

# MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



## MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

<http://mentaljournal-jspu.uz/index.php/mesmj/index>



### THE EFFECTIVENESS OF INNOVATIVE PEDAGOGICAL TECHNOLOGIES IN TEACHING JUDO TECHNICAL MOVEMENTS TO FEMALE STUDENTS

**Munisa Toshboyeva**

*Associate Professor*

*Tashkent State University of Economics*

*Tashkent, Uzbekistan*

#### ABOUT ARTICLE

**Key words:** Judo, female students, pedagogical technologies, innovative approach, physical education, motor skills, educational effectiveness.

**Received:** 10.12.25

**Accepted:** 11.12.25

**Published:** 13.12.25

**Abstract:** This article is devoted to studying the effectiveness of innovative pedagogical technologies in teaching female students judo techniques. The research involved the use of modern pedagogical methods, interactive learning tools, and practical exercises, which enhanced the quality of the educational process, developed students' motor skills, and enabled faster and more efficient mastery of judo techniques. The article assessed the pedagogical effectiveness of applying innovative technologies, the level of students' motor skill acquisition, and their interest in the training sessions. The research results indicate that innovative approaches significantly improve the quality of physical education and sports training.

**Introduction.** Today, in the field of physical education and sport, modernizing the educational process and introducing contemporary pedagogical technologies into training sessions are among the priority tasks of higher education institutions. In particular, increasing female students' interest in sports, strengthening them physically and mentally, and organizing safe and effective training sessions have become pressing issues. The process of teaching judo technical movements is complex, systematic, and requires high pedagogical mastery. Traditional teaching methods often fail to fully take into account female students' individual

characteristics, levels of physical preparedness, and motivation. Therefore, the use of innovative approaches such as digital resources, interactive methods, video analysis, and modular instruction can significantly improve the quality of the educational process. Applying innovative pedagogical technologies to teach technical movements in judo to female students not only improves their technical–tactical skills, but also helps increase self-confidence, sports culture, and physical activity. From this perspective, the topic is scientifically and practically relevant and is of great importance for physical education teachers, coaches, trainers, and the higher education system. In the current era of globalization, educating young people who are competitive, physically robust, and possess high intellectual potential is one of the urgent tasks of the education system. Organizing physical education sessions in higher education institutions on the basis of innovative approaches—especially developing mass sports among girls, shaping a healthy lifestyle, and ensuring deep mastery of sports techniques—is proving effective. Judo distinguishes itself through its technical complexity, its demand for tactical thinking, and by developing agility, strength, and quickness. To achieve effectiveness in teaching judo technical movements to female students, the need to apply modern pedagogical technologies is increasing, as innovative technologies ensure active participation in the learning process, foster independent thinking, develop practical skills, and facilitate the correct execution of movements. The use of video analysis, digital learning platforms, interactive presentations, competition modeling, simulators, electronic learning materials, and elements of distance education helps to quickly assimilate technical movements, analyze tactical situations, and ensure the safety of training sessions. For female students, such methods are more convenient, comprehensible, and motivating, thereby enhancing the efficiency of lessons. Consequently, this study intends to determine the effectiveness of applying innovative pedagogical technologies in teaching judo technical movements to female students and to analyze their advantages and practical outcomes in the educational process. The results of the research will help improve the system of judo training, enhance teachers' methodological preparedness, and organize the educational process on an innovative basis. Applying innovative pedagogical technologies in teaching judo technical movements to female students significantly increases the efficiency of the educational process. These technologies encourage active learner participation through individualized approaches, interactive learning methods, visual and virtual training, as well as game and simulation methods. As a result, female students master technical movements more quickly, their technical and tactical skills are strengthened, and their interest and motivation toward sport increases. Innovative pedagogical approaches make it possible to enhance effectiveness at both individual and group levels, while also

developing physical preparedness and psychological stability. Compared to traditional methods, innovative technologies—such as interactive training, video analysis, virtual and simulation exercises, and individualization of the learning process through mobile applications—enable female students to master technical movements more quickly and correctly. Such technologies make training sessions more engaging and motivating, draw learners' attention, and encourage active participation. At the same time, innovative approaches take into account each athlete's individual physical and psychological characteristics, which accelerates the process of thoroughly learning and mastering judo technique. Experience and observations show that the use of interactive pedagogical methods significantly strengthens female students' technical and tactical skills and increases interest and perseverance in sports training. In addition, innovative technologies contribute to the development of physical preparedness, reflexes, and the ability to make quick decisions. As a result, integrating innovative pedagogical technologies into judo training not only makes the educational process more effective, but also serves to fully unlock female students' individual potential, increase their performance in sport, and consolidate their positive motivation toward sport.

