

FORMATION, DEVELOPMENT, ACHIEVEMENTS AND PROSPECTS OF WOMEN'S SPORTS IN NAVOI REGION

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Abstract

This article analyzes the formation, development, achievements and prospects of women's sports in the Navoi region. During the years of independence, the region covered various areas of women's sports — rhythmic gymnastics, judo, taekwondo, measures aimed at the development of chess and athletics, Public Policy and a system of incentives. In particular, the attitude and social attention to women's sports is reflected through the activities of sports girls who are the winners of the State prize named after Zulfiya. The development of mass sports is achieved through sports events held by enterprises and organizations in the region. The article also covers healthy lifestyles through women's sports, women's activism in society, and their impact on strengthening their social place.

Keywords: Women's sports, Navoi region, rhythmic gymnastics, judo, Zulfiya prize, healthy lifestyle, achievements in sports.

Introduction

Today, the issue of developing women's Sports on a global scale and creating equal opportunities in it has become one of the priorities of not only social, but also economic development. In modern times, through the physical activity of women, their participation and achievements in sports, their place and prestige in society are increasingly strengthened.

Looking at the history of the development processes of women's sports in the region, the achievements recorded in women's sports in the early years of independence were mainly associated with the sport of gymnastics. In particular, the traditional "Qizilqum Gold" tournament, which was established on the initiative of Navoi mining and Metallurgical Combine in the development of the sport of rhythmic gymnastics, was first organized in 1988. It has had international status since 1995. The 1996 edition in the region was attended by young gymnasts from Russia, Kazakhstan, Turkmenistan, Ukraine and Kyrgyzstan who competed for their master of sports and master of sports titles.

As part of this tournament, the participation of such famous gymnasts as the Champions of the world and Olympic Games — Alina Kabayeva, Yana Batirshina, Amina Zaripova-further increased the prestige of the tournament in the international sports community.

In 1996, at the International Gymnastics Tournament in Redjo nel Emilia, Italian Republic, dedicated to the 200th anniversary of the creation of the Italian national flag, a team of 12-15-year-old girls from Navoi region successfully participated and won prizes. The participation

of Nawab athletes due to their achievements in this competition is widely covered in the Italian media. In 1996, at the International Gymnastics Tournament in Reggio Emilia, Italian Republic, dedicated to the 200th anniversary of the creation of the Italian national flag, a team of 12-15-year-old girls from Navoi region successfully participated and won prizes. The participation of Nawab athletes due to their achievements in this competition is widely covered in the Italian media. In particular, television channels and central publications of the country publish special programs and articles dedicated to the successful release of this team.

During this period, it is observed that athletes who were engaged in the sport of Gymnastics had a high proportion of representatives of Russian-speaking nationalities in relation to representatives of local nationalities. This situation was due to the fact that national traditions and a positive attitude towards women's sports in society have not yet fully formed.

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If so, there were not yet enough opportunities to practice this sport in rural areas. In particular, there were problems such as a lack of infrastructure and specialist coaches, and a shortage of material and technical resources.

Since the 2000s, dzyu-do sport has developed in the province, and provincial women have begun to achieve a number of achievements. At the 2000 Republic championship competitions in the sport of dzyu-do held in Tashkent from 22 to 25 June 2000, K. Koshosheva (in the girls' 35-kilogram event) placed 3rd, S. Since the 2000s, dzyu-do sport has developed in the province, and provincial women have begun to achieve a number of achievements. At the 2000 Republic championship competitions in the sport of dzyu-do held in Tashkent from 22 to 25 June 2000, K. Koshosheva From 2003 to 2004, in competitions in athletics, swimming, volleyball and basketball sports, the regional girls athletes participated deservedly at the Uzbek Championships, finishing in 2nd place in the all-around.

While the issues of promoting physical education and sports among women were solved to a certain extent until 2016, since 2017, work in this direction has risen to a new level of quality and has become one of the priorities at the level of Public Policy. In particular, on the basis of reforms and state programs adopted at the national level, targeted measures aimed at further development of women's sports, promoting their participation in the field of sports, promoting a healthy lifestyle, improving the gene pool of the nation and promoting physical education and sports in order to educate a harmonious generation began to be implemented effectively. In particular, Article 48 of the Constitution of the Republic of Uzbekistan defines that "the state creates conditions for the development of physical education and sports, the formation of a healthy lifestyle among the population."

As a practical expression of attention to women's sports in the Republic of Uzbekistan, the State prize named after Zulfiya occupies an important place. It is presented annually to gifted girls between the ages of 14 and 30 for distinguished achievements in the fields of Science,

Education, Literature, Culture, Arts, Sports, Information Technology and community activities. The amount of the award is 50 times that of BHM every year and today stands at 18,750,000. al expression of attention to women's sports in the Republic of Uzbekistan, the State prize named after Zustate grant.

In Navoi region, there are also several girls who have been awarded the Zulfiya State Prize in the field of physical education and sports. It shows the effectiveness of the state policy aimed at the development of women's sports in the province. In particular, such sports girls as Irada Jumanova, Difuza Kholbutayeva, Dilnoza Kamolova and Mahliyo Mannonova were considered worthy of this prestigious award. They not only showed their talent through their high achievements in various sports, their active participation in Republican and international competitions, but also adequately defended the honor of the region.

3 of these talented sports girls were trained in judo under the leadership of Alisher SHodmonov, a coach of the highest category, a medal of Fame winner, at the Lochin wellness sports complex, which is attached to the Navoi mountain-Metallurgical Combine located in the Uchkuduk district.

