



THEORETICAL ANALYSIS OF WOMEN'S ACTIVITY

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Abstract:

Preliminary data on student injuries in sports classes in Tashkent, the Children's and Youth Sports School No. 14, the Olympic Reserve College and university students in different academic years were collected to analyze injuries among athletes 10-22 years old. The injured athletes were specifically examined by age, gender, classified education, types of sports training, number of injuries received, the medical diagnosis of injuries received, exemption from training sessions, the study of the individual place of injury.

Key words: sports, wrestling, injury, athlete, training, sport, injury, disabled person's day, medical diagnosis

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INTRODUCTION

According to experts, the injury of the athlete at the beginning of the training session occurs, in most cases, from the fact that the athlete gives a high dynamic load to the members of the base-movement, without sufficiently heating the muscles of the body. The injury of the athlete in the process of the game and the competition arises from the fact that he does not master the methods of protection well and lacks sports skills. And at the end of the game or shooting, the athlete, in most cases, because of exhaustion, sluggish, poor-quality movements occur, that is, the methods are performed qualitatively. This happens due to insufficient general and special physical training[1,2].

In order to conduct an analysis of the traumatism of young athletes, preliminary data were collected on the injuries received by students of the 14th children's and youth sports school, Olympic Reserve college and higher educational institution in Tashkent aged 10-22

years in the process of sports training during different academic years.

MATERIALS AND METHODS

An analysis of the traumatism of sports youth showed that the highest injury in sports occurs in football and National Wrestling, which is popular in our country. Only the reasons for the high injury numbers in football and wrestling sports are completely different. Firstly, most of the sports youth are engaged in these sports, secondly, these sports games are associated with extremely fast movement activities, and thirdly, in these sports, a person is exposed to high dynamic loads from members of the musculoskeletal system.

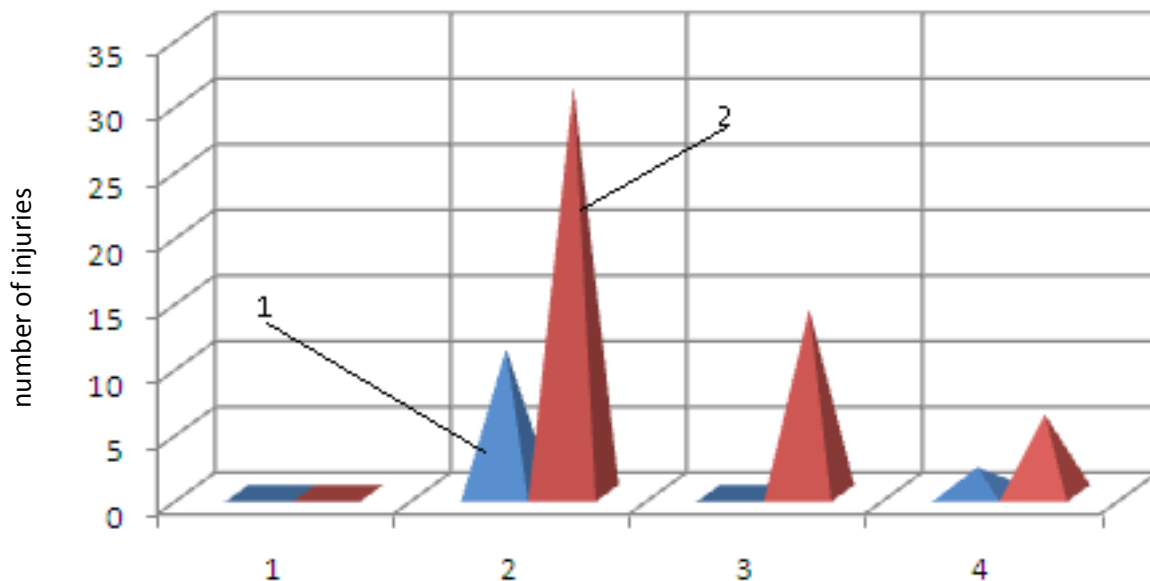
According to the analysis of the data obtained, there is a correlation link between the experience of the wrestler, his physical fitness and the injury of his body parts (fig. The most injury to athletes aged 18-22 years was observed in young people with I-discharge (see Figure 1). Injury was relatively reduced in

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athletes with the titles of international masters of sports, master of sports and candidate for

Master of Sports.



1,2- first and second discharge; 3-CYH; 4-SYandXSY
 1-Man; 2-Women

Figure 1. Distribution of injuries by sports qualification of the wrestler.

In wrestling girls, the injury is higher than in guys. The information obtained confirms that the competition of female wrestlers will pass more sharply. There is a decrease in injury in athletes with high athletic skills.

