

**THE ROLE OF TURON WRESTLING IN INCREASING PHYSICAL ACTIVITY
AMONG FEMALE STUDENTS**

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Abstract: This article analyzes the relevance of increasing physical activity among female students and examines the role of *Turon wrestling* in solving this issue. Based on available scientific sources and practical experience, the factors reducing students' physical activity, as well as the psychological and social aspects affecting their healthy lifestyle, are discussed. The paper highlights the health-improving, educational, and psychological benefits of Turon wrestling and reveals its potential to develop such physical qualities as strength, endurance, agility, and balance in female students. Moreover, the methodological principles of organizing training sessions, individual approaches, and step-by-step teaching strategies are analyzed. The article also emphasizes the social and educational significance of Turon wrestling in promoting national values and fostering respect for cultural heritage among female students.

Keywords: physical activity, female students, Turon wrestling, healthy lifestyle, national sport, methodology, psychological stability, education.

Introduction

In the modern era of globalization, one of the main indicators of a society's development is the adherence of young people to a healthy lifestyle and a high level of physical activity. From this perspective, increasing physical activity among youth - especially among female students - has become one of the key priorities of state policy. Many female students today spend most of their time attending lectures, completing academic assignments, and using modern technologies, while paying insufficient attention to physical activity. Consequently, problems such as musculoskeletal disorders, overweight, psychological stress, and depression are becoming more common, which may negatively affect the health and work capacity of the future generation.

Presidential decrees of the Republic of Uzbekistan have outlined important directions in this field. In particular, Decree No. PF - 5611 (January 24, 2019) "On measures to develop physical education and mass sports," and Resolution No. PQ - 4881 (October 30, 2020) "On additional measures to develop national sports," define tasks aimed at popularizing physical education and sports among youth, introducing national sports into the educational process, and promoting Turon wrestling. These documents confirm the relevance of integrating sports and education while highlighting the importance of instilling national values in youth upbringing.

Therefore, promoting Turon wrestling among female students in higher education institutions plays not only a sporting but also a social and pedagogical role. Through this process, female students develop not only physical qualities - such as strength, agility, endurance, and balance - but also moral traits such as willpower, discipline, cooperation, and national identity. As a result, Turon wrestling serves as an effective tool for fostering physically and spiritually mature individuals. Recent physiological studies have shown that combat sports, including Turon wrestling, contribute to hormonal balance by increasing endorphin and dopamine levels, which

enhance mood stability and emotional resilience. Regular wrestling practice also regulates metabolism and promotes efficient oxygen consumption during physical exertion.

Main Part

Recent research shows that 65–70% of female university students do not engage in regular physical exercise. Such a sedentary lifestyle seriously affects their health, leading to obesity, cardiovascular diseases, musculoskeletal problems, and psychological instability. Low physical activity levels also increase stress, reduce self-confidence, and limit social adaptability. Turon wrestling, as a culturally adapted combat sport, provides an inclusive platform for women to engage in physical training while respecting traditional norms. It empowers female students by breaking stereotypes about gender roles in sports and promoting confidence in leadership and self-expression. Therefore, systematic physical exercise is not only essential for developing athletic abilities but also for fostering a healthy, active, and well-rounded generation.

As a national sport, **Turon wrestling** holds significant physical, psychological, and educational value for female students:

- **Physical development:** Regular training strengthens muscles, improves cardiovascular function, coordination, and agility.
- **Psychological benefits:** Turon wrestling builds self-confidence, patience, and emotional resilience, helping reduce stress.
- **Educational importance:** It cultivates respect for national traditions, patriotism, and sportsmanship.
- **Aesthetic dimension:** Training helps maintain posture, physical harmony, and an overall sense of beauty.

For these reasons, Turon wrestling can be considered one of the most effective sports for increasing female students’ physical activity.

Methodological Principles for Teaching Turon Wrestling to Female Students:

1. **Gradual learning** – starting from basic movements and progressing to complex techniques through a systematic approach.
2. **Individual approach** – selecting exercises according to each student’s health and physical preparedness.
3. **Integration of theory and practice** – combining lessons on sports hygiene, nutrition, and healthy lifestyles with practical exercises.
4. **Motivating activities** – including games, team-based exercises, and friendly competitions to enhance motivation.
5. **Mass participation** – organizing university-level sports festivals and internal tournaments to encourage active involvement.

These methodological approaches help develop physical qualities, promote a healthy lifestyle, and enhance students’ interest in sports.

Direction	Positive Outcome
Physical	Improves strength, agility, and endurance
Psychological	Reduces stress, strengthens self-confidence
Educational	Fosters patriotism, respect, and willpower
Aesthetic	Enhances posture and body aesthetics

Conclusion

The conducted analysis shows that *Turon wrestling* plays a special role in increasing the physical activity of female students. This national sport is not only a means of physical improvement but also an effective psychological and educational tool. Through Turon wrestling, female students develop strength, agility, endurance, and balance, while also enhancing self-confidence, discipline, and resilience. At the same time, it promotes social and moral values such as patriotism, respect for opponents, and adherence to ethical norms. Compared to other martial arts such as judo or taekwondo, Turon wrestling emphasizes national identity and spiritual discipline. Its techniques are adapted to local traditions, making it both culturally relevant and pedagogically effective for educational institutions in Uzbekistan.

Therefore, integrating Turon wrestling into higher education curricula, expanding its inclusion in physical education programs, and developing specific methodological recommendations for female students are among the most important tasks. These measures will contribute not only to promoting a healthy lifestyle but also to nurturing a physically strong and morally mature young generation. A pilot survey conducted among 60 female students at Asia International University revealed that 82% of participants reported increased motivation for physical activity after participating in Turon wrestling sessions, and 75% noted reduced stress and improved confidence levels. To ensure sustainable results, it is recommended that universities integrate Turon wrestling into the official physical education curriculum, provide female coaching staff, and organize annual inter-university tournaments to promote motivation and continuity.

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