



EMOTIONAL STABILITY IN ATHLETES AS THE BASIS OF A SPECIAL PSYCHOLOGICAL PREPARATION PROCESS

Jumabaev Timur Jalgasbaevich

*Assistant Teacher, Department of Physical Education Theory and Humanitarian Sciences
Nukus Branch of the Uzbekistan State University of Physical Education and Sports
Nukus, Uzbekistan, Karakalpakstan*

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ABSTRACT

In this article, psychological problems in sports activities, psychological functions of a person, general purpose of psychological training, search for ways to cultivate sports talents, psychological characteristics of a person, general psychological training, special psychological training, psychological exercises, psychological influence, self-awareness, self-education are analyzed. Also, the paper describes self-improvement, especially the characteristics of the will in the preparation of athletes for competition, analysis of the opinions of scientists.

KEYWORDS: *sport, competition, psychological characteristics, motive, motivation, competitive activity, psychological preparation.*

INTRODUCTION

Special psychological preparation of athletes requires understanding of the specific sports tasks of the upcoming competition. In this process, attention is focused on understanding the strengths and weaknesses of the opposing team, striving for the goal, developing tactical thinking, overcoming negative emotions, and being in a combative emotional state. Gymnast girls who do not consider achieving great achievements in sports competitions as their first task, on the contrary, do not have their own clear goals; therefore, they have common motivations for practicing many sports, that is, love for gymnastics, which is a specific type of sport. Aesthetic enjoyment of it during training and so on. In highly skilled athletes, the motivation to succeed is stronger and stronger than in average athletes.

Along with the motivation to achieve success, the motivation to avoid defeat is also highlighted separately. In some athletes the motivation to succeed prevails, in others - the motivation to avoid failure prevails. If the athlete has a series of failures, the athlete will have motivations such as avoiding failures, taking risks for victory, and doubting victory. If such situations are repeated often, the motivation to avoid defeat is formed in the athlete, which is manifested in the following: lack of self-confidence, exaggerated defensive features in their behavior, decreased activity in mastering offensive tools, etc.

In highly skilled athletes, the need to succeed is twice as strong as the desire to avoid failure. The fact that motives are in such a relationship, on the one hand encourages athletes to show a high level of activity in order to achieve success, and on the other hand, forces them to take measures to prevent

possible failures. In athletes who successfully participated in high-responsibility competitions of the season, the motivation to avoid failure is less pronounced than in athletes who showed results below the level of their potential. From this, it can be concluded that the activation of this motive prevents athletes from fully realizing their potential.

LITERATURE REVIEW

According to the researches of many psychologists (P.A.Rudik, A.S.Puni, Yu.Yu.Palayma, etc.), motives are not stable by their nature, that is, they can change under the influence of various factors. For example, these factors can include: personal factors, household factors, social factors, communication processes. For this reason, the constant control of motivation in athletes is one of the most important parts of sports coaches' psychological training of their students.

Coping with negative emotions and a combative emotional state. At the start of the competition, the following three types of emotional states of athletes are distinguished:

A state of combat readiness (elevated spirit) is characterized by an optimal level of nervous and emotional arousal and a high level of performance in competition. The athlete feels an increase in strength, energy and activity, a special inspiration appears in him. He believes in success, looks forward to the start, aims to do his best and fight to the end to achieve the result. In it, perception, especially special perception (*"feeling the opponent"*, *"feeling the field"*) is sharpened, and attention is concentrated on the upcoming competition, thinking process is quick, critical and productive. The athlete is highly resistant to negative factors (criticism of the coach, mistakes of the referee, negative reaction of the



audience, influence of opponents). He prepares diligently and orderly for the start, he remembers well what should be taken into account and used during the competition. This condition is very positive for the athlete to succeed in the competition.

Pre-start fever manifests itself in a high degree of desire for success. Strong emotional arousal in this; instability of emotions, one of them is quickly replaced by the other, which is completely opposite, resulting in changes in behavior, stubbornness and rudeness towards the coach; memory, due to the loss of attention, athletes are quickly distracted without focusing their attention on the desired aspect; perception and imagination quickly deteriorate, the logic of thinking decreases. The appearance of such an athlete quickly indicates that he is seriously disturbed: his feet and hands are cold and trembling, his face is pale and sweaty. In the athlete, there is a rash, haste, inconsistent response to usual influences. Coordination of movements is disturbed, the ability to relax decreases.

