



SPECIFIC FEATURES OF WRESTLER TRAINING

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Abstract:

The article briefly describes the specific features of wrestlers' training and their psychological preparation.

Keywords: Struggle, human, law, youth, teenager, physical, character, organism, competition.

Introduction

The science of age psychology directly studies the features, laws, and mechanisms of the manifestation and development of human psychology at different ages. When studying the age characteristics of the manifestation of psychological characteristics, it should be borne in mind that different age periods in age psychology differ significantly from each other. These are: infancy, early childhood, preschool age, junior school age, adolescence, early youth, youth, maturity, and old age. Each of these periods has its own characteristics and qualities, which differ from each other not only according to the chronological age of a person, but also according to the events, changes, and general laws that occur in the human psyche during this period. We will dwell on the psychology of adolescence: Adolescence is a period of transition from childhood to adulthood and, in turn, differs from other periods in its relatively more severe and complex course. This period approximately corresponds to the time when children are in grades 5-8 and lasts from 11-12 to 14-15 years. In some children, this period can be observed 1-2 years earlier or later. In some specialized psychological literature, adolescence is also called by such names as "transition period", "difficult period", "crisis period". What is the basis for the "severity", "sharpness", "complexity" of this period? The fact that adolescence is a difficult and complex period is associated with many psychological,



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physiological, and social factors. During this period, all aspects of development: physical, mental, moral, social, etc., also change in their content and essence. During this period, serious changes occur in the life of a teenager, in his psyche, in the physiological state of his organism, in his social status. In most cases, they are characterized by various traditions that contradict each other. By this period, the child is no longer a “child” and at the same time not yet an “adult”. His relationship with himself and others acquires a completely different character. His system of interests, social orientation is re-formed, his self-awareness, assessment, and values change. For him, his own “I” and the importance of this “I” increase. The changes that occur in the adolescent’s organism are such that during this period of the child’s development, fundamental changes occur in terms of biological and physiological maturity. A new stage of physiological development and puberty begins. Changes in the body begin directly with changes in the adolescent's endocrine system. During this period, the functions of the pituitary gland are activated. The hormone secreted by its anterior part enhances the growth of body tissues and the functioning of other important endocrine glands (thyroid, adrenal and gonads). Their activity causes many changes in the adolescent's body, including a sharp acceleration of height growth (in one year, boys grow by 4-5 cm, girls by 3-4 cm), puberty (development of the genitals and the appearance of secondary sexual characteristics) occurs. These processes occur more intensively in girls than at the age of 13-15. In this age of accelerated physical development and puberty, some girls may reach puberty at the age of 9-10, and boys at the age of 11-12. Height increase, weight gain, and chest expansion are all characteristics of physical development during adolescence. As a result, the appearance of a teenager is different from that of a child: body proportions take on an adult appearance. The facial structure of a teenager also changes, and the facial part of the skull develops rapidly. During adolescence, the growth of the spine lags behind the growth rate of height. Because by the age of 14, the spaces between the vertebrae are filled with cartilage, which indicates a tendency for the spine to develop incorrectly due to excessive physical exertion and incorrect body posture. The most common cases of spinal malformations occur between the ages of 11 and 15, and it is at this age

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that it is easiest to eliminate any defects that may occur. By the age of 20-21, the growth of the pelvic bones is completed (at this time, the genitals of girls also mature). The increase in muscle mass and muscle strength occurs more rapidly than at the end of puberty. In boys, the development of muscles is typical for men, and in girls, the soft tissues are typical for women. This gives each gender its own masculine and feminine qualities. The completion of these processes occurs after adolescence. An increase in muscle strength expands the physical capabilities of adolescents. Children understand this very well, and it is very important for each of them. However, adolescent muscles tire more quickly than those of adults and cannot withstand prolonged exertion. Therefore, this must be taken into account when engaging in sports and physical labor. The growth of various organs and tissues also places high demands on the activity of the heart. In turn, the heart also grows faster than blood vessels. This process can cause functional disorders in the cardiovascular system, manifesting itself in the form of increased heartbeat, increased blood pressure, headaches, dizziness, rapid fatigue, etc. Also, during adolescence, drastic changes occur in the body related to the activity of the endocrine glands.

