
ATTENTION TO INVOLVING WOMEN IN SPORTS IN UZBEKISTAN: ACHIEVEMENTS AND PROBLEMS

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ABSTRACT: In this article is refers to the reforms implemented in terms of attracting women to sports, which are the foundation of the future of our society, and improving their health. Current process trends in the field are analyzed analytically.

KEYWORDS: Women's sports, National programm, sports sections and departments, extracurricular sports, household members, Physical training, women's sports in the neighborhood.

INTRODUCTION

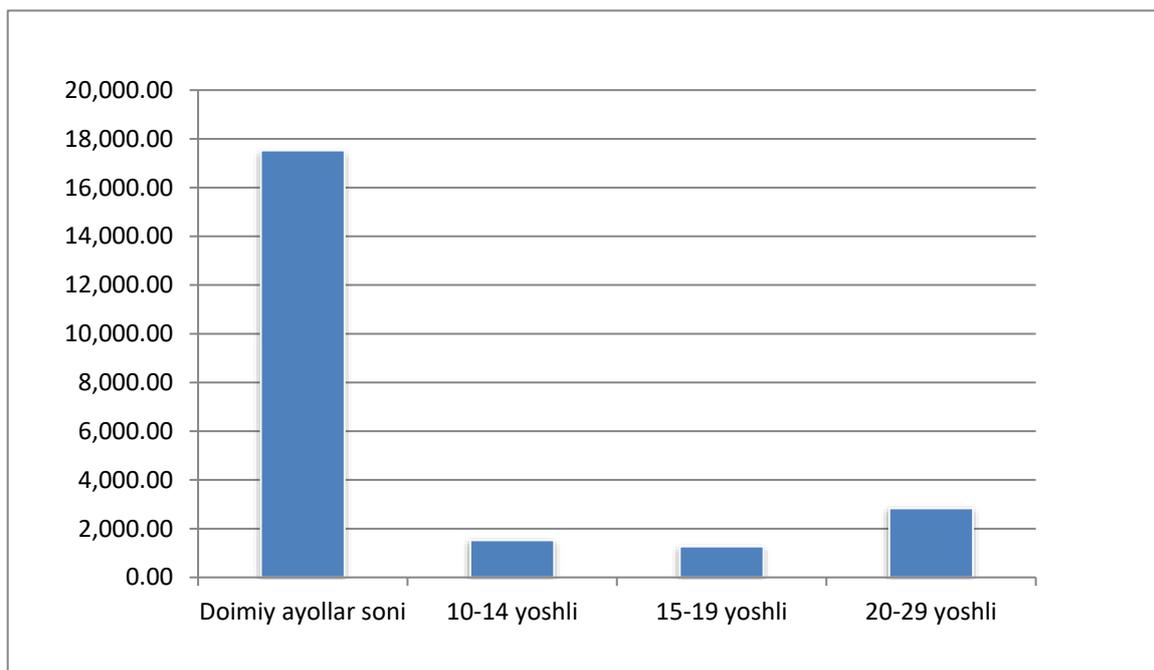
At the development country of state policy, attention is paid to ensuring the health of women in developed societies, ensuring their comprehensive rights, and creating ample conditions for them to engage in sports. In the years of independence, special importance is attached to the popularization and development of women's sports in Uzbekistan.

In particular, as stated in the Resolution No. 414 of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev dated November 11, 2022, "the development of the field of physical education and sports requires the training of qualified personnel, the involvement of women in sports, the support of women "Encouragement and protection from violence was defined as one of the important directions of social policy." Because sport improves the health of the population by educating the young generation in a healthy and well-rounded manner, and determines a healthy way of life in the society. Besides, women have their place in any society. Since the distant past, women have been fighting with men for their equal rights, freedom and independence in some sense. The level of freedom of women and girls, their participation in social life, has historically been accepted as a qualitative indicator of the development of any society. In the last 100 years, the contribution of world-renowned scientists, philosophers, poets, artists and women who left an immeasurable mark on the world arena with their unique sports achievements is a significant quality indicator of the development of that society and nation.

