JOURNAL OF MULTIDISCIPLINARY SCIENCES AND INNOVATIONS
VOLUME 04, ISSUE 11
MOPNTHLY JOURNALS
ISSN NUMBER: 2751-4390
IMPACT FACTOR: 9,08

HEALTHY LIFESTYLE CULTURE EDUCATIONAL OPPORTUNITIES OF UZBEKISTAN NATIONAL KURASH

Shukrullayev Ulug'bek Jamolovich
Asia International University, Department of Physical Education
Master's degree student of the 2nd cycle

ANNOTATION: The article analyzes the educational potential of Uzbek national wrestling in the process of forming a healthy lifestyle culture theoretically and practically. The culture of a healthy lifestyle is interpreted as a set of knowledge, skills and values that ensure the physical, mental, social and spiritual well-being of a person, and national wrestling is justified as an effective pedagogical tool that serves to develop each of these components. The methodological basis of the study is WHO recommendations, physical education theory, competency-based and activity-oriented approaches, and scientific concepts related to national sports; it uses systematic analysis, literature review, pedagogical observation, diagnostics, interviews and practical experience, as well as mathematical and statistical analysis methods. According to the results, it is proven that wrestling classes develop physical qualities such as strength, agility, endurance of young people, as well as strengthen their spiritual and moral qualities such as stress resistance, self-control, willpower, patriotism and honesty. The author emphasizes that the purposeful integration of national wrestling into the educational process allows for the comprehensive development of a healthy lifestyle culture, and provides scientifically based recommendations for its application in educational practice.

Keywords: healthy lifestyle culture, Uzbek national wrestling, physical education, physical qualities, mental stability, spiritual and moral education, youth health, national sports, pedagogical opportunities, educational impact.

ENTRANCE

In today's era of globalization and rapid development of technologies, the issue of ensuring the health, physical activity and spiritual maturity of young people is considered one of the priority areas of state policy. As a result of the increased flow of information, the increase in a sedentary lifestyle, malnutrition, and the increase in stress factors, various psychophysiological disorders, in particular obesity, physical fatigue, decreased attention, as well as the complication of socio-psychological adaptation, are becoming widespread among the younger generation. In such a situation, scientific and pedagogical research aimed at forming a culture of healthy living is relevant, the content of which is not limited only to increasing physical activity, but also includes a comprehensive approach aimed at ensuring the physical, mental, spiritual, social and hygienic well-being of the individual.

The reforms being implemented in the Republic of Uzbekistan to develop physical education and sports, and to widely promote a healthy lifestyle among young people, give a new meaning to this direction and form systematic measures aimed at increasing the physical activity of the population, especially young people. Presidential decrees and government resolutions specifically mention the task of strengthening the culture of a healthy lifestyle through national sports, and the integration of the educational, spiritual and psychological potential of Uzbek national wrestling into the modern physical education process is a priority approach. National wrestling has embodied the spiritual heritage, traditions, values such as courage, valor, justice and respect of our people for centuries, and its role in the modern pedagogical process is not

limited only to sports, but is considered a powerful tool of influence that serves the comprehensive development of the individual.

The educational essence of national wrestling, along with physically training a person, is aimed at strengthening his mental stability, forming willpower, teaching him to make the right decisions in difficult situations, self-control, courage, determination and loyalty to the principles of justice. The qualities required in the wrestling arena such as honesty, purity, mutual respect, decency, and discipline are a deep socio-spiritual school for the younger generation. These aspects further expand the role of Uzbek national wrestling in the formation of a healthy lifestyle culture and serve as the basis for interpreting it as an important component of the modern educational process.

The concept of a healthy lifestyle is a comprehensive system that includes factors such as physical activity, proper nutrition, the formation of hygienic habits, the rejection of harmful habits, psycho-emotional balance, social adaptation, and the acquisition of spiritual and moral values, and national wrestling has an effective impact on the development of each of these components. As a result of wrestling training, young people develop physical qualities such as strength, agility, endurance, and dexterity, while at the same time psychological qualities such as stress tolerance, willpower, self-confidence, and emotional control are formed. The qualities required during training, such as discipline, order, self-control, and respectful attitude towards the opponent, strengthen the spiritual and moral foundation of a healthy lifestyle.

At various stages of society, it remains an urgent task to meaningfully organize the leisure time of young people, protect them from harmful habits, and involve them in regular sports. It is the multi-component system of influence of national wrestling that serves to consciously direct young people to a healthy lifestyle, strengthen their sense of national identity, develop patriotic feelings, and increase social activity. The educational potential of national wrestling plays an important role in solving a number of problems facing the modern education and upbringing system, including strengthening the health of young people, ensuring mental stability, increasing social activity, and forming spiritual maturity.

