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ETHNOPEDAGOGICAL POTENTIAL OF UZBEK NATIONAL KURASH IN THE FORMATION OF MORAL AND VOLITIONAL QUALITIES OF UNIVERSITY STUDENTS

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Abstract. This study examines the ethnopedagogical potential of Uzbek national kurash in the formation of moral and volitional qualities among university students. The research analyzes kurash as a traditional sport that embodies national cultural values and educational traditions. Using theoretical analysis and comparative-pedagogical methods, the study identifies the role of kurash in developing honesty, responsibility, perseverance, self-discipline, and respect for others. The findings indicate that participation in kurash contributes to students' personal development while strengthening their national identity and cultural awareness. The educational principles of kurash correspond to the fundamental values of Uzbek ethnopedagogy and support holistic personality formation. The study concludes that kurash can be effectively integrated into university physical education programs as a means of moral and character education.

Keywords: ethnopedagogy, Uzbek national kurash, moral qualities, volitional qualities, university students, physical education, national identity.

Introduction. The preservation of cultural heritage and national identity has become an increasingly important objective of contemporary education systems in the context of globalization, rapid technological development, and the expansion of multicultural interactions. Higher education institutions are expected not only to provide professional knowledge and competencies but also to contribute to the moral, civic, and personal development of students [4, 7]. Consequently, educational researchers and practitioners are actively seeking effective pedagogical approaches capable of integrating traditional cultural values with modern educational goals.

One of the most promising approaches in this regard is ethnopedagogy, which studies the educational traditions, values, customs, and practical experiences accumulated by a nation throughout its historical development. Ethnopedagogy emphasizes the importance of preserving cultural continuity and transmitting socially significant values from one generation to another through educational activities. Traditional cultural practices, including folk games, rituals, customs, and national sports, are considered valuable pedagogical resources that contribute to the holistic development of personality [1, 3].

Among the numerous elements of Uzbek cultural heritage, national kurash occupies a special place as one of the oldest forms of traditional wrestling in Central Asia. Historical evidence suggests that kurash has been practiced for centuries as an integral component of social celebrations, public festivals, and community life. Beyond its function as a physical activity, kurash has historically served as a means of educating young people by cultivating courage, perseverance, discipline, respect for opponents, and commitment to ethical principles [2, 3, 5]. The philosophy of kurash is deeply rooted in the values of fairness, honor, dignity, and mutual respect, which correspond closely to the fundamental principles of ethnopedagogical education.

In modern Uzbekistan, significant efforts have been undertaken to preserve and promote national sports as important components of cultural heritage and youth education. The growing popularity of

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kurash at both national and international levels has created new opportunities for integrating traditional sporting practices into educational environments. Universities increasingly recognize the importance of incorporating culturally meaningful physical activities into student development programs [6, 8]. In this context, kurash may serve not only as a sport but also as a pedagogical instrument capable of fostering moral and volitional qualities among university students.

Moral and volitional qualities represent essential components of personal development that influence students' academic achievement, social adaptation, professional readiness, and civic responsibility. Qualities such as determination, self-discipline, perseverance, responsibility, self-control, and respect for others are particularly important in higher education, where students face numerous intellectual, social, and emotional challenges. The formation of these characteristics requires educational environments that combine cognitive learning with practical experiences involving self-regulation, cooperation, and personal responsibility [6, 7].

Materials and Methods. This study employed a qualitative research design based on the principles of pedagogical analysis and ethnopedagogical interpretation. The research focused on examining the educational potential of Uzbek national kurash as a traditional cultural practice that contributes to the formation of moral and volitional qualities among university students.

The methodological framework of the study was grounded in ethnopedagogical theory, cultural-historical approaches to education, and contemporary concepts of personality development through physical education. These theoretical perspectives made it possible to analyze kurash not only as a sporting activity but also as a pedagogical phenomenon that reflects the cultural values and educational traditions of the Uzbek people.

The research utilized several complementary methods. First, a systematic review and analysis of scientific literature related to ethnopedagogy, physical education, traditional sports, and character development was conducted. Academic publications, monographs, conference proceedings, and scholarly articles concerning the educational functions of national sports and the cultural significance of kurash were examined.

Second, a comparative-pedagogical analysis was applied to identify the relationship between the fundamental values of Uzbek ethnopedagogy and the educational principles embodied in kurash. Particular attention was given to concepts such as respect, honesty, courage, perseverance, responsibility, self-discipline, and social cooperation.

