Medium Term Strategic Plan 2008-2013 and the Global Program of Work 2006-2015, World Health Survey, Health System Performance Assessment, and Global Burden of Disease <sup>[8]</sup>.

## Developing life skills through sports

Sport isn't just good for children's bodies; it's good for their minds too. Studies have shown that sport has psychological benefits for children and adolescents and teaches them

important life skills. The practice and discourse of mental health recovery is evolving, with increasing appreciation given to personal recovery and now social recovery. It therefore follows that we need initiatives that enhance levels of social capital, positive social identities and social inclusion within the community, not just within mental health services <sup>[9]</sup>.

Organized sport has many psychological and social benefits for children – even more than the physical activity during play. Researchers think this is because children benefit from the social side of being in a team, and from the involvement of other children and adults. <sup>[10]</sup>

## Building a healthy and wealthy society

No communicable diseases (NCD) such as cardiovascular disease, diabetes, obesity cancer, and respiratory diseases account for 59% of the 33 million deaths annually and 45.9% of the global burden of disease. <sup>1</sup> Fifty percent of premature deaths are related to risky health behaviors, and 70% of disease burdens and costs are due to those risky behaviors. “A nation's health is a nation's wealth.” Wealth is not just an economic capital, but includes three other forms of capital: social, natural, and human. A healthy community has high levels of social, ecological, human, and economic “capitals”; the combination of which is regarded as “community capital” <sup>[11]</sup>.

**Human capital** consists of healthy, well-educated, skilled, innovative, and creative people who are engaged in their communities and participate in governance.

**Social capital** constitutes the “glue” that holds communities together formally (social development program) and informally as a social network. It also includes investment in social development so that citizens would have equitable access to basic resources to maintain good health.

**Natural capital** includes high environmental quality, healthy ecosystems, sustainable resources, nature conservation, and biodiversity <sup>[12]</sup>.

**Economic capital** refers to the level of prosperity that we need.

World Bank acknowledged not only the existence but the importance of these four forms of capital as set out in its research report it was estimated that 20% of the world's total wealth was found in natural capital, another 20% in economic capital and the remaining 60% in combination of social and human capital. <sup>[13]</sup>

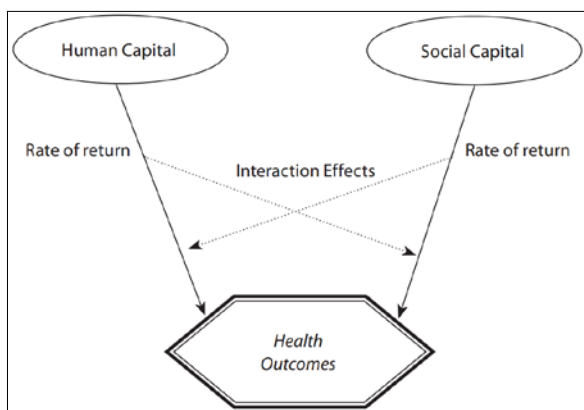
## Discussion

### Wellbeing and performance in occupational and ‘real world’ environments

While it is critical that everyone regularly participates in sport and physical activity, regardless of age, ability, gender or background, physical activity provides additional benefits to certain groups, for example:

- Among young people, physical activity contributes to healthy bones, efficient heart and lung function and improved motor skills and cognitive function;
- Among women, physical activity helps prevent hip fractures and reduce the effects of osteoporosis;

- Among older people, physical activity enhances functional capacity, helping maintain quality of life and independence [14].
- This focuses on health and well-being in occupational and real-world environments. This research includes the following:
  - work on occupational health (e.g. of temporary workers, health care workers)
  - risk in occupational decision-making (e.g. fire ground, medical, educational, military contexts)
  - forensic psychology (e.g. victims of sexual crimes)
  - sport and performance psychology (e.g. visual attention, resilience and performance under pressure in various achievement contexts including sport, business, military, and surgery)
  - functional physiology (e.g. using exercise to reduce syncope in diseased populations)
  - the effects of regular singing on health and wellbeing, with a particular focus on respiration
  - the efficacy of drama interventions for the development of social and emotional intelligence in educational and social environments for vulnerable children (to include specific research with children with trauma to facilitate social skills and resilience)
  - research on the neuroscience of well-being in such contexts using EEG technology to examine brain processing in adults and children
  - health and wellbeing of university students including academic achievement, nutrition, smoking, alcohol consumption, illicit drug use, stress and health complaints
  - organizational-specific mindfulness training as a component in professional and corporate well-being program [15]



**Fig 1:** Interrelationships among human and social capital and health [16]

If we analyze above figure 1 it is clearly states that human capital and social capital are common correlation which distributed interaction effects. It can be seen:

**Developmental benefits**

The development of sports goes beyond learning new physical skills. Sports help children develop better ways to cope with life's ups and downs.

