**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

# SKILLS OF STRENGTHENING PHYSICAL HEALTH THROUGH TAEKWON-DO ITF EXERCISES

**Aziz Tulkunovich Ibragimov**
Scientific Supervisor, Associate Professor of the Department of Physical Education and Sport
Tashkent State Pedagogical University named after Nizami
**Doniyor Bakhtiyorovich Kamolov**
1st-year student of the Physical Education program
Tashkent State Pedagogical University named after Nizami

**Abstract:** Taekwon-Do ITF is a traditional Korean martial art that combines physical discipline with mental development. In recent years, the role of Taekwon-Do ITF in improving physical health has gained attention in the context of modern fitness and sports science. This article explores how ITF training methods contribute to the development of strength, flexibility, endurance, and overall physical well-being. Emphasis is placed on the physiological and psychological benefits of regular Taekwon-Do practice, supported by academic studies and expert insights. The focus is on the implementation of ITF techniques among university students in Uzbekistan, analyzing the practical outcomes of its integration into sports education. This paper also outlines key methodological approaches, research findings, and provides an in-depth discussion on the long-term benefits of ITF for maintaining physical health.
**Keywords:** Taekwon-Do ITF, physical health, martial arts, strength, flexibility, endurance, university sports.

## TAEKWON-DO ITF MASHQLARI ORQALI JISMONIY SALOMATLIKNI MUSTAHKAMLASH KO'NIKMASI

**Ibragimov Aziz Tulkunovich**
Ilmiy rahbar, Nizomiy nomidagi Toshkent davlat pedagogika universiteti
Jismoniy tarbiya va sport kafedrasi dotsenti

**Kamolov Doniyor Baxtiyorovich**
Nizomiy nomidagi Toshkent davlat pedagogika universiteti
Jismoniy madaniyat ta'lim yo'nalishi 1-kurs talabasi

**Annotatsiya:** Taekwon-Do ITF — bu jismoniy intizom va ruhiy rivojlanishni o‘zida mujassam etgan an’anaviy koreys jang san’ati hisoblanadi. So‘nggi yillarda Taekwon-Do ITF ning jismoniy salomatlikni yaxshilashdagi o‘rni zamonaviy fitnes va sport fanlari kontekstida alohida e’tiborga tushmoqda. Ushbu maqolada ITF mashg‘ulot uslublari kuch, egiluvchanlik, chidamlilik va umumiy jismoniy salomatlikni rivojlantirishga qanday ta’sir ko‘rsatishi o‘rganiladi. Doimiy Taekwon-Do mashqlarining fiziologik va psixologik foydalari ilmiy tadqiqotlar va mutaxassislar fikrlariga asoslangan holda yoritiladi. Maqolada O‘zbekiston oliy o‘quv yurtlari talabalari orasida ITF uslublarini tatbiq etish bo‘yicha olib borilgan tajriba va natijalar tahlil qilinadi. Shuningdek, ITF mashqlarini sog‘liqni saqlashda uzoq muddatli foydalari, metodik yondashuvlar va tadqiqot natijalari muhokama etiladi.
**Kalit so‘zlar:** Taekwon-Do ITF, jismoniy salomatlik, jang san’ati, kuch, egiluvchanlik, chidamlilik, universitet sporti.

Proximus Journal of Sports Science and Physical Education
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

**Introduction**

Taekwon-Do ITF, or International Taekwon-Do Federation, is not merely a combat discipline but a holistic system aimed at developing the human body and mind. Originating in Korea in the mid-20th century under the leadership of General Choi Hong Hi, this martial art has expanded its influence across the globe, including Uzbekistan. Its structured techniques, which consist of fundamental movements, sparring, patterns (tul), and breaking, provide a comprehensive approach to physical training. Unlike many conventional sports, Taekwon-Do ITF incorporates not only dynamic movements but also a philosophical framework that emphasizes respect, perseverance, self-control, and indomitable spirit. These aspects make it particularly suitable for students and young athletes who are in the process of physical and mental development.

