

# Hygiene Of Wrestlers In Sports

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**Abstract:** This article highlights the importance of hygiene among wrestlers and its impact on their health and performance. Proper hygiene, nutrition, rest, and psychological stability are key factors in achieving success in sports. The study emphasizes personal hygiene, the care of sports equipment, and the role of recovery routines in maintaining optimal athletic condition. The author concludes that hygiene is not only a matter of cleanliness but also an essential part of maintaining physical and mental balance for competitive success. This article highlights the importance of hygiene among wrestlers and its impact on their health and performance. Proper hygiene, nutrition, rest, and psychological stability are key factors in achieving success in sports. The study emphasizes personal hygiene, the care of sports equipment, and the role of recovery routines in maintaining optimal athletic condition. The author concludes that hygiene is not only a matter of cleanliness but also an essential part of maintaining physical and mental balance for competitive success.

**Keywords:** Hygiene, wrestlers, nutrition, rest, and psychological, recovery routines, optimal athletic condition, physical, mental health.

**Introduction:** Wrestling, a source of national pride for our people, is a sport that demands physical strength, willpower, and technical mastery. In an era of intensifying competition in modern sports, an athlete's adherence to proper hygiene constitutes a key factor in achieving success. Because an athlete's body is subjected to constant physical load, maintaining cleanliness, following a healthy diet, ensuring sufficient sleep, adopting effective post-training recovery measures, and preserving psychological balance are of critical importance. An athlete with a high level of hygienic culture remains healthy, resilient, and fully prepared for any competition.

Today, the development of physical education and sports plays an essential role in strengthening public health, promoting a healthy lifestyle, and fostering the comprehensive development of the younger generation. Among various sports, wrestling is distinguished by its requirements for physical strength, agility, endurance, determination, and moral maturity. For wrestlers, ensuring proper hygienic conditions during training, before competitions, and after them is not only vital for maintaining health but also one of the most significant factors in improving athletic performance.

## LITERATURE REVIEW

Hygiene is a scientific and practical system that serves to ensure individual and public health. It has a direct impact on the proper functioning of the human body, on the athlete's ability to withstand training loads, and on the overall efficiency of motor activity. In sports characterized by high levels of physical exertion—such as kurash (wrestling)—full compliance with hygienic requirements accelerates recovery processes, prevents injuries and illnesses, and positively influences the athlete's psychological state.

Although attention to hygiene has increased among athletes in recent years, deficiencies in knowledge and practical skills in this area is being still observed. Failure to adhere to cleanliness rules during training; inadequate ventilation, improper temperature levels, or poor hygienic conditions of sports facilities and equipment; as well as neglecting to shower after training can all negatively affect an athlete's health. Therefore, hygiene must be regarded as an integral component of wrestlers' preparation.

The hygiene of wrestling athletes encompasses not only bodily cleanliness but also the proper organization of training and rest routines, nutrition, sleep, psychological balance, and the cleanliness of

sportswear and equipment, as well as adherence to sanitary and hygienic regulations during competitions. For every wrestler, maintaining a healthy lifestyle, physical preparedness, proper nutrition, and hygienic culture are fundamental factors supporting success in sport.

### **METHODOLOGY**

**Purpose and tasks purpose:** To analyze wrestlers' (kurash athletes') sports hygiene and its impact on athletic performance.

**Tasks:**

1. To examine the process of developing hygienic culture among wrestlers.
2. To analyze the effects of training, rest, and dietary routines on the athlete's body.
3. To develop recommendations regarding the cleanliness of sports apparel, facilities, and equipment.
4. To identify ways to strengthen athletes' health through the practical application of hygienic requirements.

**Main Section.** For wrestlers, hygiene is not limited to cleanliness; it constitutes a crucial component of a healthy lifestyle. During training, athletes sweat heavily, which facilitates the elimination of harmful substances through the skin. However, insufficient attention to hygiene creates favorable conditions for infections. Therefore, it is essential to shower after training sessions, regularly wash and clean sports clothing, and use personal towels and hygiene products. In addition, wrestlers must adhere to a nutritious diet that supports the body's recovery processes.