**Emotional benefits**

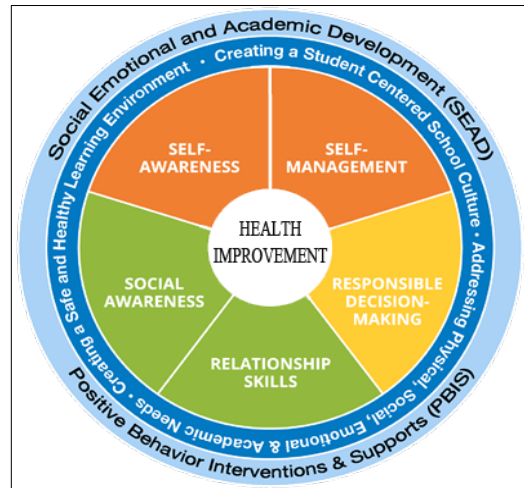
It has been shown that physical activity stimulates brain chemicals that make you feel better. This is how sport regularly improves the overall emotional state of children.

**Social benefits**

Playing in a team helps children to develop many of the social skills they need to live. He teaches them to cooperate, to be less selfish and to listen to other children.

**Parents play an important role in sports**

To make your child interested in and enjoy the sport, make him a positive experience. Focus on having fun, being active, not winning or losing



**Fig 2:** Academic development in health improvement [17]

For deep analyses of this paper work current study published in the journal Lancet Psychiatry and featured in a Wall Street Journal article, examined data from the 2011, 2013, and 2015 Behavioral Risk Factor Surveillance System survey, which the Centers for Disease Control and Prevention administered via telephone surveys with Americans 18 years old and above in all 50 states. While it can't really identify causality (whether exercise improves mental health or people with better mental health exercise more), but the sheer magnitude of the sample size provides an advantage over similar research with much smaller groups.

Before looking at the data, it's important to note the 1.2 million respondents were from the general population. Some were probably athletes, but the researchers didn't specifically look at the influence of sport type, frequency, duration, and intensity on mental health in already moderately- to well-trained athletes (i.e. you and me). I would suspect the data trends would be similar for a trained athlete subpopulation, but perhaps the effect sizes could be different. In other words, exercise was associated with improved mental health to a greater extent than increasing household income from \$15,000 to \$50,000 [18].

**Any exercise is better than none**

Activities were divided into eight categories:

- Team sports – includes basketball, baseball, hockey, etc.
- Cycling
- Recreational – catch-all that included yoga and golf
- Aerobic or gym exercise
- Walking
- Running or jogging
- Winter or water sports
- Household chores [19]

Priorities for focus within the sports sector		
<p><b>Health inequalities</b></p> <ul style="list-style-type: none"> <li>• Improve the physical and mental health of people experiencing social, economic or geographic disadvantage</li> <li>• Contribute to closing the health gap between Indigenous* and non-Indigenous Victorians</li> </ul>	<p><b>Participation</b></p> <ul style="list-style-type: none"> <li>• Increase participation in physical activity</li> <li>• Increase opportunities for social connection</li> <li>• Reduce race-based discrimination and promote diversity</li> <li>• Prevent violence against women by increasing participation in respectful relationships</li> </ul>	<p><b>Nutrition, tobacco, alcohol and UV</b></p> <ul style="list-style-type: none"> <li>• Improve nutrition</li> <li>• Reduce tobacco use</li> <li>• Reduce harm from alcohol</li> <li>• Reduce harmful UV exposure</li> </ul>

Fig 3: Health’s work with sport 2010–2013: a supporting framework

**Health promotion actions**

- Facilitate sports participation and skill development for community members
- Develop sporting organizations and environments which foster good health
- Build the sport workforce capacity to plan, implement and evaluate health promotion activity
- Support the sports sector to develop systems to support and sustain health
- Support the role of sport in strengthening communities
- Use sport as a vehicle to communicate about priority health issues [20].

**In the UK, the incidence of non-communicable disease which can be attributed to physical inactivity includes:**

- 10.5% of coronary heart disease cases
- 18.7% of colon cancer cases
- 17.9% of breast cancer cases
- 13.0% of type 2 diabetes cases
- 16.9% of premature all-cause mortality [22].

