

## THE INDIVIDUALS OF THE UZBEK WRESTLING EDUCATOR PSYCHOLOGICAL TRANSMISSION FOR FACILITY

**R. Abdurasulov** - at JDPI  
PHCRMMM Pedagogy and Psychology,  
Associate Professor at the Department of  
Educational Technology

&

**R. Egamberdiev**- at JDPI  
PHCRMMM Practical Subjects and  
Outside of School Education Methods

### ABSTRACT

This article examines the psychological effects of the Uzbek wrestling on the quality of the student personality and analyzes the results.

**Keywords:** Uzbek wrestling, student personality, psychological traits, formation of personality attributes.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Each country in the world determines its citizens as a fundamental goal of making decisions on the basis of modern requirements and the values of the overall yacht. Based on the experience of developing and progressing countries, ensuring the interaction of school and out-of-school educational institutions (children's and youth sports school, sports clubs) in forming and maintaining students' personality through physical training and sports in the education system; identification of the psychological factors of the impact of the martial arts and boxing exercises on the formation of student personality, analysis based on the results of experimental results, and effectiveness care, psychology based on the latest scientific achievements, teachers, coaches, sports psychology to improve their knowledge and skills through the development of the sports psychology aspect of today is one of the most important tasks of the day.

Many psychiatrists have carried out their research and scientific evidence of the positive effects of sports in the formation and upbringing of a person in the field of psychology. In the formation of the personality of the audience, the majority of the research activities of the school curriculum, including the study of the effects of physical education and sport, are organized. In this regard, psychologists from Uzbekistan R.Z. Gaynutdinov, Z.G.Gapparov, F.Kerimov and others conducted research, but the effect of physical education and sports on the formation of personality was not sufficiently explained, the importance of psychological characteristics of students in their personal qualities and psychology is rarely studied in psychology.

National kurash plays a special role in the sports history of the Uzbek people. Like all types of eastern monarchs, it has its own unique history.

Ancient Greco-Roman writer Claudius said that the tribes of Ska lived in the territory of Uzbekistan, and the struggle between them was very popular. The young men from the tribe had to fight with the girls they had to marry, and only when she became victorious, she

married that girl. The warrior generals have developed their physical training by fighting their strengths, their eagerness and courage.

It is well known from history that from the X century in Central Asia competitions on wrestling were held. For example, in China's "Tan-shu" manuscript there are reports of fights in the fight for people at Navruz holiday in Ferghana.

According to Arab tourists and geographer Mahsudiy, similar events were held in Marm, Samarkand and Balkh before the New Year.

The Amir Temur fighters were engaged in fighting, fencing, spear throwing exercises to be physically strong.

The Uzbek wrestling used the struggle as a means of physical exertion. Thus, scholars and historians testify to the fact that the national struggle played a special role in the life of the Uzbek wrestling.

In the study of the psychological and psychological effects of the Uzbek wrestling in the formation of the qualities of the reader, we have learned from Russian psychologist Psychodiagnostic tests are used by V.M.Melnikov and L.T. Yampolskiy. Psychodiagnostic testing by V.M.Melnikov and L.T.Yampolsky allows athletes to identify neurotic, psychotic, depression, general activity, chronic and other psychic qualities. This survey has been used in many studies and has proved its reliability. This technique is adapted to the conditions of Uzbekistan and has been tested in 1994-1996 by students in sports.

Below are the results of our research using this test, and briefly describe some of its features.

**Table 1: Students' Psycho diagnostic Test Results**

N	Individual and personality	Type of battles	
		National Struggle	Students who do not engage in sports
1.	Nervousness	13,9 <sup>***</sup> /17,5	17,0/17,2
2.	Spiritual aggression	11,8 <sup>*</sup> /14,8	15,6/15,8
3.	Spiritual	12,1 <sup>***</sup> /12,9	13,1/13,3
4.	Prevent	8,9/ 8,2	10,2/10,4
5.	Obstacle	7,9 <sup>***</sup> / 9,0	9,1/9,3
6.	Overall activity	8,5/6,6	6,8/7,0
7.	Apprehend	6,9/9,6	9,4/9,6
8.	Sociable	8,6/8,2	9,0/9,2
9.	Aesthetic effect	8,2/8,0	9,6,/9,6
10.	Affectionately	5,3/6,0	6,2/6,2
11.	Spiritual disability	9,8 <sup>***</sup> /11,4	12,1/12,1
12.	Unsociable	6,5/7,8	7,9/7,9
13.	Self-contained	6,7/8,0	8,2,/8,2
14.	Shy	7,9/9,0	9,2/9,2

The scale shows the pupils' pre-performance indicators.

