

## **DEVELOPMENT OPPORTUNITIES AND CHALLENGES OF PROMOTING NATIONAL WRESTLING AMONG WOMEN IN THE MODERN ERA**

**Arslanov Q.P**

*Professor of the Department of Theory and Methodology of Sports at Bukhara State University*

[arslanovqaxramon@gmail.com](mailto:arslanovqaxramon@gmail.com)

**Annotation.** *This article explores national wrestling as a comprehensive activity aimed at preserving, protecting, and advancing the culture and values of one's nation. It emphasizes the importance of promoting national wrestling among women, particularly in the contemporary world, where women play a vital role as key builders of society. The discussion includes strategies for shaping and developing national wrestling while addressing the opportunities and challenges faced by women in this endeavor.*

**Key words:** *wrestling, national values, gender equality, social activity, culture, education, upbringing, technology.*

### **INTRODUCTION**

In recent years, significant attention has been given to women's participation in sports in our country. Supporting women's active involvement in sports, providing them with ample opportunities, and ensuring gender equality have become key priorities of state policy. These efforts aim to increase women's participation in all sports and facilitate their success in international competitions. Modern sports facilities, including stadiums, swimming pools, and complexes, are being constructed with dedicated spaces for women. Local sports fields are established in neighborhoods to foster interest among young girls. National programs promoting women's sports have been developed and implemented, enhancing gender equality and encouraging women's engagement in sports. The legislative framework supporting women's sports is also being strengthened. Historically, women's roles in national wrestling have undergone multiple transformations. Across various cultures, women have played critical roles in cultural and political life. For instance, women significantly contributed to national liberation struggles by defending their families and promoting national ideas and culture. Through education, cultural activities, and scientific achievements, women continue to create new opportunities for managing and advancing national wrestling. Women's creative works, literature, art, and scientific endeavors are often dedicated to preserving and promoting cultural heritage.

### **METHODS**

In this study, the following scientific methods were employed:

- **Literature Review:** Scientific articles and documents related to national wrestling and women's

sports were analyzed.

- **Survey:** A survey was conducted among 100 female athletes, coaches, and experts.
- **SWOT Analysis:** Strengths, weaknesses, opportunities, and threats in the development of national wrestling among women were identified.
- **Focus Group Interview:** Discussions were held with organizers and participants of national wrestling competitions.

In this study, a comprehensive approach was used to examine the promotion of national wrestling among women, focusing on the opportunities and challenges faced in the modern era. The data for the research were collected through a combination of primary and secondary sources. Primary data included responses from surveys conducted with 100 female athletes, coaches, and experts who are directly involved in the field of national wrestling. These participants were selected based on their active engagement in sports, particularly in wrestling, and their insights into the development of women's roles in this domain. In addition to the surveys, focus group interviews were organized with key stakeholders such as organizers and participants of national wrestling competitions, providing further qualitative insights into the current state of women's participation in the sport.

To complement these primary data sources, secondary data were gathered through an extensive literature review of scientific articles, historical documents, and policy reports related to national wrestling and the participation of women in sports. This secondary data helped contextualize the findings from the surveys and interviews, offering a broader understanding of the socio-cultural and political dynamics affecting women's involvement in national wrestling.

The instruments used in this research included structured surveys and focus group interviews, which were designed to capture both quantitative and qualitative information. The surveys included a series of closed-ended and open-ended questions to gauge participants' perspectives on the current opportunities and barriers for women in national wrestling. The focus group interviews allowed for more in-depth discussions, exploring the underlying factors influencing women's participation in the sport and the role of societal norms and policies in shaping their involvement.

Data analysis was conducted using both qualitative and quantitative methods. The survey responses were analyzed using descriptive statistics to identify trends and patterns in the participants' experiences and opinions. The qualitative data from the focus group interviews were analyzed through thematic analysis, where key themes such as societal stereotypes, access to education, and political empowerment were identified and explored. The combined data from the surveys, interviews, and literature review were synthesized to offer a comprehensive view of the opportunities and challenges in promoting national wrestling among women, as well as potential solutions to address these issues.

