

PalArch's Journal of Archaeology of Egypt / Egyptology

GENDER EQUALITY IN SPORT: STAGES OF WOMEN'S SPORT DEVELOPMENT IN UZBEKISTAN

*Nurmatov Farkhod¹, Jumaev Adilkhakim², Mamatkulov Ravshanjon³, Sultanov Alisher⁴,
Yusupbaeva Amangul⁵, Umaralieva Dilfuza⁶, Atabekov Fozil⁷*

¹ Chirchik State Pedagogical Institute Head of the Department of Physical Education;

^{2,3,4,5,6,7} Lecturer at the Department of Interfaculty Physical Education and Sports of Chirchik
State Pedagogical Institute;

Nurmatov Farkhod, Jumaev Adilkhakim, Mamatkulov Ravshanjon, Sultanov Alisher, Yusupbaeva Amangul, Umaralieva Dilfuza, Atabekov Fozil. Gender Equality in Sport: Stages of Women's Sport Development in Uzbekistan -- Palarch's Journal of Archaeology of Egypt/Egyptology 18(08), 1733-1747. Issn 1567-214x

Keywords: Legislation, Mass Sport, Youth, Sports Games, National Sports, Folk Games.

ABSTRACT:

The article is devoted to the development and distribution of women's sports in Uzbekistan. It highlights the state policy regarding a healthy lifestyle of citizens and ensuring gender equality in sports, the preservation and popularization of sports and folk games, which are held regularly and everywhere in order to attract the population, especially young people. Legal and regulatory framework for the development of Uzbek sports

INTRODUCTION

Much concern for the harmonious physical and spiritual education of the younger generation is given and is one of the main priorities of President Shavkat Miromonovich's policy in Uzbekistan. The most important factor in the formation of a healthy lifestyle was the development of physical culture and sports in the Republic. To this end, a number of government resolutions and national programs have been adopted and are being implemented. At the initiative of the head of our state, for the first time in the CIS, a three-stage system for attracting young people to sports has been created, which is clearly manifested in the holding of mass games "Umid Nihollari", "Barkamol avlod" and the Universidad games. There is a fund for the development of children's sports in Uzbekistan. Our country's experience in developing mass women's sports is no less significant. Recently, the II Republican women's sports

contest was held in Karshi. Taking into account the zonal competitions, a total of 1 million 600 thousand women took part in it.

The Republican decade of women's sports, timed to March 8, has also become traditional. On average, more than 1.1 million women and girls demonstrate their skills in table tennis, badminton, chess, draughts, rhythmic gymnastics, and athletics. With the support of the women's Committee, regional federations for such sports as artistic gymnastics, synchronized swimming and table tennis have been established locally. It is noteworthy that in recent years, especially active physical culture and sports are developing in rural areas. For this purpose, dozens of sports complexes and stadiums have been built here, specialized schools equipped with all the necessary equipment operate, and sections of many sports have been opened [1, p. 389].

“Sport is one of the most powerful platforms for promoting gender equality and empowering women and girls”. It is planned that the 2020 Olympic Games in the Japanese capital of Tokyo will achieve gender balance, as 48.8% of women will compete in the competition. In addition, “the IOC has changed the rules to allow one male athlete and one female athlete to jointly carry their flag during the opening ceremony, and calls on all national Olympic committees (NOC) to use this opportunity. The recently launched UN women's sport for generational equality initiative shows the important role that sport can play to highlight the importance of gender equality “[2].

The Sport for generational equality initiative was born out of the global movement for generational equality, driven by UN women. It aims to attract new partners and generations to adopt and revitalize the historic Beijing platform for action and make gender equality a living reality. For the past 29 years, the IOC has been advocating for women's participation at all levels, calling on its stakeholders-the NOC and international federations (if) - to increase the presence of women in sport.

The number of women participating in the games has increased significantly, from 34 percent in Atlanta in 1996 to an expected new record of 48.8 percent in Tokyo in 2020 and a commitment to achieve full gender equality at the Paris Olympics in 2024. In October 2018, the Youth Olympic Games (UOG) in Buenos Aires became the first fully gender-balanced Olympic event in history [3].