Daughter of zhumanova will Shokirzhan-born in 1998 in the city of Uchkuduk. these talented sports girls were trained in judo under the leadership of Alisher SHodmonov, a coach of the highest category, a medal of Fame winner, at the Lochin wellness sports complex, which is attached to the Navoi mountain-Metallurgical Combine located in the Uchkuduk district.

Daughter of zhumanova will Shokirzhan-born in 1998 in the city of Uchkuduk. In 2015, she became the first female athlete in the region to win the Zulfiya State Prize in sports.

Winner and multiple winner of the Uzbek championship in judo, he also made a worthy international appearance as a participant of the Asian ochik Cup. He was also awarded the title of "Master of Sports Of The Republic of Uzbekistan" in judo.

Difuza Kholbutayeva-born in Navoi in 1998. In 2016, he was awarded the Zulfiya State Prize in accordance with the decree of the president of the Republic of Uzbekistan.

Taekwando has achieved high results in the Republic and Asian Championships in the sport. Due to his achievements in this field, he was awarded the title of "Master of Sports".

Kamolova Dilnoza Samariddinovna-born in 1999 in Uchkuduk District of Navoi region.ilfuza Kholbutayeva-born in Navoi in 1998. In 2016, he was awarded the Zulfiya State Prize in accordance with the decree of the president of the Republic of Uzbekistan.

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Kamolova Dilnoza Samariddinovna-born in 1999 in Uchkuduk District of Navoi region. In accordance with the decree of the president of the Republic of Uzbekistan, in 2017 he was awarded the State prize named after Zulfiya.

Dilnoza Kamolova has been high performing in sports such as sambo, judo and National Wrestling. He is a three-time Asian Open Cup winner as well as a proud Placer, having successfully competed at the 2015 Asian Championships in Bangkok (Thailand) and 2016 Asian Championships in Kochi (India). She also has a career-high Junior World Ranking of World No. 4.ova has been high performing in sports such as sambo, judo and National

Wrestling. He is a three-time Asian Open Cup winner as well as a proud Placer, having successfully competed at the 2015 Asian Championships in Bangkok (Thailand) and 2016 Asian Championships in Kochi (India). She also has a career-high Junior World Ranking of World No. 4. He has been actively participating in international competitions as a member of the Uzbekistan national team. For the high results achieved by the athlete, he received the title of “Master of Sports” in judo, sambo and National Wrestling directions.

Mannonova Mahliyo Khafiz kizi – born in 1997 in Uchkuduq district. He was awarded the Zulfiya State Prize in 2018.

During his career in the sport, he has achieved high results by participating in a number of prestigious international competitions in the sport of judo. Including silver at the 2014 Asian Junior Championships in Hong Kong, 2015 in Thailand, and bronze at the 2016 Asian Junior Championships in India. He is a member of the Uzbekistan national team. During his career in the sport, he has achieved high results by participating in a number of prestigious international competitions in the sport of judo. Including silver at the 2014 Asian Junior Championships in Hong Kong, 2015 in Thailand, and bronze at the 2016 Asian Junior Championships in India. He is a member of the Uzbekistan national team.

Saparova Sitara was born in 2003 in the Khatirchi district.

He was awarded the Zulfiya State Prize in 2020. Since childhood, he was interested in the intellectual sport of chess and made many achievements in this regard. His successes in the field of chess received great recognition not only at the National, but also at the international level. In particular, he participated deservedly in the Asian Championship in Sri Lanka in July 2018, as well as the West Asian Championship in Tashkent in November of the same year and the World Youth Chess Olympiad in Turkey under-16 in November–December, winning 1st place in all competitions. His achievements continued at the next Asian Championships, organized in June 2019, and he also finished 1st in that event.

These results of the athlete can be seen as a practical expression of the reforms implemented in the development of sports in our country, in particular, the opportunities created for young people living in remote areas.

Such successful activities of young female athletes are a sign of increased attention paid to women's sports in Uzbekistan and the social importance of sports in society.

A number of practical measures have been developed with the aim of meaningful Organization of leisure activities of women operating in enterprises and organizations in the region, including strengthening their mental health through physical activity. In particular, in workplaces — in the courtyard of the enterprise, the construction of modern sports grounds begins to provide the opportunity to engage in such sports as volleyball, basketball and table tennis. Within the framework of this initiative, separate "road maps" have been developed for each organization, aimed at improving sports infrastructure and attracting employees to a healthy lifestyle.

In particular, on October 22-23, 2017, the “regional governor's cup” competitions for volleyball among women operating in enterprises and organizations in the region were organized. The competition is attended by teams of 88 enterprises and organizations in Navoi. According to

the result of the competition, the team of the 16th preschool educational organization of Navoi City won the title.

The high sports interests of the women in competition, the enthusiasm and enthusiasm shown by the games, as well as the positive impact of sports activities aimed at strengthening physical and psychological health, were evident. These activities were instrumental in improving health and promoting mental stability through the physical activities of women engaged in labor and family duties.

During 2017-2019, competitions such as "sport – a symbol of beauty", "healthy mind in health", "Dad, Mom and I – a family of athletes", "sports – a pledge of Health", "Women's sports festival", "Velomarafon", "Gymnastics-a symbol of beauty" were held, attracting 12,334 women, youth and housewives to these events.

In these years, the number of women regularly engaged in sports sections was 34,805, of which 6,731 were regularly engaged in physical education and sports.

As a conclusion, it is worth noting that during the period 2017-2022, systematic reforms were carried out aimed at increasing the activity of women in social life, making a decision on a healthy lifestyle between them. As a result of this process, the level of physical education and sports among women has increased significantly, and athletes who have achieved decent results in national and international competitions have matured. At the same time, it was important to develop women's sports in order to form an active civic position and ensure that it contributes to sustainable social development.

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