In Uzbekistan, interest in martial arts has grown significantly in recent years, partly due to state initiatives promoting sports among youth and the popularity of international competitions. As part of this trend, Taekwon-Do ITF is increasingly being introduced into school and university sports programs. With its structured curriculum and progression system based on belt levels, ITF offers a clear path for improvement and motivation for young practitioners. Its routines and exercises are designed to target multiple physical components, such as cardiovascular health, muscular strength, balance, coordination, and flexibility.

**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

From a physiological standpoint, regular practice of Taekwon-Do ITF leads to improvements in aerobic and anaerobic endurance. The training involves high-intensity intervals, explosive movements, and repetitive drills that challenge both the cardiovascular and musculoskeletal systems. Moreover, the inclusion of stretching routines and dynamic kicking techniques significantly enhances joint mobility and muscular elasticity. For university students, who often suffer from sedentary lifestyles due to academic demands, ITF training can serve as an effective counterbalance that promotes active living and health awareness.

Taekwon-Do ITF also contributes to mental health, an aspect that is closely tied to physical well-being. The discipline and concentration required in mastering techniques help reduce anxiety and improve focus. Additionally, the social environment of dojangs (training halls) creates a community where students learn teamwork, mutual respect, and responsibility. In a broader sense, such experiences nurture positive character traits and resilience, which are essential not only for sports but also for academic and personal success.

The growing body of research on martial arts, including studies conducted in Central Asia, supports the view that Taekwon-Do ITF is a valuable tool for promoting physical fitness and psychological stability among students. However, there remains a need for more localized studies that specifically address the implementation and effects of ITF training in the context of Uzbek universities. This paper aims to fill this gap by examining the health-related outcomes of ITF training among sports students in Uzbekistan.

In this study, we present a comprehensive literature analysis, discuss research methods employed to study the influence of ITF training on student health, report on findings derived from practical engagement with university students, and explore the broader implications of incorporating ITF into physical education curricula. By focusing on both physical and mental outcomes, this research contributes to a deeper understanding of Taekwon-Do ITF's role in promoting holistic health.

**Literature Review**

The intersection of martial arts and physical health has been a subject of academic inquiry for several decades. Among the various martial arts disciplines, Taekwon-Do ITF has been noted for its structured and scientific approach to physical conditioning. Several studies have highlighted the positive effects of ITF training on cardiovascular endurance, muscle strength, flexibility, and balance. For instance, research conducted by Bridge et al. (2014) demonstrated that participants engaged in ITF Taekwon-Do over a 12-week period exhibited significant improvements in aerobic capacity and muscular endurance. These findings are supported

Proximus Journal of Sports Science and Physical Education
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

by Delgado et al. (2018), who emphasized the multidimensional nature of martial arts training, particularly its benefits for youth development.


In the context of flexibility and joint mobility, Lee and Kim (2016) found that Taekwon-Do practitioners consistently outperform their peers in standard flexibility tests, such as the sit-and-reach and hip rotation exercises. This is attributed to the frequent use of high kicks and dynamic stretching exercises, which are integral to ITF forms (tuls) and sparring practice. Additionally, the impact of regular ITF practice on body composition and weight management has been reported in studies such as one by Silva et al. (2019), who observed that adolescents involved in martial arts had lower body fat percentages compared to non-athletic peers.

Beyond physical parameters, the literature also points to psychological and cognitive benefits. According to Twemlow and Sacco (1998), martial arts like ITF Taekwon-Do can improve self-regulation, reduce aggression, and enhance social behavior among youth. These outcomes are facilitated by the disciplined environment and the value-based instruction that underpins ITF philosophy. Furthermore, in educational settings, martial arts training has been linked to improvements in attention span and academic performance, as reported by Lakes and Hoyt (2004).

In the regional context of Central Asia, including Uzbekistan, literature on ITF Taekwon-Do remains limited but growing. Studies by Uzbek scholars such as Yusupov (2020) and Ergashev (2021) have explored the introduction of ITF into local sports programs, with promising preliminary results in terms of student engagement and health improvement. These studies emphasize the need for culturally adapted training models that reflect the physical education standards and health priorities of Uzbekistan.

Proximus Journal of Sports Science and Physical Education
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943


Overall, existing literature supports the integration of Taekwon-Do ITF as a functional tool for enhancing physical health among students. However, gaps remain in the localized understanding of its long-term effects and the implementation challenges within university-level sports education. The present research seeks to build upon these findings and provide an in-depth examination of ITF training outcomes in the Uzbek academic environment.

