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## BASIS OF STATE POLICY OF THE REPUBLIC OF UZBEKISTAN IN THE FIELD OF DEVELOPMENT OF PHYSICAL CULTURE AND SPORTS

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### ABSTRACT

Today in Uzbekistan, as in all spheres, great attention is paid to the development of physical culture and sports. Of great importance in these processes is the involvement of youth and women in a healthy lifestyle and mass sports. It was these factors that served as the objects of research of the scientific article.

**Key words:** state policy in the field of sports, women's sports, youth support, international recognition, gender equality.

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**ЎЗБЕКИСТОН РЕСПУБЛИКАСИНИНГ ЖИСМОНИЙ ТАРБИЯ ВА СПОРТНИ РИВОЖЛАНТИРИШ СОҲАСИДАГИ ДАВЛАТ СИЁСАТИ АСОСЛАРИ**

**АННОТАЦИЯ**

Бугунги кунда Ўзбекистон барча соҳалар каби жисмоний тарбия ва спортни ривожлантиришга катта эътибор бермоқда. Мазкур жараёнларда ёшлар ва аёлларни соғлом турмуш тарзи ва оммавий спортга жалб қилиш катта аҳамиятга эга. Айнан шу омиллар илмий мақоланинг тадқиқот объектлари бўлиб хизмат қилган.

**Калит сўзлар:** давлатнинг спорт соҳасидаги сиёсати, аёллар спорти, ёшларни қўллаб-қувватлаш, халқаро эътироф, гендер тенглиги.

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**ОСНОВЫ ГОСУДАРСТВЕННОЙ ПОЛИТИКИ РЕСПУБЛИКИ УЗБЕКИСТАН В  
ОБЛАСТИ РАЗВИТИЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА****АННОТАЦИЯ**

Сегодня в Узбекистане, как и во всех сферах, большое внимание уделяется развитию физической культуры и спорта. Большое значение в этих процессах имеет вовлечение молодежи и женщин в здоровый образ жизни и массовый спорт. Именно эти факторы и послужили объектами исследования научной статьи.

**Ключевые слова:** государственная политика в сфере спорта, женский спорт, поддержка молодежи, международное признание, гендерное равенство.

**INTRODUCTION AND RELEVANCE**

The main goals and tasks of development of physical culture and sports in Uzbekistan, upbringing of healthy young generation, all-round promotion and development of traditional games and sports, active involvement in the physical movement of the broad strata of the population, the achievement of organic unity of physical training and practice of construction companies.

Representatives of our country achieve high results in various international competitions, at the Olympic games and world Championships, the potential of our Republic is growing, magnificent world-class complexes, modern stadiums and courts are being built in the center and in the regions. It is noteworthy that the games "Barkamol avlod" and "Universiade" are becoming more and more popular.

**RESEARCH METHODS**

The article uses chronological and systematic and periodic data, comparative and quantitative methods more than ten scientific papers on the topic are used to explain. «Basis of state policy of the republic of Uzbekistan in the field of development of physical culture and sports»

**RESEARCH RESULTS**

One of the priorities of state policy today is to educate the younger generation healthy, physically strong, and spiritually active and spiritually Mature. Our country has created a legal

framework for the education of a healthy generation, the development of comprehensively Mature and harmoniously developed individuals.

The next important element that ensures the successful implementation of the government's state policy in the development of sports and physical culture in Uzbekistan is a set of legal acts. This complex includes two levels: National and regional. The results of public administration activities largely depend on their perfection and consistency.

The most important legal documents in this sphere are the Law of the Republic of Uzbekistan "About physical culture and education" (1992), presidential Decree "On establishment of the Order for a healthy generation" (1993), the decree of the President of the Republic of Uzbekistan "About creation of Fund of development of children's sports in Uzbekistan" (2002), The presidential decree "on measures to further develop education and mass sports" (2017) and the presidential Decree "on measures to radically improve the system of state administration in the field of physical culture and sports" (2018) play an important role in the comprehensive development of the young generation and their interest in sports

The state began to pay great attention to the formation of a healthy, harmoniously developed generation, its spiritual and aesthetic education. In particular, 2000 in Uzbekistan was declared the "year of the healthy generation", 2001 "the Year of mother and child", 2008-the "year of youth", 2010-the "year of the harmoniously developed generation". This year, 2016 is declared "the Year of healthy mother and child" [1-42].