Honoring a woman, showing her special respect and reverence are noble qualities inherent in our people. As a result of the significant work carried out in Uzbekistan to improve the status of women in society, they are achieving tremendous success in all spheres of society.

The main goals and tasks of development of physical culture and sports among women in Uzbekistan, upbringing of healthy young generation, all-round promotion and development of traditional games and sports, active involvement in the physical movement of the broad strata of the population, the achievement of organic unity of physical training and practice of construction companies. It is gratifying that in connection with the

implementation of the Decree of the President of the Republic of Uzbekistan “On the strategy for action in the five priority areas of development of the Republic of Uzbekistan in 2017-2021”, large-scale work is being carried out in the country aimed at creating conditions that meet modern requirements for systematic physical culture and sports for all segments of the population, especially the younger generation, strengthening youth confidence in their abilities and capabilities through sports competitions, fostering courage, a sense of patriotism and loyalty to the Motherland, as well as improving the system of selecting talented athletes, further development of physical culture and sports in General [4].

The most important legal documents in this sphere are the Law of the Republic of Uzbekistan “About physical culture and education” (1992), presidential Decree “On establishment of the order for a healthy generation” (1993), the decree of the President of the Republic of Uzbekistan “About creation of Fund of development of children's sports in Uzbekistan” (2002), The presidential decree “On measures to further develop education and mass sports (2017)” and the presidential Decree “On measures to radically improve the system of state administration in the field of physical culture and sports ” (2018) play an important role in the comprehensive development of the young generation and their interest in sports [5].

METHOD

The article uses chronological and systematic periodic data, comparative and quantitative methods. More than ten scientific papers on the topic are used to explain in “Gender equality in sport: stages of women's sport development in uzbekistan”. In addition, the researcher used different materials to collect data related to the study.

DISCUSSION

Historical analysis usually shows that states the consequences of changes in sports. If we evaluate the essence of changes in sports, then this socially important activity will turn out to be quite different.

In the distant past, women entered sports by accident, and participants in sports games were mostly women of high society, aristocratic origin, and the rules for them were quite gentle and easy. And this is not an accident, but there is a repeating feature. At the first Olympic Games (776 BC), women were not allowed to compete in the 200-meter race. A little later, during the hero, competitions dedicated to the goddess Hera, and including running and wrestling, women were allowed, disguised in men's chiton. This is another typical feature – the attitude of male managers to women's participation in sports. The term sport came to be used in England to refer to entertainment. In Europe, the word sport is found since the XV century, much later than the Latin phrase “exercise of the body”, which was used by the ancient Greeks. Military doctor, philosopher, historian Johann Christopher Friedrich von Schiller (1759-1805) and anthropologist and employee of P. Brock Charles Letourneau (1831-1902) managed to see the poetry of passion for victory in physical culture, comprehension of the new in bodily movements [6, p. 34].

It is natural that game aspects of sports, close connection (maternal characteristics), brute force against grace. Later, the meaning of the word sport, as already existing types of men's and women's fun in their free time, was supported by others. Over the centuries, women's sports have become tougher, more aggressive, more technological, and more demanding, which could not but affect the femininity of female athletes. They maintained complete equality, if not superiority, in gymnastics, especially artistic gymnastics. Women are more resilient and tolerant of long-term activity. Men are clearly losing out in the ability to spend the day, snatching NAPs, watching children.

In this, women are great snipers. This is a typical example of narrow professional involvement of women in sports and restrictions in others. This is a restriction on their participation, even in conditions of high demand for female athletes.

Currently, there is an obvious understanding that without success in the development of women's sports, no country can enter the group of world sports leaders and achieve high results in major competitions - the Asian Championships, the world Championships and the Olympic games. In this regard, active efforts are being made in many countries to increase the role of women's sports and develop the scientific basis for the system of women's sports training. Every year the sports glory of Uzbekistan, Uzbekistan today is among the Muslim countries called the best sports nation. This is constantly confirmed by the victories of representatives of Uzbekistan at the most prestigious international tournaments, world Championships, Olympic and Asian games. We are proud of their numerous golds, silver and bronze medals that demonstrate the high potential of Uzbek sport. Watching the course of various competitions, I am convinced again and again that our Republic has grown gifted and talented athletes. I am very happy that they represent not only the capital, but also the most remote regions of the country. Coaches from other countries participating in current international competitions confirm that the skill of Uzbek athletes is growing from year to year. But most importantly, unlike many other countries in the world, the Foundation of development in this area is laid in the huge support provided by the leadership of Uzbekistan to the development of women's sports.

