

THE IMPACT OF NATIONAL GAMES, WHICH ARE TRADITIONAL SPORTS GAMES, BUT NOT INCLUDED IN THE CATEGORY OF OLYMPIC GAMES, ON THE GENEPOOL OF THE UZBEKISTAN PEOPLE***Xamroyev Behruz Xalimovich,****Associate professor of the Department of theory and methodology of
Physical Culture of Bukhara State Pedagogical Institute
+998972806000 Email: bexruzxamroyev1107@gmail.com*

Annotation: This article analyzes the impact of traditional sports games, but not included in the category of Olympic Games, on the gene pool of the Uzbek people. The role of national sports games such as wrestling, uloq-ko'kari, belt wrestling, tug-of-war, and stone lifting in strengthening the physical and mental abilities of the Uzbek people formed over the centuries is incomparable. These games increased the physical health, endurance, and stamina of the people, and served to strengthen the gene pool. Also, through national games, qualities such as courage, patience, and teamwork were formed in the younger generation.

Key words: Sports games, mass sports, Olympic Games, uloq-ko'kari, UNESCO, Ethnosport.

Traditional sports of the Uzbek people have a rich history, and although some of them are not included in the category of Olympic Games, they play an important role in the culture and upbringing of the people. In our society, large-scale work is being carried out aimed at forming a healthy lifestyle, creating conditions that meet the requirements of the time for the population, especially the younger generation, to regularly engage in physical education and mass sports, strengthening young people's confidence in their own will, strength and capabilities through sports competitions, developing feelings of courage and patriotism, loyalty to the Motherland, as well as systematically organizing the selection of talented athletes from among young people, and further developing physical education and mass sports. Our country's representatives are achieving high results in the Olympic Games, world championships, Asian Games and championships, and international competitions, Uzbekistan's prestige and sports potential in the world are further increasing, and magnificent sports facilities that meet world standards are being built in the regions of our republic[1; 56].

Uzbek national games have a long past, a rich history, are considered one of our spiritual wealth and values, which have been passed down from ancestors to generations as a legacy. From the first days of our country's independence, great attention has been paid to the revival of our national values, traditions and customs, including folk games. Now the popularization and development of national sports and folk games has risen to the level of state policy. Along with traditional sports, national sports and folk games are also increasingly developing. Traditional sports play an important role in preserving the rich heritage of peoples and passing them on to future generations[2; 249-259.]. The Uzbek people have been famous for centuries for their wrestlers and legendary riders, who became the founders of national sports of Uzbekistan, such as Kurash, Belbogli Kurash, Uloq-kupkari, Turon, and Boykurgan. These sports are imbued with the national spirit and play an important role in the formation of qualities such as agility and dexterity in young people, and in their growth as sharp-witted and handsome men. Thanks to the reforms being carried out in our country, an opportunity has arisen to demonstrate to the world our national sport, which is rightfully the cultural heritage of Uzbekistan[9; 46]. National sports

such as kurash, belbogli kurash, Uzbek martial arts, Turanian wrestling, qarbttep and ulaq kopkari have taken their place among international sports. Today, these national sports are included in ethnosports, and the whole world competes in these sports. National sports and folk games in our country can be divided into 6 areas: active, intellectual, military, board, shepherd and hunting games. The concept of "traditional games" is widely used in the world and includes various traditional types of physical activity. Traditional games have been declared by UNESCO as an integral part of the cultural heritage of humanity, and they serve to restore ethnic and cultural identity and cultural diversity [5; 425]. Ethnosport is a new institutional form that combines traditional types of physical activity, including national sports and traditional games of indigenous peoples, which are being revived everywhere as national values. It is also worth noting that attention is being paid at the government level to our ancient values - folk games and national sports. In November 2019, a joint meeting of the World Ethnosports Council and the World Strongman Federation (WSF) Council was held in the capital of Uzbekistan, at which plans for cooperation within the framework of the alliance were approved. In December 2019, at the meeting of the 14th session of the UNESCO Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage in Bogota (Colombia), a decision was made to accredit the World Ethnosports Council as a consultative partner for the implementation of the Convention. Within the framework of the status obtained, Uzbekistan has become a center of World Ethnosports activities. Cooperation agreements have been concluded between Uzbekistan and UNESCO, which are included in the cooperation program. The dynamic interaction of national and regional identities adds depth to the social psychology of these events. This highlights how individuals can identify with multiple social groups at the same time and contribute to a sense of belonging to multiple levels. National sports games are not only about the athletes, but also about the youth who look up to them. Youth observe the athletes' behaviors and attitudes and may emulate them not only in sports but also in their daily lives. This can lead to the development of strong character traits and a sense of responsibility in young people. In recent years, Uzbekistan has been promoting gender equality in sports[8; 348]. National sports games have become a platform for men and women to showcase their talents. Another interesting aspect of social psychology observed at national sports games is the phenomenon of social influence and conformity. When large crowds gather to watch a game, there is often a palpable energy in the air. People are influenced by the actions and reactions of those around them. For example, if the majority of spectators at a local sports game show enthusiasm, this may influence others to do the same. This collective emotional response, based on social influence, can enhance the overall experience for everyone involved. Similarly, when fans observe players demonstrating exceptional dedication and teamwork, they may be inspired to emulate these positive behaviors on their own teams[4; 88]. Understanding the dynamics of social influence and conformity is crucial for event organizers and community leaders to maintain a safe and enjoyable environment during national sports games. In-group and out-group dynamics play a major role in national sports games, contributing to the overall atmosphere. The team representing the local community becomes the in-group, while opposing teams represent out-groups. This dynamic can sometimes lead to a sense of competition and rivalry that extends beyond the playing field. National sports games in neighborhoods often reflect and reinforce community norms and values. These events provide an opportunity for teams to express shared values - such as fair play, teamwork, and perseverance through the actions and behaviors of athletes and spectators. The norms established during these games can have a lasting impact on the overall culture of a community. For example, if good sportsmanship is consistently