**Channels through which health affects economic growth**

- Productive efficiency
- Life expectancy
- Learning capacity
- Creativity
- Inequality [23]

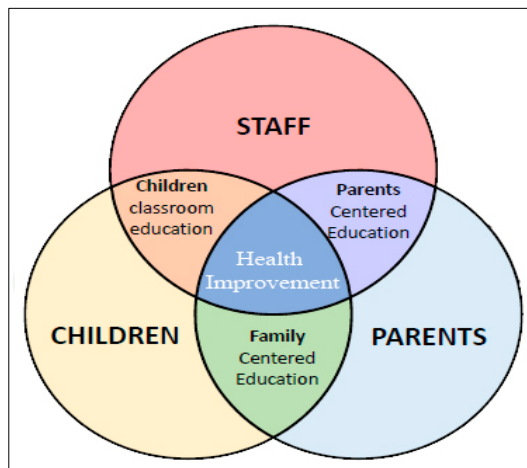


Fig 4: Health Improvement among different capital [21]

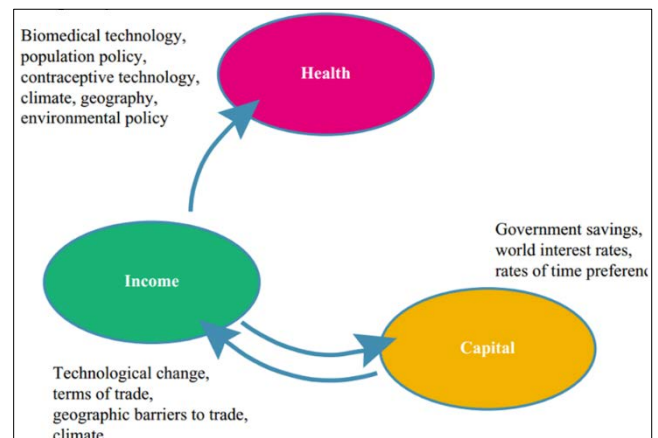


Fig 5: Health and income: the traditional view

**Demonstrate the benefits of sport to health improvement**

The value of sport and physical activity to local government and communities extends beyond sport for sport’s sake. Sport can, and does, make a profound and positive impact on individuals, communities and wider society. Boosting participation in sport generate a socio-economic benefits for local communities.

Only 30% of the UK population are active enough for their health. The benefits of regular physical activity, including sport, have been clearly set out across the life course. In particular regular activity can:

- Prevent ill health and reduce the number of people dying prematurely
- Enhance mental health, quality of life and self-reported wellbeing
- Delay the need for care in older adults (age 65+)
- Reduce health inequalities and improve wider factors influencing health.

If we discuss about traditional approaches to improve human capital especially women we must state clearly The Brighton Declaration on Women and Sport. As for the declaration:

It is the interests of equality, development and peace that a commitment be made by governmental, non-governmental organizations and all those institutions involved in sport to apply the Principles set out in this Declaration by developing appropriate policies, structures and mechanisms which:

- Ensure that all women and girls have opportunity to participate in sport in a safe and supportive environment which preserves the rights, dignity and respect of the individual;
- Increase the involvement of women in sport at all levels and in all functions and roles;

- Ensure that the knowledge, experiences and values of women contribute to the development of sport
- Promote the recognition of women’s involvement in sport as a contribution to public life, community development and in building a healthy nation;
- Promote the recognition by women of the intrinsic value of sport and its contribution to personal development and healthy lifestyle.

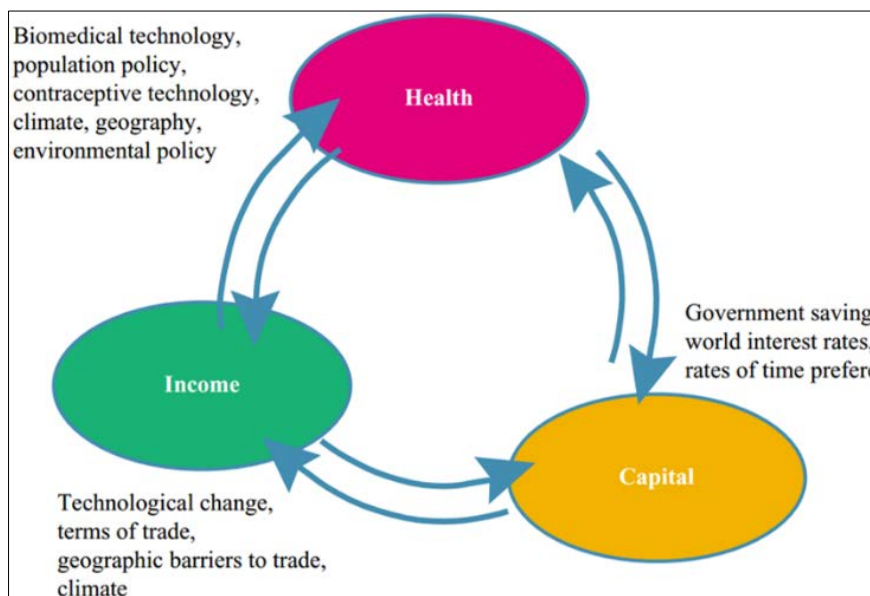
**Table 1:** Most effective events for improving mental health [24]