Note: \* -  $r \leq 0,05$

\*\* -  $r \leq 0.01$

\*\*\* -  $r < 0.001$

**Nervousness.** According to the psychological dictionary, "nervousness is a condition characterized by emotional instability, anxiety, low self esteem, and vegetative disorder" [9-235].

According to the results of students studying in the Uzbek language, they have an average anxiety index. This indicates that they can respond to various influences and tend to compete and compete.

It is also wrong to consider them to be an objective assessment of emotional agility, self and other people.

Our additional observations show that students are not always able to adequately evaluate interpersonal relationships. In our opinion, this can be explained by the dependence of the students on their young psychological well-being. However, according to the indicators of students who do not engage in sports, they are able to say that they can act decisively when necessary. They are active, energetic and initiative.

If we talk about the students in the control group (not engaged in sports), their indicators on the "nervousness" scale are high (17,0 points). This testifies to their high fears, excitability and anxiety. This can be explained by the appearance of young psychological features.

It is also important to note that there is little nervousness in wrestling.

**Spiritual aggression** is a person's mental fitness score. As can be seen from the table, this is characterized by a tendency towards lower prices for pupils who are not engaged in sports in Uzbek wrestling. Students who do not engage in sports have an average score of 15,6 out of 25. This can be explained by the inability to maintain one's self, the inability to express the independence and uniqueness of thinking and behavior. We believe that active involvement with the Uzbek wrestling can help students not only to express emotional fluency, sensitivity, social exclusion, but also their behavior.

**Spiritual** is a "affective condition, a negative emotional background, a change in the motivation sphere, and a general lack of cognitive perception and behavior." [9-96]. With this scale, the depth of the subjective experience is determined by the decrease of the mood. Indicators of Uzbek wrestling are less reliable than those who do not engage in sports.

**Prevent** - combined with our commitment to self-control, honesty and common human values as a measure of respect for social norms and ethical requirements.

The degree of prevent in our research shows a high score in non-athletic students (10.2). We tend to explain this through the influence of several factors of education, learning, and the environment. In our opinion, these factors have the same effect on all students. Nevertheless, it is important to note that the students who are dealing with Uzbek wrestling have a very high degree of "honesty" (see table).

**Obstacle** is the degree of socialization and self-control of behavior.

This indicator is higher in students who do not engage in sports (9,1), indicating that they cannot control themselves well and are intriguing. In our opinion, the lack of self-interest, the lack of control over their wishes or their desire to delay it.

They are strongly motivated by sharp affection. The need for excitement and excitement are unavoidable in the circumstances. They try to satisfy their desires in the process of being deceived, they do not think seriously about the outcome of their actions, and they act unwisely. Therefore, they do not make the necessary conclusions from their own negative experiences, and they are characterized by a great deal of difficulty [8-231].

Indicators of the "frustration" of pupils in the Uzbek wrestling testify to their ability to behave in a socially responsible manner, to behave in a careful manner. This testifies to the positive effect of the Uzbek wrestling courses on this issue.

**Overall activity** - it is worth mentioning that in our research, the indicators of student sports are well-known to students who do not engage in sports. For athlete learners this is characteristic of the occurrence of "smart activity", in general, it is inappropriate to speak of them as initiative, activity, avoiding additional tasks, and so on.

In our opinion, it is unpleasant to have a high score and low appreciation in general activity. If the price is high, excessive activity is sometimes seen as a "brain congestion", a desire for leadership, and a low cost, such as avoidance of responsibility, dismissal, and other factors.

**Apprehend** is a measure of distress, torture in mutual relations.

As a result of the research, it is possible to see that among average athletes there are average indicators. Indicators of non-sports (9,4) indicate that they are prone to high prices (unsteadiness, shyness, insecurity, etc.). The struggle between them and the motility may lead to longer periods of decision-making.