In this regard, the scientific substantiation of this topic, a deep analysis of the mechanisms of influence of national wrestling in the formation of a healthy lifestyle culture, and the disclosure of its pedagogical, psychological and social potential are of both theoretical and practical importance. This article is aimed at studying the educational potential of national wrestling in harmony with the concept of a healthy lifestyle culture, and serves to illuminate the place of national sports in the comprehensive upbringing of the younger generation from a scientific point of view.

In today's globalization process, the formation of a healthy lifestyle culture is becoming increasingly important as one of the main criteria for the development of society. The issues of preserving human health, ensuring its physical, mental and social well-being are one of the priority areas of state policy, and the establishment of a healthy lifestyle, especially among young people, is today a strategic need. The sharp increase in information flows, the development of a sedentary lifestyle under the influence of technology, unhealthy eating habits, and the increase in stress factors have a certain negative impact on the health of the younger generation. Therefore, a deep scientific study of the role and importance of physical education and sports, in particular national sports, in raising a healthy generation, and the identification of their educational, physical and psychological potential are among the urgent issues of today.

In recent years, the Republic of Uzbekistan has been implementing reforms aimed at popularizing a healthy lifestyle, modernizing physical education, and expanding sports activities in educational institutions. The role of physical education and sports in society is being fundamentally reconsidered through presidential decrees, state programs, and educational and

methodological documents. Special attention is paid to issues such as not only increasing general physical fitness, but also forming a culture of healthy living, strengthening the physical and mental state of young people, and preventing harmful habits. In particular, national sports - wrestling, which embodies the thousand-year heritage, cultural values, and educational experience of our people - are recognized as a unique pedagogical tool in promoting a healthy lifestyle. Over the years, wrestling has served as a school not only for physical training, but also for the formation of such personal qualities as spiritual purification, mental endurance, willpower, and discipline.

Uzbek national wrestling is distinguished from other sports by its content, historical roots, moral principles and educational power. It is based on such qualities as bravery, honesty, justice, courage, purity, respect for the opponent, and serves to educate the younger generation as a complete person. In the process of wrestling, the human body develops comprehensively, the musculoskeletal system is strengthened, respiratory and cardiovascular activity improves, and physical qualities such as coordination, agility, and endurance are formed. However, the main value of wrestling is not limited to physical development; it strengthens the mental and volitional endurance of a person, increases stress resistance, develops self-control skills, and deepens personal responsibility. Principles such as respecting the opponent, fighting honestly, accepting victory without arrogance, and drawing the right conclusions from defeat serve to ensure the spiritual and moral well-being of young people.

The formation of a healthy lifestyle is not limited to physical exercise or sports. This concept includes such factors as proper nutrition, hygiene, maintaining mental balance, being active in social relationships, living free from harmful habits, and being committed to spiritual values. National wrestling affects all of these factors, ensuring the harmonious physical, mental, spiritual, and social development of a person. During wrestling training, young people learn to control their bodies, gain self-confidence, develop skills such as communication, teamwork, and controlling their behavior. Therefore, studying the educational potential of national wrestling in developing a healthy lifestyle culture from a scientific perspective is of significant scientific and practical importance for modern pedagogy.

Although various approaches, pedagogical models and methodological recommendations are currently being created to form a healthy lifestyle culture, the role of national wrestling in this process, its complex impact on the education of young people, has not been studied in sufficient depth. In particular, the extent to which wrestling sports effectively influence the formation of a healthy lifestyle culture in terms of physical, mental, spiritual and social components, its integration into the educational process, and its role in increasing the motivation and social activity of young people require scientific research. From this perspective, this article systematically analyzes the educational potential of Uzbek national wrestling in developing a healthy lifestyle culture, and sheds light on its pedagogical mechanisms, the changes it causes in the personality of young people, and the prospects for its implementation in the educational process on a scientific basis.

