

## INTERESTS OF STUDENTS IN ORIENTAL WRESTLING AND BOXING

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**Abstract:** This article shows the socio-psychological characteristics of students' interest in Oriental Solo Wrestling and boxing.

**Key words:** students, interest, boxing, Solo Wrestling.

**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 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.

## INTRODUCTION

Education Law of the Republic of Uzbekistan requires that, comprehensive schools' education and training objective would be to train versatile, healthy, morally and mentally perfect generation. Based on that objective, there is a need as to make an extensive use of all possible opportunities and means for enhancement of the educational and training process, training of a healthy generation.

Physical training and sports are important means of training a healthy generation. Physical and sports activities not only train a person to be sound of body and physically strong, but also train and shape his/her personal and individual qualities.

Declaration of the year of 2000 as the "Year of a Healthy Generation" is a clear indication of a great attention to the healthy generation training issue.

Healthy Generation Program was adopted by the Decision of the Cabinet of Ministers of the Republic of Uzbekistan Ref. No. 46 dated February 2000. This program aims to develop, through healthy generation training, a personality relying on high universal values, having his/her own living position, rich morality, perfect behaviour, richly furnished intellect, high standard of knowledge, physical strength, multiple perfection.

The subject of psychology shows that scientists studied and provided scientific evidence for the positive aspects of psychological factors of physical training and sports when training our youth to be healthy, perfect, and multiple personality. Uzbek scientists like R.Z.Gaynutdinov, Z.Ghafforov, R.A.Abdurasulov as well as Russian scientists like A.P.Rudik, A.C.Puni, A.V. Rodionov and others had tried to give scientific grounds for the issue in their research works, i.e. for the role and importance of physical training and sports in development of a healthy personality, while relevant research activities are continuing.

Our ancestors mentioned about the role of physical training in human's life, unity of body and soul hundred years ago. Abu Ali Ibn Sino, Abu Rayhon Beruniy, A. Avloniy and others also expressed their relevant views in their books. It will be necessary to lay stress on employing physical training and sports as effective means of the healthy generation training, using above heritages.

Considering the above, extensive use of psychological factors of physical training and sports in shaping the healthy generation personality in educational and training process proves the research to be a topical issue.

The system of physical training has been formed as an integral part of a human for many years. Physical training and sports activities has been viewed as a means for promotion of health, development of physical qualities.

A large number of research works were conducted on the issue of personality shaping under the subject of psychology. In particular, many researchers studied the impact of physical training and sports in shaping student's and/or sportsman's personality (V.G.Aseev, V.M. Vydrin, A.N.Osnitskiy, B.A.Vyatkin, Y.Y.Palayma, R.A.Piloyan, L.I.Ruvinsky, P.A.Rudik and others). In this regard, research works implemented by Uzbek scientists (R.Z.Gaynutdinov, Z.

G.Gaprov, Ravil Z.Gaynutdinov) had also supplemented the area of sport psychology with valuable scientific data.

However, research works revealing the impact of eastern single combat and boxing activities in shaping the students' personality are still not sufficient. Pedagogical psychology pays little attention to the issue as a special research subject.

There are many papers produced on the role of interest and motivation in sports. This problem is widely expressed as results of research works by physiology scientists. Interest and motivations considered to be the basis for the satisfaction. Interest is the need on its development dynamics that creates that interest and then can turn into a hobby.

It is known that interest is direct and attracts the object and is the mean to reach the activity goal.

We studied the interests of students that are studying the oriental wrestling based on the questionnaire developed by us. The results are given in Table 1.

The information on that table illustrates that selection of the exercises by students depend on their attitude toward physical and special means.

Table -1 also shows that students are more interested in "Learning wrestling techniques" and "Sparring". Exercising with the trainer also attracts students (1-table). From our observations the students want to feel being a wrestler as soon as possible. We think that technical-tactic point of view plays a great role in creating that emotion, i.e. preferring wrestling with the partners in their emotional condition and reaching the satisfaction.

**Table-1**

Research results of students' interest in specific exercises (in percentage).

O/N	Interests	Wrestling				
		National wrestling, %	Boxing, %	Karate %	Taekwondo, %	Judo %
1	Learning wrestling techniques	37	29.2	34.2	32.6	35.6
2	Using sport and active games	19	17.6	8.4	8.8	19.4
3	Working with trainer single form in lapel	-	16.4	14.2	16.4	-
4	Sparring	28.6	16.2	20.6	19.2	27.3
5	Exercises using sport equipment	3.4	5.2	6.3	6.8	4.2
6	Single form exercises, (fighting with own shade)	3.1	7.4	6.8	9.4	3.8
7	Training with dummy	8.9	8.0	5.5	6.8	9.7

It is known, that it not only gives spiritual satisfaction, but also helps to develop “I- Conception”. The possibility to take advantage of the mistakes in obligatory wrestling with the trainer or partner is not missed. The oriental wrestling and boxing also develops thinking abilities and self-discipline.