Third, the study employed a descriptive-analytical method to interpret the role of kurash in fostering moral and volitional qualities among university students. The educational content of traditional wrestling practices, training processes, and competitive activities was analyzed from the perspective of personal development and value formation.

The collected data were synthesized through qualitative content analysis, allowing the identification of key ethnopedagogical functions of kurash and their relevance to higher education. The analysis focused on revealing how participation in national wrestling contributes to the development of socially significant personal qualities that are essential for successful academic, professional, and civic life.

Results. The analysis demonstrated that Uzbek national kurash represents a significant component of the country's cultural heritage and embodies educational traditions that have been transmitted across generations. Unlike many modern sports that primarily emphasize physical performance and competitive achievement, kurash incorporates a complex system of ethical norms, behavioral expectations, and cultural values.

The educational philosophy of kurash is based on respect for opponents, adherence to established rules, fairness in competition, and recognition of honorable behavior. Such values contribute to the

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preservation of cultural continuity while simultaneously promoting positive patterns of social interaction among young people.

The findings indicate that kurash possesses substantial potential for the development of moral qualities among university students. Participation in training and competitive activities requires individuals to demonstrate honesty, respect, responsibility, and ethical conduct.

One of the most important educational characteristics of kurash is the principle of fair competition. Success in wrestling depends not only on technical skills and physical preparation but also on compliance with ethical standards and respect for the opponent. Students engaged in kurash learn to value integrity, accept responsibility for their actions, and demonstrate respect regardless of competitive outcomes.

The analysis also revealed that the cultural symbolism associated with kurash strengthens students' awareness of national traditions and cultural heritage. Such awareness contributes to the development of civic consciousness and a positive attitude toward national values.

Kurash also contributes to the development of self-discipline. Athletes must follow training schedules, adhere to behavioral norms, and continuously improve their technical skills. Such requirements encourage responsibility and the ability to regulate one's behavior in accordance with long-term goals.

Another important volitional characteristic developed through kurash is self-confidence. Successful participation in training and competitions strengthens students' belief in their own abilities and enhances their readiness to confront challenging situations. At the same time, the ethical traditions of kurash teach humility and respect, preventing excessive individualism and promoting balanced personal development.

Discussion. The findings of this study confirm that Uzbek national kurash possesses significant ethnopedagogical potential and can serve as an effective means of fostering moral and volitional qualities among university students. Unlike conventional physical education activities that often focus primarily on physical fitness and athletic performance, kurash integrates educational, cultural, and ethical dimensions that contribute to the holistic development of personality.

From an ethnopedagogical perspective, kurash functions as a mechanism for transmitting national values and cultural traditions. The educational principles embedded in this traditional sport reflect the historical experience of the Uzbek people and embody socially approved patterns of behavior. Through active participation in kurash, students are exposed to values such as honesty, courage, respect, responsibility, perseverance, and self-control. These qualities are not taught exclusively through theoretical instruction but are acquired through practical experience and direct participation in training and competitive activities.

The results are consistent with contemporary pedagogical theories emphasizing the importance of experiential learning and value-based education. The educational environment created through kurash provides students with opportunities to encounter challenges, regulate emotions, overcome obstacles, and develop self-discipline. Such experiences contribute to the formation of volitional qualities that are essential for academic achievement, professional development, and social adaptation.

Conclusion. The present study examined the ethnopedagogical potential of Uzbek national kurash in the formation of moral and volitional qualities among university students. The findings indicate that kurash represents not only a traditional form of physical activity but also a valuable educational resource capable of promoting comprehensive personality development.

The analysis demonstrated that the educational philosophy of kurash is closely connected with the fundamental principles of Uzbek ethnopedagogy. Through participation in training and competitive activities, students acquire important moral qualities, including honesty, respect,

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responsibility, and ethical behavior. At the same time, kurash facilitates the development of volitional characteristics such as perseverance, determination, self-discipline, emotional stability, and self-confidence.

The study also revealed that kurash contributes to strengthening national identity and preserving cultural heritage among young people. As a traditional sport deeply rooted in the historical and cultural experience of the Uzbek people, kurash serves as an effective medium for transmitting national values across generations.

Based on the results obtained, it can be concluded that the inclusion of kurash in university physical education programs has substantial pedagogical value. The integration of ethnopedagogical principles and traditional sports practices may enhance the effectiveness of educational processes aimed at developing morally mature, socially responsible, and culturally conscious students.

Therefore, Uzbek national kurash should be considered an important component of contemporary educational practice and a promising tool for character formation within higher education institutions.

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