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# Improving the mechanisms of individualization of the educational process at the initial stages of training young national wrestlers

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## Abstract

*Purpose:* development of scientific and methodological foundations of technology for managing the individualization of wrestler training, taking into account ethnic characteristics and ethnopsychological factors.

*Methods:* Pedagogical test, Pedagogical experience, Anthropometry, Somatoscopy, Method of mathematical statistics.

*Results:* The theoretical and methodological management system of pre-competitive training of wrestlers eliminates spontaneity and “reliance on their own experience” of coaches, increases their professional qualifications in educational work, which affects the formation of the personality of wrestlers. An adequate orientation of competitive activity to the appropriate individual style accelerated the development of sports skills. Indicators of technical readiness in the experimental test group 6.3 “Leading” the development of individual qualities statistically significantly improved in 6.8 measurements. After the experiment, changes in the statistical reliability of the test results were revealed ($P<0.05$ and higher than, $t_{cr}$ =1,83).

*Conlcusion:* The creation of an "ideal standard" in the struggle, first of all, required the study and development of the main parameters that are most important in conflict confrontations and have competitive significance. Thus, the analyzed material of the competitive activity of the wrestlers showed that at the beginning of the fight the arsenal of technical actions in the style of "technical" and "fast" behavior of the fight was 54.2%, and tactical actions – 45.8%. Then in the middle of the fights these ratios were characterized by the judge's assessment of "activity" or "passivity". The activity of wrestlers in the tempo style of competitive wrestling shows the opposite trend: technical actions were characterized by a ratio of 43.5%, tactical-56.5%.

**Keywords:** wrestlers, competitions, ethnopsychological characteristics, upbringing, culture, values, physical qualities, mental qualities.

## Introduction

Empirical data obtained in the science of wrestling are replaced by the discovery of mechanisms for organizing and changing the quality of training of wrestlers, the development of their own theory, methodology, problems of integration and differentiation of knowledge. Of particular importance is the framework for the development of technology for the individualization of sports activities. At the present stage, when the social role of elite sports as a part of national culture increases, the quality of martial arts training becomes important, and the process of individualization requires scientific justification, it is necessary to develop a technology for managing this process. New requirements for the content and organization of the educational process; an important role is played by taking into account important parameters of the athlete's personality, including national and cultural factors and their characteristics, as a backup option for activating motor potential.

At the present stage of the development of wrestling in the conditions of increasing globalization, the process of individualization requires scientific justification, there is a need to improve the methodology and develop technology for managing the training system. In the wrestling sports literature, there is no unity of views on the essence of this process, its features, mechanisms, etc., therefore, the task of scientific and methodological substantiation of the organization and management of professional training of martial arts is set.

It seems necessary and relevant to take into account their national-cultural and ethnopsychological characteristics and to give internal content to the training process. On the need for a deeper study of ethnopedagogy within the framework of the stereotype of the manifestation of national behavior, character and thinking, as special components of ethnic characteristics transmitted from generation to generation through imitation of parents; other members of an ethnic group, both of whom have the ability to adapt.

## Methods

The research used a variety of methods, including analysis of scientific literature, questionnaires, anthropometric measurements, pedometric analysis, evaluation of the training process, somatoscopy, pedagogical testing, experimental pedagogy, pedagogical observation, heart rate monitoring, and statistical analysis. As a result of studying the scientific and methodological

literature in the study, you can see:

Based on the concept of individual personality development and, above all, on the theory of individual style of activity, we put forward the following as a research hypothesis. The process of training martial arts athletes will be effective if:

taking into account the ethnic conditions that determine the individual characteristics of an athlete, has a significant impact on the content component of the pedagogical process within the framework of a directed impact on the formation of an individual style of fighting;

Group and individual planning of the training process should be based on the theoretical position of the unity of the subjective characteristics of the wrestler's personality and the peculiarities of their manifestation in competitive activity, and the analysis of the characteristics of competitive activity should serve as a basis for improvement. The training is conducted by the method of pedagogical supervision:

The theoretical and methodological management system of pre-competitive training of wrestlers eliminates spontaneity and “reliance on their own experience” of coaches, increases their professional qualifications in educational work, which affects the formation of the personality of wrestlers-.

adequate orientation to the appropriate individual style of competitive activity accelerates the development of sports skills.