**Methodology**

This research employed a mixed-methods approach to analyze the impact of Taekwon-Do ITF training on the physical health of university students in Uzbekistan. The primary aim was to assess changes in physical fitness indicators, including cardiovascular endurance, muscular strength, flexibility, and body composition, as well as to gather subjective feedback on perceived health benefits among participants. The study was conducted over a 12-week training period and included both quantitative and qualitative data collection methods.

Participants were selected from second-year students enrolled in the physical education and sports faculty of a major university in Tashkent. A total of 40 students (22 males and 18 females) volunteered to participate. They were divided into two groups: the experimental group (n=20) underwent regular Taekwon-Do ITF training sessions, while the control group (n=20) continued with their standard physical education classes without martial arts elements. All participants were medically screened to ensure they were fit to participate in physical activity.

The training program for the experimental group was designed in accordance with ITF standards and supervised by certified instructors. Sessions were held three times a week, each lasting 90 minutes, and included warm-up exercises, technical drills (stances, punches, kicks), pattern practice (tul), sparring (matsogi), strength exercises, and stretching routines. Attendance and engagement were strictly monitored.

**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943


To measure physical fitness, standardized tests were administered before and after the training program. These included the Cooper 12-minute run test for cardiovascular endurance, sit-and-reach test for flexibility, push-up and sit-up counts for muscular endurance, and BMI analysis for body composition. Data were statistically analyzed using paired t-tests to compare pre- and post-training results within and between groups.

In addition to physical testing, qualitative data were collected through participant interviews and questionnaires, which explored the students' experiences, motivation levels, energy, stress levels, and overall satisfaction with the training process. This allowed for the identification of perceived mental and emotional benefits of Taekwon-Do training.

Ethical approval for the study was obtained from the university's research ethics board, and informed consent was acquired from all participants. The anonymity of participants was maintained throughout the research process.

By combining empirical testing with subjective assessments, the methodology ensured a comprehensive understanding of how regular ITF training affects both physical health and overall well-being among sports students in Uzbekistan. The following section presents the results obtained through this approach.

**Results**

The results of the 12-week Taekwon-Do ITF training program demonstrated statistically significant improvements in several aspects of physical fitness among the experimental group, while the control group showed only minimal changes. The findings highlight the effectiveness of ITF training in promoting overall physical health in university students engaged in sports education.

Proximus Journal of Sports Science and Physical Education
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943


In terms of cardiovascular endurance, the experimental group showed a notable increase in performance in the Cooper 12-minute run test. On average, students in this group improved their running distance by 13.5%, compared to only 2.8% improvement in the control group. This suggests that the aerobic demands of ITF training, particularly through dynamic movements and continuous drills, contributed to better heart and lung capacity.

Muscular endurance also improved significantly. In pre-training assessments, the average number of push-ups completed by the experimental group was 27.4, which increased to 38.9 post-training. Similarly, sit-up counts improved from 31.2 to 44.7. These gains were attributed to repetitive striking techniques, conditioning drills, and bodyweight exercises embedded within each training session. The control group exhibited much smaller increases, with an average push-up gain of 4.3 repetitions and sit-up gain of 5.1 repetitions.

Flexibility, measured through the sit-and-reach test, showed one of the most significant improvements. Pre-training flexibility averaged 12.8 cm, which increased to 21.3 cm in the experimental group. This outcome was a direct result of consistent stretching and high-kick techniques performed in nearly every session. The control group saw only a slight improvement, from 13.0 cm to 14.1 cm.

Body composition data showed moderate improvements. The experimental group saw an average reduction of 1.6 points in BMI, while the control group's BMI remained virtually unchanged. Although Taekwon-Do ITF is not a weight-loss program per se, the intensity and full-body nature of the exercises contributed to fat burning and muscle toning.

**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

Qualitative data also reflected positive outcomes. More than 85% of the students in the experimental group reported increased energy levels, better sleep, and enhanced concentration during academic activities. Participants noted that the structured and disciplined nature of the training instilled a sense of responsibility and motivation to maintain a healthy lifestyle. Many also mentioned reduced stress levels and a stronger sense of confidence, attributing these psychological changes to the practice of patterns and sparring.