The success we have achieved is based on the boundless concern Of the President of Uzbekistan for young people. An integral part of the state's concern for women's health is their involvement in physical culture and sports. In all regions of the country, more than 35 thousand sections have been created for them in 39 sports, in which more than 3.5 million women are constantly engaged. With the participation of the women's Committee of Uzbekistan, Republican and regional women's sports festivals, competitions "Dad, mom and I — a sports family", sports competitions "Healthy woman — a healthy society" are held. A new type of mass sport — gymnastics for all-is also growing in popularity among women [6.p. 434]. On the initiative of the head of state annually on the eve of March 8 — International women's day, girl students are awarded the State prize named after Zulfiya in the field of culture and sport, as well as annually on the eve of March 8 — International

women's day, girl students given athletic form. This is an important factor in the further popularization of sports among girls and their development as healthy, strong and sturdy. Due to the actions of Uzbekistan for years of independence has significantly decreased the incidence of women and children, in three times to reduce maternal and infant mortality, the average life expectancy of women increased from 67 to 75 years. In General, sports and physical culture have become an integral and important part of a completely updated system of education and upbringing of the young female generation. The head of state of Uzbekistan in his speech at the meeting of the Board of Trustees of the Fund for the development of children's sports of Uzbekistan noted that: "When is a happy family? If the woman is happy. And when is a woman happy? If her children are healthy. To do this, it is necessary to create a healthy atmosphere in the family, which means, first of all, parents should themselves play sports and lead a healthy lifestyle" (Speech by the first President of Uzbekistan Islam Karimov at a meeting of the Board of Trustees of the Fund for the development of children's sports of Uzbekistan [6, p. 434].

For example, at the initiative of the first President of the Republic of Uzbekistan, the direction "women's sports" was opened at the Uzbek state Institute of physical culture in the 2006-2007 academic years, a quota of 221 places was allocated by region, and in 2010 the first graduation was held. In 2012, the quota for women was already 260, and in 2014, in addition to Uzgosifk, places in the direction of "women's sports" were allocated at the faculties of physical education in the regions. Thus, since 2006, this University has trained or trained more than 1,700 women specialists in physical culture and sports.

Uzbekistan shows great concern for the development of women's sports, including one of its most beautiful types — rhythmic gymnastics, which contributes to the physical and aesthetic education of girls, increasing their interest in music and dance, and the formation of their inner, spiritual beauty.

Wide opportunities are being created for training women coaches and physical education teachers. An excellent example of high-performance sports in Uzbekistan is the achievements of the country's best athletes over the years of independence, such as: Anastasia Svechnikova, winner of the world athletics championship. Iroda Tulaganova, winner of the Wimbledon girls' tournament and the US Open tennis championship, Asian champion, bronze medalist of the world games among girls, honored athlete of the Republic of Uzbekistan. Oksana Chusovitina, Olympic champion in gymnastics, medalist of the Asian games and international competitions "Stars of the world", awarded the order "Dustlik", awarded the honorary title "Honored athlete of the Republic of Uzbekistan" 1992 — Olympic games, Barcelona (1st place); 1994-Asian games, Japan (2 bronze medals); 1995 — world Cup, Austria (1 gold, 2 bronze medals); 1996 — world tournament "Stars of the world", Russia (2 silver medals); 2000 — Olympic games, Sydney (participant). Lina Cheryazova, freestyle world champion, two-time world Cup winner, Olympic champion in Norway, awarded the honorary titles "Honored sportswoman" of the Republic of Uzbekistan and "Uzbekistan iftikhori" 1993-world Cup, Italy (winner); 1994 — Olympic games, Norway (1st place); 1998-world Cup, Japan

(winner). Saida Iskandarova, two-times champion of the Central Asian games in swimming, winner of the gold medal of the Asian-Oceania championship, silver medalist of the Asian games, participant of the Olympic games in Sydney, master of sports of international class.

