

The philosophy of kurash and its educational bases

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ABSTRACT

The purpose of this paper is to present the history, philosophy, social and pedagogical bases and significance of kurash. Furthermore, it discusses the character of humanity and the educational importance of kurash. Kurash is considered one of the most spectacular and attractive sports developed in the world. Unfortunately, the problem of developing special terms for kurash and bringing them to the attention of the general public has not been sufficiently studied.

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Kurash falsafasi va uning tarbiyaviy asoslari

Kalit so'zlar:

kurash,
ta'lim,
tarbiya,
yosh avlod.

ANNOTATSIYA

Maqolaning maqsadi kurashning tarixi, falsafasi, ijtimoiy-pedagogik asoslari va ahamiyatini taqdim etishdan iborat. Bundan tashqari, unda kurashning insoniylik xarakteri va tarbiyaviy ahamiyati haqida so'z boradi. Kurash dunyoda rivojlangan sport turlaridan biri hisoblanadi. Afsuski, kurashga oid maxsus atamalarni ishlab chiqish va ularni keng jamoatchilik e'tiboriga yetkazish muammosi yetarlicha o'rganilmagan.

Философия кураша и ее образовательные основы

Ключевые слова:

кураш,
образование,
воспитание,
молодое поколение.

АННОТАЦИЯ

Цель данной статьи – представить историю, философию, социально-педагогические основы и значение кураша. Кроме того, в нем обсуждается характер человечества и образовательное значение кураша. Кураш считается одним из самых зрелищных и привлекательных видов спорта, развитых в мире. К сожалению, проблема разработки специальных терминов для кураша и доведения их до широкой общественности изучена недостаточно.

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It is true that kurash has a great importance in upbringing healthy generation. In every respect, it strengthens the defensive might of the country and improves military service. Obviously, kurash is the most valuable factor that plays a vital role in shaping a unanimous nation. Not only is kurash the skill of fighting physically with opponents, but it also brings up youth in the spirit of humanity and culture [2, 3]. Kurash is incarnated with the following ideas that sport teaches to admit bravery, honesty and integrity, victory and failure, and to respect opponents, coaches, spectators and referees. In this article, we will discuss the philosophy and social importance of kurash.

Kurash helps to upbringing every young people in the spirit of being patriotic to his or her Motherland and loyal to the country. How the kurash athletes are patriotic, or how much they have loyalty and honesty, and their spirits in kindness to their Fatherland to be clarified in the process of doing exercises, preparing for crucial competitions, and esteeming themselves during the results of the games.

Athletes who are never defeated are presenting this perfectly and showing examples of how they are in the patriotic and human spirit. In reality, kurash is considered a means of upbringing young people in physical hardening.

Of course, first, kurash was a valuable custom of the Uzbek nation, which caused it to develop completely; second, kurash has a vital role in shaping young generations to be spiritually perfect. Since the tendency and ideas are fair, it increases the feelings of the person to a higher degree. Indeed, kurash is spiritually connected with the life of the Uzbek nation as it exists in the heredity of Uzbek people.

Worldwide, all countries emphasize raising youth health and intellectual skill in every respect. In the system of education, healthcare, sport, and other different spheres in society are becoming wanted consequences in both enhancing and developing education systems. The necessity of working out efficient organizational-pedagogical factors based on national and global traditions and customs is widely illustrated in some special programs. In return for these chances together with kindness and attention, young people should have a duty to achieve higher results by showing their real abilities in international tournaments and Olympiads.

The role of the types of national sports, especially kurash, is huge in terms of bringing up a spiritually perfect and creatively intellectual generation.

The long history of kurash was glorified as a sample for the perfection of athletes. Physical strength; adroitness; behaving modestly among people; conduct; spiritual appearance; attitudes towards opponents, referees, carpets, and spectators; and other characteristics of kurash athletes have special significance.

Many legends were created about kurash athletes in ancient times. Being an athlete in the nation is a cultural and great heritage. This custom and heritage are still deeply valued and will also be respected in the future. In today's world, many countries are paying attention to respecting athletes and appreciating them with wide respect.

The philosophy of kurash is very comprehensive today. It corresponds with the cultural aspects of physical training. In this field, some scientists have carried out different investigations (for example, Uzbekistan, India, Turkey, and others). In particular, they gathered a great deal of information about learning scientific, philosophical, social and cultural knowledge of kurash. Several scientists such Rafiev (Uzbekistan, Samarkand), Ibrokhimov (died) and Toshpulatov (Uzbekistan, Surkhandarya), Atoev (Uzbekistan, Bukhara), Akhmedov (Uzbekistan, Jizakh) provided crucial information about the philosophical and pedagogical aspects of sports, especially kurash, in their research.

Divers' views and opinions about kurash were notified in international and national meetings and conferences. The works of academic Tulenov, Professors Murodov, Koraboev, Jabborov, Javliev, Homidov, Musurmonova, Davletshin, Nasriddinov, Usmonkhujayev and Abdumalikov are absolutely essential.

Organizing development not only among the young generation but also among elderly people is leading to the formation of a healthy lifestyle. Kurash is being developed step by step among youth since it is an inseparable part of culture and life.