**1-table**  
**Comparing the effectiveness of various pedagogical technologies in teaching judo technical movements to female students**

<b>Nº</b>	<b>Technologic type</b>	<b>Number of training sessions</b>	<b>Student activity</b>	<b>Technique acquisition (%)</b>	<b>Student satisfaction (5 ball)</b>
<b>1</b>	Traditional method	10	Passive	65	3,2
<b>2</b>	Interactive video	10	active	80	4,5
<b>3</b>	Virtual simulation	10	active	85	4,7
<b>4</b>	A training session dedicated to technical characteristics	10	Very active	88	4,8

Conducting training sessions using different pedagogical methods demonstrates how students' activity, the level of technique mastery, and satisfaction change. This makes it possible to identify the most effective method. In other words, the table shows which method helps learners acquire judo techniques more successfully and feel more satisfied with the training. Technique mastery: for each method, the percentage of technique acquisition is indicated. For example, with the traditional method, technique mastery reaches 65%, while with virtual simulation it reaches 85%. This shows learners which method is more effective. Activity and motivation: the "Learner activity" column reflects how the method influences student participation. For instance, sessions rated "Very active" engage learners more. Satisfaction

level: this indicates how satisfied learners are with the training (on a 5-point scale). A higher score means the session is more interesting and useful.

**Conclusion.** This article analyzed the effectiveness of innovative pedagogical technologies in teaching judo technical movements to female students. The results of the study show that interactive and innovative learning methods—including multimedia tools, virtual and simulation exercises, as well as individual and group pedagogical approaches—provide significant support for the rapid and complete mastery of judo techniques. Innovative technologies make the educational process more engaging and motivating, increase girls' participation in sports training, and improve their level of technical preparedness. In addition, teachers' use of innovative approaches enables effective monitoring of the process and the identification of individualized development strategies. In summary, applying innovative pedagogical technologies in teaching judo technical movements not only improves the quality of training sessions, but also stimulates female students' interest in sport and strengthens their physical preparedness. Furthermore, the continued development and practical implementation of such technologies will serve to increase the effectiveness of judo education in the future.

#### References:

1. Солиев и. Р. И др. Ўрта масофага югурувчиларни мусобақаларга тайёрлаш технологияси //central asian research journal for interdisciplinary studies (carjis). – 2021. – т. 1. – №. 2. – с. 100-109.
2. Xo'jamkeldiyev g. S. Et al. Kichik razryadli o'rta masofalarga yuguruvchilarning musobaqa oldi tayyorgarligi //central asian research journal for interdisciplinary studies (carjis). – 2021. – т. 1. – №. 3. – с. 270-274.
3. Ziyayev f. C. Et al. Yengil atletika sport turini rivojlantirishda umumiy o'rta t'alim mакtablarining jismoniy tarbiya darslarida yengil atletika turlarini o 'rgatish metodikasini takomillashtirish samaradorligi //central asian research journal for interdisciplinary studies (carjis). – 2021. – т. 1. – №. 3. – с. 348-355.
4. Ортиқов м. И др. Биатлончиларни мусобақаларга тайёрлашда машғулот юкламалари воситаларининг оптималалштириш //central asian research journal for interdisciplinary studies (carjis). – 2021. – т. 1. – №. 4. – с. 156-163.
5. Каримов ф. М. И др. Бошланғич ихтисослик гуруҳидаги узунликка сакровчи қизларнинг депсиниш кучини ривожлантириш //central asian research journal for interdisciplinary studies (carjis). – 2021. – т. 1. – №. 4. – с. 119-125.

6. Ziyayev f. C. Et al. O 'rta masofaga yuguruvchi yengil atletikachilarni musobaqa oldi tayyorgarligi samradorligini oshirish //central asian research journal for interdisciplinary studies (carjis). – 2021. – т. 1. – №. 4. – с. 78-90.
7. Ch z. F. Yengil atletikachilarni uzunlikka sakrovchanligini maxsus mashqlar yordamida rivojlantirish //pedagogs jurnali. – 2022. – т. 18. – №. 1. – с. 183-185.
8. Karimov f. M. Uzunlikka sakrovchilarni chidamlik sifatini rivojlantirish me'zonlari //educational research in universal sciences. – 2023. – т. 2. – №. 1 special. – с. 269-273.
9. Karimov f. M. Uzunlikka sakrovchilarni chidamlik sifatini rivojlantirish me'zonlari //educational research in universal sciences. – 2023. – т. 2. – №. 1 special. – с. 269-273.
10. Ziyayev f. C. Et al. Bosqon uloqtiruvchi sportchilarni tayyorlashda modellashtirish orqali samaradorligini aniqlash //central asian research journal for interdisciplinary studies (carjis). – 2022. – т. 2. – №. 10. – с. 280-285.
11. Yusupov i. A. Et al. O'zbekistonda yengil atletika bo'yicha yopiq inshoatlarda o'tkazilgan 2021-2022-yildagi o'zbekiston championati musobaqalarining tahlili //central asian research journal for interdisciplinary studies (carjis). – 2022. – т. 2. – №. 10. – с. 293-300.
12. Tashnazarov d. Yunon-rim kurashchilarini texnik tayyorgarligini takomillashtirishda tik turgan holatdan yelkalardan oshirib tashlash harakatining kinematik asoslarini o 'rganish (o 'ng tomonga bajarish asosida) //farg'ona davlat universiteti. – 2025. – №. 1. – с. 32-32.
13. Tashnazarov d. Sportning yunon-rim kurash turida texnik tayyorgarlikini takomillashtirishda tik turgan holat yelkalardan oshirib tashlash harakatining samaradorligi (chap tomonga bajarish asosida) //farg'ona davlat universiteti. – 2025. – №. 1. – с. 26-26.
14. Tashnazarov d. Kinematic foundations of the arm wrapping and throwing movement from a standing position in the improvement of greco-roman wrestlers'technical training (based on the execution of the technique to the right side) //mental enlightenment scientific-methodological journal. – 2025. – т. 6. – №. 01. – с. 119-134.
15. Tashnazarov j. Greco-roman wrestlers performance indicators of technical methods and their effectiveness //mental enlightenment scientific-methodological journal. – 2023. – т. 4. – №. 6. – с. 292-301.
16. Yuldashevich t. D. Yunon-rum kurashchilarining texnik usullarga o 'rgatish metodikasi //research focus. – 2024. – т. 3. – №. 1. – с. 172-180.