Tatyana Malinina, honored athlete of Uzbekistan in figure skating, winner and medalist of international competitions and Championships, participant of the XVII- XVIIIth Winter Olympic Games 1996-Asian Winter Games, China (2nd place); 1998 — Winter Olympic Games, Japan (8th place); 1998-world series Grand Prix Stage, Japan (1st place); 1999 — Asian Winter Games, Korea (1st place) [7, p. 376].

Every year, the number of sports in which women compete in competitions of various ranks and establish the highest sporting achievements is growing. Women's record scores in most sports are lower than men's, but women's records (national, world, and Olympic) are constantly growing, and many of them exceed recent achievements in men's sports. The reasons for the increase in the growth rate of women's sports achievements are mainly reflected not only in the special properties of the female body, but also in the natural differences in the dynamics of sports results at different stages of sports development and in the socio-historical features of the evolution of men's and women's sports. As you know, men's sports have been cultivated for many centuries, covering various contingents, and it is in it that the system of selection and training of outstanding athletes has developed. By the beginning of the XX century, it was at a higher stage of its historical development, when women first took part in the Olympic Games. Since then, interest in women's sports has been slowly but steadily increasing. Women began to enter the international sports arena and master the paths trodden by men to the highest sporting achievements.

The theoretical-methodological and other knowledge accumulated on this path in men's sports about the organization and methodology of sports training, undoubtedly, helped women to quickly master traditionally men's sports and demonstrate higher growth rates of sports results than men for a considerable time of the XX century [8, p. 378].

Unfortunately, the desire of women to compete on an equal basis with men in all sports and to surpass the existing world and Olympic records does not yet have sufficient scientific justification. The level of knowledge does not keep up with the determined and persistent desire of women to engage in new sports and improve their athletic achievements in them. Many authors point out that modern knowledge about the specific features of the female body and its reactions to extreme training and competitive loads typical of certain sports, about the methods of training the world's leading athletes in setting outstanding record achievements is very modest, rather hypothetical than deeply scientific. According to many scientists, it is quite possible to eliminate this gap in knowledge when studying the problems of women's sports from the position of sexual dimorphism.

From the position of sexual dimorphism, we can consider the differences in the level of sports results of women and men in different sports, as well as the specifics of the effectiveness of women's sports training, which contributes to achieving high sports results without threatening their health and maternal function. However, these issues in the theory and practice of women's sports are still not given due attention.

The features of the structure of women's higher sports achievements and the targeted selective impact on the leading factors of success in the process of sports training have not been sufficiently studied. Many experts do not pay much attention to identifying the reserve capabilities of the female body, which are clearly manifested at the time of setting record sports results.

There is not enough scientific data on predicting the maximum athletic capabilities of women and men, and little analysis and generalization of the accumulated experience of training the world's strongest athletes in certain sports when setting record results.

To date, the scientific and methodological literature contains fragmentary and scattered data on the time of resuming classes, restoring athletic fitness and achieving the best sports results by the strongest athletes after the birth of a child [9, p. 68].

There is a lack of research on the impact of long-term sports activities on the health, family life and future after the end of the sports career of the strongest athletes.

The main problems of women's sport are the following: The existing aspects of the big problem of "women's sport" can be differentiated into four large groups, highlighting in each moment to find out the causes of deviations in the physiological, psychological and social development of women, which together form a significant subpopulation - athletes.

