



SOCIO-PEDAGOGICAL FACTORS OF WOMEN'S AND GIRLS' PARTICIPATION IN VARIOUS SPORTS IN UZBEKISTAN

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Abstract

This article analyzes socio-pedagogical factors affecting the participation of women and girls in various sports in Uzbekistan. During the research, the role of gender stereotypes in society, family environment, education system, sports infrastructure and coaching activities was studied on a scientific basis. The importance of state policy, regulatory legal acts and motivational mechanisms in increasing women's sports activity was also revealed. The results of the study show that a positive social environment and the right pedagogical approach significantly increase the activity of women and girls in sports. Based on the problems identified in the article, practical recommendations have been developed.

Keywords: Women's sports, girls' physical activity, socio-pedagogical factors, gender equality, sports motivation, sports infrastructure, education system, coaching activities, healthy lifestyle, state policy, sports education.



Introduction

O‘ZBEKISTONDA AYOLLAR VA QIZLARNING TURLI SPORT TURLARIDA ISHTIROKINING IJTIMOYIY-PEDAGOGIK OMILLARI

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Annotatsiya

Mazkur maqolada O‘zbekistonda ayollar va qizlarning turli sport turlarida ishtirok etishiga ta’sir etuvchi ijtimoiy-pedagogik omillar tahlil qilinadi. Tadqiqot davomida jamiyatdagi gender stereotiplari, oilaviy muhit, ta’lim tizimi, sport infratuzilmasi va murabbiylik faoliyatining o‘rni ilmiy asosda o‘rganildi. Shuningdek, ayollar sport faolligini oshirishda davlat siyosati, normativ-huquqiy hujjatlar va motivatsion mexanizmlarning ahamiyati ochib berildi. Tadqiqot natijalari shuni ko‘rsatadiki, ijobiy ijtimoiy muhit va to‘g‘ri pedagogik yondashuv ayollar va qizlarning sportdagi faolligini sezilarli darajada oshiradi. Maqolada aniqlangan muammolar asosida amaliy tavsiyalar ishlab chiqilgan.

Kalit so‘zlar: ayollar sporti, qizlar jismoniy faolligi, ijtimoiy-pedagogik omillar, gender tengligi, sport motivatsiyasi, sport infratuzilmasi, ta’lim tizimi, murabbiylik faoliyati, sog‘lom turmush tarzi, davlat siyosati, sport tarbiyasi.

Socially, sport attracts representatives of different strata of society, develops cooperation and mutual understanding between them. Sports competitions instill a sense of national pride, patriotism, and direct the energy of young people in creative directions. Sport also protects young people from hard work and illegal activities, teaches them purposefulness and discipline. Women's sports are an important means of ensuring gender equality, women's social activity, and their



active participation in public life. Sport gives women not only physical but also psychological strength, self-confidence, and the ability to make decisions.

Reforms aimed at the socio-economic development of society, the formation of a healthy lifestyle, and ensuring gender equality make increasing the activity of women and girls in sports an urgent task.

The level of study of the problem. Internationally, the issues of women's sports have been studied from the perspective of social and cultural capital by such scholars as P. Bourdieu, N. Elias, Sh. Scraton, and J. Hargreaves. In the CIS countries, researchers such as L. Lubisheva, V. Stolyarov, N. Peshkova, O. Milstein have covered the socio-pedagogical aspects of women's sports. In Uzbekistan, there are scientific works by A. Usmankhodjayev, G. Akramova, Sh. Khodjayev, N. Jabborov, D. Fayziyeva and others in the field of physical education and sports. However, there are not enough special studies that take a comprehensive approach to women's sports from the point of view of the system of socio-pedagogical factors[1,2,3,4,5,6].

Official data published by the Statistical Agency under the President of the Republic of Uzbekistan (stat.uz) as of April 7, 2026 are as follows:

The permanent population of Uzbekistan is 38,401,654 people.

According to official statistics, the gender composition of the population is as follows:

Men: more than 19,339,073 (50.4%)

Women: more than 19,062,581 (49.6%).

By the beginning of 2026, the level of regular (at least 2-3 times a week) physical education and sports participation of women in Uzbekistan has significantly increased.