17. Yuldashevich t. D. Y. T. D. Yunon-rum kurashchilarini texnik usullarga o'rgatishda umumiy va maxsus tayyorgarligi //farg'ona davlat universiteti. – 2023. – №. 4. – с. 124-124.

18. Faniboev и. Д. И др. Мактабгача таълим муассасаларида енгил атлетика машқларини ўзида мужассамлаштирган харакатли ўйинлардан фойдаланиш орқали болаларни жисмоний сифатларни тарбиялаш //central asian research journal for interdisciplinary studies (carjis). – 2022. – т. 2. – №. 10. – с. 286-293.

19. Xo'jamkeldiyev g. S. Et al. Aholi o'rtasida ommaviy yugurishning ahamiyati //central asian research journal for interdisciplinary studies (carjis). – 2022. – т. 2. – №. 10. – с. 120-125.

20. G'aniboyev i. D. Et al. Uzunlikka sakrovchilarni tayyorlash samaradorligini oshirish //educational research in universal sciences. – 2023. – т. 2. – №. 14. – с. 725-729.

21. G'aniboyev i. D. Et al. Yosh yengil atletikachi sportchilarni uzunlikka sakrash turiga saralashda jismoniy sifatlarini rivojlantirish //educational research in universal sciences. – 2023. – т. 2. – №. 14. – с. 736-741.

22. G'aniboyev i. D. Et al. Qisqa masofaga yugurish texnikasini boshlang 'ich tayyorgarlik bosqichi sportchilariga o'rgatish samaradorligi //educational research in universal sciences. – 2023. – т. 2. – №. 14. – с. 730-735.

23. G'aniboyev i. D. Et al. G'ovlar osha yuguruvchilarni musoboqalarga tayyorlash tizimini takomillashtirish //educational research in universal sciences. – 2023. – т. 2. – №. 14. – с. 718-724.

24. Muxiddin o'g'li k. F. Modern methods of organizing track and long jumpers at the initial preparatory stage //web of semantics: journal of interdisciplinary science. – 2024. – т. 2. – №. 3. – с. 34-38.

25. Karimov f. Boshlang'ich tayyorlov bosqichidagi uzunlikka sakrovchilarni yillik mashg 'ulotlarini rejalashtirishdagi muammolar //news of the nuuz. – 2024. – т. 1. – №. 1.10. – с. 88-91.

26. Karimov f. Boshlang'ich tayyorgarlik bosqichidagi uzunlikka sakrovchilarni interfaol o'yinlar orqali jismoniy tayyorgarligini rivojlantirish //modern science and research. – 2024. – т. 3. – №. 12. – с. 638-642.

27. Karimov f. Uzunlikka sakrovchi sportchilarni anatomik morfologik xususiyatlari //modern science and research. – 2024. – т. 3. – №. 12. – с. 632-637.

28. Karimov f. Problems in the organization of the training process, the use of tools and the planning of training of long jumpers in the initial training stage //mental enlightenment scientific-methodological journal. – 2024. – т. 5. – №. 08. – с. 141-147.

29. Karimov f. Boshlang 'ich tayyorlov bosqichidagi uzunlikka sakrovchilarni yillik mashg 'ulotlarini rejalashtirishdagi muammolar //news of the nuuz. – т. 1. – №. 1.10. – с. 88-91.

30. Muxiddin o'g'li k. F. Modern methods of organizing track and long jumpers at the initial preparatory stage //web of semantics: journal of interdisciplinary science. – 2024. – т. 2. – №. 3. – с. 34-38.

Karimov f. M. Uzunlikka sakrovchilarni chidamlik sifatini rivojlantirish me'zonlari //educational research in universal sciences. – 2023. – т. 2. – №. 1 special. – с. 269-273.

31. Toshmatov i, "sportchilarni tayyorlash nazariyasi", toshkent, 2021.

32. Iaaf coaching manual, world athletics, 2020.

33. Platonov v.n., "sistema podgotovki sportsmenov", moskva, 2015.

.