According to the information from the table student’s attitude is worse towards individual exercises, and exercises using the sport equipment. However, the type of the equipment also needs to be taken into consideration. Individual conversation showed that those exercises considered being very important. In our opinion, this depends on young physiologic character and their individual-typological personality. For example, an expression of students’ interests to wrestling during training is explained by their desire to use the opportunity to demonstrate their skills (Figure 1).

The results (Table-2) demonstrate learning interest’s of students to sport tournament are hold with the help of spectral questionnaire.

**Table 2.**

**Research result’s of pupil’s interest’s to tournament. (in percentage)**

#	Interests	Wrestling				
		National wrestling	Boxing	karate	Taekwondo	Judo
1	Changeable position of fighting and dynamics of sport wrestling	40,5	42,2	38,5	37,8	41,2
2	Beautiful and fair wrestling	37,8	34,4	34,8	35,4	36,7
3	Celebration of the winner over opponent	21,7	23,4	26,7	26,8	22,1

Information from 2-table on students and sportsman interest shows that they were attracted by “Dynamics of sport wrestling and change of fighting position”. In our opinion, oriental wrestling and boxing are very difficult, especially in teaching training all possibility satisfied all sportsmen”.

As mentioned above “Beautiful fight and fair wrestling” interests are very important. At the same time we cannot belittle the role of “satisfaction of the victory by the winner over the opponent”.

In this way observation of students, we will briefly stop at student’s satisfaction over “Beautiful and fair wrestling” satisfaction” interest’s offer by students, also they hold himself a little. Shortly, we can see that there is a difference between ideal motion and real possibility of sportsman on the ring.

Besides that the motivations not indicated in the questionnaire were revealed. Among those answers you may see interesting ads from boxing students; judo, karate and taekwondo students have only one or two answers. You may see the following boxers’ answers: “I want to be a famous boxer like Rufat Riskiev and Ruslan Chagaev”, “I want to be a boxing champion”, “Boxing is a sport only

for men”, “I want to improve sport image of Uzbekistan”, “to achieve high goals” and others.

The judo, karate and taekwondo students’ answers included the following: “To be famous to the world”, “to develop intellectually and mentally”, “I like that this sport gives me difficult exercises” and others.

With this, trainers of young boxers explained their own works by the following motivation: “When my students reach high results, that makes me very proud”, “I like to teach boxing to children and watch their fights with interest” and others.

Results (table 2) show that students’ motivations do not differ from sport to sport it is explained that students’ sport activity and education process have the same aim.

From Table 2 you may see that student’s motivation of “being healthy and strong” is from 37 percent till 90 percent. The same motivation in boxing is 90%. Or other motivation ‘interested or encouraged by my friends’ in national wrestling is 55%, boxing - 80%, karate - 75%, taekwondo - 23.1 %, judo - 33.3%.

You may see students’ motivations results are different on different school subjects (marks and thoughts of teachers), action on physical training lessons (duration and mark of teacher), chosen sport group (sport results/achievements and trainer’s/teacher’s opinion); students whose motivation was to be healthy and strong, actively participate in physical training and sport sections (even if they do not achieve high results all the time) as on other classes situation is opposite: they are not that active and do not perform well. Some students’, the region community participants want to be healthy and strong, they reach good results at learning and are active during lessons.

Being a part of motivation area component, aspiration is also interesting in students’ sport process. In our investigation we studied students’ aspiration in oriental national wrestling and boxing: and they are presented in the following Table-3.

**Table-3**

**Study results of student’s sport aspiration**

<b>o/n</b>	<b>Wrestling</b>	<b>Aspiration</b>
1	National wrestling	<b>4,5</b>
2	Boxing	<b>7,9</b>
3	Karate	<b>8,2</b>
4	Taekwondo	<b>7,1</b>
5	Judo	<b>6,5</b>

It is well known that the degree of aspiration is initiated from personal aim. The strong aspiration helps the person to do his best to reach high results.

A low aspiration degree doesn’t help person to achieve good results, creates passiveness, and thus worries.

The results of students' study of aspiration (Table 3) shows that the between the types of particular wrestling there is a great difference which is explained by individual peculiarity.

Analysis of the Information on the degrees of aspiration development shows that boxing, karate and taekwondo students' aspiration is high when is in national wrestling and judo students' aspiration is low.

The additional conversations with the trainers showed that the students with high aspiration join sport groups and get high results in boxing.

The high aspiration of students of karate, taekwondo is connected with personal characteristic (active participation, self-confidence, freedom, etc) or results of successful demonstrations.

Low aspiration in national wrestling and judo is explained by the fact that their motivation was to become healthy and strong or that in a long time high results were not achieved.

The attractiveness of wrestling as a sport has first of all following reasons:

- Tactics of fighting, to improve own skill and knowing plan of opponent (28 %-35.7 %)
- To make fighting in individual conditions depending on sportsman (25 %-32.4%)
- Differences of physical exercises in training (technical methods, common developing using sport equipment and without it, mobile sport games) (22.5% - 34.7 %)

That is brief description of the motivation and interest of wrestling and boxing students. The more detailed explanation is implemented thru teaching context, of person's individual-typological character.

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