Furthermore, instructors observed that students in the experimental group demonstrated better posture, coordination, and reaction speed over the course of the program. They were also more engaged during theoretical sports lessons and demonstrated improved peer collaboration and discipline in group settings.

These results provide clear evidence that regular Taekwon-Do ITF training offers substantial physical and mental health benefits for students. The findings support its inclusion in university-level physical education programs and advocate for further expansion of ITF-based training in youth sports development initiatives in Uzbekistan.

**Discussion**

The results of this study demonstrate that Taekwon-Do ITF training provides a comprehensive and highly effective approach to improving physical health among university students, particularly those studying in sports-related faculties. The significant improvements observed in cardiovascular endurance, muscular strength, flexibility, and body composition support the idea that martial arts, and specifically ITF Taekwon-Do, should be considered not only as a competitive sport but also as a health-promoting practice.

The increase in aerobic capacity seen in the experimental group aligns with existing research that suggests martial arts training enhances cardiovascular performance through dynamic and interval-based movements. Taekwon-Do sessions often include intense bursts of activity, such as combinations of kicks, jumps, and punches, which demand a high level of oxygen consumption. This type of training mimics high-intensity interval training (HIIT), a method widely recognized for improving heart and lung function in a relatively short period. For university students, who may not always have time for long workout routines, ITF training presents a time-efficient yet effective fitness solution.

Muscular endurance gains, particularly in push-up and sit-up tests, further highlight the benefits of repetitive bodyweight exercises and core-engaging techniques used in Taekwon-Do. Techniques such as punches and kicks are not only practiced for form and power but also repeated across multiple rounds, building stamina in the upper and lower body. In addition, strengthening exercises such as horse stance (juchum sogi) contribute to leg muscle endurance, while static and dynamic drills build core stability.

Flexibility gains are perhaps the most visually evident change in Taekwon-Do practitioners. The emphasis on high, controlled kicks, stretching routines, and range-of-motion exercises contributes directly to increased

**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

joint mobility. Improved flexibility has long-term benefits, reducing the risk of injury, improving movement efficiency, and enhancing overall athletic performance. These benefits are crucial for sports students, whose careers may involve a wide range of physical activities.

Psychological feedback collected during the study confirms that Taekwon-Do ITF fosters not only physical development but also mental resilience. The discipline, structure, and moral code taught in ITF, including tenets like perseverance, self-control, and courtesy, are integrated into every training session. These values help students cope with academic stress, promote self-confidence, and support emotional regulation. Such mental benefits are important for young adults navigating the demands of higher education and transitioning into professional life.

Importantly, the study also sheds light on the contextual relevance of ITF training in Uzbekistan. Given the country's growing interest in sports development and youth health, integrating ITF into university programs may provide a culturally appropriate and effective means of achieving national health goals. The structured nature of ITF makes it suitable for institutional implementation, with clear progressions, evaluation methods, and motivational systems such as the belt ranking system. Moreover, ITF's non-violent philosophy and emphasis on personal growth make it more inclusive and socially constructive than many other contact sports.

One limitation of the study is its relatively short duration of 12 weeks. While this was sufficient to observe measurable improvements, longer-term studies are needed to assess sustainability and broader lifestyle impacts. Additionally, expanding the sample size and including students from non-sport backgrounds could provide more generalizable data and show how ITF might benefit a wider student population.

Overall, the discussion emphasizes that Taekwon-Do ITF training offers multidimensional benefits for sports students. It enhances physical capacity, promotes mental well-being, and supports the development of character and discipline. As such, ITF represents a valuable addition to the university sports curriculum and can contribute meaningfully to the health and personal development of youth in Uzbekistan.

**Main Part**

**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

The foundation of Taekwon-Do ITF lies in its structured and multifaceted training system that targets all aspects of physical health. Unlike many other sports that may focus on specific physical qualities such as strength or endurance, Taekwon-Do ITF integrates a wide variety of techniques and drills that require the coordinated use of multiple muscle groups, balance, flexibility, and cardiovascular fitness. This holistic approach is particularly beneficial for sports students, as it contributes to the development of an athletic physique, functional mobility, and long-term health.