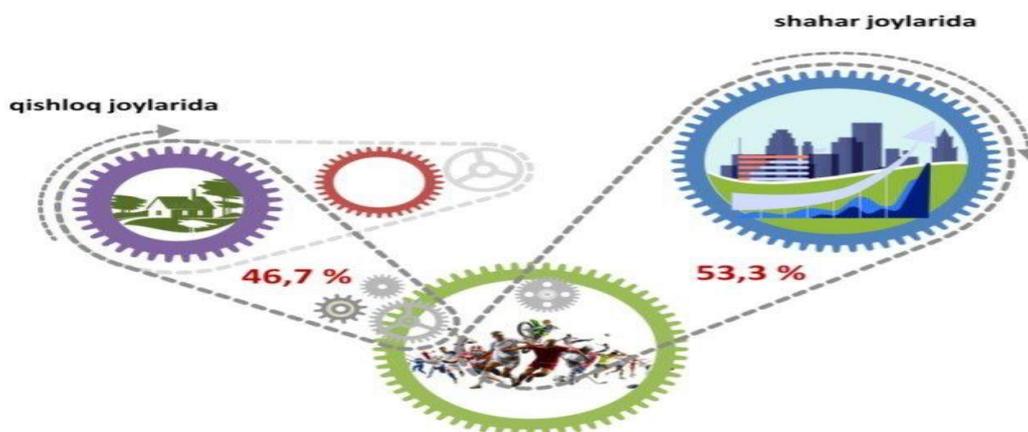
The Main Findings and Results

In 2022-2026, a national program was developed to increase the activity of women in all aspects of the country's economic, political and social life. Today, the total population of Uzbekistan is more than 36 million people, and the share of women is 17 million 527 thousand 137 people. Among them, the number of women aged 20-29 in 2022 will be 2 million 836 thousand 703,

teenage girls aged 15-19 will be 1 million 272 thousand 272, and girls aged 10-14 will be 1 million 528 thousand 150.



There are 2360.5 thousand people engaged in sports outside of class and work in the sports sections and departments, of which 874.3 thousand (37%) are girls, women, and 1486.2 thousand are men. 46.7% (1102.2 thousand people) of the total number of people who play sports outside of class and work in sports sections and departments correspond to rural areas, while 53.3% (1258.3 thousand people) correspond to urban areas (2020).



Forming a healthy lifestyle for women in the family. A healthy child grows up in a harmonious family with a healthy environment. Sport is as necessary as water and air. Our eyes are happy to see a number of our sisters who are achieving success in the field of sports in our republic, but the percentage of women involved in sports is very small. For example: in the months of January-December 2022, the percentage of household members engaged in physical activity in the Syrdarya region was 65.1%, of which 73.1% were men and 57.2% were women. In Fergana region, the percentage of household members engaged in physical activity in January-December 2022 was

55.8%, of which 64.0% were men and 47.7% were women.

In the period of January - december 2022, the percentage of household members engaged in physical activity in the Tashkent region was 52.6%, of which 52.6% were men and 48.9% were women. In the months of January-December 2022, the percentage of household members engaged in physical activity in the city of Tashkent was 71.4%, of which 77.1% were men and 66.2% were women. As of December-January 2022, the share of people engaged in physical activity in the Republic of Uzbekistan was 62.3%, of which 67.3% were men and 57.3% were women. As of January 1, 2022, there are 66,885 wrestlers in sports schools and sections in our republic, of which 10,717 are women.

CONCLUSION

In conclusion, it should be noted that our government is organizing a number of measures for the development of women's sports, including creating all conditions for women to practice sports in all areas and aspects of society. At the Tashkent Textile and Light Industry Institute, special conditions have been created for female professors and teachers, and separate conditions for female students. They can play sports and participate in sports competitions during their free time from studying and working. Such opportunities were created not only in the educational system, but also for women who were busy with housework, and various sports sections were organized in the mahallas'. All this is an important step in the realization of women's health and their interests in Uzbekistan.

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