1. Physiological aspects: a) different degree of morphological masculinization (rejuvenation), and primarily male somatotype in athletes; b) high frequency of pathology of childbearing function (menstrual disorders, complicated pregnancy and childbirth, infertility).
2. Psychological aspects: a) psychological masculinization of female athletes; b) severe adaptation in marriage; C) violations of psychosexual development (transformation of gender-role behavior, sexual perversions).
3. Sociological aspects: a) the rapid emancipation of women's sports at the end of the outgoing century, b) gender conflicts in modern sports.
4. Biological aspects: In the complex solution of issues of medical and biological direction, a significant role belongs to the trainer, who must correctly understand and realize, as well as implement the received scientific information in the educational and training process. During puberty, complex rhythmic repetitive biological changes occur in the body of a healthy woman, which are called ovarian-menstrual cycles. [10]. Женщина в мире профессионального спорта. Размещена на <http://www.allbest.ru/>

Concepts of sexual dimorphism. This narrative should begin with the categorical statement of psychiatrists and sexologists that there is no "ideal" man and "ideal" woman in nature (I. S. Kon, 1988; V. G. Vasilchenko et al., 1990). This is important despite the fact that humanity lives by Patriarchal norms: a real woman (the "femininity" stereotype) and a real man (the "masculinity" stereotype).

Against the background of this statement, the prevailing opinion about "ideals" (sexual standards) is only generalized information about the most masculine in men and the most feminine in women characteristics, properties, qualities, parameters that are concentrated in our consciousness as "ideal".

The human population, like the cosmos, is characterized by huge variability and multidimensional indicators that determine the sex of a person. If we take a hypothetical straight line, the ends of which do not exist in nature "ideal" man and woman, in its middle we will find a true hermaphrodite, endowed by mistake of nature with the characteristics of both sexes. However, there will be no empty spaces between them, since the variation range of sexual individuals in the human population as a whole is very wide. There will be a huge variety of combinations that the famous Austrian psychiatrist F.R. Weininger in 1903 called "sexual intermediate forms". Given this fact, in light of the formation of gender in different individuals, the existing average sexual "norm" is questionable, and hence the existence of an absolute standard or stereotype "femininity" and "masculinity" [10, p. 167]. Emphasizing the importance of the above, we can say that the difficulties in solving many problems of women's sports are associated with a narrow interpretation of the results of the study of female athletes. Meanwhile, only an approach from the position of integrative anthropology, in this case from the position of the formation of the human gender, will allow us to give not a narrow-profile (medical or pedagogical) answer, but an anthropological answer that characterizes any sportswoman as an integrative integrity or a set of many gender-dependent characteristics, each of which can be deformed during the formation.

That is why the general reader needs little-known information about the fact that the determination of gender in humans is provided by a very complex set of mutually subordinate (hierarchical) steps. That is why the coverage of issues related to the formation of gender-dependent characteristics of the female body, and especially against the background of sports, should be carried out from the position of sexual dimorphism.

RESULTS

The results of the study show that the desire of women to achieve high sports results in many sports causes many scientists, specialists and coaches to have an ambiguous assessment of the impact of high-performance sports on the style and quality of life of women athletes, their personality, health, appearance, character traits, marital status, personal life, pregnancy and childbirth. Diametrically opposite views on the influence of high-performance sports on the formation of the integrity of a female athlete are revealed. As for professional sports, in addition to this Institute, children's and youth sports schools, youth sports schools in football and specialized youth sports schools

participate in the training of professional athletes of the Olympic reserve, colleges of the Olympic reserve. However, it should be recognized that some omissions were noticed in the course of a critical analysis of their activities.

Every year the sports glory of Uzbekistan and Uzbekistan today is among the Muslim countries called the best sports nation. This is constantly confirmed by the victories of representatives of Uzbekistan at the most prestigious international tournaments, world Championships, Olympic and Asian games.

We are proud of their numerous golds, silver and bronze medals that demonstrate the high potential of Uzbek sport. Coaches from other countries participating in current international competitions confirm that the skill of Uzbek athletes is growing from year to year. But most importantly, unlike many other countries in the world, the Foundation of development in this area is laid in the huge support provided by the leadership of Uzbekistan to the development of women's sports. The success we have achieved is based on the boundless concern of the President of Uzbekistan for young people.

An integral part of the state's concern for women's health is their involvement in physical culture and sports. In all regions of the country, more than 35 thousand sections have been created for them in 39 sports, in which more than 3.5 million women are constantly engaged. With the participation of the women's Committee of Uzbekistan, Republican and regional women's sports festivals, competitions "Dad, mom and I — a sports family", sports competitions "Healthy woman — a healthy society" are held. A new type of mass sport — gymnastics for all-is also growing in popularity among women [7].