In particular, hormones secreted by the thyroid gland and gonads act as catalysts for metabolism in the body. Because the endocrine and nervous systems are inextricably linked. Accordingly, adolescence is characterized by a sharp increase in energy, on the one hand, and increased sensitivity to pathogenic influences, on the other. Therefore, mental or physical overstrain, prolonged nervous tension, affects, strong negative emotions (fear, anger, sadness) can cause endocrine disorders (temporary disruption of the menstrual cycle) and dysfunction of the nervous system. Such disorders are manifested in increased excitability, lack of self-control, irritability, decreased productivity at work, sleep disorders, etc. During adolescence, the balance of endocrine and nervous systems that existed in childhood is disrupted, and a new one is just being established. Such reconstructions certainly affect the internal state, mood, psyche of the teenager and often become the basis for his general instability, emotionality, irritability, motor activity, occasional indifference to everything and lethargy. The occurrence of such conditions is most often observed in girls

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shortly before the onset of the menstrual cycle or during the cycle. Puberty and increased physical development play an important role in the emergence of new psychological structures in the psyche of the teenager. First, these are very noticeable changes for the teenager, which serve as an objective source of the teenager's feeling of adulthood (on the basis of which the teenager feels that he is similar to adults). Secondly, puberty develops interest in a representative of the opposite sex, gives rise to new experiences, emotions, feelings. The level of a teenager's internal engagement and attitude to new impressions and experiences determines their place in the life of a teenager by the broad social conditions, the specific individual circumstances of the teenager's life, the characteristics of his upbringing and communication. In this regard, books and films intended only for adults can have a negative impact on the formation of a teenager's personality. All this, as well as conversations with peers about love and sex problems, can cause adolescents to develop a heightened interest in the intimate aspects of human relationships, develop erotic traditions and early sexuality. For adolescents of both sexes, the emergence of the first romantic feelings during this period, encountering "first love", receiving the first kisses, etc. is considered the norm. Another characteristic feature of adolescence is the state of adolescent autonomy observed in adolescents during this period. There are such types of adolescent autonomy as legal autonomy, emotional autonomy, spatial autonomy. It is known that a child needs someone's care from the day he is born. His parents and other relatives feed him, clothe him, educate him, and keep him under constant supervision. They support the child in every way, and the child feels the need for such support and encouragement. During adolescence, the child gains relative independence in ensuring his life and safety. Now he can protect himself, if necessary, work to the best of his ability, earn a sufficient income, and independently satisfy his needs. The legal autonomy mentioned above is also characterized by the fact that a number of legal opportunities are granted to the child as soon as he reaches adolescence. During this period, the child is considered a legal entity and has the right to vote. If during this period the adolescent's parents separate, in this case, where and with whom the adolescent will stay is decided based on the child's wishes. Also, the

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child can officially engage in physical labor during this period, based on his or her capabilities. If necessary, they are also required to answer for their actions and deeds. Having such legal opportunities and the adolescent's awareness of this ensures the emergence of his or her legal autonomy. Having such autonomy creates a sense of responsibility and accountability for his or her actions in the adolescent. Another of the autonomy of adolescence is emotional autonomy. It is known that from the moment a child is born, he or she feels the need for emotional and sensory support, affection, and caress from his or her mother and those around him or her. That is why, when children of early childhood, preschool and primary school age are shown emotional closeness by kissing, caressing, hugging, stroking their heads, and showing them pleasant words and behavior, they are happy and joyful and seek out the person being caressed. We can observe this in cases where young children kiss their mothers, hug them, and are petted by them. Also, when children encounter conflicts in their relationships with their peers, and especially when they are “victimized” or “starting to lose” to their peers, they expect emotional encouragement and emotional support from their parents and loved ones and turn to them in this regard. If they can receive this emotional encouragement in a timely manner, they feel free, refreshed, victorious, and rejoice with them. They feel the need for adult help in solving the “problems” they encounter in their small lives, and they strive to use them regularly.

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