

## HISTORICAL DEVELOPMENT OF WRESTLING SPORTS

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*Annotation: An in-depth study of the millennial history of Kurash confirms that Kurash has indeed been honored and valued as an example of the physical and spiritual maturity of wrestlers. Therefore, wrestlers have physical strength, youthful stature or fighting, mobility, agility, dexterity, how to behave in a wide circle, morality, morality, attitude to the opponent, patriotism, attitude to society and the environment.*

*Key words: national sports, wrestlers, belt wrestling, physical strength, stature, agility, international competitions.*

The trouble and anxiety of an athlete in the process of participating in competitions and in the process of competitions is the main obstacle to achieving sports results. Nevertheless, the type of sport, kurash received a competition, and the psychological state of the continuation of the competition, in particular, the problem of trouble and anxiety, has not been scientifically studied. The purpose of this article is to investigate the state of trouble and anxiety during the competition, as well as to determine the difference between the state of trouble during the competition and the state of anxiety during the competition. A total of 450 kurash athletes voluntarily participated in the research work (high/international level) (225), kurash athletes of national categories (university/national level) (225), males 238, females 212). The research works and verification of participants were carried out in 4 major competitions on the territory of Uzbekistan. The instrument used for the research was the Competitive State Anxiety Inventory-2 which consisted of 27 items and tested twice: before and during the match to examine level of anxiety prior and during the competition. To test the research hypotheses the t-test was

used and P values were set at  $p < 0.05$  for all measures. The obtained results showed that the participants of the competition received an average ventilation condition of 45.5783 for male kurash athletes and 46.6532 for female kurash athletes. (t-test-6.506,  $p < 0.05$ ). In addition, the international level kurash athletes of the competition received a state of anxiety, which amounted to 39,3590, while the national category kurash athletes had a state of 44,0218 ( $F = 14.110$ ,  $p < 0.05$ ). The study also revealed that the level of trouble and anxiety of international kurash athletes (38,6400) during the competition was lower than that of national kurash athletes (43,8439) ( $F = 7.899$ ,  $p < 0.05$ ). The results of the study indicate the need to optimize the psychological training that kurash athletes of the national category received from competitions, as well as the organization of training with females on the basis of a separate approach, in particular, the implementation of psychological training. Kurash is a sport based on individual combat, only in 1998 it was officially recognized as a sport and the International Kurash Association (IKA) was established (Yusupov, 2005). Currently, there are more than 130 national kurash federations around the world. Kurash was included in the program of the Asian Games in 2018 in Jakarta, Indonesia. According to a number of authors, the further development of the kurash and its inclusion in the Olympic Games program are directly related to research work, and in this regard, there is not enough research work (Khaitov et.al., 2020).

It is known from the results of modern sports practice and experience that athletes of different levels and categories anxiety before and during the competition was determined as different (Hanton, 2003; Mehran & Hassan, 2009). The researchers also identify some psychological circumstances in both team and individual sports, in particular, a specific differentiation of motivation (Moradi et.al., 2020). In this regard, the results of the study conducted by the Males and Kerr show that in the event of an approaching competition in the desired sport, the state of anxiety that engulfed the participants of the competition be sharply higher (Males & Kerr, 1996). In another research paper, it was noted that the competition took place, and it was determined that the level of ventilation during the

competition further increase the likelihood that the athlete will have a stroke (Covassin et.al., 2015).

An analysis of a number of literature has shown that the kurash competition took place, and an adequate scientific study of the problem of scientific research of the state of anxiety during the competition is not abstract. Wrestling is one of the national sports. He is gaining popularity and fame all over the world. The struggle that has fascinated millions also has deep historical roots as one of the world's highest spiritual values. Material evidence found as a result of research, studies and archeological scientific researches and aspirations of historians, archeologists and philosophers proves that the age of Kurash is at least 2.5-3 thousand years. Rare finds in the Surkhandarya, Zarafshan oases and a number of ancient settlements of the Fergana Valley, as well as rock art samples testify to this. "There are six artefacts that scientifically prove the history of our wrestling. For example, a mural of two wrestlers found in Panjikent is a unique monument to the Sogdian statehood, ie the Middle Ages. There are reports that many of the saints of our people fought. For example, the shrine of Sheikh Khudaidod Azizon in the village of Gazira in the Jonboy district of Samarkand region is a sacred shrine. So, who is Sheikh Khudaidod Azizon? According to B.Valikhodjayev, B.Urinbaev's pamphlet "Khudoydodi Vali", the father of the great saint Sheikh Khudaydod Azizon later moved to Karmana, and finally two farsahs (about 6-8 km) east of the city in a village. rnashadi. It was in this village in 1462 that a boy was born in the house of the old sheikh Ortiq, who was named Khudoiberdi. Educated at a village school, Khudoiberdi warmly welcomed Sheikh Jamoliddin Khudoiberdi, a leading figure of the Yassavi sect, in Bukhara in 1480 and nicknamed him "Khudoydod" (Khudoiberdi's Tajik).