Action	Our planned activities
Research and evaluation	Promote use of a range of evaluation techniques targeted at the needs of the sports setting. Consolidate partnerships with Deakin, Ballarat, Monash and La Trobe Universities to support evaluation capacity development in sport.
Organisational development	Support development of healthy sporting environments that are welcoming, safe and accessible to all community members. Provide media support, advice and training to sports sector partners and funded projects to promote program objectives and outcomes.
Systems development	Encourage links between government, community, academic and sports sector stakeholders to foster comprehensive program development and evaluation activities.
Communication	Form partnerships with a range of funding bodies to build a strong base for health promotion activity. Use a range of communication channels to translate and disseminate the results of sports setting evaluation projects.
Contribute to policy and regulation	Develop policy submissions to support sports sector development and growth. Advocate for inclusion of sports sector activity in relevant government policies and programs.

Source: Building health through sport Vic Health action plan 2010–13 October 2010, P14.

We can explain building health environment via research and evaluation, organizational development, systems development and communication for development concept

of health and wealth through table 1. Planned facilities as indicated in the table are major destinations for development and growth.



**Fig 6:** Health and income: a new paradigm [25]

As for the figure shows that health and income in a new modern approach can be distributed real economic effectiveness in society and prospective life expectancy in

the country (figure 6). Health as a main factor comes to forward and income will be generated by means of capital (social and human).

**Table 2:** Outcomes on impact of health improvement in to human capital

Individual level	Organizational level	Community level
<ul style="list-style-type: none"> <li>▪ Increased participation in sport</li> <li>▪ Increased skills and self-efficacy</li> <li>▪ Increased social connection</li> <li>▪ Increased healthy eating</li> <li>▪ Reduced smoking and alcohol consumption</li> </ul>	<ul style="list-style-type: none"> <li>▪ Are safe, accessible, inclusive and equitable</li> <li>▪ Are safe and supportive of women’s participation</li> <li>▪ Bring together people from diverse backgrounds</li> </ul>	<ul style="list-style-type: none"> <li>▪ Contributors to development of supportive communities</li> <li>▪ Reflecting community concerns, aspirations and expectations</li> <li>▪ Contributing to community health.</li> </ul>

### Findings

- Understand what evidence you need to collect
- Create a local picture of need and input into your Joint Strategic Needs Assessments
- Influence directors of public health and health commissioners by demonstrating the role of sport in delivering public health priorities
- Make a stronger case for investment into sport and physical activity for health benefits.

### Suggestions

According to our research we have found that 7 main mental benefits of sports for developing health in society for effective lifestyle:

- Sports improve mood
- Sports improve concentration
- Sports reduce stress and depression
- Sports improve sleep habits
- Sports help maintain a healthy weight
- Sports boost self-confidence
- Sports have been linked to leadership traits.

### Conclusion

Currently, world major economies have become better than others to form and use the knowledge, skills, competencies of people and their ability to further learning and complex in health improvement. Those owners human capital have ability to effectively to apply in their work activities in forms of physical health. The market value of a modern corporation is increasingly determined by the ability of the “brains” hired by it to create new ideas, goods and services. An additional argument in favor of increasing the contribution of human capital to development are the results of research, Impact of health improvement in to human capital is generating new sustainable socio-economic growth in the country. The contribution of sport to overall health-enhancing leisure-time physical activity (HELPA) in adults is not well understood. The aim was to examine this in a national sample of Australians aged 15+ years, and to extend this examination to other ostensibly sport-associated activities <sup>[26]</sup>. If we compare with developed economies in the West it is to close our sport reforms like “Barka mol Avlod” and other programs and projects in Uzbekistan.

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