

SPORTS IN UZBEKISTAN AND ITS DEVELOPMENT

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Abstract *This article provides a detailed analysis of the history of the development of Uzbek sports, their current state and prospects. Uzbek sports have been developing rapidly since independence and are distinguished by the large number of internationally recognized athletes. The article examines the role of national sports, including wrestling and boxing, in the country, the work being done to attract young people to sports and improve sports infrastructure. It also discusses the programs and investments adopted by the state to develop sports, the system of training professional athletes, achievements in international competitions, and the social and cultural significance of sports. The article also presents the problems faced by Uzbek sports and proposals for their solution. In general, it is emphasized that the development of the sports sector serves not only to improve health, but also to educate young people, increase national pride and the country's reputation in the global arena.*

Keywords *Uzbek sports, sports development, national sports, sports infrastructure, athletes' achievements, youth sports, physical education, sports policy, professional athletes, wrestling, boxing, football, gymnastics, athletics, sports competitions, international sports tournaments, sports support, sports programs, sports development strategy, sports education, sports complexes, sports facilities, sports federations, sports coaches, sports motivation, healthy lifestyle, youth education, national pride, modernization of sports infrastructure, sports and social development, state investments in sports, Uzbekistan Olympic team, gender equality in sports, sports and culture.*

Introduction

Sport plays an important role in the development of social life and culture of each country. It is a means not only of strengthening human health, but also of educating young people, strengthening national unity and increasing the country's prestige in the international arena. After gaining independence, Uzbekistan embarked on a path of large-scale reforms and development in the field of sports. The country's sports infrastructure has improved, the number of athletes participating in national and international sports competitions has increased, and effective programs have been adopted to attract young people to sports. The development of sports in Uzbekistan has become one of the priority



areas of state policy. Under the leadership of President Shavkat Mirziyoyev, reforms in the field of sports have been accelerated, new sports facilities are being built, and the system of training professional athletes is being improved. At the same time, special attention is paid to the development of national sports, and the unique sports traditions of Uzbekistan are being preserved and further expanded. Today, Uzbek athletes are achieving high results in world and Asian championships, raising the name of the country. Achievements in sports such as boxing, wrestling, athletics, and gymnastics ensure that Uzbek sports are among the strongest competitors in the international arena. Special attention is also paid to promoting a healthy lifestyle by encouraging young people to engage in sports. This article provides detailed information about the historical roots of the development of Uzbek sports, its current state, the policies pursued by the state, and its prospects. The role of sports in the country's social life, its importance in attracting young people to sports, and the role of national sports are also analyzed.

The role of sport in society. Sport is one of the main factors in the formation of a cultural, spiritual and healthy lifestyle of every society. It plays an important role in strengthening human health, strengthening willpower, teaching discipline, and educating young people as spiritually mature individuals. At the same time, sport is a means of strengthening friendly relations between countries, strengthening national pride and a sense of patriotism. The historical roots of Uzbek sport. Sport has existed in Uzbekistan since ancient times, and traditional folk games, such as wrestling, horse riding, and archery, are widespread. These sports cultivate not only physical strength, but also such qualities as skill, patience, and perseverance. In Soviet times, sport was made an integral part of state policy, sports schools were opened, and Uzbek athletes participated in the Olympics and world championships as part of the USSR national team. The development of sports during the period of independence. After independence was declared in 1991, Uzbek sports began to develop independently. In 1992, the National Olympic Committee of Uzbekistan was established, and since 1994, Uzbek athletes have been participating in international competitions on behalf of the independent state. At the 1996 Atlanta Olympics, wrestler Armen Bagdasarov won the first Olympic medal in the history of Uzbekistan. This opened a new page in the field of sports. State policy and sports infrastructure. The government of Uzbekistan pays special attention to the development of sports. Under the leadership of President Shavkat Mirziyoyev, the sports sector has been identified as one of the priority areas. Within the framework of programs such as “Every Family – to Sports”, “Healthy Generation – the Support of the Nation”, the goal is to attract young people and a wide range of the population to sports. Modern sports complexes, stadiums, tennis courts, swimming pools, and indoor sports halls have been built in all regions of Uzbekistan and are continuing to be built. For example, the Humo

