



DEVELOPMENT OF SPORTS MOTIVATION OF TEENAGE WRESTLERS BASED ON THE APPLICATION OF ACTION GAMES AMONG YOUNG PEOPLE

Yakubjonova Feruza Ismoilovna
Kokand State Pedagogical Institute

Abstract: The article highlights the effectiveness of the use of action games in the development of sports motivation of wrestlers 11-13 years old, engaged in the initial preparatory stage.

Keywords: action games, sports motivation, motive, initial training

In our republic, physical education and sports, especially the development and popularization of children's sports, are considered as one of the priority directions. "It is important to increase and realize the creative and intellectual potential of the younger generation, to form a healthy lifestyle among children and young people, to widely involve them in physical education and sports." Our youth athletes are eating prizes at prestigious international competitions. It has been used in the world as the most effective means of educating young people who are growing through action games in a healthy, highly intellectual capacity in all respects and physically fit. It is recognized by experts that action games effectively act in the creation of conditions that fully correspond to the psychological and age characteristics of adolescent individual wrestlers engaged in the initial preparatory stage, in the assimilation of their foundations in various conditions of movement activity, in the development of movement qualities along with the collective and individual activity of children. In the research work to date, action games are recommended as the most effective means of comprehensive training of adolescent athletes. One of the most basic tasks of the initial preparatory stage is the development of motivation for the Bhutanese sport. Research has been carried out by a number of specialists on the formation and development of a sports motive. However, in the studies carried out, the question of the use of action games in the development of sports motivation was left aside for consideration. Purpose of the study: to check in pedagogical experience the effectiveness of the use of action games in the development of sports motivation of adolescent wrestlers.

Research objectives: - stratification of action games in the development of Sports motivation of Adolescent wrestlers; - verification in pedagogical experience of the effectiveness of the application of action games in the development of sports motivation of Adolescent wrestlers. Research methods: analysis of scientific and methodological literature, questionnaire questionnaire, psychological testing, pedagogical observation, pedagogical experience, mathematical and statistical Oslo. Organization of the study: tajrib was conducted in the course of training sessions of 11-13-year-old wrestlers engaged in the initial preparatory stage of the children's and youth sports school specializing in individual wrestling sports.

The results of the study and its background. In the studies carried out, action games related to martial arts were differentiated, taking into account the fact that the question of the use of action games in the development of sports motivation remained aside from the consideration ["be careful with your feet!", "Moccisian running competition", "do not touch the rope", "Pošt-pošt", "the Battle of the Roosters", "one minute of shock", "chasing", "chasing in the ring", "catching fish", "night and



day”, "team of nimble feet" and others]. The results of the pedagogical experiment on determining the effectiveness of action games applied to the training process in the development of sports motivation of teenage solo artists engaged in the initial preparatory stage were as follows. Before the pedagogical experiment, the average value of the answers to the three questions asked by adolescent wrestlers in the control group was 2.70 ± 0.23 points, and the answers of athletes in the experimental group averaged 2.72 ± 0.17 points ($p > 0.05$). After the pedagogical experiment carried out, “do you like the fight?” in relation to the question, the response results of the control group wrestlers averaged 2.75 ± 0.24 points, and the response results of the experimental group wrestlers averaged 2.94 ± 0.12 points. Among the indicators, statistical facts are equal to $p > 0.05$.

“When you are given the opportunity to choose your favorite sport again, would you choose this sport again?”, "to our question, the results of the response of the control group wrestlers before the pedagogical experiment were determined on average by 2.28 ± 0.25 points, and the results of the response of the experimental group wrestlers were on average equal to 2.25 ± 0.14 points (the answers are as follows). After the pedagogical experiment, the following were identified as a result of a questionnaire survey on this motive. According to him, the average score of the answers given by junior wrestlers in the control group is 2.30 ± 0.26 , and the average score of wrestlers in the experimental group is 2.65 ± 0.6 . Before the pedagogical experiment, the question “Did you have a feeling of nausea from kurag?”; 58% of respondents answered our question " No, I did not have such a situation." In 15% of wrestlers, there are rare cases of nausea from wrestling sports. It has been known that 27% of wrestlers have cases of nausea from sports, and this situation will last for a long time. The answer of the athletes of the control group to our fourth question is equal to an average of 2.34 ± 0.21 points after pedagogical experience, and an average of 2.82 ± 0.34 points in the experimental group. Statistical differences between indicators are not reliable ($p > 0.05$). The average value of the answers of athletes of control and experimental groups before pedagogical experience in relation to our fifth question practically did not differ from each other (2.10 ± 0.19 , respectively; 2.12 ± 0.54). After the conducted pedagogical experiment, the answers of the fighters of the control group to the above question are equal to an average of 2.18 ± 0.17 points, and the results of the answers of the fighters of the experimental group are on average 2.88 ± 0.23 points. The reliability of statistical differences between indicators is equal to $t = 3.41$; $p > 0.05$. 52% of teenage wrestlers engaged in the initial preparatory stage expressed a love for this sport and a desire to achieve high results, the force that prompted them to train and overcome difficulties in the process of training.

Before the pedagogical experiment, it turned out that 48% of wrestlers had a love of strength - sports, which prompted them to train and overcome difficulties, and a desire to achieve high results. This question was asked by 37% as a reason why wrestlers had a desire to learn new methods in order to be strong and agile. How do you react to attending classes “before pedagogical experience”?, - the answer given by the fighters of the control group to the question, on average, was 2.36 ± 0.34 , and after the pedagogical experiment, it was found that the obtained answers were equal to the average slope of 2.32 ± 0.62 points. When referring to the fighters of the experimental group with the above question, it was found that before the pedagogical experiment it was equal to 2.40 ± 0.63 points, after the pedagogical experiment carried out - 2.90 ± 0.91 points. The reliability of statistical differences between indicators is equal to $t = 2.9$; $p > 0.05$.

The introduction into the methodological action developed for the development of sports motivation of a teenager-age fighter engaged in the initial preparatory stage gives the following results: - the reasons that cause a feeling of nausea in the fight were eliminated, the motivation for participation in competitions and victory over opponents was formed, the athlete's attitude to increasing willpower in training, participation in; - The effectiveness of children in sports activities as a means of helping to lose the feeling of boredom, improving their emotional state and delaying the feeling of fatigue has been proven in pedagogical experience. In wrestlers 11-13 years old in the control group, interests that did not have barbarism were identified (26.92 points), in wrestlers of the experimental group, the average score is 32.8+ 1.2, and the development of a stable interest in Ya'ny was determined.

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