This methodological approach allowed for a well-rounded investigation into the promotion of national wrestling among women, providing valuable insights into how education, technology, political engagement, and societal perceptions intersect to influence women's involvement in this important

cultural and social activity.

## **RESULTS AND DISCUSSION**

### **1. Education and Training**

Women's education significantly impacts the development of national wrestling. Modern women actively participate in fields such as science, politics, and culture. Special programs, courses, or cultural centers focusing on teaching national history and traditions can encourage women's active involvement in national wrestling. Additionally, involving women in scientific activities allows for the dissemination of national values to future generations through creative and academic works.

### **2. Technology and Social Media**

Modern technologies and social media have opened new avenues for engaging women in national wrestling. Women can use the internet to express their views, share ideas, and even establish platforms dedicated to national wrestling. Through social media, women can support each other, exchange information, and promote national values. These tools provide opportunities for women to introduce fresh perspectives and approaches to national wrestling.

### **3. Political and Social Engagement**

Women's involvement in politics and governance is vital for the growth of national wrestling. Increasing women's participation in political processes fosters the development of national ideas and values. By taking active roles in political reforms, women can advance national unity and preservation of cultural heritage. Their contributions to national wrestling strengthen societal cohesion and integration.

## **Opportunities**

**1. Expanding Education:** Creating more opportunities for women to study national history, culture, and language is essential. Educational initiatives and cultural programs enhance women's contributions to national wrestling.

**2. Leveraging Technology:** Social media platforms facilitate the promotion of national wrestling among women by providing spaces for knowledge sharing and support.

**3. Political Empowerment:** Encouraging women to take leadership roles in political and social spheres ensures the preservation and promotion of national values.

## **Challenges**

- 1. Social Stereotypes:** Traditional views often restrict women to household roles, limiting their participation in national wrestling.
- 2. Access to Education:** In some communities, educational opportunities for women remain inadequate, hindering their ability to contribute effectively to national wrestling.
- 3. Economic and Political Barriers:** Women often face obstacles in achieving financial independence and holding influential positions, reducing their involvement in national wrestling.

## **Proposed Solutions**

1. **Enhancing Education:** Women should be provided with more educational opportunities, including specialized courses in national culture and history.
2. **Promoting Political Participation:** Policies encouraging women's involvement in governance can strengthen national wrestling and societal unity.
3. **Overcoming Stereotypes:** Raising awareness about women's roles in society and creating positive perceptions can help integrate them into national wrestling initiatives.
4. **Expanding Opportunities:** Improving women's access to education, economic resources, and political participation enhances their ability to contribute to national wrestling.
5. **Cultural Promotion:** Organizing cultural events, conferences, and exhibitions raises awareness and motivates women to engage actively in national wrestling.

## CONCLUSION

Promoting national wrestling among women is crucial not only for preserving and advancing cultural values but also for ensuring societal, economic, and political stability. Women's active participation in national wrestling fosters gender equality, strengthens social cohesion, and broadens economic opportunities. Integrating women into national wrestling initiatives empowers them to realize their potential, elevating their societal status and contributing to sustainable national development. Creating opportunities for women to participate in national wrestling remains a critical task, aligning with broader goals of preserving cultural heritage and advancing societal progress.

## Reference

1. Polvonovich A. Q. Improvement of Technical and Tactical Movements of Free Wrestlers //european journal of innovation in nonformal education. – 2024. – T. 4. – №. 4. – C. 77-80.
2. 2. .Polvonovich A. Q. Historical roots of the national wrestling sport of the history of the creation of wrestling in ancient sources//MiastoPrzyszlosci Kielce 2024. – 2024. – T. 4. – №. 4. – C. 365-367.
3. 3. Polvonovich A. Q. The place of the sport of wrestling today //Journal of Innovation in Education and Social Research. – 2023. – T. 1. – №. 4. – C. 75-77.
4. 4. Arslonov Q. P. Functional adaptation of students'organisms in distance education conditions //NeuroQuantology. – 2022. – T. 20. – №. 22. – C. 1590.
5. 5. Н.М. Мухитдинова Национальные переживания связанные с ходом спортивной борьбы // Вестник Психология.-2018.с 49-50