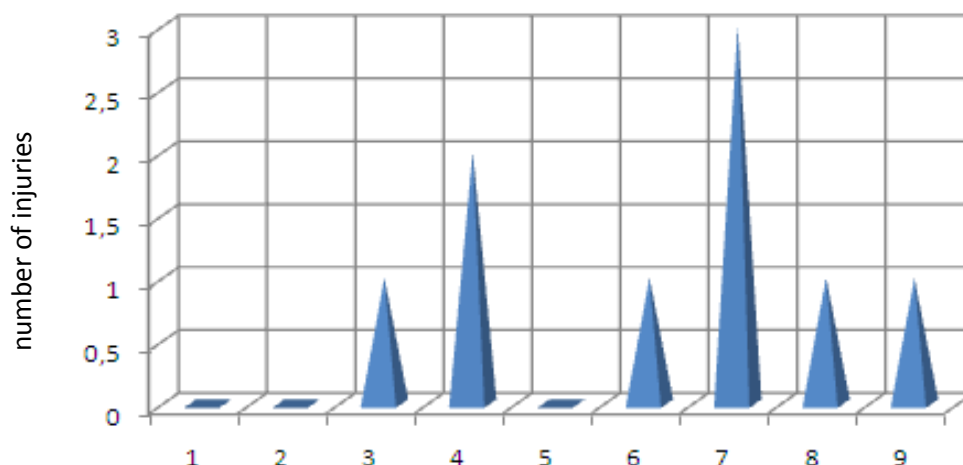
Wrestlers analyzed the weight categories, types of genders and injuries and the aspects of the weighting. The results of the injury of wrestlers in weight categories (see Figure 2), among which 87; 90; indicate an abundance of injuries in weight categories more than 90 kg.

In female wrestlers 52; 57 kg and 70 kg more weight categories showed that the injury was large (see Figure 3). The main reasons for this fighters in guys are the extremely high loads on the body joints, the high pace of

exercises and competitions, in addition to the excessive load on the joints in women, are also reasons that lead to injuries.

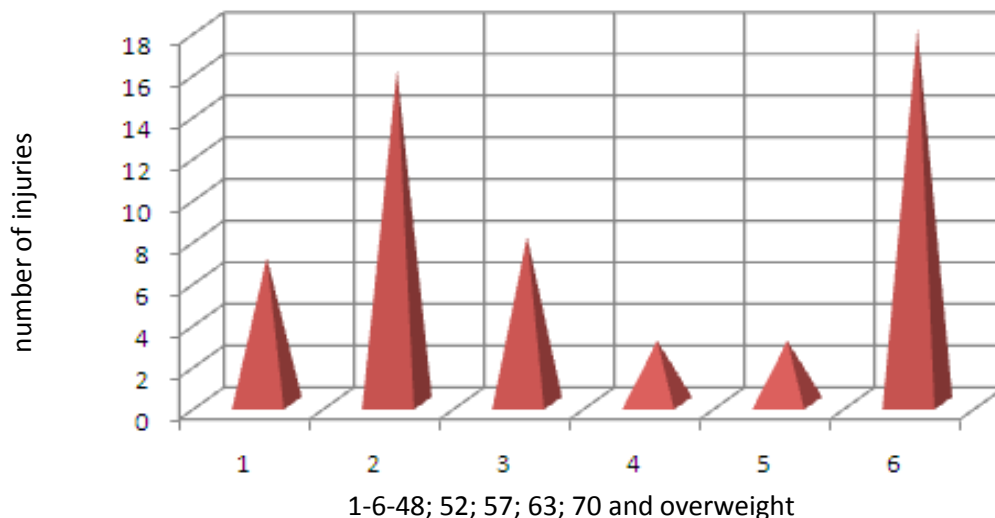
The results of the toponymic analysis of injuries of body organs and joints of wrestlers are evident from the results obtained that the wrestler is the most common hand-paw joints, knee and wrist injuries in men and women. But foot-paw, shoulder, thigh, umrov, pelvis, spine injuries are also.

The results of the study of the severity of the injuries are presented in Figure 4. As can be seen from the graph, most injuries also occurred with injuries that caused their weight to reach 10-30 days, during the observation period from 60 days to 1 year. These are injuries associated with fractures of the spine, spinal cord and legs.