Also, one of the central tasks of today's research is to study the role of kurash in the modern education system, the approaches used in educational institutions to form a healthy lifestyle culture, and the effectiveness of pedagogical technologies combined with national kurash. The article aims to reveal the role and importance of national sports in the health of young people, their level of physical activity, psychological stability, and the formation of spiritual values in a broad scientific context. In the context of modern globalization processes, ensuring the physical, mental and spiritual well-being of young people has become one of the priority tasks of every state. The adherence to a healthy lifestyle of the population, especially adolescents and students, is an important factor not only in their health and well-being, but also

in the development of society. Therefore, scientific and pedagogical research aimed at forming a culture of healthy living is becoming increasingly relevant. A culture of healthy living is a set of knowledge, skills and values that ensure the physical, psychological, social and spiritual well-being of a person, which is manifested in a person's daily lifestyle, habits and behavior. The formation of such a culture is realized through the joint activities of education, upbringing, sports and social institutions. Widespread promotion of a healthy lifestyle in the Republic of Uzbekistan is one of the important directions of state policy. Regulatory and legal documents adopted in recent years, in particular Decrees No. PF-5924 and PF-6099, place special emphasis on the popularization of physical education and sports, attracting young people to a healthy lifestyle, and strengthening their physical health. Within the framework of these reforms, national sports, in particular Uzbek national wrestling, are recognized as one of the effective tools widely used in the educational process. Because wrestling is not only a means of physical training, but also a unique educational school that embodies a system of values that forms the spiritual and moral development of a person.

Uzbek national wrestling has been formed over the centuries in close connection with the spiritual world, lifestyle, social values and traditions of our people. In its philosophy, such qualities as honesty, bravery, perseverance, justice and respect occupy a priority place. Therefore, wrestling classes allow the formation of physical development, psychophysiological stability and spiritual maturity as a whole pedagogical process. This sport serves as an effective tool for strengthening the health of young people, increasing their discipline, determination and willpower. In addition, the system of movements in the wrestling process, complex processes such as maintaining balance, adapting to the opponent's movements, making quick decisions, managing strength and agility, harmonize the physical and mental capabilities of students. The educational potential of Uzbek national wrestling in the formation of a healthy lifestyle is very extensive, as it, along with the development of the physical qualities of the individual, increases his mental and emotional stability, strengthens self-control skills, forms a spirit of social activity and healthy competition. In wrestling, such qualities as courageous acceptance of victory or defeat, work on oneself, respect for the opponent, and strict adherence to discipline form the spiritual image of students and encourage them to consciously adhere to a healthy lifestyle. Also, various technical and tactical elements of wrestling training strengthen the musculoskeletal system of young people and significantly affect their overall physical development. This is an important factor in the formation of the physical component of the culture of a healthy lifestyle.

From this perspective, it is of great scientific and practical importance to scientifically study the pedagogical potential of Uzbek national wrestling in the formation of a healthy lifestyle culture, to identify the mechanisms for its integration into the educational process and to substantiate its effectiveness. This article comprehensively analyzes the educational potential of wrestling based on the physical, mental, spiritual and social components of a healthy lifestyle culture, and to scientifically highlight the factors that contribute to the formation of a healthy lifestyle culture in students.

The issue of forming a culture of healthy living has been consistently studied in various directions in international and domestic scientific literature. The theoretical foundations of the World Health Organization (WHO) for the definition of health link the culture of healthy living with the level of physical, psychological and social well-being of an individual. This approach allows us to interpret a healthy lifestyle not only as physical activity, but also as a broad cultural phenomenon. Western researchers, on the other hand, study the culture of healthy living in relation to a person's conscious attitude to their own health, the ability to abandon negative habits, psychological stability and active participation in a healthy communicative environment.

Local scientists, in particular, researchers such as N. Karimov, R. Khalmuratov, G. Juraev, S. Toshpulatova, emphasize the special role of physical education and sports, especially sports based on national values, in forming a culture of healthy living. Their scientific work shows the need to implement factors such as strengthening the desire for a healthy lifestyle among young people, increasing the level of physical fitness, and preventing harmful habits through a systematic approach. The pedagogical potential of Uzbek national wrestling has been highlighted by many researchers as a separate scientific direction. Authors such as O. Qodirov, A. Abdullayev, F. Berdiyorov have extensively covered the technical and tactical foundations of wrestling training, its impact on the psychophysiological development of young people, and its inextricable link with spiritual and moral education. According to their scientific conclusions, young people participating in wrestling training, along with physical development, acquire such qualities as self-control, discipline, willpower, and stress resistance.

Also, studies on the educational value of national sports at the international level confirm the inextricable link between wrestling and the culture of a healthy lifestyle. The inclusion of wrestling in the UNESCO Intangible Cultural Heritage List shows that it is not only a sport, but also a cultural phenomenon that plays an important role in the formation of the spiritual values of society. These scientific sources make it possible to reveal the pedagogical potential of wrestling in the formation of a culture of a healthy lifestyle on a scientific basis.

In general, the analysis of the literature shows that Uzbek national wrestling is an effective pedagogical tool that serves to form the physical, mental, intellectual and spiritual components of a healthy lifestyle culture in students. However, existing scientific works have not studied the mechanisms of wrestling in forming a healthy lifestyle culture based on a comprehensive approach in depth enough. In this regard, this article aims to fill this gap.

