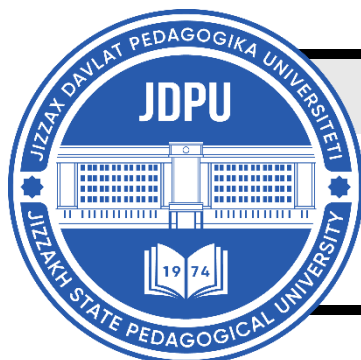


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**BASICS OF SELF-DEFENSE AS AN EFFECTIVE MEANS OF
PHYSICAL AND CIVIL-LEGAL EDUCATION OF STUDENTS****Victoria Ozdaeva**

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ABOUT ARTICLE

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Abstract: This article highlights the problems of violence in society, as well as ways to solve this problem. A self-defense technique has been developed, which includes striking techniques and techniques from sports such as judo and sambo.

INTRODUCTION

Over the past decades, the attitude towards the problem of female violence has changed on the part of the global and national public, which has influenced the recognition of the frequency of cases of abuse, as well as its destructive impact on both the individual well-being of the individual and the well-being of the family as a whole. The relevance of the chosen topic is that, according to the current state of affairs, there is a need to master the skills of self-defense and behavior in critical situations within the framework of a training program for specialists working in high-risk areas, or on the basis of private self-defense courses for everyone. At the same time, ensuring the training process in this direction reveals the presence of a large number of problems.

The purpose of the study: increasing the effectiveness of women's self-defense, based on the use of techniques of types of struggle.

Research objectives:

1. Conduct a historical and geographical analysis of the use of martial arts in the self-defense system.

2. Identify factors that determine the high efficiency of teaching women the basics of self-defense.
3. Determine the most effective means and tactical and technical actions necessary for teaching the basics of self-defense.
4. Develop a methodology for teaching the basics of self-defense to women of different athletic training using a differentiated approach to selecting the content of technical and tactical actions and experimentally test its effectiveness.

MATERIALS AND METHODS

Teaching the basics of self-defense is a targeted pedagogical process for the formation of a set of knowledge, skills and abilities aimed at preventing illegal actions against a law-abiding citizen that may threaten his health and life. A survey of a group of female students of the Uzbek State University of Physical Education and Sports showed that 76% of female students had experience of unwanted influence for them, felt the influence of various kinds of danger and threats from people, and 14.5% of them were victims of physical attacks, and about 5% of respondents claimed that they managed to successfully repel an attack on them. Of course, there is a high probability of low objectivity of the answers, because surveys on such topics are often subjective (they try not to remember negative experiences, forget them faster and do not want to discuss them with anyone, or, on the contrary, they want to "embellish" the real facts in order to present themselves as a "hero"). But even the data already obtained is enough to assert that this problem exists, and the university, in addition to its main task (training specialists), as a social institution should prepare students for social life. In this case, perhaps, universities need to prepare citizens (students) for such negative manifestations of social life within the framework of educational and physical education and health work. In order to increase students' readiness to effectively defend themselves against attacks by other people (criminals) with the purpose of causing them harm (moral, psychological, physical) or taking possession of their property, teachers of special subjects decided to devote a little time in classes (without prejudice to the educational process) to the basics of self-defense. The following tasks were set: 1) to teach students the basic techniques of self-defense; 2) to form moral and psychological readiness and to carry out legal education in the field of self-defense. The following pedagogical research methods were used in the work: observation, survey, testing, questionnaire, conversation and explanation.

Organization of the research: This work was conducted among students of group "A" and group "B" with 23 students in each, approximately equal in physical parameters, self-

defense conditions and contingent. All students were engaged in planned classes, except for the students of group "A", in whose class the research was conducted.

RESULT AND DISCUSSION

According to the students, physical exercises in self-defense were especially interesting. Students of group "A" studied physical exercises to study the protective technique of movements from blows, grabs, strangulations; improved punches, kicks, grabs and throws, choke and pain techniques, wrestling on the ground. Special attention was paid to the study of the technique of defense against an attack with a knife, baton, pistol, against a dog attack [5]. Actions on the use of gas and traumatic weapons in the process of necessary defense, the use of improvised means were also practiced. It was important to remind students about the tactics of "avoiding trouble", when it is better not to get into difficult situations than to resolve them later, and also that in some situations it is better to settle a conflict with the help of words and conversation. To assess motor readiness for self-defense, a 5-point system for assessing the mastery of specific physical exercises was developed. The obtained points were added up, and the group indicators were compared. The group data obtained at the beginning of the academic year (I test) were compared with the results obtained at the end (II test) of the academic year, which are presented in Table 1.