In accordance with the State programs adopted for each year, a wide range of socially significant measures aimed at further development and improvement of the spiritual and moral education of the young generation was developed and implemented.

For the first time in the years of independence, the Law of the Republic of Uzbekistan "on physical culture and sports" was adopted. The second version of this law was approved on 26 may 2000. The new version of the Law of the Republic of Uzbekistan "on physical culture and sports" was adopted on September 4, 2015. This law establishes the legal framework for the development of physical culture and sports of the government of Uzbekistan in accordance with the Constitution and international law.

The main directions of state policy in the field of physical culture and sport are reflected in article 4 of the Law of the Republic of Uzbekistan "on physical culture and sport", according to which the state supports the development of physical culture and sport, ensuring the right of everyone to free physical culture and sport. Guarantees the creation of conditions for the development and promotion of national sports and folk games of Uzbekistan[2].

The Law of the Republic of Uzbekistan "On Physical Culture and Sport" defines the main directions of state policy in the field of physical culture and sports in the country:

state support for the development of physical education and sports; ensuring the right of everyone to freely participate in physical education and sports;

Association of state and public administration in the field of physical education and sports;

establishment of state guarantees of the rights of citizens in the field of physical education and sports; non-discrimination and violence in the sphere of physical culture and sports; ensuring the safety of life and health of persons engaged in physical culture and sports and also the participants of sporting events and spectators;

to promote the development of all types and components of sports;

to promote the development of physical culture and sports among people with disabilities and other persons with disabilities, as well as populations requiring a high level of social protection;

Creating conditions for the development and popularization of national sports and folk games of Uzbekistan; ensuring continuity and continuity of physical education of citizens; including international cooperation.

The main mechanisms for implementing this policy are the development of physical culture and sports for children and youth, strengthening the promotion of mass sports, the "national training program", the Law "on physical culture and sports", The law "on juvenile delinquency" and the Law

of the Republic of Uzbekistan "on crime prevention" and resolutions of the Cabinet of Ministers of the Republic of Uzbekistan.

In 2004, at the initiative of the First President Islam Karimov, The Foundation for the development of children's sports was established in order to educate the future youth of our country in all respects Mature and harmoniously developed. Today, more than 6 million children in Uzbekistan regularly participate in 30 sports.

In the report of the first President of the Republic of Uzbekistan Islam Karimov on the results of socio-economic development of the country in 2015 and the most important priorities of the economic program for 2016, special attention is paid to the development of physical culture and sports. The development of physical culture and sports is currently one of the priorities of the state policy of the Republic of Uzbekistan.

The level of development of physical culture and sports in the regions is an important indicator of the nation's health and national power. The successful implementation of the development strategy of Uzbekistan for 2017-2021 depends primarily on effective state policy.

Activities for the development of physical culture and sports are closely linked to such important areas of state activity as health and youth policy [3].

As the first President of the Republic of Uzbekistan Islam Karimov noted in his work "high spirituality is an invincible force" "from now on, in all our plans, culture, physical culture and sport should take a place among the priority tasks", this means that we should be more attentive to this issue.[4-19].

At the same time, our country is implementing the concepts of "Healthy generation" and "Semey-school-mahalla", "Healthy mother - healthy child" and implementing comprehensive programs for mass involvement of children in sports sections. From this point of view, the problem of studying the state policy in the field of physical culture and sports has an undoubted relevance and practical significance. In modern conditions, sport has become an important tool for fruitful international cooperation. Sporting achievements significantly strengthen the prestige of the state. Therefore, the entire range of measures designed to ensure a high level of physical and moral health of the nation cannot be effectively implemented without comprehensive development in the field of sports. Sport plays a consolidating role in strengthening interethnic unity in Uzbekistan. The sporting achievements of Uzbek athletes in the international arena are a powerful educational incentive and a positive example for the younger generations.

With this in mind, the state policy on the development of physical culture and sports lays the Foundation for the further development and strengthening of civil society.

It is gratifying that in connection with the implementation of the Decree of the President of the Republic of Uzbekistan "on the strategy for action in the five priority areas of development of the Republic of Uzbekistan in 2017-2021", large-scale work is being carried out in the country aimed at creating conditions that meet modern requirements for systematic physical culture and sports for all segments of the population, especially the younger generation, strengthening youth confidence in their abilities and capabilities through sports competitions, fostering courage, a sense of patriotism and loyalty to the Motherland, as well as improving the system of selecting talented athletes, further development of physical culture and sports in General.

