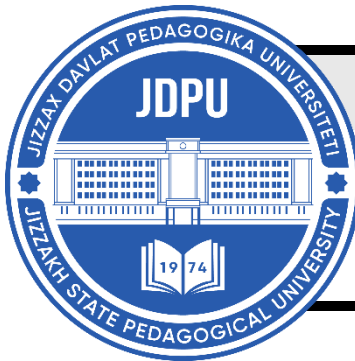


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PROMOTING WRESTLING SPORTS AMONG YOUNG GIRLS

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ABOUT ARTICLE

Key words: Wrestling, national sport, competition, promotion, training, sport, educational subject.

Received: 08.12.24

Accepted: 10.12.24

Published: 12.12.24

Abstract: The participation of young girls in wrestling sports has witnessed a growing interest globally, highlighting its potential to foster physical strength, mental resilience, and self-confidence. This article explores strategies for promoting wrestling among young girls, emphasizing the role of cultural acceptance, targeted training programs, and community engagement. By examining case studies and best practices, the study identifies key barriers such as societal stereotypes and limited access to resources, offering practical solutions to overcome them. The findings suggest that integrating wrestling into school curriculums, providing mentorship opportunities, and fostering inclusive environments can significantly increase female participation in this traditionally male-dominated sport. This research contributes to the broader dialogue on gender equity in sports and the empowerment of young girls through athletic opportunities.

INTRODUCTION

A number of works are being carried out to popularize, develop and introduce to the world wrestling, which is our national sport, which embodies our ancient values, in particular, the ideas of courage, bravery, patriotism, and humanism, among Uzbek girls, and to turn this value into a universal masterpiece. At the same time, the increasing popularity of wrestling requires the organization of prestigious international competitions, the modernization of the existing infrastructure and material and technical base, the improvement of the supply of sports

equipment and clothing, the expansion of production in this regard, as well as the training of qualified personnel, trainers and referees for the field requires more attention.

To convey the rich traditions and values of wrestling sport inherited from our great ancestors to the future generations, to increase the role of wrestling in the world arena under the name of the Uzbek sports brand, to support and encourage young girls' interest in national sports, and to instill a sense of patriotism in them. The goal is to further strengthen it, to create the necessary conditions for all layers of the population, especially young girls, as well as people of the world to engage in this type of sport.

PURPOSE

The purpose of the study is to popularize and widely develop the national sport of wrestling among young girls. Research organization methods. Pedagogical observation, survey, interview, questionnaire, test, interview methods were used in the research.

RESULT AND DISCUSSION

Although wrestling has a very ancient history, it has its own social, philosophical and pedagogical foundations, the scientific research conducted on this sport does not fully meet the modern requirements of developing wrestling among young girls.

Currently, wrestling federations are operating in more than 130 countries of the world. In a number of countries, wrestling is taught as a subject in educational institutions. The fact that wrestling has been widely recognized in the international sports arena and included in the program of the 2018 Asian Games (Indonesia, Jakarta) has led to a sharp increase in the number of people engaged in wrestling worldwide.

Promoting wrestling as a national sport is a multi-faceted endeavor and may involve various strategies to attract and engage the public. Here are a few ideas:

1. Education and awareness campaigns: Start by educating the public about the history, importance and benefits of wrestling. Emphasize its cultural significance and role in developing physical fitness, discipline and mental toughness.

2. Grassroots Programs: Establish wrestling programs in schools, colleges and communities. Encourage the participation of young girls by organizing introductory workshops, summer camps, and after-school programs.

3. Professional Development: Invest in the training of coaches and teachers to ensure high quality wrestling programs. To encourage former wrestlers to become coaches and trainers, to pass on their skills and experiences to the next generation.

4. Media Coverage: Work with the media to increase coverage of wrestling events, competitions and athletes.

Highlight success stories, inspirational journeys and achievements of local wrestlers to generate interest and support.

5. **Celebrity Endorsements:** Partner with famous wrestlers, athletes and celebrities to support wrestling and serve as ambassadors for the sport. Their impact can reach a wider audience and inspire participation.

6. **Community Activities:** Organizing local, regional and national level wrestling tournaments, exhibitions and festivals. Create opportunities for people of all ages and skill levels to participate in sports, whether as participants or spectators.

7. **Inclusivity and Accessibility:** Ensure that wrestling programs are accessible to all, regardless of age, gender, ability, or socioeconomic background. Provide adaptive coping programs for individuals with disabilities.

8. **Social Media and Online Presence:** Use social media platforms and online channels to promote the fight and engage with the community.

Share informative content, training tips, and updates about upcoming events to keep subscribers informed and engaged.

9. **Government Support:** Advocate for government support and funding for wrestling initiatives, infrastructure development and athlete training programs. Work with policy makers to include wrestling in national sport development plans.

10. **Partnerships and Sponsorships:** Establish partnerships with sports organizations, businesses and sponsors to financially and materially support wrestling programs. Look for sponsorship deals to fund equipment, supplies and travel costs for athletes.

By implementing these strategies and initiatives, you can raise awareness, increase engagement, and foster a culture of appreciation of wrestling as a national sport among young girls.

CONCLUSION

In conclusion, promoting wrestling as a national sport among young girls requires education, youth engagement, community events, support of influencers, access to facilities, media coverage, requires a multifaceted approach that includes digital cooperation, international participation, and state support. By implementing these strategies, we can effectively attract and engage the public, promote a strong wrestling culture and strengthen its status as a national sport. Through collective efforts and dedication, we can inspire participants, develop talent and celebrate the rich heritage of wrestling, ensuring its lasting legacy for generations to come.

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