The main character of the story is ethnic groups, since they represent the most stable and active human communities that form a certain system of relations among themselves. And this system allows an ethnic group to develop in a historical period, have a beginning and an end, and represent a discrete process of ethnogenesis.

Ethnopedagogic and ethnopsychological aspects require continuity in the description of thinking within the framework of the ethnosport paradigm. They are based primarily on the study of the peculiarities of nationality, origin and ways of formation of athletes, traditions of physical and spiritual culture of representatives of various ethnic groups.

It should be noted that it will be enough to raise the question of the importance of the influence of ethnic characteristics on individual sports skills only when using a systematic methodology. In this case, an integral individual sports training process is considered, carried out at different levels of long-term sports training according to its components (including ethnogenetic predispositions of wrestlers) and its component levels. It is the systematic approach that makes it possible to avoid the absolutization of individual aspects of the phenomenon under study, i.e. to gain new knowledge by analyzing an integral object in dynamic interaction with external systems in the unity of various fronts and sides of the learning process that are in regular contact with each other.

3 aspects that should be taken into account in the pedagogical method of testing are:

Determination of ethnic conditions in different groups for a specific type of sports activity in order to purposefully regulate the process of individualization of athletes' training;

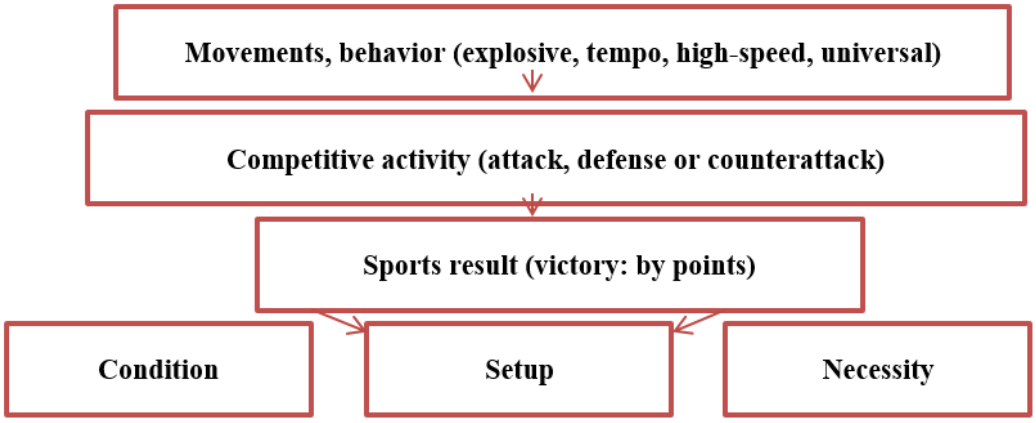
determination of the parameters of the adaptive endurance of the wrestler's body to the individualized size and intensity of training loads, taking into account the ethnogenetic and ethnopsychological characteristics of wrestlers; -systematic coordination of quantitative indicators of training load in order to achieve athletic prowess of wrestlers based on the development of an individualized exemplary training process management system to achieve the highest sporting results.-

## Results and discussion

Since the specific reaction of a wrestler is conditioned by the need to establish an adequate interaction between the need and the objective situation in order to achieve the intended goal, one of the practical means is an individual style of competitive activity. At the same time, the wrestler's attention to victory consists of a series of motor actions with settings for the realization of his effectiveness, the creation of tactical conditions for the implementation of technical elements, the definition of tasks for defeating an opponent to fulfill his individuality. The dynamics of movements, standard movements of a combinational nature, tactics are struggling to keep the enemy in a dangerous position and lead to a positive result.

