

The Role of Women in the Development of Physical Education in the New Uzbekistan

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Annotation: In this article, discussions on the role of women in the development of different directions of physical education and sports in the new Uzbekistan and the results of the survey conducted will be considered.

Keywords: New Uzbekistan, physical education, sports, physical culture, training, movement, qualifications, skills.

Introduction. The role of women in the development of various areas of physical education and sports in the new Uzbekistan is growing from year to year. Our honored President Mirziyoyev Shavkat Miromonovich creates a lot of opportunities not only for young people, women in the development of physical education and sports. From 2016 to 2022, they came and made very big news in the field of sports and Physical Education, created a lot of opportunities for women as well, and a number of law decrees were developed. In 2017-2021, several works were carried out in accordance with the state program to implement the strategy of action on the five priority areas of development of the Republic of Uzbekistan” year of youth support and strengthening of Population Health”.

DISCUSSION AND RESULTS

Many decisions and decrees were adopted by our president to develop the fields of physical education and sports for women in the new Uzbekistan. Thanks to this, many women and girls are regularly involved in various sports. In accordance with the decision of the president of the Republic of Uzbekistan” on measures to further improve the system of supporting women, ensuring their active participation in the life of society " PQ number of March 5, 2021:

To assist in the financing of its activities related to the comprehensive support of women, the maintenance of Health, the development of women's sports, the improvement of working and study conditions;

In the “development strategy” of the Republic of Uzbekistan for 2022-2026, to carry out a fair social policy, to increase the number of citizens who regularly engage in “Physical Education and sports”, the development of human capital;

Release of the population regularly engaged in physical education and sports by 33% in 2026; popularization of national sports among the youth of the Republic;

Development of national sports and people's games in order to increase the popularity of the sport of Uzbekistan;

In each “green area” to be built, the “health trails“ for running, cycling, the organization of badminton, streetball and vorkaut fields in ham;

Attracting employees and residents of ministries, departments and organizations to sports events, organizing competitions between them;

Development and implementation of the program for conducting sports at the National Olympics; improvement of the infrastructure of sports facilities where sports games are held and equipping with the necessary sports inventory;

High level of Organization of the National Olympics and worthy promotion of winners and laureates;

Organization of extensive coverage of the progress of preparations for the National Olympics through the media, including on the Internet world Information Network;

To increase the current 54% share of Higher Education trainers operating due to increase in admission rates to Uzbekistan State University of physical education and sports and its branches to 62% in 2022 and 85% in 2026;

Attracting graduates of Uzbekistan State University of physical education and sports and its branches to sports educational institutions;

Support for women, ensuring their active participation in the life of society;

Creating an atmosphere of intolerance to harassment and violence against women in society, ensuring the rights and legitimate interests of women;

To continue the policy of ensuring Gender equality, to increase the sociopolitical activity of women, to implement reforms in their support. Women's education and professional skills covered issues such as comprehensive assistance in finding a suitable job, supporting their entrepreneurship, identifying talented young women and properly directing their abilities.

Improving the quality of medical and social services provided to women in the regions, especially in the villages, the effectiveness of work on ensuring a healthy lifestyle among them.

To establish systematic measures on the provision of housing for women in need of accommodation, improving living and working conditions, increasing their income.

Providing socio-legal, psychological assistance to women in a difficult social situation, providing them with targeted support.

Address work with the "women's notebook", the implementation of public control over the timely elimination of the problems of wives by organized organizations. From this, the role of women girls in the development of sports physical fitness as the most important foundation in the training of qualified female athletes is an incomparable factor in the effective formation of sports skills. At the same time, according to the analysis of scientific methodological literature, any physical preparation process also does not lead to the effective development of physical qualities and may not have a positive effect on the formation of technical tactical skills. It is also unlikely that it will negatively affect sports skills in many cases. The development of women's Sports will lead to the birth of healthy children in the future. After all, the health of our children ensures that our country is prosperous, prosperous. Because, our future is our children. As a result, the Champions of Asia are growing world champions and the chimp of Olympia are creating opportunities and conditions.

2021 started from 23. The new Uzbekistan women's sports team also performed well at the Olympic Games in Tokyo. They came to our country with gold, silver and bronze medals. Athletes representing New Uzbekistan at the Olympic Games have so far won a total of 32 medals. These

included female athletes and girls who added their own xissas. Of these, 30 female athletes and girls competed at the 2020-2021 Tokyo Olympic Games;

Boxing: Rayhona Kadyrova (60 kg).

Freestyle wrestling: Nigora Tursunkulova (67 kg).

Weightlifting: Muattar Nabiyeu (55 kg). Fencing: (shpocha women) Malika Khakimova, (sabla women) Zainab Dayibokova.