Educated in Samarkand, Gijduvan and Bukhara madrasas, Khudoiberdi went to Karmana in 1484 and to the capital Bukhara in the early years of Karmana when he heard about the oppression of the people by the Karnabdashti begi in the south of Karmana. After gathering all the country's wrestlers for the fight, the ruler of Bukhara, Temuridzoda, told Muhammad Baqi Mirzo what he wanted for the prize,

and Baba Khudoydod asked the governor to remove Garnab Begi from office. After the removal of the ruler Zoli from the post of the head of the nation, the people of the steppe villages will be free from oppression. Sheikh Khudaidod Azizon, who moved to Samarkand in the early 1500s, died in 1532. Manoqibi Sheikh Khudaydoda Azizon, a biography of the sheikh and baklavan, is now in the hands of generations and in the funds of Uzbekistan. At the same time, there are reports that the great representative of Naqshbandi, Sayyid Amir Kulol (lived 1301-1372), also fought, and his grave is now located in the village of Sukhor in Kagan district. In general, the information about the thousands of heroes of the national centuries and even earlier, stored in the treasures and archives of ancient manuscripts of Uzbekistan, awaits its researchers. In particular, the Risale-i Ghostangiri (The Treatise of the Wrestlers) has been preserved, which is described in detail in terms of the faith and etiquette of the wrestlers. After Uzbekistan gained independence, attention was focused on the national struggle. The new rules for national wrestling incorporate the most revered traditions of Uzbek wrestling and international sports standards, such as special clothing, the venue, and the duration of the competition. Sports experts acknowledged that the rules of wrestling, developed by Komil Yusupov, fully meet the requirements of international sports. One of the main advantages of wrestling rules is that they do not allow the fight to continue while lying down.

As soon as one of the athletes touches the carpet, the referee stops the competition and the wrestlers continue the competition standing. This ensures that the fight is fast and interesting for the fans. In addition, the rules of wrestling prohibit the use of methods that hold the lower part of the belt or cause pain and suffocation. Thus, wrestling has become one of the safest sports to prevent injuries to athletes. Uzbekistan's declaration of independence in 1991 gave new life to the struggle. As a result of these efforts, representatives of about 30 countries took part in the first international wrestling competitions in Tashkent, the capital of Uzbekistan. The 30,000-seat stadium in central Tashkent is packed. Millions of TV viewers in Uzbekistan and abroad watched the competitions in detail on television.

Wrestling is one of the oldest types of wrestling. At the same time, it is the youngest sport on the world stage. Despite its long history, wrestling only made its mark on the world sports scene in 1998. These steps are neither easy nor short. It should be noted that our national wrestling, first of all, is honored as an example of all-round maturity of wrestlers. Their physical strength, stature, fighting spirit, agility, one-sidedness, wide-ranging behavior, manners, spiritual appearance, attitude to the opponent, the environment are in a special place. It has also been a sacred tradition to follow untouched warriors as piru masters and to follow the teachings of the pandu. A clear example of our idea is the famous Khorezmian poet and wrestler Pahlavon Mahmud. It is important to strengthen the feelings of patriotism and national pride in the hearts of the younger generation, to bring them up in a physically healthy and spiritually harmonious way. Taking into account these aspects, all kinds of sports in our country are given attention at the level of state policy. In particular, on November 4, 2020, the President of the Republic of Uzbekistan adopted a resolution "On measures to develop the national sport of wrestling and further enhance its international prestige".

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