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DYNAMIC FACTORS DETERMINING THE INTEREST IN KICKBOXING OF 13-14-YEAR-OLD KICKBOXERS

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Annotation: In this article, the dynamic factors that determine the interest of 13-14-year-old kickboxers in kickboxing sports training are studied. Literature analysis, generalization, questionnaire and mathematical statistics methods were used in the research process. As a result of the research, it can be concluded that in order to increase the number of children participating in sports at the initial stage of training, it is necessary to pay special attention to the formation of interest in training participants under the supervision of coaches, to take into account the provision of their basic needs.

Key words: physical exercises, questionnaire, interests, psychological preparation, injuries, physical development, physical training, physical qualities, action games.

INTRODUCTION

Education of an all-round capable, mature person is one of the urgent issues facing our society today. Also, the attention paid to the development and popularization of children's sports today imposes a high sense of responsibility on the professionals. One of the urgent issues of today is to study the reasons why young athletes leave sports, to develop ways to encourage them to play sports, and to implement tools and methods that serve to increase the number of young people doing sports.

In our republic, work is being carried out to study the reasons why young kickboxers leave training at the initial training stage, to study the uniqueness of their interest in sports, and to determine ways to maintain the number of children engaged in sports at this training stage. . a survey was conducted with kickboxing coaches and young athletes.

LITERATURE ANALYSIS AND METHODS

In the process of preparing the article, literature analysis and summarization, questionnaire and mathematical statistics methods were used. In particular, the scientific and methodological works of scientists such as S.S.Tajibaev, M.A.Kurbonova (2006), A.M.Simakov (2010) were analyzed.

The questionnaire developed by V.B.Antipin (2006) was used in the organization and conduct of the survey. The survey was conducted with 40 13-14-year-old kickboxers from children's and youth sports schools in Chirchiq city of Tashkent region, Qibray city and Baliqchi district of Andijan region. Also, a survey was conducted with 20 kickboxing coaches working in Tashkent region.

RESULTS AND DISCUSSION

At the initial stage of preparation, attention should be paid to forming a permanent interest in the chosen sport. Interest in this type of sport serves as an important motivation for continuous training with the type of activity, and this situation leads to the development of sports results (V.A.Antipin, 2006).

According to the answers given by young kickboxers about the reasons for leaving the sport, 21% of the coaches said that they are not interested in the sport of kickboxing. (Table 1).

18% of coaches working in our country explained that there are no family conditions for sports. The lack of facilities for sports in the family is the inability of parents to bring enough sports uniforms to their children, to provide their children with vitamin

foods after training, and other reasons. In addition, it should be noted that this situation was confirmed during pedagogical observations during the educational process.

49% of coaches say parents sometimes stop kickboxing classes because they worry about their kids getting hurt. But it would not be wrong to say that the answer to the question is subjective. Because it was found that such situations occurred due to the negligence of some coaches, parents did not have enough information about training.

36% of coaches do not pay enough attention to the psychological preparation of young kickboxers in the initial training stage before kickboxing competitions. Even if an athlete practicing sports is ready for competitions from a morphofunctional point of view, if the psychological preparation is not sufficient, it leads to situations where he is disappointed in the sport and leaves the sport.

At the initial stage of preparation, first of all, it is necessary to focus on the formation of a stable interest in the chosen sport. An increase in interest in sports serves as an important incentive to systematically engage in this type of activity, as well as this situation leads to an increase in sports skills and results (V.B.Antipin, 2006).

32% of coaches confirmed that one of the reasons why athletes leave sports is that they get severe injuries at the beginning of training and cannot participate in training for a long time. Lack of attention to the chosen sport, It is reasonable to assume that the tools and methods used in the training process are not implemented taking into account the age characteristics of the participants.

The use of heavy (high-volume) exercises in training 55% by professionals recognized as a reason for leaving kickboxing circles.

A number of scientists who conducted their research on the training of young athletes (S.S.Tajibaev, M.A.Kurbonova, 2006; A.M.Simakov, 2010) based on pedagogical experiences, they justified the fact that the effectiveness of using action games in the educational process is 80-86%.

Table 1

The results of the questionnaire conducted among kickboxing trainers (in %)

№	Reasons why children leave kickboxing clubs	Answers (%)
1	Lack of interest in kickboxing	21
2	Lack of family conditions for sports	18
3	Parents do not send their children to training because they are worried about getting injured	49
4	Severe injuries at the beginning of training	32
5	Heavy training (high volume)	55
6	Repetition of the same exercises	30,5
7	The trainer's inability to interest in training enough	11
8	Rude attitude of the coach	9
9	The remoteness of the training area in some areas	17
10	Kickboxing sport is not developed enough in remote areas	61
11	Parents' lack of time for their children	33
12	Lack of qualified trainers in remote areas	26

We can see from the results shown by 30.5% of coaches that children drop out due to the repetition of the same exercises. If we pay attention to the results obtained during pedagogical observations, the fact that the repetition of the same exercises in training remains almost unchanged, it was found that relays and non-traditional means and methods were not available.