People confess that the role of kurash in the upbringing of the person is pedagogically high. To prove the abovementioned opinions and views, clarifying the conditions of kurash is suitable. First, making a bow (tazim) before the contest for each other is a symbol to show the most honourable virtues of humanity. Opponents bowing each other means that they are opponents only over the "gilam". These actions are embodied with strong respect toward one another.

Kurash means fighting, discussing and arguing. Kurash contains actions and conditions that include special physical exercises. Together with this, the special character of kurash is hugely important in the growth of the person. The development of society leads to the improvement of culture. In today's life, kurash has a huge significance in society.

In recent years, investigations directed at learning the aspects of sport and its role have been to a high degree in the lifestyles of people. Over this issue, specialists in physical training and sports and psychologists have carried out studies and achieved different scientific, methodological, and theoretical resources to diverse degrees (V.D. Panachayev, N.I. Ponomarev, L.P. Matveev, Y. Masharipov, R.S. Salamov, L.I. Lubisheva).

Toward athletes who won in competitions and tournaments, "athlete", "winner" and "champion" words were widely used to describe them. Most people were envious of these fighters; as a consequence, great enthusiasm appeared in ordinary people to participate in kurash competitions. Usually, people have a tendency to appreciate kurash as a symbol of winners and champions.

It is clear that sports have some special and general functions. According to the theory of sports, there are some tasks in sports: a competition task, a healthy task, an idea task, an ethic task, an educational and moral task, social task, a social and political tasks, and an international task. In addition, it is noted in certain resources that sport plays a major role in bringing up patriotism. Sport is not just to define the results or to show abilities of physical opportunities, but it is also connected with human upbringing, and it is a human factor. Being received as an international sport and is improved over the respect years, kurash has been regarded as suitable for general standards.

As pointed out in the Law of the Republic of Uzbekistan "On Physical Training and sport" (new edition, September 4, 2015), national types of sports and national games are indivisible parts of physical training and sports in the field of the cultural heritage of the Republic of Uzbekistan, and further sports paves the way for upbringing youth in the spirit of attempting to spread the country's reputation. It is real that national sports types, social development, and shaping are interconnected with bringing up the young generation in a patriotic mood. For example, kurash contains respecting opponents and defending self-esteem on the basis of philosophical and moral opinions [3]. The ideas of patriotism, humanism, peace, and peace-loving and making the nation industrious are incarnated in the historical development and formation of kurash. For peace, patriotism, humanism, and industry have been appreciated and honoured as national values.

As kurash is a humanitarian value, it is reflected in the character of humanism. Simply, it can be seen that kurash is just a type of sport after the particular preparation of athletes or attempts to defeat one another in competitions. However, the rule of competitions and general standards of kurash have such requirements for kurash athletes, referees, coaches, and other participants that in the competition process will be formed and brought up in accordance with sports programs and values of humanity. It is vitally essential to hold sports competitions and physical trainings without any damage to the health of spectators and participants. It is prohibited to use dangerous methods to prepare that might cause injuries or humiliation of sportsmen's honour and virtues.

The rules of kurash competitions are worked out in a special way such that athletes must obey the rules. At the same time, kurash respects its high humanism character.

Worldwide, maintaining the health of people is a satisfying condition, and improving it perfectly is a basic duty of medicine. There is a notion in the medical world that "Instead of treating disease, it is preferable to prevent it". In contemporary life, where technology has advanced, being passive (because many things are done by technology) brings about several issues, especially disease, including obesity. Performing exercises regularly on the basis of schedule provides the organism of the body with the necessity to be active. Then, wanted consequences, including healthy organisms and strong bodies, can be achieved. This is one of the important reasons why kurash is deeply valued as humanism.

Today's global circumstance is resulting in different negative issues, coupled with terrorism, religious extremism, and illegal drug trafficking. These problems hardly fail to affect the lives of people, society, and the country. Modern kurash is trying to bring up every kurash athlete or participant in accordance with the goal, not just to obtain higher results from training or competitions.

The modern Olympic Games propagandist prominent French statesman Pierre de Coubertin organized the Olympic Games, which were of great importance for humanity and were received as a means of educating and upbringing. After the Second Cold World War, organizing Asian Games owing to the enterprising of India was about enhancing welfare programs and keeping peace and unanimity among the nations. Therefore, people should have a duty to develop kurash and value it as a humanist character.

It is crucial to make kurash more common among people to propagate this propaganda. In particular, we aim to show the scientific-methodological bases of kurash and organize investigations about the theory of kurash and its methodology. Knowledge of kurash should be briefly developed. The created and written literature of kurash has made great contributions to the development of kurash. However, achieving fast-term development in the field of sports requires adding kurash to the Olympic Games and creating more successful literature about kurash and investigations [5]. It can be said proudly that there are any opportunities to enhance and improve science, education, sports and other fields.

Carrying out different studies and organizing investigations are becoming a major factors, and they are currently a crucial task for coaches, referees, scientists, and specialists. Since, the world should know that kurash is the oldest type of wrestling and under the meaning of kurash, there are honesty, bravery, and patriotism that are the most valuable virtues for people.

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