

## INCREASE THE MOTIVATION OF WRESTLING GIRLS WITH THE HELP OF PHYSICAL EXERCISES

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### ABSTRACT

The article confirms the need to develop scientifically based physical education programs for students, which help increase motivation for regular physical exercise and help improve the health of students.

**Keywords:** physical education, motivation, physical education program.

### INTRODUCTION

An analysis of the available scientific and practical literature shows that the departments of physical education of universities of the Republic of Uzbekistan are conducting serious research to increase students' interest in physical education and sports. Work programs of various directions are being developed: health-improving, professionally applied, sports-oriented, etc. Basically, they take into account the level of health and physical fitness of students. However, not a single work program that we have analyzed takes into account the age-related characteristics of the individual - the transition from adolescence to adulthood. We assumed that the psychophysiological aspect of the age transition period is the basis on which the motivational values and incentives of the subject "Physical Education" should be based.

According to I. A. Muidinov. (2023, 2024) and others believe that the main component of a student's physical culture is the motivational component. Motives arising from needs determine the direction of a person's activity, encourage him to be active and mobilize him. A priority direction for increasing students' motivation to engage in physical education and sports can and should be the rejection of the unification and standardization of university curricula and the creation of the most alternative programs for each type of physical education.

From the above, it becomes obvious that increasing the level of motivational and value attitude of students to physical education and sports will be effective if the proposed physical education curricula take into account the needs and capabilities of students in the field of physical education and sports, taking into account age, gender and socio-demographic features. And one of the most important criteria for judging the reality of a given educational process is the individual's achievement of a state in which his individual and social processes are realized with "self-realization."

In our study, based on relevant information received from students about physical education and sports interests, an experimental program of rhythmic gymnastics for female students was proposed. Its fundamental difference from existing programs is the introduction into the practice of rhythmic gymnastics groups of physical exercise complexes, differentiated by the level of coordination complexity, and diverse breathing and psychoregulatory exercises with the aim of not only increasing all the studied indicators, but also developing the motivation of female students for regular rhythmic gymnastics classes.

Analysis of data from a long-term experiment showed that the experimental methodology for conducting educational and training sessions in rhythmic gymnastics made it possible to qualitatively increase the efficiency of the educational process, which is actually reflected in the level of physical development, physical fitness, performance, well-being, and physical condition of female students. In addition, there was a significant improvement in the quality of knowledge of female students in the experimental group in the field of physical culture and sports, their ability to control their well-being and dose the load during physical exercise. Naturally, against the backdrop of the changes that have taken place, there is an increase in motivation to perform physical exercises.

This predetermined the achievement of female students in the experimental group at a new qualitative level of physical performance, which corresponds to the “above average” level for boys and girls.

Based on the analysis of scientific and methodological literature and the study of practical experience in the work of physical education departments, we concluded that rhythmic gymnastics should be included in the physical education program for female students of the main department, since it is a popular type of modern motor systems, helps to increase motor activity, and develop physical qualities and forms motivation for regular physical education. The methodology for constructing rhythmic gymnastics complexes was selected individually, depending on the initial level of physical fitness, functional state, taking into account the individual level of coordination and motor preparedness of the students.

The initial level of physical development, performance and physical fitness of female students involved in rhythmic gymnastics groups was assessed as “low” (the functional class averaged 2.5 points). An analysis of absences from classes due to acute respiratory infections showed that during the school year, half of the girls suffered from colds 3-4 times, which is 43%; 27% of female students were sick 5–6 times; 8% – more than 6 times a year.

Analysis of the test results showed that the coordination abilities of female students of the main medical group are at a “low” level and correspond to 2.5 points in the sum of three tests. At the same time, there is a need to differentiate those involved in rhythmic gymnastics into groups according to their level of perception of the material being studied.

As a result of the pedagogical study, in the experimental group, compared to the control group, the largest statistically significant increases in the following indicators were observed: normalization of weight - by 50.2%, weight loss. - by 57.3%, MPCotn. - by 88.9%, PWC170 - by 76.5%, the Martinet test improves by 71.3% and resting heart rate - by 72.0%. All studied parameters of physical fitness improve statistically significantly ( $P \leq 0.05$ ): running 2000 m - by 52.4%, raising and lowering the body from a supine position - by 28.0%, squatting on the right leg - by 19.4% and left - by 30.6%; coordination test: in the first subgroup the score

improved by 1.5 points, in the second - by 0.8, in the third - by 0.6 and in the control group - only by 0.3 points. By the end of the study, in the experimental and control groups there was a significant ( $P < 0.01, 0.05$ ) increase in the sum of points obtained in the CONTREX-3 test, respectively, by 48.9% and 27.8% and an increase in the functional class of the students by 37.7% and 21.3%.

One of the important indicators of the adaptive effectiveness of physical exercise is the level of susceptibility to colds. Classes using the experimental method contributed to a reduction in the number of colds in the experimental group (during the academic year, 35% of the participants in the experiment got sick 3-4 times, 45% did not get sick; in the control group - 45% and 15%, respectively), which is most likely, is associated with the regular use of aerobic loads and special breathing exercises in complexes, which, in our opinion, are possible and advisable to include in the work programs of not only rhythmic gymnastics, but also other sports.

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