It should be noted that women's self-realization in sports is most often perceived by young people as a conflict with family life, and the idea that family and sport are incompatible things. For most Russian women, the period of "flourishing" in sports activity coincides with the period of performing the functions of a mother. At the same time, the choice of orientation to sports or family can cause professional inequality among young women.

There are new ideas about women's professional self-realization in sports, for example, that a woman's true self-realization comes after 35-40 years, when she already fulfills her "purpose" in family life, realizes all social expectations. In fact, a woman who has chosen professional sports is struggling with herself and her gender stereotypes [8, P. 49], because the family as a whole is perceived as an ideal value, which in principle cannot be questioned. However, women are more likely than men to plan their own career in sports.

Predicting women's career success in sports is not based on their plans, but rather on their socio-economic status, whereas for men, predicting career success in sports is based on their plans. What drives women to play sports? The most common answers relate to health and emotional benefits: stress relief, losing weight, feeling good about one, connecting with like-minded people or getting out of the house. And the most practiced sports are jogging and cycling. The main difference from men's reasons is that men add another

variable to those listed above: competitiveness. In relation to the barrier's women experience, words such as fear of failure, embarrassment, expense or injuries crop up. They also mention leaving their comfort zone as a handicap, but this is not a barrier, it is a motivation.

Gender differences were found in preferred values of educational and training activities, in perceptions of achievement factors, and in behavioral styles. For example, women value schedule flexibility more than men, are more sensitive to the nature of relationships with the team and coach, and their professional growth is more often interrupted and is more determined by biographical events [9, p. 167].

Thus, there are different ideas about women's professional self-realization in sports. To realize self-realization, women need not so much material as psychological independence, the appearance of a sense of self-importance, self-realization not only in sports, but also in the family, in personal relationships.

In particular, it is noteworthy that our girls are issued clothing that is characteristic of our national mentality, and sportswear is presented annually to Schoolgirls.

As a result, family sports and women's sports are becoming more popular. For women who love sports, 35,000 sections were organized in 39 sports, in which more than 3.5 million women regularly participate in physical education and sports.

The main goal of Pure Girls clubs, operating in thousands of educational institutions, is not only to increase the intellectual potential of girls, but also to increase their interest in physical education and sports, which ultimately plays an important role in expanding the ranks of female athletes. This is evidenced by the fact that 44 girls were awarded the state prize. Among them there are Zulfiya-talented athletes, masters of sports, who have achieved great sporting success [10].

The main directions of state policy in the field of physical culture and sport are reflected in article 4 of the Law of the Republic of Uzbekistan "On physical culture and sport" [11], according to which the state supports the development of physical culture and sport, ensuring the right of everyone to free physical culture and sport. Guarantees the creation of conditions for the development and promotion of national sports and folk games of Uzbekistan.

The law of the Republic of Uzbekistan "On physical culture and sport" defines the main directions of state policy in the field of physical culture and sport in the country:

state support for the development of physical culture and sports; ensuring the right of everyone to participate freely in physical culture and sports;

association of state and public administration in the field of physical culture and sports;

establishment of state guarantees of citizens ' rights in the field of physical culture and sports;

non-discrimination and violence in the sphere of physical culture and sports; ensuring the safety of life and health of persons engaged in physical culture and sports and also the participants of sporting events and spectators;

to promote the development of all types and components of sports;

to promote the development of physical culture and sports among people with disabilities and other persons with disabilities, as well as populations requiring a high level of social protection;

The main mechanisms for implementing this policy are the development of physical culture and sports for children and youth, strengthening the promotion of mass sports, the “National training program”, the Law “On physical culture and sports”, The law “On juvenile delinquency” and the Law of the Republic of Uzbekistan “On crime prevention” and resolutions of the Cabinet of Ministers of the Republic of Uzbekistan.

It is important to increase the role of physical education in the comprehensive development of the individual, in preparing the younger generation for service in the Armed forces of the Republic, in forming a healthy lifestyle, and in preventing diseases [12].