**Sociable.** Based on the results of our research, it can be said that communication and communication skills of students involved in Uzbek wrestling are about the same level. Although their indicators show a distinction between reliability, all of them are of average significance.

In our opinion, this is due to the fact that young people have psychological characteristics, such as the ability to communicate specifically to their pupils, to get more friends and acquaintances, to work in the community and to relax.

**Aesthetic effect** is a feeling of sensitivity to aesthetic and artistic values.

As a result of the results, it is clear that the average weighted effect of students in our choice is superior, which means that their desires, imaginations and interests are sufficiently high. In our opinion, the difference in reliability between the number of students involved in Uzbek wrestling testifies to their uniqueness.

**Affectionality** is the characteristic of women in the opposite sex.

It should be noted that "femininity" factor is high in students who do not engage in sports (6,2). They tend to be more excited, polite, and entertaining. Moreover, they do not have courage, persistence, and dignity in their conduct.

The students of the Uzbek wrestling are more likely to be courageous, vigorous, self-motivated, and determined to act fast.

**Spiritual disability** is a psychological instability as a generalized integrated assessment of the scales of nervousness, mental retardation, and mental illness.

In the above table, it can be seen from the mental incidences that the students who are engaged in Uzbek wrestling have a mean lower than average. In our opinion, this is more than their spiritual stability, their distinction, and the willingness to follow the rules. In pupils who do not engage in sports, we have a tendency to be mentally inaccurate (12,1).

Such students can show nervousness, quarrels and riots. This phenomenon can be attributed to the psychological features of younger age, but the fact that students dealing with Uzbek wrestling are more interested in coping with their negative attitudes and behaviors.

**Unsociable** - this scale is composed of "honesty" and "barrier" scales.

It should be noted that the indicators on this scale are moderately reflected in the students of Uzbek wrestling, and the difference in the level of confidence among the students who do not engage in sports is not so great. At the same time, sport can help students to meet the ethical requirements and ethical requirements of society.

**Self-contained** is the result of aggregation of general activity, aggression and disagreement. "The high score on the scale of the scale is a sign of the difficulty in communicating with one another, showing that it is in its shell, that it cannot communicate and that it does not engage in broader circles" [8-267].

"It is characteristic for people who are low on the scale of the human dimension, who are active, self-esteemed, self-motivated and inspirational, who are not ashamed of their self-esteem and communication, who do not have difficulty communicating, who can play a key role in interacting with others" [8-272].

As can be seen from the table, the students who participated in the Uzbek wrestling classes showed more sympathy than their non-sports teens. This is a sign of their active participation in such activities, the ability to quickly find a language, to communicate effectively, to be open-minded, and to have the courage.

**Shy** is a generalized form of "aesthetic effect" and "femininity" scales. "Shy is a characteristic feature of the human being, with a high frustration with what is happening to him, a new phenomenon, new phenomena, and fear of any trials" [9-357].

Among the students who participated in our study, the mean score on the "shyness" scale of students who are engaged in Uzbek wrestling is on average (see table). This shows that they are reasoning reasonably, trying not to let others out of the way, and liking the rightness and sincerity of others.

Indicators of pupils who do not engage in sports show high marks (9,2). This means that they are not of the most feminine, gentle, rude, unable to accept rude people, and are quickly overwhelmed. They can often lead to group discord and disobedient.

Thus, the results of the research conducted by V.M.Melnikov and L.T. Yampolskiy to investigate the individual and personal qualities of pupils using the psychodiagnostic test make the following conclusions:

1. All personal and personal qualities inspected by the psychodiagnostic test affect the behavior of learners, as confirmed by the results of our observations.
2. Active involvement in exercises of the Uzbek wrestling facilitates the formation of honesty, communication, general activity and other qualities.  
At the same time, these exercises will help to lessen the emotions of nervousness, psychological agony, psychological suffering, tyranny and others.
3. The unique effect of the Uzbek wrestling is reflected in the appearance of the following high scales: mental illness, unemployment, humanism and shyness.
4. The results of our experimental psychological research show that all parameters measuring the formation of a person have been shown to be positive in terms of the students in the control group who are not actively involved in the Uzbek wrestling.

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