

## THE DEVELOPMENT OF YOUTH AND WOMEN'S SPORTS IN UZBEKISTAN FROM 1991 TO 2019

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### Abstract:

This article examines the reforms aimed at developing youth and women's sports in Uzbekistan from 1991 to 2019 and their outcomes, based on scientific and historical literature and sources. The research also encompasses an analysis of the establishment and regular implementation of the three-tiered sports system: "Universiade" (for university students), "Barkamol Avlod" (for students of secondary specialized educational institutions), and "Umid Nihollari" (for secondary school students). The organization and traditional holding of these competitions are explored within the scope of the study.

**Keywords:** Healthy, harmonious, law, "Happy Starts", "Universade", sports, agile, agile.

### Introduction

During the years of independence, considering that young people are the foundation of the country's future, efforts have been made to ensure their physical and spiritual well-being, promote a healthy lifestyle among this generation, and cultivate a love for sports. To further intensify these efforts, the "Children's Sports Development Fund of Uzbekistan" was established on October 24, 2002. The fund's purpose was to create a material and technical base for children's sports in local areas, construct a network of state-of-the-art sports complexes suitable for children, and provide sports equipment and facilities. The First President of the Republic was elected as the Chairman of the Fund's Board of Trustees. Following the establishment of the Children's Sports Development Fund in 2002, the development of children's sports became a crucial aspect of government policy. The main goal of this fund was to create all conditions and opportunities for children to engage in sports, to accelerate the younger generation's interest in sports from childhood, and to raise children as physically developed individuals.

### Methods and level of study :

The article was written based on generally accepted historical methods - historicism, comparative-logical analysis, sequence, and the principles of objectivity. The article discusses the reforms aimed at developing youth and women's sports in Uzbekistan in 1991-2019, as well as the legal, organizational, economic and social foundations of physical education and sports, and the organization and implementation of the three-stage sports system - the "Universiade" (for students of higher educational institutions), "Perfect Generation" (for students of secondary specialized educational institutions) and "Sprouts of Hope" (for secondary school students). The establishment of the traditional ceremony was analyzed based on information provided in periodicals and archival sources.



When studying this period, the research works of several historians and scientists were also considered. In particular, L.A. Djalilova and Grastov managed to study the history of physical education and the Olympic movement, the processes of preparation for the Olympic Games in Uzbekistan, and the development of Paralympic sports as an object of research. Researchers have also attempted to reveal the essence of government policy aimed at the establishment of physical education and health centers in the country during the years of independence, and the promotion of sports for people with disabilities [1]. G. Asatova noted the development of national sports in particular during the years of independence, the practical foundations of the country's development, the fact that as a result of this care, a new stage has been opened in the development of mass sports, the fact that the government's policy is based on the protection of the physical health of citizens, and that sports games and competitions in general contribute to the physical well-being of the population. It is believed that it has served to lead and enhance existing sporting events in the world [2].

Sh.A. Arslonov's research work reveals the history of the development of judo in Uzbekistan, its main content and essence, terms, laws, regulations, concepts of the sport, as well as the practical and theoretical foundations of organizing competitions in this sport, and the results achieved to date [3].

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### Results:

The upbringing of high moral and strong-willed qualities in the younger generation, their physical fitness, agility, health, and strength, and the formation of necessary skills and abilities in students necessary for life (walking, running, jumping, throwing, swimming) were among the important factors. Therefore, special attention has been paid to instilling the concepts of "nature-health-human" in physical education classes for children in schools.

The three-stage competitions among the country's youth - "Sprouts of Hope", "Perfect Generation", "Universiade" - quickly became a tradition and became a spectacle not only for young athletes, but also for Uzbekistan's confident steps towards development. The establishment of such sports competitions in the republic will ensure the continuous development of sports competitions among students and young people.

It is worth noting that on May 26, 2000, an unforgettable historical event took place in the life of the country's students and youth. The first "Universiade" 2000" games among students and postgraduates (currently doctoral students) of higher educational institutions of the republic were held in the Namangan region in 2000. More than 1,000 athletes competed in 9 sports at these competitions, which were held in the Kosonsoy district. The Namangan region took 1st place, the Tashkent-1 team took 2nd place, and the Samarkand region took 3rd place.