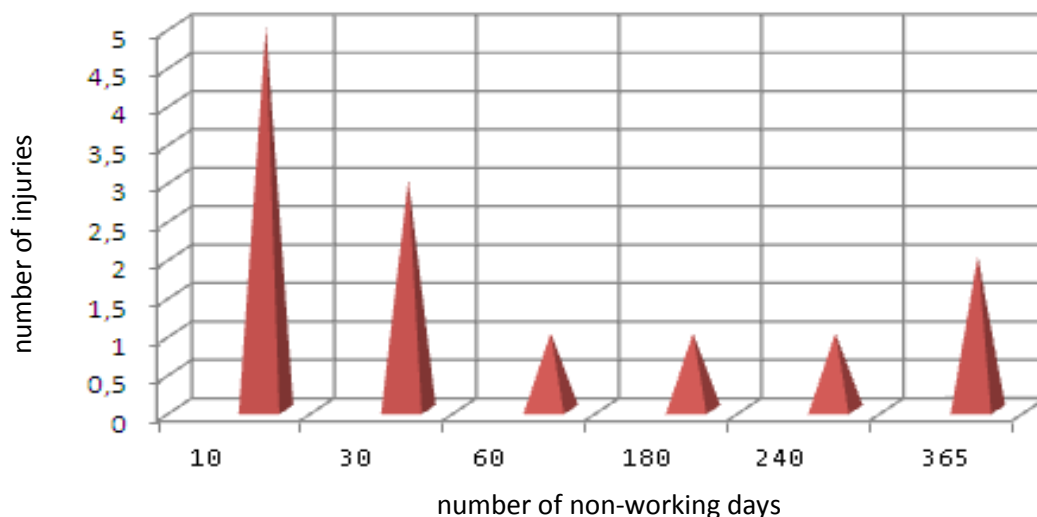


1-9-50; 55; 60; 65; 74; 77; 83; 90 and overweight

2-fig. Injury by weight category in wrestling guys.



3-fig. Weight category injuries in women wrestlers.



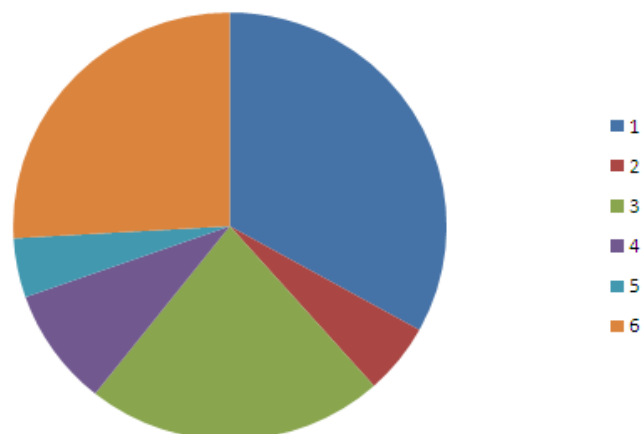
4-fig. Weight of wrestlers injuries.

RESULTS AND DISCUSSIONS

From the results of the study of the literature on injuries in sports[1,2] it is known that the main causes of injuries are the following. That is, not to warm up the body thoroughly before the one-on-one shooting, not to fully perform the entangled writing exercises, not to meet the demand for the place of the exercise, the fact that during the pick-up the opponent occurs without knowledge or knowledge of the prohibited movements, lack of sports technique, or protection, which is extremely necessary for

From the analysis of the results of the study conducted among the fighters for the listed reasons, it became clear that the greatest number of injuries occurs due to training the body, getting out to compete one-on-one in various competitions, not getting hot enough and going out into a fight without doing tangled writing exercises(see Figure 5).





1-do not warm up the body (33%);
2-the place of the exercise is not in demand(5%);
3-the opponent committed a prohibited action (22%);
4-sports technique is not enough(9%);
5-other reasons (4%);
6-the wrestler does not know the reason (26%)
5-fig. Causes of injury to the body organs of the wrestler.

In addition, it was revealed that the inability of the wrestler to follow what he did in the process of the fight, when using the methods, before climbing the carpet to fight alone, was also one of the main causes of the injury. Knowing and not knowing or deliberately committing prohibited actions against an opponent in the course of the fight, wrestlers occupy a significant place among the causes leading to injury[3,5]. The lack of sports technique and the location of the exercise can also lead to injuries, as can be seen from the results obtained. It is desirable that these data be taken into account before the exit to the one-on-one shooting on the fight, in the course of the fight and during the training of fighters. It is also necessary to pay attention to the need to eliminate, alleviate and reduce injuries in wrestling sports by developing rules for the safety technique of wrestlers.

CONCLUSION

Elimination or reduction of injuries first of all, the improvement of the order of their accounting, and secondly, the development of sports teams (organization, territorial federations, societies, etc.) it is desirable to carry out scientific research on issues such as improving the procedure for maintaining the statutory-normative documents that clearly define the obligations and powers of the organization for the study of injuries, in the third, confirming the state of insurance in the event of an athlete's injury, determining the category of disability. Through the solution of these issues on a scientific basis, the state policy

in the field of development, implementation and compliance control of organizational, technical, social, treatment-profilactic measures aimed at reducing the injury of young athletes will rise to a new level of quality. By ensuring strong social protection of the youth, the sportsmen create a basis for further increase in their activity, initiative and confidence in sports games and competitions.

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