Sport is not only the basis of physical and spiritual health, but also a means of protecting young people just entering adulthood from various harmful and alien ideas and habits, and the full realization of their abilities and talents. Therefore, in recent years, our country has signed a number of legal acts in this direction. Modern society is moving towards creating favorable conditions for the full development of each individual and the formation of its individual potential. The solution of this problem is connected with the development of physical culture and sports in this country, with the organization of sports training of the growing new generations and the creation of the necessary conditions for systematic physical activity of all age and social groups of the population [13]. At the same time, improving the physical condition of a person should not be considered as a goal to increase opportunities directly in the field of production. Physical improvement is one of the components of the harmonious development and formation of physical culture of the individual. The adoption on 3 June 2017 resolution “On measures for further development of physical culture and mass sports”, 5 March 2018 decree “About measures on radical improvement of the state system in the sphere of physical culture and sports” and, in accordance with this decree, the transformation of the Republican Committee for physical culture and sports in the Ministry, as well as the resolution of the Cabinet of Ministers of January 29, 2019 “On promoting a healthy lifestyle in Uzbekistan and involving the population in physical culture and mass sports” and the resolution of February 13, 2019 “On approving the Concept of development of physical culture and mass sports in Uzbekistan for the period 2019-2023” indicates the beginning of a new stage in the field of physical culture and sports in Uzbekistan.

In the Message of the President Sh.Mirziyoyev told that the Oliy Majlis on December 29, 2018: “We will continue to attach great importance to the accelerated development of sports, stimulating and supporting athletes who have achieved high results at international competitions. In order to popularize sports among the younger generation, we are creating children's and youth sports schools in the most remote areas” [14], which gave rise to a more dynamic development of reforms in this direction.

The strategic goal of the state policy in the field of physical culture and sports is to create conditions that Orient citizens to a healthy lifestyle, including physical culture and sports, the development of sports infrastructure, as well as increasing the competitiveness of Uzbek sports.

This goal will be implemented in the following areas.

The first direction is the development of the system of mass physical culture and sports, physical education.

The second direction is to increase the competitiveness of Uzbek sports in the international sports arena.

The analysis of observations shows that the work on the development of children's sports deserves high praise. However, when it comes to the coverage of children in the vicinity and villages of existing institutions, we cannot say that the planned work is carried out in accordance with the plan; we see some problems that have not been fully resolved. To solve the problem of reaching citizens, especially children in the regions, one of the important documents in defining the principles and goals of the state policy of Uzbekistan in the field of sports development is the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 “On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan” [15]. This is really a fundamentally new document that has defined many concepts and powers of governing bodies in the field of sports. It defines the most important institutions of state regulation in the field of physical culture and sports, such as the recognition of sports and sports disciplines.

In the concept, the main directions of reforming the system of physical culture and sports until 2025 were defined as:

increase in the total population regularly engaged in physical culture and sports to 30 percent, and youth engaged in sports organizations and institutions to 20 percent;

step-by-step improvement of the quality of coaches and specialists in state sports educational institutions, in particular, bringing the number of employees with higher education to 80 percent;

development and implementation of an effective and transparent four-stage system of selection (selection) of talented athletes among young people-organization-district (city) – region – Republic;

identifying talented athletes and creating a reserve for youth national teams by conducting “Children's sports games” among students of sports schools of the Ministry of physical culture and sports of the Republic of Uzbekistan, as well as attracting students to regular sports through the organization of “Student sports games” among students of higher educational institutions;

the development of the phase (area/city, region, Republic), festival “Sport schools”, the contest “Establishment with a well-developed physical training” and the establishment of a nomination for the best secondary schools, vocational and higher educational institutions with well-developed physical fitness to promote physical education among broad layers of the population, including students of secondary schools, students of vocational and higher educational institutions, identify the talented among them;

development of sports tourism, through the systematic holding of the international marathon “Tashkent Marathon”, the international Eco marathon “Save Aral”, sports competitions in rally and motocross starting from 2020; introduction of competitions among all segments of the population “Level of physical fitness”;

creation of complex scientific laboratories for athletes of national teams in sports, introduction of advanced innovative technologies in the training process and establishment of effective medical and pharmacological support in the field of sports;

introduction of a mechanism for conducting regular in-depth medical examinations of members of regional national teams in sports under 18 years of age in the adolescent departments of regional children's multi-specialty medical centers, members of territorial teams of older age – in district (city) multi-specialty Central clinics;

CONCLUSION

The state policy in the sphere of sports and physical culture development is the most important component of the social policy of the country and the region. The reasons for such close attention of senior officials and authorities of the country and the region to this area is due to the fact that there is a sharp deterioration in the general health of citizens, which cannot but affect a significant number of areas of life.