Arena sports palace, opened in Tashkent in 2021, will allow holding international ice sports competitions. The activities of sports clubs in schools and colleges are being expanded, and the number of sports schools is increasing. Achievements of Uzbek athletes. In recent years, Uzbek athletes have been achieving great success in Asian and world competitions. At the 2016 Rio de Janeiro Olympics, Uzbek boxer Hasanboy Dusmatov became a gold medalist, and a number of athletes achieved high results at the 2021 Tokyo Olympics. Athletes such as boxers Murodjon Akhmadaliyev, Bakhodir Jalolov, judoka Dostonbek Urozboev, gymnast Oksana Chusovitina, and track and field athlete Svetlana Radzivil have worthily defended the honor of the country. In particular, Uzbek athletes in wrestling are among the strongest competitors in international arenas. National sports: Wrestling, equestrian sports, belt wrestling. Kurash, a rich historical heritage of the Uzbek people, is recognized as an internationally recognized national sport. The Uzbekistan Kurash Federation operates, and wrestling competitions are held in more than 50 countries around the world. The "International Kurash Tournament", held annually on September 1, has become a tradition of Uzbek sports. Also, such sports as equestrian sports, horse riding, belt wrestling, and stone lifting are developing as an integral part of the cultural heritage of Uzbekistan. Youth and sports education. In order to form a healthy lifestyle among young people, great attention is paid to sports in secondary schools, vocational centers, and higher educational institutions. The "Barkamol Avlod" sports games and youth olympiads held among schoolchildren form healthy competition among young people. A special highlight is the activities of special sports boarding schools, the Uzbek State University of Physical Education and Sports, where coaches, referees and sports specialists are trained. Sports tourism and international sports events. In recent years, Uzbekistan has begun to become a country hosting international sports competitions. For example, in 2023, the Asian Wrestling Championship was held in Samarkand, and in 2024, the World Boxing Championship was held in Tashkent. This also makes Uzbekistan an attractive country for sports tourism. Current problems in sports. Nevertheless, there are also problems that need to be solved in the sports sector: Lack of sports facilities in some regions. Limited opportunities for sports in rural areas. Lack of qualified coaches and sports psychologists. Insufficient popularization of certain sports. The state is taking measures to address these problems, in particular, through the "Youth Notebook" and "Neighborhood Sports" projects, actively working to attract social groups to sports.

Conclusion

The development of Uzbek sports in the post-independence period has become an integral part of the country's socio-economic development. The sports sector plays an

important role not only in strengthening the health of the population, especially young people, but also in shaping the country's international image. Today, Uzbek athletes successfully participate in various international competitions, achieving high results at the Olympic, Asian Games, world and continental championships. These achievements are the result not only of the personal work of athletes, but also of clear and targeted programs of state policy aimed at developing sports as a strategic area. The wide opportunities created by the state - modern sports facilities, sports schools, a system of training coaches, sports grounds in neighborhoods and sports programs opened for young people - contribute to the popularization and professional development of sports. Through programs such as "Every Family - for Sports", "Equable Generation", "Youth Notebook", a wide range of the population has been attracted to sports. This is of great importance in creating the foundations of a healthy society. National sports - wrestling, belt wrestling, weightlifting and equestrian sports - are recognized today not only domestically, but also internationally. In particular, the holding of world wrestling championships and international tournaments in Uzbekistan demonstrates Uzbekistan's contribution to the global development of this sport. Nevertheless, there are still problems that need to be solved. The lack of sports infrastructure in some regions, the shortage of sports specialists in rural areas, the lack of popularization of some sports, and the underdevelopment of sports psychology and the medical support system require additional attention in this area. However, based on existing strategic plans and ongoing reforms, these problems are being gradually resolved.

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