Practice shows that the effectiveness of motor action should correspond to the level of competition conditions and depend on the perfection of movements in various dynamic situations of confrontation. A change in the situation in battle may disrupt the planned actions of the attacking fighter, require adjustments and actions to resolve this “conflict” in his favor. In this case, the disposition acts as a coordinator of the behavior regulation system. Therefore, the training process is aimed at developing the

**Fig 1. A model of normative relations to achieve the purpose of the activity**




skill of a purposeful sequence of actions, an adapted fighting style that allows the wrestler to control the situation in any extreme confrontation. Setting goals at this highest level is a kind of life plan, the most important element of which are the main social spheres of the ethnophore's life in any field of work, individual goals related to self-knowledge as a person.

Based on the concept of individual differences between the "East-West" and the sociocultural "object" of education, as two interrelated, interrelated procedural phenomena, the confrontation is determined by the hypothesis of research with the manifestation of the personality "I" in the process of the art of struggle:

At the same time, there are various priorities that shape the development of ethnospecific features of wrestlers' behavior, reflecting the result of the holistic process of manifestation of the individual "I".

One can argue about the properties of adaptation in the process of becoming the subject of a sports competition. -

It allows us to more effectively solve general psychological issues of individualization based on taking into account the peculiarities of the manifestation of motor activity, kinematic and dynamic movement indicators in sports pedagogy. "... the source of changes in an object or its functions lies in the system itself, since this is due to the expediency of the behavior of systems, the most important property of some objects of the system is self-organization".

Based on the theory of self-organization, we can say that each person has his own sense of autonomous individuality, which has its own (personal) definition of how he manifests himself in life (the way he looks at things, how he

**Fig 2. The impact of a collision with a "socio-cultural object" on the manifestation of the personality's "I" in the process of wrestling**

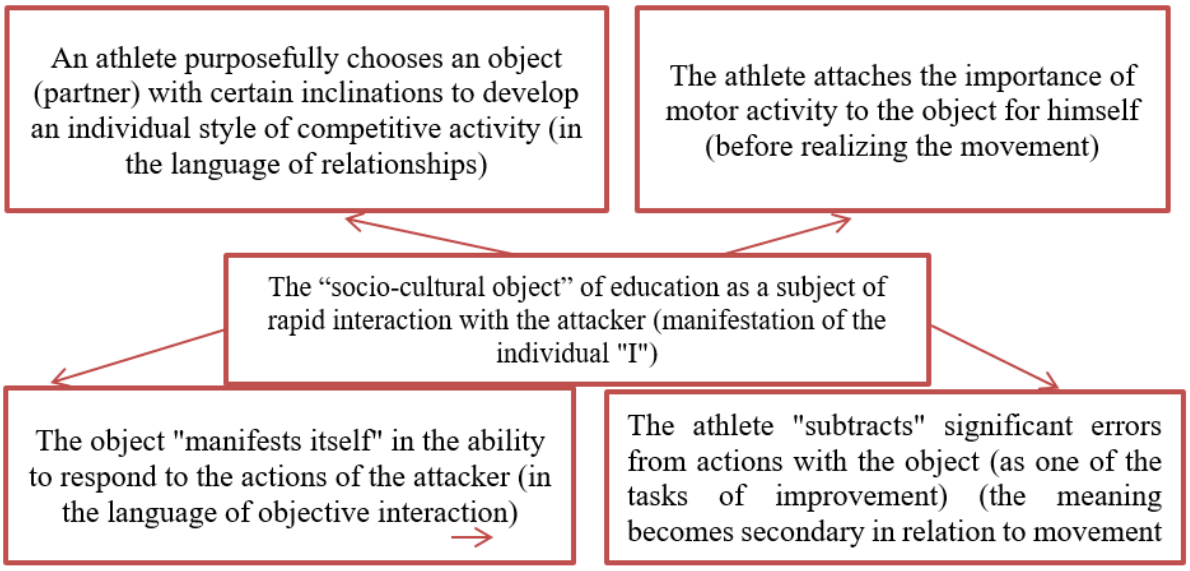


**Table 1. The priority of the development of motor qualities is tactical techniques for athletes to receive an individual signature move**