The strategic goal of the state policy in the field of physical culture and sports is to create conditions that orient citizens to a healthy lifestyle, including physical culture and sports, the development of sports infrastructure, as well as increasing the competitiveness of Uzbek sports.

The results of the study show that high-performance sports have a different impact on important areas of life of female athletes - marital status, birth of

children and personal life. Among high-class athletes, the majority of women are married, and most of their husbands have a positive attitude to their sports activities, and rare conflicts in the family are episodic and do not have a pronounced character. There are a higher number of women with children among highly qualified athletes than among lower-level athletes.

REFERENCES

- Otrubaeva Yu. O'zbekistonda ayollar va bolalar sport / I. Yu. Razuvaeva, O. V., O. E. Umirzakova Dachev. - Matn: bevosita // mavjud aksiyadorlik. — 2018. — № 19 (205). — Pp. 389-391.
<https://olympic.kz/ru/maqola/11690-mok-ispolnyaet-vedushchuyu-rol-v-tashabbusi-zhenskiy-sport-vo-imya-ravenstva-pokoleniy>
- Qodirov R. X. Jismoniy tarbiya va sport tadqiq qilish ilmiy faoliyatini. – Buxoro.: Nashriyoti Durдона. 2018. – 251 b.
- O'zbekiston Respublikasi zhismoniy tarbiya va sport tarbiyasi muammolari. Samarali ta'limning oliy antogonizatsiyasi fan-Nazari Antverpen material oluvlari. T.: 2008.
- Guba B. P. L. erta sport iste'dod joylashgan asoslari. Uchun ilmiy-yordamchi o'rta maktab.yetishtirish-M jismoniy yutuqlari: Terra-sport, 2003 yil, 117 p.
- "Narodnoye Slovo" No. 20 of 29.01.2014.
- Axmedova, X. O. O'zbekistonda ayollar sportini rivojlantirish / X. O. Axmedova, N. O. Mirzayeva. - Matn: bevosita // mavjud aksiyadorlik. — 2015. — № 1 (81). — Pp. 434-437.
- Asatova, G. R. Post-Sovet O'zbekistonda jismoniy madaniyat va sport Trend / G. R. Asatova. - Matn: bevosita // mavjud aksiyadorlik. — 2016. — № 15 (119). — Pp. 376-378
- Artamonova, T. V. tender turi va umumiy tamoyili / nazariyasi va sof fiziologik martaba amaliyoti nisbatan najot o'z vositalarini tubdan baholanadi baholash qiyosiy tahlil. 2010. - yo'q. 8. - 69 P.
- I. I. O. Bulychev Ayollar va sport / I. I. O. Rossiya, V. F. Bulychev Popov / Tender munosabatlari: tarixi, vaqtinchalik davlat, nuqtai nazar: materiallari. Mezhdunar. ilmiy Conf. (Ivanovo, 27-28 may, 1999). - Ivanovo, 1999. - Pp. 167-172.
- Женщина в мире профессионального спорта. Размещена на <http://www.allbest.ru>
- В.И. Лях, 1990; Н. Grabowski, 1997; В.К. Бальсевич, 2000 и др.
<https://uza.uz/ru/politics/poslanie-prezidenta-respubliki-uzbekistan-shavkata-mirziyeevas-28-12-2018>
- Закон Республики Узбекистан «О физической культуре и спорте» от 26 мая 2000 г., № 76-II
- O'zbekiston Respublikasi Madaniyat va sport ishlari vairligining Ommaviy sportni rivojlantirish, ommaviy sport tadbirlarini o'tkazishni tashkil etish boshqarmasi nizomi.

