

## **PEDAGOGICAL FEATURES OF PHYSICAL EDUCATION OF STUDENTS ON THE BASIS OF APPLICATION OF JUDO WRESTLING ELEMENTS**

LATIBOVA LILYA VLADIMIROVNA

<sup>1</sup>Lecturer at the Department of Pedagogy and Psychology,  
Tashkent State University of Oriental Studies

### **ABSTRACT:**

**The article discusses the issues of overcoming the existing insufficient effectiveness of physical education of university students to implement the principles of teaching, in particular, using the reserves of such a sport as judo wrestling, which is a multifaceted system of upbringing a comprehensively developed personality.**

**KEYWORDS: physical education, judo wrestling, motivation, students, self-esteem.**

### **INTRODUCTION:**

If training leads to the development of creative abilities, then it can be considered developmental training, that is, such training in which the teacher, relying on knowledge of the laws of the development of thinking, with special pedagogical means conducts purposeful work to form the thinking abilities and cognitive needs of his students in the process of studying the goal foundations of sciences [Balsevich V.K].

Physical culture and sports in higher educational institutions are presented as an academic discipline and the most important component of the holistic development of a student's personality, the significance of which is manifested through the harmonization of spiritual and physical forces, the formation of such universal values as health, physical and mental well-being, physical perfection (L.I. Lubysheva, 2017).

The most important role in solving physical education is assigned to the higher education system with the possibility of a

phased implementation of programs designated by the state and taking into account the age and psychological characteristics of students. Analyzing the literature on the upbringing of a healthy lifestyle among students by means of physical culture, we revealed the presence of a number of works that reveal innovative approaches to solving this problem (V.K.Balsevich, M.Ya. Vilensky, F.A.Kerimov, L.P. Yugai, and etc.). This is due to a number of psychological, social, cultural and historical factors. It should be noted that the student's psychological capabilities allow them to make a conscious choice of their life position. The student not only masters the material, but also forms his own meaningful attitude to the studied material, determines his position, which he takes on the problems being studied.

### **RELEVANCE:**

The sports system has changed significantly recently. The meaning of the phenomenon of "sport" has become much broader and includes the concept of play, exercise and just a healthy lifestyle.

The pedagogical features of a trainer-teacher in physical culture and sports are his level of normativity, social responsibility, moral duty, a pronounced creative nature of work. At various stages of sports training of students, it is necessary to pay due attention to the safety of classes. Work in the field of physical education requires constant pedagogical influence on the personality of students.

In judo, the upbringing system is a comprehensively developed personality, which

we consider as an effective means of organizing students' physical culture and sports activities.

The purpose of the research: to reveal and substantiate the educational process of physical education of university students on the basis of the use of elements of judo wrestling.

#### **RESEARCH OBJECTIVES:**

1. To analyze the existing problem of the organization of physical education at the university.
2. Determine and substantiate the organizational and methodological conditions that ensure the implementation of physical education of students in the process of judo lessons.

#### **RESEARCH METHODS AND ORGANIZATION:**

The work used a complex of theoretical and empirical research methods - analysis of literary sources and documentary data, system analysis method, pedagogical experiment, pedagogical control tests, pedagogical observation, questioning, testing method, mathematical and statistical processing of research materials.

The research was carried out in two stages. At the first stage, the study and analysis of scientific and methodological literature on the research problem was carried out, the relevance was substantiated, and the object, subject, goal and hypothesis of the study were formulated. A questionnaire was developed for the physical education program in the process of judo training. Organizational and methodological conditions were determined, ensuring the implementation of physical education of students in the process of judo lessons, and the effectiveness of the developed methodology of physical education of students was tested. This task was solved by a complex of psychological and pedagogical research

methods.

At the second stage, the analysis of the results of the implementation of the pedagogical experiment was carried out, the design of the research results was carried out, the statistical processing of data and their systematization was carried out, recommendations were made for the implementation of the conclusions into practice. The experiment involved 120 students of the 1st year of the Tashkent State University of Oriental Studies. After theoretical and practical control tests, two relatively homogeneous groups were created: - a control group (CG) (n = 58) and an experimental group (EG) (n = 62).

#### **RESEARCH RESULTS AND THEIR DISCUSSION:**

As a result of the study, it was revealed that as a result, there were noticeable shifts in all social and moral qualities, indicators of the formation of interpersonal relations of students. There was a balance within the group and interpersonal relationships. The students of the experimental group felt that they were part of the team, they were happy to participate in most of the activities, they treated teachers and friends with respect.

The analysis of the test results suggests that physical culture lessons according to the experimental program had a positive impact on the indicators of the mental and socio-moral components of the health of university students.