| N | The direction of training | Coaches | | Athletes | | Summary of the levels |
|---|---|---|---|---|---|---|
| | | % | level | % | level | |
| 1. | *The development of a complex of motor qualities in general* | 11.5 | 5 | 16.3 | 4 | 9 |
| 2. | *The development of other individual qualities* | 17.3 | 3 | 24.2 | 2 | 5 |
| 3. | *Development of "leader" individual qualities* | 32.8 | 1 | 19.5 | 3 | 4 |
| 4. | *The development of qualities most suitable for the individual signature move* | 28.6 | 2 | 32.7 | 1 | 3 |
| 5. | *The development of qualities unusual for potential competitors* | 9.8 | 4 | 7.3 | 5 | 9 |

understands and acts, etc.) or is considered as a sense of purpose (individuality).

It should be noted that people with high creative potential overestimate their freedom and hinder active social influence and show independence. This once again confirms the hypothesis that the element of motivation is inherent in the individual, which must be taken into account in its holistic system. Thus, a questionnaire was conducted in the form of a questionnaire of coaches and athletes in order to determine the qualities of the instrument that determine the success of the implementation of tactical techniques of individual signature move. 50 respondents took part in it: 33 highly qualified freestyle wrestling coaches, including 5 honored coaches of the CIS and Uzbekistan, 2 judges of the international category, 5 candidates of pedagogical sciences, as well as 17 highly qualified athletes (7 of them Master of Sports of International Class and 10 of them Master of Sports). It is proposed to prioritize the areas of training aimed at developing the motor qualities of wrestlers. The results of the survey are presented in table 1.

As can be seen from the table, the results of ranking the main direction of development of movement qualities clearly determine the importance of developing three separate qualities: a) qualities most suitable for the individual signature move; b) "leading" qualities; c) other qualities. Coaches and athletes are unanimous in determining the priority of the orientation of the training process-they focus on the development of individual qualities, taking into account genetic and ethnopsychological characteristics, increasing the special physical fitness of wrestlers, which serves to increase the special physical fitness of wrestlers. This will become the basis for expanding the methods of tactical training.

He described two types of autonomy: functional autonomy, realized in behavioral stereotypes, and motivational autonomy, manifested in the interests and priorities of the individual.

The research materials show that when coordinating, regulating and correcting the process of individualization, it is necessary to take into account not the individual characteristics obtained, but systemic formations. Thus, the ethnopsychological and ethnocultural features of martial arts determine the stereotypes of behavior on the wrestling mat, their consideration is important in determining the content, choosing methods and forms of influence, they create prerequisites for the formation of a style of sports activity. Individual abilities of a wrestler may not always correspond to the expected results, since indicators of relative maturity, growth and anthropometry, genotypic features of each wrestler are ambiguous to the parameters of his physi-

cal development. The dialectic of the constancy and variability of the individuality of the "I" has different levels of age-related stages of development - presubjective and subjective. The first is determined by an ambiguous sense of one's own autonomy, biological reality, the presence of all the basic properties of human individuality, and the second includes a set of features and qualities of manifestation of sports and emotional activity. In the second, it is necessary to take into account the effectiveness, impulsivity and emotional variability of feelings, affects and emotions, the mood of the athlete

## Conclusion

The creation of an "ideal standard" in the struggle, first of all, required the study and development of the main parameters that are most important in conflict confrontations and have competitive significance. Thus, the analyzed material of the competitive activity of the wrestlers showed that at the beginning of the fight the arsenal of technical actions in the style of "technical" and "fast" behavior of the fight was 54.2%, and tactical actions – 45.8%. Then in the middle of the fights these ratios were characterized by the judge's assessment of "activity" or "passivity". The activity of wrestlers in the tempo style of competitive wrestling shows the opposite trend: technical actions were characterized by a ratio of 43.5%, tactical-56.5%.

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