Athletics: (high jump) Svetlana Radziwiłł and Saxina Sadullayeva. Long jump: Daria Reznigenka.

Triple jump: Roxona Khudoyorova.

Cop wrestling: Yekatarina Voronina.

Zyudo: Diyora Keldiyorova (52 kg) and Farangiz Khojiev (63 kg).

Swimming: (100 meters cross) Star Quchqorova.

Canoeing: (S-2500 m) Dilnoza Rakhmotova and Nilufar Zakirova, (S-1200 m) Dilnoza Rakhmotova. Nilufar Zakirova.

Gymnastics: Singles Program; Oksana Chusovitina.

Rhythmic gymnastics: (Cup wrestling) Sabina Tashkenboeva.

Guru exercise: Nilufar Shomurodova Ksenia Alexandrova Dinora Ravshanbekova Sevra Sofayeva and Komola Ernazarova.

Shooting: -10 m-50m. 3 points from the rifle. Mukhtasar Tokhirova.

Cycling Group races women: Olga Zabilinskaya.

Modern pentathlon: (singles) Alise Fakhrutdinova.

These athletic women and girls are trying their best to develop the new Uzbekistan in sports while the young people who have seen these can follow their example by doing physical education like them from an early age and participating in different sports if they do well on their own they can certainly achieve higher results.

From time immemorial, it is known that even before BC, Women and girls were engaged in physical education, that is, in the era of slavery in ancient Greece, women were engaged in human physical education in order to control slaves, that is, they were engaged in struggle in the sparta system, fencing, archery. In addition, we can also exemplify Toomaris who was a khaki warrior who was able to be a woman rich in excellent physical qualities. We consider her country to be one of the women of the warlord who has ensured peace with the help of all his power potential and intelligence and physical abilities for his peace. The physical ability that has passed through our ancestors is still manifested in our women. Over the years, the need for physical education has increased and has evolved to the present day very smoothly women girls can also practice physical education and sports. Our women, who are much more patient with the perseverance of patience than men, are now gaining strength from them too. We have female athletic girls who can lift heavy-heavy stones, of which we can exemplify the high-performing Muattar Nabiyeva. And in boxing, we also have female athletes who can fight like raw men, and we are presenting good results to our Uzbekistan, of which we can exemplify Rakhona Kadyrova. I am a woman with equal men from other sports, I do not say that I am a delicate personality, and I am engaged in difficult hard-to-reach physical education and sports. They are strong in all respects, slender, agile endurance we know as a patient selfless woman and

girls in all respects. A person who is engaged in sports can never do anything wrong. We think of a good person.

The survey asked 1 question and the answers were analyzed. The survey consists of the following question:

Does exercise mistletoe have an effect on the female body and what do you know about its importance?

Note:the direction of Physical Culture is women's.

Of the 28 participants in the survey, 78% were positive about the question, with 22% responding with non-compliance-that is, they were found to lack sufficient exercise theoretical knowledge and practical skills.

Of course, there is a big difference between a woman who is mistreated by physical education-a woman girl who is not engaged in girls. Even if he does household chores without playing sports, he enters into physical exercises but when he works on himself by doing physical education he blurs healthy and satisfied. From a young age, physical education, that is, when we involve our children in sports, greatly affects both the process of growing them and the process of thinking. Physical education in itself is a multi-year pedagogical process aimed at the morphological and functional improvement of the human body, the formation of the necessary skills and abilities of movement necessary for its life, and the development of physical qualities, which not only affects the functioning of the movement thinking without showing the impact on the restoration of our nervous systems. Children with defects are also recommended to go in for sports on the recommendation of the doctor for having certain benefits to our raw material. That is why Ham will definitely not be a problem in his health if he continues to play sports from an early age until he reaches the age of a teenager, and his love for sports will increase, and Healthy Youth, Girls and women will increase in Uzbekistan, and of course new champions. A healthy woman has such a great acumen as the future of the land . So I definitely think that women are obliged to play sports. We also have a lot of girls who were engaged in sports from an early age. Many of the champions who have achieved a lot of success they are interested in sports themselves, while some of them have entered the sport through their mothers father, and now they are very grateful to their parents. Therefore, parents also have a significant contribution to the fact that the child is walking on the right path. When we women pay attention to this, the champions will increase in our country.

Conclusion

Thus, in the achievements in sports, of course, our new Uzbekistan will further rise to high ratings. Uzbek women are very much serkirrali nafakat household chores child rearing they also do their favorite chores in addition to physical education and sports all women would have been healthy energetic. Some women are not able to rationally use the conditions from the opportunities given. Women who are able to use, on the other hand, develop into a person who has reached physical maturity, and healthy offspring are born from a physically healthy mother. A physically healthy person, on the other hand, has a healthy mind.

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