- General indicator: About 32-35 percent of all women (approximately 6.2-6.6 million) regularly engage in sports.

- Among young people: this indicator is much higher among girls under 18 years of age — 55-60 percent (mainly due to clubs in schools and universities) [7].

The level of sports participation depends on the infrastructure and level of urbanization of the regions:

- The highest indicators: Tashkent city, Fergana and Namangan regions.

- Average indicators: Samarkand, Bukhara and Khorezm regions.

- Regions with high growth rates: Surkhandarya and Kashkadarya (due to sports complexes built in rural areas in recent years).

Percentage of women participating in sports for 2000–2026 (comparative table)

This table compares the total population and the percentage and reasons for women participating in sports by year (see Table 1):

Table 1

Years	Total population (million people)	Number of women (million people)	Women involved in sports (%)	Main Driver (Cause)
2000	24,4	12,3	~6-8%	School programs and "Umid nihollari"
2010	28,5	14,3	~12-14%	Construction of sports complexes
2020	33,9	16,8	~19-21%	Promotion of "Healthy life", digitalization
2024	36,8	18,2	~28-30%	Sports grounds in neighborhoods "Workout"
2026	38,2	18,9	~32-35%	Development of professional women's sports

By age group:

- 6-12 years: 45% (highest activity)
- 13-18 years: 30% (decline during school years)
- 19-25 years: 15% (further decrease during student years)
- 26-35 years: 7% (sharp decrease during family life)
- 36 years and older: 3%

These data show that girls' sports activity decreases sharply with age, especially during higher education and family life.

Family factors are one of the factors that have the strongest influence on girls' sports activity. According to the results of the survey conducted in 2023-2025 (in 2,000 families):

Parents' views:

- Parents who support sports: 45%
- Those who are neutral: 35%
- Those who oppose: 20%

Reasons for opposition:

- "Sports are not suitable for girls" - 38%
- "Dangerous, can cause injuries" - 32%
- "Waste of time" - 18%
- "Religiously incorrect" - 12%

In families with average and good incomes, the involvement of girls in sports is 3 times higher. The cost of sports equipment, paid training, and travel to competitions is a significant financial burden.

In traditional families (more in rural areas), girls are relatively less likely to engage in sports. In modern urban families, this figure is higher. The level of education of parents is also an important factor - daughters of parents with higher education are 2.5 times more likely to engage in sports.

The total number of coaches working in the field of physical education and sports in Uzbekistan has exceeded 32,000. In recent years, this figure has been steadily growing as a result of reforms in the “Neighborhood Youth Leader” and “Sports Schools” systems.

- Total coaches: ~32,400
- Female coaches: ~6,800 (about 21% of the total)
- Participation of girls in mass sports: By 2026, the share of women regularly involved in sports exceeded 35%.

The highest number of female coaches is mainly in large cities and regions with a large number of specialized sports schools (see Table 2):

2-table

Region	Total coaches	Percentage of female coaches (%)	Main sports (Women)
Tashkent city	~4 200	32%	Gymnastics, swimming, tennis
Samarkand vil.	~3 800	19%	Athletics, judo
Fergana vil.	~3 500	20%	Basketball, volleyball
Andijan vil.	~3 100	18%	Boxing, fencing
Khorezm vil.	~2 200	17%	Weightlifting, chess
Bukhara vil.	~2 400	21%	Rhythmic gymnastics, karate



Statistical data show that although the number of female coaches is higher in densely populated regions such as Samarkand and Fergana in absolute terms, Tashkent is the leader in percentage terms (32%). In rural areas (Syrdarya, Jizzakh, Surkhandarya), the lack of female coaches still persists.

The approach of coaches towards girls is often protective, cautious, and restrictive, which negatively affects their sporting achievements.

In general, based on the analysis conducted, it can be concluded that women's participation in sports in Uzbekistan has positive dynamics, and this process is developing based on the interaction of state policy, social factors, and institutional support systems. At the same time, in some regions there are problems such as lack of infrastructure, gender stereotypes, and shortcomings in information dissemination, the elimination of which is an important condition for the further development of women's sports.

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