To study the motivation of students for classes, a questionnaire, conversation and expert assessment were used. The strength of the motivational mindset for achieving success was determined using the T. Ehlers test used in sports psychology. This test is based on non-sport-specific verbal material, which makes it neutral in relation to both the sport and the

qualifications of students. 61% of students in the experimental group and 39% in the control group are highly motivated to achieve success.

The attitude of students to judo lessons was determined on the basis of a questionnaire. The results show a positive attitude of students of the experimental group to physical culture and sports activity.

Along with the revealed indicators of a positive psychological climate in the experimental group and the noted factor of enthusiasm, it should be noted that students need additional classes. There was a positive interest of students in the acquisition of knowledge in the field of physical culture and a healthy lifestyle. In this regard, the form of organizing theoretical studies was used in the form of defense and discussion of independent work in a group.

The analysis of the quality of study and progress of students is indirectly related to physical culture and sports activities, but, nevertheless, was of interest to us. The data obtained indicate that the students of the experimental group had the best performance indicators. In the course of the survey, it was found that in the experimental group the number of students who pass the session within the specified time frame is higher than in the control group (experimental - 93%, control - 78%).

### **CONCLUSIONS:**

The analysis of scientific and methodological literature and the results of the experiment confirmed our hypothesis, which allowed us to draw the following conclusions:

1. In the educational process on the subject "Physical culture and sports" (with the use of judo wrestling), the students of the experimental group mastered the skills of technical and tactical mastery. It should also be noted that in the experimental group by the

end of the experiment the quantitative indicator of students who took part in the competition increased by 39.5%. This suggests that the level of psychological readiness among students has significantly increased under the influence of the educational process by physical culture and sports.

2. Analyzing the test results, one can assume that physical culture and sports lessons according to the experimental method had a positive impact on the indicators of the mental and socio-moral components of the health of university students.

As a result of the study, the students of the experimental groups showed a decrease in indicators of the level of anxiety and an increase in self-esteem. During the entire period of the study in the experimental group there was an increase by 9.6% in the number of students with normal self-esteem and a decrease by 5.0% in the number of students with low self-esteem. In the control group, the level of self-esteem of students remained practically unchanged.

3. It was revealed that the orientation of students to a specific subject of physical culture and sports activity, judo classes and the development of abilities necessary for mastering the subject of activity, contributes to the formation of a positive motivational attitude to physical culture and sports, which is confirmed by control tests, conducted surveys and psychological tests.

4. Organizational and methodological conditions have been determined that ensure physical education of students in the process of judo lessons.

Application of the competitive play method, simulation of competitive conditions in the classroom, the use of modern technologies (computer programs), the rating control system, the sequence of studying the material (judo program), participation in competitions

and sports events, the acquisition of practical skills in organizing classes, determination of indicators and criteria of physical culture and sports activity of students, five-point assessment of the level of physical activity, assessment of personal and group results.

**REFERENCES:**

- 1) Balsevich, V.K. Essays on human age kinesiology [Electronic resource] / V.K. Balsevich. - M.: Soviet sport, 2009. - 220 p.
- 2) Vilensky M.Ya. Physical culture: textbook / M.Ya. Vilensky, A.G. Gorshkov. - 2nd ed., Erased. - M.: KNORUS, 2016.-- 214 p.
- 3) Kerimov FA .. Theory and methods in wrestling. Tashkent, 2001, - 286 p.
- 4) Lubysheva L.I. Sportization in the system of physical education: from a scientific idea to innovative practice: monograph / L.I. Lubysheva, A.I. Zagrevskaya, A.A. Peredelsky, I.V. Manzheley, S.N. Litvinenko, E.A. Cherepov, N.V. Peshkova, M.A. Rodionova, A.G. Polivaev, A.N. Kondratyev, M.V. Bazilevich. - M .: Research Center "Theory and Practice of Physical Culture and Sports", 2017. - 200 p.
- 5) Putin V.V., Shestakov V.B., Levitsky A.G. Judo: history, theory, practice. Arkhangelsk: Publishing House "SK", 2002, -160 p.
- 6) Tumanyan GS. Wrestling (theory and methodology of training organization). Study guide in 4 books, - M., 1997-2000.
- 7) Turaev Sh.R., Yugai LP .. Instilled in judo (study guide). Tashkent, 2002, - 50 p.
- 8) Yugay L.P., Kerimov F.A. Integral analysis of the competitive activity of judokas. International Judo Symposium. Abstracts, Tokyo, Kodokan Judo University, 1995, p. 14.