"The second competition of the Universiade 2002" was held in Bukhara, in which 2,848 students participated, and the Tashkent-1 team took first place among the teams, while the host city of



Bukhara took second place, and the Namangan region took third place [8.55.]. In accordance with the Resolution of the Cabinet of Ministers of the Republic 2004”No. 282 “On the Organization of Sports Competitions at the Universiade” of Students of Higher Educational Institutions of Uzbekistan dated June 15, 2004, the final stage of the youth sports competitions was scheduled to be held in the Samarkand region on July 15-21, mainly among students of higher educational institutions of the country. Attention was paid to promoting a healthy environment and lifestyle, creating favorable conditions for regular participation of young people in national and international sports, and increasing the physical fitness of the younger generation through various sports competitions [5.34.]. More than 2,600 student athletes participated in sports competitions at the Third Universiade. Mini-football and weightlifting were included in the program of these competitions [2.67.]. These competitions were held at the sports grounds of the city of Samarkand and the Toyлак district.

On June 21-24, 2007, -2007” sports competitions in 12 sports were held in Tashkent. A total of 146,212 students, including 52,635 girls and 93,577 boys, participated in these competitions. 212 gold, 212 silver and 234 bronze medal sets were awarded during these competitions. During the sports competitions at the Universiade, the teams from Tashkent city, Namangan region and Samarkand region took first place, second place and third place respectively [12].

the “Universiade” held in Bukhara on June 6-9, 2013 2013”[6.186.]. Young athletes from Andijan won 76 medals, taking an honorable third place after representatives of Tashkent and Samarkand regions [7.26]. The regional team was awarded the President's gift - a “Damas” car - at both Universiades.

“ The final stage of the Universiade 2016” was held in Fergana. Teams from Tashkent, the Republic of Karakalpakstan and the regions competed in 15 sports. 1,068 athletes and coaches, 155 judges, as well as famous athletes of the country and media workers participated in the sports competitions. These sports competitions were held in 12 modern sports facilities. The Tashkent team won the most medals in the competitions, taking first place, while the teams from Fergana and Samarkand regions took second and third places.

The sports competitions were held under the title of "Perfect Generation" among students of vocational colleges and academic lyceums of the country, with qualifying competitions held at the educational institution, district, city and regional levels, and the republican final stage held in one region [7.6.]. These sports games were organized on the basis of the Resolution of the Cabinet of Ministers No. 40 dated January 19, 2001 “On preparation and holding of the celebration of the 10th anniversary of the independence of the Republic of Uzbekistan” [13]. It was agreed that these competitions would primarily include competitions in sports included in the program of the Olympic Games. In particular, the First Republican “Perfect Generation” sports competitions for students of academic lyceums and vocational colleges were held in Jizzakh from April 30 to May 5, 2001. These sports competitions were held in 8 sports: basketball, volleyball, wrestling, belt wrestling, football, athletics, tennis, and swimming, and a total of 1,862 young people participated. "Barkamol Avlod" sports competitions In 2003, from June 5 to June 11, competitions in 14 sports were held in Andijan region, in particular the following sports: basketball, volleyball, football, handball, athletics, national and belt wrestling, tennis, table tennis, chess, rhythmic gymnastics, weightlifting, boxing and swimming [7.7.]. 2,786 students participated, 199 from each region, including 812 girls.





