

# Greco-Roman Wrestling and its Influence on the Development of Personal Potential and Formation of Self-Awareness and Self-Esteem of People

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**Abstract:** In this article speaks about usefulness of sports and GrecoRoman wrestling, in particular. History of occurrence of Greco-Roman wrestling, introduction into culture, as well as its influence on people of antiquity and on contemporaries is described. Special attention is paid to the impact of the struggle on the character and behavior of children and adolescents, both positive and negative.

**Keywords:** sport; Greco-Roman wrestling; Olympic Games; physical training; wrestling; self-assessment.

The first mention of this sport dates back to 704 BC, when it was included in the program of the Olympic Games. For ancient people it was not just a sport, it was part of their life, not just a way of self-realization, but also an opportunity to simply survive in the difficult conditions of ancient times. During the ancient Roman Empire, all Roman male citizens between the ages of 17 and 46 were liable for military service. Most soldiers were recruited into the legions between the ages of 17 and 23. And you can imagine what it was like for those seventeen-year-old boys who had no self-defense skills and were called up to serve in the legion. In those distant times, a broken nose during a fight could be a death sentence (with the level of medicine, such cases were not uncommon). Therefore, it was vital for the young men of those years to be able to stand up for themselves. Greco-Roman wrestling provided such an opportunity. Thus, we can say that a person who was physically prepared was morally steadfast, knowing that in his hour of need he would be able to repel someone who wanted to harm him.

As already mentioned, this sport was included in the program of the Olympic Games and occupied far from the lowest level there. Back then, people from all over Greece (and beyond) flocked to Olympia to watch the best wrestlers compete against each other. Wrestling was part of the classic pentathlon - pentathlon: running, javelin throwing, discus throwing, jumping and wrestling. The famous Greek athlete Theseus was the founder of the first rules: the winner was the wrestler who threw his opponent to the ground three times. Also, the ancient Greeks paid great attention to the training of wrestlers. Many outstanding men of Ancient Greece were wrestlers and participants in the Olympic Games - Milo of Croton (six-time Olympic champion), Pythagoras, Plato, Pindar, Alcinares. The Romans adopted the passion for wrestling from the Greeks. They demonstrated wrestling in combination with fist fighting, and in gladiator fights with armed combat; the winners of these battles became popular idols. But at the end of the 4th century, the popularity of both gladiatorial combat and wrestling began to decline, which is why most of the gladiator schools closed.

Greco-Roman wrestling returned as a sport to Europe only at the end of the 18th and beginning of the 19th centuries. But this time France becomes the place of development. There the modern rules of the game were created: in Greco-Roman wrestling, grips are carried out only with the hands, without the participation of the legs; The one who manages to put the opponent on both shoulder blades on the carpet wins the fight, or the advantage of one of the opponents by 10 points leads to victory. But unlike

the ancient Greeks or Romans, the people of France treated wrestling not as a way of survival, but rather as entertainment, albeit professional: folk strongmen performed in traveling circuses, places of festivities and entertainment. Over time, French wrestling gains international recognition and great popularity throughout the world.

Sports wrestling, both Greco-Roman and any other, involves a fight between two people without weapons, using certain permitted techniques. In wrestling, striking techniques are prohibited, so we can confidently say that this sport has a more positive effect on human health than a negative one. Preparation of a wrestler is a very important element in any sport, but in wrestling it is the key to victory. Therefore, conducting training, followed by participation in sports competitions, is the basis of all fundamentals. We also must not forget that constant training has a very good effect on the human body, strengthening health and immunity, this can especially be seen in the example of teenagers, since children involved in such sports have an order of magnitude fewer health problems in the future. Systematic training in wrestling has a positive effect on the growing body, this is manifested in a number of positive changes in relation to both its structure and the functioning of all organs and systems. But we should not forget that wrestling also affects the moral side of the development of a young athlete. Thanks to it, positive qualities develop in a person's character, such as: perseverance, perseverance, courage, discipline, the will to win. It can also be said that some teenagers take up wrestling because they are looking for a way to prove themselves, as well as a way to compete for victory. From all of the above, we can conclude that wrestling, or any other sport, is extremely useful for people of all ages, in particular children and adolescents, due to the benefits it brings to the body and mind as a whole.

In the modern world, there is sometimes an opinion that people involved in sports, in particular wrestling, are proud and generally behave inappropriately. In fact, in most cases, this is not the case. The majority of people involved in sports are extremely disciplined and do not allow themselves indecent antics. Of course, in general, the level of self-esteem of athletes is higher than that of people who do not play sports, but this is an indicator that people are constantly working on themselves. Most of the authors of scientific works note the enormous influence of sport on the process of formation of a cultural personality.

Speaking about self-esteem, it is necessary to mention the very meaning of this word. Self-esteem is the analysis and comparison of one's own characteristics, achievements and capabilities. Therefore, self-esteem cannot be reduced to self-knowledge. Self-knowledge is rather one of the factors in the emergence of self-esteem, however, it is by no means unimportant. The regulatory function of self-esteem largely depends on the phenomenon of psychological defense of the individual. In order to have mental comfort and respect himself as an individual, a person sets goals of a certain difficulty, that is, he has a certain level of aspirations. You also need to understand that self-esteem is not only praising one's own merits and personal qualities, but also identifying problems, therefore the main method of character education is assessing one's failures and working on mistakes. In the end, a personality is formed that is able to adequately and impartially evaluate itself from the outside.

Sports activity is understood as a multifaceted process of human activity, in which, along with physical ones, the mental properties of the individual develop and improve. Thanks to frequent training, a person develops discipline, which helps both body and spirit. But does playing sports in early childhood always have a positive effect on a child's character? At the moment, it has been scientifically proven that early professionalization in sports has both positive and negative effects on children. As Gorskaya G.B. writes. in his scientific work: "What is characteristic of studies of early professionalization is that they state the fact of a shift in the normative phases of professional development to earlier age periods, as well as the inevitability of the influence of this shift on the mental development of children involved in it; the inconsistency of the influence of early professionalization is also stated on mental development" [1]. Thus Gorskaya G.B. wants to say that a child who started playing sports from an early age and has set himself the goal of professionalizing this activity begins his growing up and the formation of his own character from an earlier age. Conducting research based on the relationship between intellectual and personal development throughout

childhood, D.B. Elkolnin revealed that: “in childhood development there are, on the one hand, periods during which the primary development of tasks, motives and norms of relationships between people occurs and, on this basis, the development of the motivational-need sphere; on the other hand, periods during which the primary mastering methods of acting with objects and, on this basis, the formation of children’s intellectual and cognitive powers, their operational and technical capabilities” [1]. Consequently, we can say that if the influence on a child, by including him in some activity, contributes to the development of the main direction of mental development for a certain age period, then the effect on the child’s character will be positive. But at the same time, involving him in an activity that disrupts the normal development of processes associated with the main direction of mental development will entail negative consequences. Taking into account the fact that in the process of playing sports, in particular wrestling, a child experiences constant stress, it is very important to choose the right approach and understand how this activity affects his consciousness. But at the same time, one cannot help but notice that young athletes are ahead of their peers in terms of the development of comprehending analysis, search planning, internal plan of action, and meaningful reflection. From all of the above, we can conclude that the main factors are: a correctly selected period of life, when playing sports helps a person develop character; a type of activity that will help a person decide on a path in life. I would also like to note that an important factor is a person’s determination, since without the appearance of a goal it is very difficult to achieve success.

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