Nutritional hygiene also occupies an important place in wrestlers' daily regimen. A balanced intake of proteins, carbohydrates, vitamins, and minerals ensures the athlete's strength and endurance. Healthy sleep, fresh air, and regular medical examinations contribute to maintaining both physical and psychological stability.

Another important aspect of sports hygiene is psychological preparation. Mental stability allows athletes to cope with stress, enhance self-confidence before competitions, and sustain motivation. This dimension of hygiene directly influences the wrestler's overall success.

Creating a hygienic environment is likewise essential in wrestlers' hygiene practices. The ventilation, lighting, temperature, and cleanliness of training halls directly affect athletes' health. In environments where hygienic standards are not observed, athletes fatigue more quickly and face increased risks of injury and illness. Therefore, the cleanliness and disinfection of sports

facilities must be continuously monitored.

### **DISCUSSION**

Kurash (wrestling) demands a high level of physical strength, endurance, discipline, and mental fortitude. Under such conditions, the body generates substantial heat, perspiration increases, respiration accelerates, and heart rate rises. As a result, various physiological changes occur within the athlete's body. If hygienic requirements are neglected during these processes, fatigue develops rapidly, the immune system becomes weakened, and the risk of infectious diseases increases. Therefore, it is essential for wrestlers to follow hygienic practices before and after training sessions, maintain clean sportswear, take showers, and care for their skin and feet.

Nutritional hygiene also plays a crucial role in supporting the athlete's physical performance. For wrestlers, a rational diet ensures muscle recovery, replenishes energy reserves, and enhances overall bodily resilience. In addition, adherence to hygienic standards related to sleep and rest is vital for maintaining psychological stability. Every wrestler must plan daily activities appropriately, and devote sufficient attention to bodily recovery and stress reduction during rest periods.

Coaches and sports physicians play an invaluable role in cultivating hygienic culture among wrestlers. Coaches must teach athletes not only technical and tactical skills, but also principles of cleanliness, self-care, nutrition, rest, and the maintenance of hygienic balance between training sessions. Medical personnel, for their part, should regularly monitor athletes' health and encourage strict compliance with hygiene regulations.

Accordingly, ensuring wrestlers' ("kurash" athletes') hygiene in sport is an essential prerequisite for safeguarding their health, achieving success in competitions, and sustaining long-term athletic careers. An athlete who adheres to proper hygiene develops into a resilient, disciplined, psychologically stable, and physically well-rounded individual. For this reason, the in-depth study of sports hygiene, its scientific refinement, and its broad promotion among wrestlers constitute one of the pressing issues in contemporary sports medicine and physical education.

### **CONCLUSION**

The hygiene of wrestlers constitutes one of the most essential factors ensuring a healthy lifestyle, high athletic performance, and long-term professional activity. Hygiene is not limited to external cleanliness; rather, it serves to maintain the athlete's physical, psychological, and social well-being. Every wrestler

must cultivate hygienic practices within their athletic career and integrate them as an indispensable part of daily life. Full adherence to hygienic requirements during training—such as maintaining the cleanliness of sports clothing and facilities, taking a shower after practice, caring for the skin, and undergoing regular medical examinations—is of decisive importance for preserving athletes' health. Neglecting hygiene increases the risk of fatigue, muscular weakness, infectious diseases, and injuries.

Proper nutritional hygiene is also a critical factor for athletes. A balanced intake of proteins, carbohydrates, fats, vitamins, and minerals determines the wrestler's energy level, recovery processes, and state of readiness prior to competition. Additionally, sufficient sleep, fresh air, rest, medical supervision, and psychological stability further strengthen the wrestler's overall health.

Coaches, physicians, and sports organizations play an invaluable role in fostering hygienic culture. By promoting healthy lifestyles among athletes, monitoring cleanliness, and conducting regular seminars on hygiene, they contribute to the development of a disciplined and health-conscious generation of wrestlers.

In conclusion, the hygiene of wrestlers is not merely an auxiliary aspect of athletic activity, but the foundation of professional development, a healthy way of life, and successful competitive performance. An athlete who adheres to hygienic principles becomes resilient, disciplined, and responsible in all aspects of their profession. Therefore, maintaining and advancing hygiene as an integral component of athletic life is a primary duty of every wrestler and sports specialist.

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