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Analysis of the Results Achieved by our Athletes at the XIX Summer Asian Games

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Abstract

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this article describes a general analysis of the results of our country's athletes in the sports played at the 19th summer Asian Games.

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The purpose of the study: an analysis of the results achieved by our athletes at the XIX summer Asian Games of our country summarize the information.

The Asian Games (also called Asiad) are sporting events held every four years. Only Asian countries participate in this. The Asian Games are the prestigious sports competitions of the Asian continent. It is held 1 time in 4 years. The Olympic Council of Asia founded on 13 February 1949 and established a competition host. Its charter is based on the ideas of the Olympic Games. Each nation determines which Asian Games will participate in, but the composition of its representatives should not exceed the number set by the organizing committee and the Asian Olympic Council. Competitions are organized in sports that are part of the program of the Olympics, as well as in national sports. In order to include any national sport in the Asian Games program, it is necessary that this species is popular in at least 6 countries of the continent and that athletes from at least 4 countries participate in this species.

In our country, special attention is paid to physical education and sports today. Thanks to this, the athletes of our country show the potential of our ring to the whole world by achieving high results in prestigious competitions in Jahan.

Main part. Our hususan athletes participated in the 19th summer Asian Games in Hanzhou, China, from September 23 to October 8, 2023, with more than 12,000 athletes from a total of 45 countries, in total, the athletes of our country took 5th place on the team account of total 71 of them, 22 gold, 18 silver, 31 bronze medals. At the 1994 Asian Games, which were held since 1994, the athletes of Uzbekistan were able to show the best results.

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Athletes from our homeland made up a total of 38 of the 60 sports included in this prestigious competition program-32 of these medals-6 of the Olympic sports-a total of 390 of the non-Olympic sports-including 230 of the men's 160 of the women's girls.

Ханчокоу 2022 Осий ўйнисаря Янгидан иштирок эгилиши калаштирилган спорт турп 39 Ta спорт турлари спорт турлари re) ТУРЛАРИ 125 Жамс 121 нафар спортм 139 Иштирокчилар сони весимида нафар нафар сони 158 242-ster 204 нафар 25.49 нафар TPEHEP BA сони Мукофот пул микдори 70 та мадаль 95 та медаль СПОРТЧИЛАРГА S 6 МЕДАЛЛАР 2 500 \$

Of the 71 medalists in particular who have accumulated a total of 132 athletes, 52 of them were

female athletes, 80 were male athletes, and the percentage count was found to be 39% female and 61% were achieved male.

The medal holders belonged to the athletes of the following regions and the Republic of Karakolpogistan and the city of Tashkent, including 4 Athletes from Andijan region, 15 from Khorezm Region, 3 from Fergana region, 37 from Tashkent City,14 from Tashkent Region, 4 from Surhandarya Region, 10 from Sirdarya Region, 17 from Samarkand region, 5 from Namangan Region, 6 from Navoi Region, 7 from Karakolpak Region, 5 from Kashkadarya Region, 4 TA, and Bukhara region were awarded 1 medal.

Compared to the results shown by athletes from neighboring Central Asian countries, athletes from the countries of our homeland were the first within the countries of Central Asia.

The results of the Central Asian neighbours participating in the 19th summer Asian Games in Hanzhou included the Republic of Kazakhstan 11th in the overall team score, the Republic of Kyrgyzstan 8th in the overall team score, the Republic of Tajikistan 24th in the overall team score and the Republic of Turkmenistan 29th



in the overall team score.

Prior to this, at the XVIII summer Asian Games held in the state of Indonesia in 2018, athletes



from our motherland participated in a total of 20 sports, of which 16 from Olympic and 4 from non-Olympic sports to take 5th place in the overall team score, out of a total of 69 medals of which 20 were six, 24 silver, 25 bronze medals, out of a total of 45 medals at the 2014 Summer Asian Games Tha gold, 22 silver, 23 bronze, total 40 medals at the 2006 Summer Asian Games of which, 11 gold medals, 14 silver medals, 15 bronze medals, a total of 51 medals at the 2002 summer Asian Games of which 15 gold medals, 12 silver medals, 24 bronze medals, a total of 40 medals at the 1998 Summer Asian Games of which 6 six medals, 22 silver 12 Tak bronze medals, a total of 42 medals at the 1994 summer Asian Games of which 11 gold medals, 12 silver medals, 19 bronze medals were For the first time, the Uzbek delegation won the most medals at the Asian Games in the history of Uzbekistan, in terms of number, as well as the most gold medals.

Figure 2. General information on the preparatory program

Athletes from our country have won a total of 5th qualification i.e. license to the Paris 2024 Olympic Games from modern pentathlon and boxing sports during the XIX summer Asian Games.

Now the Ministry of Youth Policy and sports of Uzbekistan, the National Olympic Committee of Uzbekistan and sports organizations should carry out a number of systematic work on the qualification of talented athletes, the formation of national teams, the organization of local and foreign training meetings for athletes, ensuring their worthy participation in prestigious competitions.

A number of mutahasis have already noted in their studies that psychological training is high among their preparations, preparing qualified athletes for the competition.

The psychological state of athletes is an important component not only of competitions, but also of training activities. Therefore, the study of the impact of anxiety and alertness on the effectiveness of competition activities is considered relevant. Therefore, the study of the effect of anxiety and anxiety on the effectiveness of competition activities is relevant.

Today, New Uzbekistan is proud and proud of all of us as another practical result of our large-scale reforms aimed at raising its founders, developing the field of physical education and sports. As a result of these results, young people will grow up devoted to El yurt. With the historical results achieved at the Asian Games in the major international sports competition, new victories will be expected in your

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future activities.

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