The construction of magnificent sports facilities that meet international standards started in various regions of our country, the regular holding of sports games "Umid Nihollari", "Barkamol avlod" and "Universiade" among students and students is beginning to bring results - representatives of Uzbekistan began to win high places at the Olympic Games, world Championships, Asian games and other international competitions.

In order to further develop mass sports in our country, its essence and significance, the great work being done in this area, and the tasks to be performed, the Cabinet of Ministers in 2003 adopted a resolution "on measures to further raise public awareness".

According to the decree, it was agreed that uzteleradiocompany, the State Committee for physical culture and sport, National Olympic Committee, youth Union and the development Fund of children's sport to create a special channel on Uzbek television. Based on this, the resolution also

addresses the issues of training and support of journalists in accordance with the requirements of the specialization of journalists in the field of sports [5].

It is important to increase the role of physical education in the comprehensive development of the individual, in preparing the young generation for service in the Armed forces of the Republic, in forming a healthy lifestyle, and in preventing diseases [6].

Sport is not only the basis of physical and spiritual health, but also a means of protecting young people just entering adulthood from various harmful and alien ideas and habits, and the full realization of their abilities and talents. Therefore, in recent years, our country has signed a number of legal acts in this direction.

The adoption on 3 June 2017 resolution "On measures for further development of physical culture and mass sports", 5 March 2018 decree "About measures on radical improvement of the state system in the sphere of physical culture and sports" and, in accordance with this decree, the transformation of the Republican Committee for physical culture and sports in the Ministry, as well as the resolution of the Cabinet of Ministers of January 29, 2019 "on promoting a healthy lifestyle in Uzbekistan and involving the population in physical culture and mass sports" and the resolution of February 13, 2019 "on approving the Concept of development of physical culture and mass sports in Uzbekistan for the period 2019-2023" indicates the beginning of a new stage in the field of physical culture and sports in Uzbekistan.

In The Message of the President Sh.Mirziyoyev On December 29, 2018, he declared in the Oliy Majlis: "we will continue to attach great importance to the accelerated development of sports, encouraging and supporting athletes who have achieved high results at international competitions. In order to promote sports among the younger generation, we are creating children's and youth sports schools in the most remote areas", - this gave rise to a more dynamic development of reforms in this direction. The strategic goal of the state policy in the field of physical culture and sports is to create conditions that orient citizens to a healthy lifestyle, including physical culture and sports, the development of sports infrastructure, as well as increasing the competitiveness of Uzbek sports [7].

This goal will be implemented in the following areas.

The first direction is the development of the system of mass physical culture and sports, physical education.

The second direction is to increase the competitiveness of Uzbek sports in the international sports arena.

The analysis of observations shows that the work on the development of children's sports deserves high praise. However, when it comes to the coverage of children in the vicinity and villages of existing institutions, we can not say that the planned work is carried out in accordance with the plan; we see some problems that have not been fully resolved. To solve the problem of reaching citizens, especially children in the regions, one of the important documents in defining the principles and goals of the state policy of Uzbekistan in the field of sports development is the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 "on measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan» [8].

This is really a fundamentally new document that has defined many concepts and powers of governing bodies in the field of sports. It defines the most important institutions of state regulation in the field of physical culture and sports, such as the recognition of sports and sports disciplines.

In the concept, the main directions of reforming the system of physical culture and sport until 2025 were defined:

increase in the total population regularly engaged in physical culture and sports to 30 percent, and youth engaged in sports organizations and institutions to 20 percent;

Step-by-step improvement of the quality of coaches and specialists in state sports educational institutions, in particular, bringing the number of employees with higher education to 80 percent;

Development and implementation of an effective and transparent four-stage system of selection (selection) of talented athletes among young people-organization-district (city) – region – Republic;

Identifying talented athletes and creating a reserve for youth national teams by conducting "Children's sports games" among students of sports schools of the Ministry of physical culture and



sports of the Republic of Uzbekistan, as well as attracting students to regular sports through the organization of "Student sports games" among students of higher educational institutions;

