

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

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Abstract. *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.

Methodology

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.

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.

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