The methodological basis of the study is scientific concepts related to the culture of a healthy lifestyle and the theory of physical education, approaches to the pedagogical potential of the Uzbek national wrestling, as well as the principles of competency-based and activity-oriented education. The study used the methods of systematic analysis, comparison, pedagogical observation, diagnostics, interview, practical experience and mathematical-statistical analysis. The methodology is aimed at interpreting the physical, mental, social and spiritual development of a person as a whole pedagogical process, and serves to identify the functions of the national wrestling in the formation of a culture of a healthy lifestyle.

During the research, special diagnostic criteria were developed to determine the level of students' healthy lifestyle culture. They include indicators such as the level of physical activity, adherence to a healthy diet, hygienic culture, mental stability, social activity, and adherence to spiritual values. At the same time, technical and tactical processes of wrestling training, the effectiveness of students' participation in them, the dynamics of physical qualities, and changes in the psychological state were systematically monitored.

During the pedagogical experiment, a special training program based on the Uzbek national wrestling was implemented for students. This program is aimed at developing all components of a healthy lifestyle culture and is based on the complex pedagogical mechanisms of wrestling aimed at physical training, spiritual education and the formation of mental stability. The results of the experiment were processed using statistical analysis, and its effectiveness was evaluated on a scientific basis.

This methodological approach ensures the reliability of the research results and serves to practically substantiate the potential of wrestling in forming a healthy lifestyle culture.

CONCLUSION

The above scientific analysis shows that Uzbek national wrestling occupies a special place as a powerful pedagogical resource for the formation of a healthy lifestyle culture among young people. The multifaceted impact of wrestling confirms that it is not only a sport that provides physical development, but also an educational school that serves the spiritual, moral and social development of the individual. Wrestling classes develop the physical qualities of young people, strengthen their immunity, increase motor activity, increase attention to healthy eating and hygiene, and form a conscious attitude of the individual to a healthy lifestyle.

The impact of wrestling on mental health is also incomparable. During the training, young people acquire life skills such as self-control, overcoming stress, maintaining emotional stability, courageously responding to failure, and accepting victory with honesty. This provides psychological resilience, which is important in modern society. The embodiment of values such as honesty, bravery, justice, purity, mutual respect, and patriotism in the educational essence of wrestling further enhances its role in enriching the spiritual world of young people.

From a social point of view, wrestling develops social activity of young people based on the principles of team adaptation, cooperation, friendship, and mutual assistance. A sports team is a healthy environment for young people, protecting them from harmful habits, providing meaningful organization of free time, and developing social competencies. All this process is inextricably linked with the components of a healthy lifestyle culture.

Thus, Uzbek national wrestling, as an effective means of forming a healthy lifestyle culture, must be scientifically and pedagogically substantiated and widely implemented in the educational and practical process. Its educational capabilities are of incomparable importance in changing the lifestyle of young people in a positive direction, serving spiritual growth, strengthening mental stability, and ensuring physical well-being. The combination of wrestling with a healthy lifestyle culture is a relevant direction of modern pedagogy, and its scientifically based integration into the education system will serve the future generation to grow up healthy, spiritually mature, and socially active.

REFERENCES USED.

1. O‘zbekiston Respublikasi Prezidenti PF–6099-son Farmoni. “Sog‘lom turmush tarzini targ‘ib qilish va aholini sportga jalb etish chora-tadbirlari to‘g‘risida”, 2020.
2. O‘zbekiston Respublikasi Prezidenti PF–5924-son Farmoni. “Jismoniy tarbiya va sportni yanada takomillashtirish to‘g‘risida”, 2020.
3. JSST. "Global Recommendations on Physical Activity for Health", Geneva, 2010.
4. Roberts G.C., Treasure D. Motivation in Sport and Exercise. Human Kinetics, 2012.
5. Weinberg R., Gould D. Foundations of Sport and Exercise Psychology. Human Kinetics, 2019.
6. Qodirov A. Jismoniy tarbiya nazariyasi va metodikasi. TDIU nashriyoti, 2018.
7. Abdullayev U. Sport mashg‘ulotlari psixologiyasi. Toshkent, 2017.
8. Murodov R. Milliy sport turlari va ularning tarbiyaviy ahamiyati. Samarqand, 2016.
9. To‘xtayev Sh. Kurash nazariyasi va metodikasi. Toshkent, 2020.
10. Butunjahon Kurash Assotsiatsiyasi hujjatlari, 2022.