The development of the phase (area/city, region, Republic), festival "Sport schools", the contest "Establishment with a well-developed physical training" and the establishment of a nomination for the best secondary schools, vocational and higher educational institutions with well-developed physical fitness to promote physical education among broad layers of the population, including students of secondary schools, students of vocational and higher educational institutions, identify the talented among them;

Development of sports tourism, through the systematic holding of the international marathon "Tashkent Marathon", the international ecomarathon "Save Aral", sports competitions in rally and motocross starting from 2020;

Introduction of competitions among all segments of the population " level of physical fitness»; creation of complex scientific laboratories for athletes of national teams in sports, introduction of advanced innovative technologies in the training process and establishment of effective medical and pharmacological support in the field of sports;

introduction of a mechanism for conducting regular in-depth medical examinations of members of regional national teams in sports under 18 years of age in the adolescent departments of regional children's multi-specialty medical centers, members of territorial teams of older age – in district (city) multi-specialty Central clinics;

Folk games that came from the distant past are an integral part of the national cultural heritage and have their own history. Therefore, the analysis and research of the role and significance of folk games in the process of historical development of society, their use in the education of modern youth are actual problems of pedagogy. In folk games, events of everyday life of the people, observations and impressions of ordinary people, their life experiences and feelings, often expressed in musical or dance form, are reflected in the figurative form.

Folk games were passed down from generation to generation. In them, the people embodied their dreams, hopes and aspirations. We can say that folk games are a product of centuries-old historical development of the nation, which has incorporated folk traditions, customs, and way of life. They occupy a certain place in the life of society [9-32].

According to the "regulations on the state Committee of Uzbekistan on physical culture and sport" № 148 from 16.03.2017 g., in the prescribed manner, to assist the development of national sports and folk games of Uzbekistan, to provide funding for the organization and conduct in the country and abroad, competitions in national kinds of sports, sports events at the national games, as well as General promotion and development of national sports in the international sports arena. National Uzbek games have served and continue to serve not only as a means of entertainment for children and youth, but also as an important factor in their physical development and health promotion [11].

It should be noted That through national games and national sports is the way to modern classic, widely cultivated in our country sports games and individual sports. In this context, the national games revived in the years of independence acquire a special state significance in the education of a fully developed generation, the formation of a worldview, physical and mental health of young people. The spread and popularization of folk games among the population made it possible to bring them closer to sports competitions of various types and to practice their holding on mass holidays and events. For example, since 1991, people's games dedicated to Independence Day have traditionally been held in Jizzakh and Farish districts of this region. The purpose of this event is to revive and distribute folk games and show them to the people. You can name dozens of games presented at the holidays. These include: "ball and stones", "stand straight", "tut freeze", "horse cart", "lifting weights", "mother-nurse", "game of nuts", "horse fight", "foot and donkey", "three steps", "Golden gate", "verbal altercation", "rider jigit", "catch-up", "hide and seek" and others [12,721-723]. In 1992 and 1993, festivals of folk games were held in all regions of the Republic. For example, in 1994, the Farish district of Jizzakh region hosted the I-Republican Olympiad "People's games", which was attended by representatives of all regions of our country and the Republic of Karakalpakstan. II-

Olympiad of folk games was held there in 1996. By the Millennium of the creation of the heroic epic "Alpomish" in the city of Termez, competitions were held in archery, various types of wrestling that came from the old days. In 1999, a festival of games among girls "Tumaris" was organized in Jizzakh.

### CONCLUSION

The state policy in the sphere of sports and physical culture development is the most important component of the social policy of the country and the region. The reasons for such close attention of senior officials and authorities of the country and the region to this area is due to the fact that there is a sharp deterioration in the General health of citizens, which can not but affect a significant number of areas of life. The strategic goal of the state policy in the field of physical culture and sports is to create conditions that Orient citizens to a healthy lifestyle, including physical culture and sports, the development of sports infrastructure, as well as increasing the competitiveness of Uzbek sports.

Currently, Uzbekistan has all the prerequisites and opportunities for further development of physical culture and sports, including material and technical, legal, scientific, educational, organizational and managerial. However, there are certain problems in the sphere of legal regulation. There is a need to eliminate certain legal gaps, and sometimes update existing legislation. This is especially true in the sphere of attracting extra-budgetary funds to the sports sector and improving the mechanism of public-private partnership.

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