The main goal of holding the "Sprouts of Hope" sports games in the republic is to educate young people in educational institutions to be physically mature and morally sound, to prepare talented athletes for prestigious competitions, and to popularize sports among the younger generation . These sports games are a mass sports competition held among students of secondary and youth sports schools of Uzbekistan, and its republican final stages are scheduled to be held once every 3 years [7.10.]. The competitions included Olympic games such as rhythmic gymnastics, basketball, volleyball, handball, track and field athletics, gymnastics, table tennis, swimming, tennis, and football, as well as mass sports such as chess, belt wrestling, and wrestling. The First Republican Sports Games of Uzbek Schoolchildren "Sprouts of Hope" were held in Fergana region in 2002. Many of the young people who have improved their skills in the "Sprouts of Hope" competitions, which are an integral part of the three-stage system, have achieved great achievements in international arenas. While 11 sports were included in the "Sprouts of Hope" sports competitions held in the region this year, in 2015, these competitions in Khorezm were held in a total of 17 sports [6.9.]. On May 14-20, 2018, the events to award the winners and prize-winners of the final stage of the "Sprouts of Hope" sports competition were held in Tashkent as a "Youth and Sports Festival". During the events, a total of 10,444 athletes who won the regional stage in 21 sports were awarded with diplomas and souvenirs [9.123.]. Young people achieved great success at the "Universiade" competitions organized for university and institute students. It was largely a symbolic continuation of the "Sprouts of Hope" and "Perfect Generation" competitions. At this higher level of the youth sports system, competitions were initially held in 9 sports, but by this time the number of sports in it had reached 15. Students compete in basketball, volleyball, wrestling, belt wrestling, judo, track and field, tennis, table tennis, football, handball, chess, and swimming. These sports competitions have become increasingly popular in the country every year.

The Republican final stages of the three-stage sports competitions for students and students have been traditionally held. Starting from 2004, it was agreed that the Republican final stages of these sports competitions will be held once every three years. Such sports competitions have served to further popularize sports among the country's youth, strengthen their health and ensure their well-being. Regular sports have had a positive impact on the physical condition and health of many young people in the country. For example, in 2005-2011, the number of perfectly healthy children increased from 52.7 percent to 62.9 percent across the republic, while the number of children with chronic diseases decreased sharply [1.12.].

Young athletes actively participate not only in local sports competitions, but also in international competitions. In particular, since 1999, Uzbek students have been participating in the World Universiade [10.2.]. Uzbek judokas first participated in the 1999 World Universiade in Spain, where A. Bagdasarov won the silver medal at the first Universiade. This victory continued at the 2001 World Universiade in Beijing, where the country's athletes won 5 medals, including 1 gold, 2 silver and 2 bronze medals. The winner of the World University Games was E. Akbarov, the second places were taken by M. Kalikulov and A. Tangriev, and the third places were taken by M. Sokolov and A. Tangriev. Summing up the results, the Uzbek national team took an honorable third place among the 67 participating countries [3.14.].

Representatives of the countries participated in the Special Olympics World Summer Games, which took place in Los Angeles, USA, from July 25 to August 2, 2015. 7,000 young athletes





from 170 countries participated in the Special Olympics Games. 20 athletes from the national team of Uzbekistan were able to participate, and it was sponsored by the You Are Not Alone Foundation. The Uzbek Gymnastics Federation led the athletes' preparation for the competition. Uzbek athletes competed in 6 sports: rhythmic and artistic gymnastics, swimming, table tennis, badminton, and athletics. They won 37 medals, including 10 gold, 13 silver, and 14 bronze [4]. 2019, the sports delegation of Uzbekistan took 19th place overall among 112 countries, winning 7 gold, 9 silver, and 12 bronze medals, a total of 28 medals. A total of 5,971 athletes from 112 countries competed for a total of 222 medals in 18 sports at this prestigious competition that lasted ten days. As part of the Summer Universiade program, 42 Uzbek students competed for medals in athletics, judo, rhythmic gymnastics, tennis, artistic gymnastics, shooting, and archery [14].

### Conclusion

Since the first days of independence, the government of Uzbekistan has paid special attention to supporting and developing youth and women's sports and has implemented measures in this regard. These efforts have helped, first of all, to develop sports among the younger generation and women, who are demonstrating their physical abilities in national and international sports arenas. The popularization of the traditional three-stage sports games - "Universiade", "Perfect Generation" and "Sprouts of Hope" - once every three years is the result of reforms aimed at protecting the health of the population. The regular holding of these sports competitions has gradually become popular, and new young world champions have become known and famous in the sports world. The country's youth actively participate in not only national but also world universities, achieving high results.

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