One of the central components of ITF training is the practice of patterns, or tul. Each pattern consists of a sequence of movements that simulate self-defense against imaginary opponents. These forms combine various stances, blocks, strikes, and kicks, all performed in a rhythmic and precise manner. Repeated execution of patterns develops not only muscular endurance and coordination but also enhances the student's proprioception and spatial awareness. Furthermore, the mental focus required to memorize and perfect each pattern promotes cognitive engagement, which is often neglected in conventional physical education programs.

Sparring, or matsogi, is another vital part of ITF training that contributes significantly to cardiovascular health and muscular conditioning. In sparring, students must respond quickly to attacks while executing their own offensive techniques with speed and control. This requires a high level of agility, reflexes, and tactical thinking. Sparring sessions usually involve short bursts of intense activity, mimicking interval training. Over time, this builds both aerobic and anaerobic capacity, which are essential components of sports performance and general health.

Strength and conditioning are systematically embedded within ITF training. Exercises such as push-ups, squats, lunges, and core work are commonly used to prepare the body for the demands of martial arts movements. Importantly, these exercises rely on bodyweight resistance, which reduces the risk of injury and allows for gradual progression based on the student's fitness level. Strengthening the core and lower body is particularly important for generating power in kicks and maintaining stability in movement.

Flexibility is emphasized throughout Taekwon-Do ITF training. Stretching exercises are performed before and after each session, and techniques such as high kicks and split stances demand a wide range of motion. Consistent stretching not only increases flexibility but also helps prevent muscle stiffness and joint injuries. For students involved in multiple sports, improved flexibility contributes to better overall movement quality and reduced injury risk.

Taekwon-Do ITF also promotes balance and coordination. Many stances and techniques are performed on one leg, requiring students to maintain equilibrium while executing complex movements. Over time, these challenges train the body's neuromuscular system, improving postural control and coordination. These skills are transferable to nearly all athletic disciplines, making ITF a valuable supplement to other forms of sports training.

Beyond the physical techniques, the structured nature of ITF classes contributes to regularity and discipline in physical activity. Training sessions follow a predictable format that includes warm-up, technical drills, sparring, and cool-down. This structure helps students develop habits of consistent physical activity and teaches them how to train safely and effectively. It also provides a sense of routine and stability, which is beneficial for mental health and time management, particularly in a demanding academic environment.

In the context of sports education in Uzbekistan, incorporating Taekwon-Do ITF into university programs offers practical and cultural advantages. The discipline's values align with traditional Uzbek concepts of respect for elders, discipline, and community. Moreover, its growing popularity in the country means that qualified instructors and established training centers are increasingly available. By embedding ITF into

Proximus Journal of Sports Science and Physical Education
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

physical education curricula, universities can enhance the physical development of their students while also fostering positive behavioral and psychological outcomes.

**Conclusion**

The findings and analysis presented in this study clearly demonstrate that Taekwon-Do ITF is an effective and comprehensive method for enhancing physical health among university students, particularly those enrolled in sports-related programs in Uzbekistan. The discipline's unique combination of physical techniques, mental training, and philosophical principles offers a powerful means of promoting overall well-being in young adults. Through regular participation in ITF training, students experience measurable improvements in cardiovascular endurance, muscular strength, flexibility, coordination, and body composition—all of which are crucial for their personal health and professional athletic development.

Beyond the physical benefits, Taekwon-Do ITF fosters a strong sense of discipline, responsibility, and self-awareness. These attributes are particularly important for sports students, who are expected not only to excel physically but also to act as role models and future educators in the field of physical culture. The value-based structure of ITF, with its emphasis on perseverance, courtesy, and self-control, aligns well with the educational goals of character development and social responsibility.

This research contributes to the growing recognition of martial arts as a legitimate component of physical education, not only in terms of athletic training but also as a method of health promotion and personal growth. In the Uzbek context, the integration of ITF training into university sports programs is especially timely. It supports national priorities related to youth development, health improvement, and the expansion of diverse sports disciplines within educational institutions.