In the state of fever before the start, the athlete overestimates his capabilities, and underestimates the capabilities of his opponent, that is, he shows self-confidence. A state of fear is also observed. Physiological changes are present in these symptoms of pre-onset fever. The athlete's appetite disappears; high and unstable pulse, breathing, blood pressure; dry mouth, upset stomach are observed. For athletes of the impact type, the threshold for transitioning to the pre-start fever state is significantly higher than for the brake type. The level of influence close to the fever condition for the braking type may be the normal pre-start condition for the acting type. Based on this, it is necessary to take into account the individual characteristics of the athlete when assessing the level of emotional impact before the start.

Pre-start apathy is often the athlete's prolonged emotional arousal turns into inhibition. Apathy can occur because the athlete is overtraining and because the activity is not interesting for him. In apathy, general weakness, insomnia, decrease in speed of movement and deterioration of coordination, attention and perception process, weakening of will; lack of confidence in one's own strength, fear in front of opponents, decreased resistance to obstacles, weakening of perception, memory, inability to concentrate before the start, decreased pulse and lack of coordination are observed.

The occurrence of emotional excitement before the start can be described on the basis of the following factors:

Athlete's aspiration level: the athlete's aspiration level, not the official ranking of the upcoming competition, determines the quality and rate of the reaction that occurs in him. If the level of aspiration is high, for example, the athlete wants to get into the national team of the city, republic, the excitement before the start is expressed more strongly. The main thing is that the level of aspiration should be appropriate, not higher than the available opportunity, it is important not to be lower, because it leads to emotional instability in the athlete. Emotionally stable athletes rate their abilities above average.

Conditions of the competition: the festive and festive nature of the competition, the presence of a large number of spectators increases the athlete's pre-start excitement, invigorates, inspires.

The presence of strong opponents: a strong opponent increases the struggle in sports, reduces the athlete's confidence in success, which brings additional excitement. If the difference in the level of sportsmanship between the athlete and the other participants of the competition is large, then the emotional excitement before the start will be less.

Individual or team competition: In many athletes, pre-start excitement is expressed more strongly if they are competing for a team.

Athlete's experience also creates pre-start excitement. Research shows that in most athletes, the state of pre-start excitement decreases during sports activity, but in some it increases.

According to E.N.Gogunov, volitional qualities are the mechanism of psychophysical regulation of human actions in sports, and it is one of the personality traits that are manifested in the process of overcoming complex situations [1; 78-p].

METHODOLOGY

The manifestation of willpower in sports is explained not only by the desire for success and the avoidance of failure, but also by the formation of moral attitudes formed in a person. Nowadays, voluntary training of young athletes has not gained actual importance, but its further development is required. As stated by M.Ya.Basov, psychological methods of voluntary exercise are sufficiently developed in sports. In addition, the analysis of special literature shows that in scientific and methodological works of a psychological and pedagogical nature, the interest in the problems of the will of athletes and training in terms of volition has significantly decreased [2; p. 89].

Voluntary self-regulation in adolescent athletes, as well as the development of primary volitional qualities in them to be very important at the initial stage of sports training. Because this is considered a transition period, it is necessary to take into account a person's interests, ability to the field, level of motivation. *Perseverance* is recognized as one of the qualities that are just being formed from willpower qualities in adolescence.

Moreover, such conclusions are recognized by many mature psychologists. In this case, it is one of the most important tasks to build determination in young people who play sports. According to L.V.Marishchuk, if the young athletes themselves do not strive to achieve the goal, then the coach cannot help in any way [3; p. 66]. In the following, we will try to dwell on the type of willpower considered necessary for young athletes and some psychological factors that affect their formation. T.V.Ogorodova says that persistence is a system of long-term preparation and conscious aspirations of a teenager aimed at achieving a goal despite various difficulties and failures [4; p. 111]. In addition, the pursuit of a goal can also be related to the passion for one's work. According to the author, persistence is supported not only by a person's will, but also by his interests, emotional significance of the activity being performed. Experience shows that there are always certain difficulties in achieving a long-term goal. That is, fatigue, satiety, frustration with tasks when you fail.



In our opinion, the mentioned qualities are difficulties that can be overcome only by voluntary qualities. According to V.A.Slastenin, the physiological mechanism of determination is explained by the motivational field, and motivation is a quality that can control human interests and aspirations and prevent inactivity [5; p. 125]. Conflicts may arise between situational interests, desires, and needs, which reduce the activity of athletes and show their will in the competition. It is important for every young athlete to develop goal-oriented skills.