11% of coaches reported cases of dropping out of sports due to coaches not being able to get them interested in training enough.

The reason given as rude attitude of the coach was determined by the result of 9% of the coaches working in remote areas.

During individual interviews with children, it was found that most of the children attend kickboxing exercises, first of all, to be able to protect themselves, as well as increasing their respect among their peers, showed his desire to show what he is capable of. It is possible to conclude from this, young athletes consciously attend kickboxing training, they come based on their inner desires and interests.

So, what makes children and teenagers leave the sport (kickboxing)?

Research was conducted among athletes by analyzing the opinions of athletes participating in the initial training stage of sports schools for children and teenagers on the reasons for leaving sports. Also, 40 kickboxers who left sports clubs during the initial training stage participated in the research. The age of the survey participants is 13-14 years old.

The results of the analysis of the answers given by children who left kickboxing classes (Table 2) shows, most of the children dropped out of sports for these reasons:

- lack of interest in sports;
- unmet needs;
- that there is no interest in doing the same activities.

Some information obtained on the basis of the questionnaire does not correspond to the opinions expressed by the coaches. In particular, when explaining the reasons for leaving sports, there are clearly visible differences in the opinions of coaches and children, firstly, the inability of coaches to properly assess athletes' interest in training, lack of games, problems related to the neglect of preparation for participation in the competition. Also, most of the coaches are afraid of children to go to the ring before competitions, that they do not have the ability to engage in this sport, long training (over the specified time) acknowledges the cases. Perhaps, this situation is one of the main dynamic factors influencing the separation of children at the stage of preliminary training.

According to the results of surveys conducted among children who leave kickboxing exercises, the interest of athletes during the adaptation period in a complex sport such as kickboxing, including, allowing athletes to train in this sport for a long time in the future, needs arising during training are not taken into account.

Table 2

Results of a survey among young athletes who left kickboxing clubs at the initial training stage

№	Reasons for leaving kickboxing circles	Answers (%)
1	Close friends not practicing kickboxing	36
2	Failure to take part in competitions for a certain period of time	41
3	Dissatisfaction of children with training	59
4	Lack of interest in training	13
5	Lack of ability in the sport of kickboxing	17
6	After a certain period of time, children will understand that they like another type of sport	29
7	Not being able to hang out with the kids in the group	65
8	Lack of various interesting action games after training	55
9	Prolonged training (longer than the prescribed time)	38
10	Relatives' negative attitude towards kickboxing	16
11	Not being able to date a coach	12
12	Shortness of breathing during the training time	27

CONCLUSION

It is possible to come to this conclusion through the analysis of studies, in order to increase the number of children participating in sports at the initial stage of preparation, they should pay special attention to the formation of interest in training participants under the supervision of coaches, it is required to take into account the provision of their basic needs.

In order to prevent young kickboxers from dropping out of sports training, the main attention should be paid to the following:

- not interesting, reducing the number of the same exercises and introducing new methods to the training process;
- to determine ways to determine the existence of temporary interest of athletes in this chosen sport;
- looking for new methods, taking into account the age characteristics of those involved in the training process;
- inculcating willpower in athletes, how to overcome difficulties, achieve high goals during training;
- if we pay attention to the opinions of experts on the training of young athletes, to pay attention to the training conducted in the style of a game, taking into account the psychophysiological characteristics of the athletes in the initial training stage;
- in order to appropriately change the views of close humans on sports, coaches should pay special attention to the physical and mental, technical-tactical, and psychological preparation of athletes for training and competitions.

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13-14 YOSHLI KIKBOKSCHILARNING MASHG'ULOTLARGA BO'LGAN QIZIQISHLARINI BELGILAB BERUVCHI DINAMIK OMILLAR

Annotatsiya: Ushbu maqolada 13-14 yoshli kikbokschilarning kikboks sport turi mashg'ulotlariga bo'lgan qiziqishlarini belgilab beruvchi dinamik omillar tadqiq qilingan. Tadqiqot jarayonida adabiyotlar tahlili, umumlashtirish, so'rovnoma va matematik statistika usullaridan foydalanilgan. O'tkazilgan tadqiqot natijasida xulosa qilish mumkinki, dastlabki tayyorgarlik bosqichida sport bilan shug'ullanuvchi bolalarning sonini oshirish maqsadida murabbiylar nazorati ostida mashg'ulot olib boruvchilardagi qiziqishni shakillantirilishiga alohida e'tibor qaratishlari, ularning asosiy ehtiyojlari ta'minlanishini hisobga olish talab qilinadi.

Kalit so'zlar: jismoniy mashqlar, anketa so'rovnoma, qiziqishlar, psixologik tayyorgarlik, jarohatlar, jismoniy rivojlanish, jismoniy tayyorgarlik, jismoniy sifatlar, harakatli o'yinlar.