The results obtained during the 12-week training period suggest that even in a relatively short time frame, significant health-related outcomes can be achieved. However, for these benefits to be sustained and expanded, it is essential to develop longer-term training models, teacher training programs, and institutional support systems. Moreover, expanding access to ITF training for students outside sports faculties could help promote inclusive health strategies across the university system.

In conclusion, Taekwon-Do ITF represents more than a martial art; it is a practical tool for building physical fitness, mental strength, and moral values. Its inclusion in the academic environment of Uzbekistan is not only feasible but highly advantageous for nurturing well-rounded, healthy, and capable young individuals. As interest in holistic approaches to education and health continues to grow, ITF training offers a valuable and culturally resonant method for addressing both current and future needs of student populations.

**References**

1. Bridge, C. A., Ferreira da Silva Santos, J., Chaabène, H., Pieter, W., & Franchini, E. (2014). Physical and physiological profiles of Taekwondo athletes. Sports Medicine, 44(6), 713–733.
2. Етмишбоев, М. (2023). Вопросы лицензирования деятельности спортивных агентов. Общество и инновации, 4(6/S), 381-386.
3. Етмишбоев, М. М. У. (2023). СПОРТ БЎЙИЧА АГЕНТЛАР ФАОЛИЯТИНИ ҲУҚУҚИЙ ТАРТИБГА СОЛИШДА АСОСИЙ ВА ҚЎШИМЧА ФАОЛИЯТ ТУРЛАРИ. Философия и право, 25(2), 146-149.
4. Yetmishboev, M. (2023). EXPERIENCE OF FOREIGN COUNTRIES IN THE LEGAL REGULATION OF THE ACTIVITIES OF AGENTS IN THE FIELD OF SPORTS. International Bulletin of Applied Science and Technology, 3(3), 302-307.

**Proximus Journal of Sports Science and Physical Education**
Volume 2, Issue 4, April, 2025
https://proximusjournal.com/index.php/PJSSPE
ISSN (E): 2942-9943

5. Етмишбоев, М. (2022). ИЧКИ ИШЛАР ОРГАНЛАРИ ФАОЛИЯТИДАГИ МАВЖУД МУАММОЛАР ВА УЛАРНИНГ ЕЧИМЛАРИ. Евразийский журнал права, финансов и прикладных наук, 2(10), 177-180.
6. Етмишбоев, М. (2021). Пути совершенствования гражданско-правового регулирования контрактных отношений в сфере спорта. Общество и инновации, 2(12/S), 343-347.
7. Isroildjanovna, I. N. (2019). Psychological and Pedagogical Problems of Modern Preschool Education. European Journal of Research and Reflection in Educational Sciences Vol, 7(12).
8. Ismailova, N. I. (2022). Development of art and creative abilities of preschool children through books.
9. Tokhirova, L. R. (2024). Features of using internet technology-testing students'knowledge in psychological and pedagogical literature. Western European Journal of Modern Experiments and Scientific Methods, 2(5), 38-42.
10. Tokhirova, L. R., & Ilkhomova, B. A. (2024). Professional Education As A Factor Of Well-Being Of Future Teachers Of Russian Language And Literature. Pedagogical Cluster-Journal of Pedagogical Developments, 2(3), 324-328.
11. Гаффорова, М. (2024). Психологические особенности профилактики буллинга в школьной среде. Tamaddun nuri jurnali, 6(57), 147-150.
12. Gafforov, S. A., Fazilbekova, G. A., & Gafforova, M. I. (2023). Нафас йўли патологияларида болалар тиш-жағ нуқсонларининг диагностикаси ва даволашда замонавий ёндошув. Eurasian Journal of Otorhinolaryngology-Head and Neck Surgery, 2, 56-66.
13. Umarova, Z. (2021). Upbringing as a process in primary education. Current research journal of pedagogics, 2(08), 127-131.
14. Tojiboyeva, G. R. (2022). Development of the skill of calligraphic writing as a professional competence in a future primary school teacher. Galaxy International Interdisciplinary Research Journal, 10(12), 830-835.
15. Rifovna, T. G. (2022). The specificity of the school" rivoge"(development) in the development of the professional competence of the future primary education teacher. Conferencea, 478-480.