Table 1

Indicators of students' physical fitness

№ item	Физические упражнения по самообороне	Group «A»		Group «Б»	
		1test	2 test	1 test	2 test
1.	Defensive movements from strikes and grabs	39	89	35	41
2.	Defensive movements from strikes with different objects	33	87	31	33
3.	Striking movements	42	102	52	71
4.	Wrestling in a standing position and on the ground	47	97	43	48
5.	Choking and pain techniques	45	93	49	46
	Total:	206	468	210	239

The comparative dynamics of the growth of results in physical fitness for self-defense of students of different groups is more clearly seen in Figure 1.

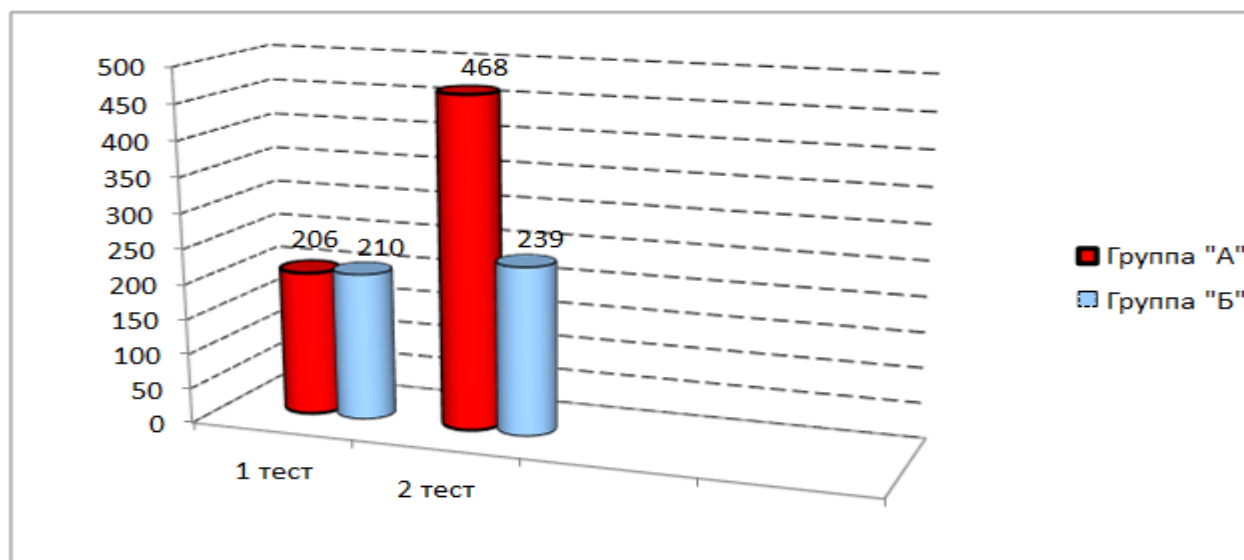


Fig. 1. Comparative dynamics of growth of students' physical readiness indicators for self-defense

The indicators of students' motor readiness for self-defense in group "A" increased by 262 points in total, while for students in group only by 29 points, and this small increase is due to the educational nature of the testing itself, these test control exercises during the first section taught the students of group "B" a little, and they were more prepared for the 2nd test. It is quite possible that the first test and questionnaire caused natural questions in students of group "B" and encouraged them to independently master the basics of self-defense.

In practical classes on self-defense, it is necessary to pay increased attention to the safety of students [5].

CONCLUSION

Thus, the study showed that preparing students for self-defense of their rights and freedoms from illegal encroachments is necessary and in demand among students. Classes on the basics of self-defense form practical skills and abilities of self-defense, knowledge of the legislation in this area, and all this gives them confidence in their actions, moral and psychological stability. The use of physical exercises in self-defense and legal training of students as a pedagogical tool in the physical education of the university, allowing students in the future to effectively protect their civil rights and freedoms, feel and demonstrate civic responsibility. Universities play an important educational role in the formation of society, including civil law, and classes (courses) in self-defense for students will make this process more effective. Such work can be successfully used in all universities, and this study does not claim to be final and complete. Research in this area can be greatly improved, and the author believes that excursions to martial arts gyms (attending training and competitions), attending

court hearings on issues of exceeding the limits of necessary defense, talking with prisoners would be effective.

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