

INTERESTS AND MOTIVATIONS OF STUDENTS IN ORIENTAL WRESTLING AND BOXING

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ABSTRACT

Goal of research: To study psychological qualities and the impact of physical training and sports on training a healthy generation's personality during educational and training process.

Methods of research: Interviewing, Observation, Psychological tests: K. Yung's test, V. M. Rusalov's questionnaire, "Character, Temper Properties" test, L. T. Yampolsky's "Psychodiagnosis test" methodology, Questionnaire.

Conclusions:

1. Students' interests and motives give the way to their desire to develop personality through eastern single combat and boxing activities.
2. Inclusion of eastern single combat and boxing activities into comprehensive schools' physical training program plays an important role in development of the students' personality.
3. 204-hour 1-academic year Eastern Single Combat Exercises Program is the best option, while it would be wise to arrange those activities starting in the 5th grade.

Results:

1. Physical training and sports activities possess the quality to cope with students' heavy physical and mental load. Students engaged in sports have reduced nervousness, possess high nervous tolerance, sociability, self-command, sincerity and other qualities.
2. Sports activities impact on the comprehensive and harmonic development of students' personality, the command over their negative qualities such as socially disagreeable appearance, excess irritability, psychic unbalance, psychic excitement, fearfulness.
3. Sports activities has a positive impact on students' development of ability to mix socially, aboveboard conduct, aspiration, yearning for leadership, and initiative.
4. Sports activities also has a positive impact on students' development of such qualities like self-confidence, tranquillity, self-assurance in communicating with people, while those qualities manifest during social activity.