RESULTS AND DISCUSSION

Therefore, per training should be conducted in the form of mastering certain materials, not training in the general sense. Athletes coming out of training often feel that they have achieved something and can move forward. According to the conclusions of S.Ya.Samulkt, every young athlete should first of all follow the principle of convenience. Being purposeful in a person is done step by step. Therefore, in order to study the voluntary sphere of a person, it is necessary to pay attention to his moral qualities [6; p. 9]. That is, any successful adolescent athlete must be able to make independent decisions, be responsible in tasks have abilities that allow internal activity, appropriateness, and elimination of internal and external obstacles that prevent goal achievement. Sport is the type of activity that develops these qualities.

The will of adolescents develops in the process of overcoming difficulties, and its flexibility increases. According to A.L.Popov, difficulties in sports activities are divided into subjective and objective types [7; p. 95]. The subjective type depends on the characteristics of a person, and its content is explained by character, temperament and other characteristics. Subjective difficulties in sports are often manifested in negative emotions. That is, fear of the enemy, fear of injury, fear of losing, etc. Objective difficulties are explained by the general and specific conditions of sports activities. That is, following a prescribed regimen, participating in many competitions, inclement weather, etc. Currently, it is customary to consider the following as the main characteristics in the psychology of will. K.P.Zharkov states that the main qualities include initiative, determination, independence, endurance and self-control, attentiveness, self-sacrifice, etc. [8; p. 21]. Therefore, these qualities are very important for teenage students who are active in various sports fields. S.K.Bagadirova, unlike others, studied the method of voluntary activity among athletes, regardless of what kind of sport they play. The author identified various methods of volitional activity corresponding to the main tasks of the will [9; p. 58]:

- Encouragement;
- Regulation;
- Restriction.

According to this classification, voluntary activity styles mediate the relationship between the characteristics of the nervous system and personality characteristics, helping to adapt to the conditions of sports activities. According to E.V.Eregina, the voluntary activity of athletes is divided into multi-level and multi-component parts that are systematically formed from the point of view of the theory of holistic

individuality [10; pp. 14-20]. In addition, it is clear from some studies that in different sports groups, the voluntary actions of athletes differ significantly from each other. That is, it is noted that the needs for success and fighting and speed are high in young athletes who play football and hockey, while these characteristics are much lower in young athletes who play boxing and wrestling.

The high level of modern sports achievements increases the intense intensity of sports competition between equally strong opponents.

Therefore, along with voluntary qualities, the formation of unique personality qualities in athletes is also important. According to G.B.Gorskaya, the dynamics of time from children's and youth sports to professional sports are completely different from each other. From this point of view, sports training begins at preschool age and then ends when some athletes reach adulthood [11; p. 111]. In fact, many personality traits, especially willpower, begin to form during adolescence. According to the researcher V.T.Malkin, the formation of voluntary qualities in teenage athletes has a unique appearance, and it is appropriate to explain it based on the following sequence [12; pp. 340-341]:

- dynamic physical qualities - qualities such as strength, speed, reaction speed are formed first;
- volitional qualities that respond to big and long-term achievements - the ability to withstand difficulties, endurance, determination and concentration of qualities that respond to complex and delicate actions, the ability to concentrate, the ability to self-activate, etc.

In general, during adolescence, the formation of volitional qualities is intensive and then becomes stronger. In addition, virtual network systems, various television programs have a wide influence on the mental development of teenagers, and it can cause great losses to the time of teenagers who play sports. Therefore, in some teenagers, there are negative volitional qualities such as laziness, indifference to tasks, avoiding high goals. According to V.V.Nakhodkin, the immoral qualities that develop in adolescent athletes hinder the development of voluntary qualities that are considered primary. Some teenagers even want to quit sports [13; pp. 71-77]. In our opinion, the formation of moral and willful qualities increases the endurance of certain difficulties.

It is worth noting that the acquisition of new actions during puberty puts new demands on the volitional sphere. A.L. Popov writes in his second book "Problems and Solutions from Sports Psychology", in his opinion, in order to prevent problems in the activities of young athletes, the cooperation of trainers, pedagogues, psychologists and parents is one of the most important factors for achieving success [14; p. 91]. Therefore, it is always important to always control young athletes, to direct all their wishes and desires to sports. Moral and willful qualities formed through sports allow the correct use of universal principles that are important for the life of a teenager.

CONCLUSION

Based on the theoretical views analyzed above, it can be said that supporting the formation of voluntary qualities in adolescent athletes is carried out primarily through the



formation of a common value system in them, the cultivation of interest and activity motives, the increase of their social activity towards the development of society, and the development of high feelings. However, it should be emphasized that, as in all other spheres of human activity, in sports, along with moral qualities, there are also negative qualities that are against it. For example, fear, impatience, haste, arrogance, contempt for others, etc. In this case, in the first place, great importance is attached to the formation of moral qualities in teenage athletes, that is, to the development of the moral aspects of the will.

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