emphasized and rewarded, it can become a valued value within a community. On the other hand, if negative behaviors such as cheating or hostility are tolerated, they can permeate other aspects of community life. This highlights the importance of using these sporting events as platforms to promote positive norms and values that are consistent with the ideals of the community[3; 166].

In addition, the national sports games in Uzbekistan highlight the country's commitment to promoting physical fitness and well-being among its citizens. These events encourage active participation, with athletes of all ages and backgrounds coming together to showcase their skills. This commitment to physical fitness is consistent with the social psychology principle of social bonding, as individuals build friendships and bonds through their shared passion for sports. National sports games are not only about competition, but also about social connections and friendships. These events provide opportunities for individuals to make new connections and strengthen existing relationships. Whether it is cheering for the same team, celebrating victories, or commiserating over defeats, sports games can bridge individual differences to foster a greater sense of unity[6; 60].

Psychologically, these social connections contribute to a sense of belonging and support, which can have a positive impact on individuals' mental well-being. Friendships formed during community sports events often extend beyond the playing field, further strengthening community cohesion. While national sports games can foster solidarity and community spirit, they can also generate conflict, especially when competition is intense. However, they also provide opportunities to practice conflict resolution skills. Teams that effectively manage conflicts that arise during and after sports events often demonstrate higher levels of social cohesion[7; 117].

In conclusion, the traditional sports games of the Uzbek people have played an important role in the formation of the gene pool of the people, not only as a means of physical education, but also as an integral part of the national heritage. Games such as wrestling, uloq-kopkari, belbogli kurash, and tug-of-war have been passed down from generation to generation, developing qualities such as physical fitness, endurance, and stamina. These games have formed courage, fortitude, and willpower in the younger generation, enriching the genetic potential of the people. National games have also strengthened the sense of social solidarity and community, and served to preserve cultural values. Through them, the Uzbek people have demonstrated their strength and power, as well as achieved an understanding of their national identity and the transfer of their values to future generations. In conclusion, traditional sports games have been of great importance in improving the gene pool of the Uzbek people, ensuring their spiritual and physical well-being.

REFERENCES:

1. Umumta'lim maktablarida o'quvchilar bilan o'zbek milliy harakatli o'yinlarni o'tkazishda ma'naviy tarbiyaning o'rni. Metodik qo'llanma / K.Zaripov tahriri ostida. Toshkent- 2003. B-96.
2. Xamroyev B.X. // Qadimgi jamoaviy sport o'yinlarining ildizlari va zamonaviy sport turlari bilan mushtarak jihatlari // Inter education & global study. №5. 2024. B-249-259.
3. Khamroyev B. H. // The classification of team sports in the ethno genesis formation of uzbek people // International Conference on Advance Research in Humanities, Sciences and Education. 2024. B-163-166.

4. Khamroyev B.H. //The importance of educational efficiency in the ethnological teaching of ancient and modern sports activities// Academia pedagogy. Volume 1. 2024. B-81-90.
5. Xamroyev B.X. //Qadimgi sport turlarining zamonaviy o'yinlar taraqqiyotidagi o'rni // "Talabalarni harbiy vatanparvarlik ruhida tarbiyalash: muammo va yechimlar" mavzusidagi respublika ilmiy-amaliy anjuman materiallari 2024-yil 19-aprel. B-423-427.
6. Xamroyev B.X. //Zamonaviy xususiyatlarga ega bo'lmagan milliy sport o'yinlarida taktika masalasi// Pedagogik akmelogiya (xalqaro ilmiy-metodik jurnal) №12. 2024. B-58-62.
7. Xamroyev B.X. // Sharq xalqlarida qadimgi sport o'vinlarining etnogenezisi va milliy o'yinlarda jamoaviylik masalasi // "Mamlakatimizda jismoniy tarbiya va ommaviy sportni rivojlantirishning ilmiy-uslubiy asoslari" mavzusidagi Respublika ilmiy-amaliy anjuman. 23-fevral 2024-yil. B-116-118.
8. Xamroyev B.X. //Sport o'yinlarining tarixiy rivojlanishiga doir ayrim nazariy va estetik qarashlar// Ta'lim va innovatsion tadqiqotlar. №4. 2024. B-343-349.
9. Зисман Н.В. Физкультура и спорт в Узбекистане. Ташкент 1956. С-120.