

# ASPECTS OF PSYCHOLOGICAL AND WILLING TRAINING OF ATHLETES

*U. A. Mukhiddinova*

Teacher of the Department of Sports Psychology and Pedagogy

Uzbek State University of Physical Culture and Sports

Chirchik, Uzbekistan

According to sports experts, the instability of the results achieved by the athlete is due to the state of psychological and volitional training in the competition. Most coaches emphasize that relieving emotional stress by isolating an athlete from stressogenic influences is one of the most important tasks in preparing for a competition. This is called "increasing the psychological reliability of the athlete." The positive side of psychological preparation is that it serves to awaken the athlete's strength and ability, which plays an important role in overcoming the unpredictable stressful situations of the competition and moving forward.

Modern education puts before teachers and coaches in the field of sports an important task to form a culture of healthy and safe lifestyle, to further strengthen the health of students, to train highly qualified athletes in accordance with state standards.

Successful participation in complex and stressful competitions, where you have to face different character and dangerous opponents, requires not only physical, technical and tactical perfection, but also a high level of psychological preparation of the athlete.

Athlete's psychological preparation is based, firstly, on the development of special forms of perception, such as the ability to feel the time and distance of the stroke, orientation during the competition, speed of reactions, foresight of the opponent's movements, tactical thinking and attention.

An athlete with psychological training has an optimal level of development of the qualities listed above. Psychological preparation can be characterized by self-confidence, the ability to fight to the end and strive to win, to mobilize all the forces

to achieve the goal set in the struggle, to have mental stability. Mental stability is the ability of an athlete to maintain a positive emotional state, work ability, and mental qualities that are important in combat during training and competition, despite the influence of factors that evoke negative emotions and lead to mental stress. According to A.Ts. Puni, the state of psychological stability includes highly developed cognitive, emotional and volitional functions [2].

The main task of the trainer in this area is to further develop the ability of students to set a goal, which is an integral part of psychological training, and not to stop moving until it is achieved.

There are a number of "psychological barriers" to success in sports, including:

- Fear of defeat (this can be caused by: excessive arrogance and greed for prestige, fear of giving excuses to members of the team, the idea that a mistake in the competition will arouse negative feelings in loved ones or the coach);

- Fear of the opponent (this may be due to the knowledge of the opponent's strengths or lack of confidence in their own strength and inability to adequately assess their capabilities);

- Fear of not being able to withstand high tempo;

- Fear of new or repeated injuries;

- Fear of inadequate evaluation of judges due to their subjective attitude towards their opponents.

Under the influence of the thoughts and emotions listed above and similar, the athlete may become overwhelmed with excitement, become curious or, if not, faint, become apathetic.

To overcome these difficulties, it is necessary to develop the willpower qualities in the athlete. Achieving effective results in the formation of psychological preparation for a particular competition is based on an integrated system of psychological and pedagogical measures that have a clear direction and are applied in a comprehensive manner.

The task of general psychological training is to study and develop the psychological qualities of the athlete. The trainer develops methods of educating

them in the process of work. For example, a coach may find that during a competition, a student is unable to show the result he or she has achieved in training, and the reason for this is that the athlete does not believe in his or her own strength. The reasons for this situation can be many. To correct this shortcoming, it is necessary to determine the cause. After that, it is possible to consider measures to get rid of it. It is advisable for the athlete to first prepare well physically, technically and tactically, and then to choose methods of losing the feeling of insecurity towards himself.

These methods can be conditionally divided into two groups: the method of verbal interaction and the method of mixed interaction.

The method of verbal interaction includes: explanation, persuasion, approval, praise, demand, command, giving examples from the lives of representatives of the sports industry, criticism, and so on.

The method of mixed action includes: rewarding, stimulating, punishing, immediately informing about the result of their actions, performing special exercises for self-recovery, performing exercises to get rid of unpleasant thoughts.

The effectiveness of verbal methods of interaction depends in many respects on the authority of the educator, the ability to find and speak the words and examples necessary for the emotional impact on the athlete, the logic and imagery of speech, the appropriateness of criticism.

When using mixed impact techniques, the educator can use insights along with words, other people's opinions, various exercises, and more.

One of the most important and integral parts of the psychological preparation of an athlete for competition is the development of willpower qualities in him. We know that sports activity is the process by which athletes overcome various challenges. In overcoming these difficulties, the athlete's willpower, in other words, the willpower, is important. Willpower is manifested in different willpower qualities: diligence, perseverance, patience, courage and endurance. Athletes may not possess these qualities equally. In one athlete, one quality may be well-formed, while in another, another may be clearly expressed [1].

In cultivating the volitional qualities of the athlete, attention should be paid to the fact that they should be reflected not only in the process of competition or training, but also in his daily life, work activities and behavior, becoming an integral part of his character. The coach's ability to encourage the athlete to constantly overcome the difficulties in training, to teach discipline and adherence to the agenda plays an important role in voluntary training. It should be remembered that the voluntary training of an athlete is not only a pre-competition event, but also a process that requires attention, strength, time, determination and enthusiasm (diligence, courage) in everything, which can last for several years on a regular basis.

O.A. Chernikova's book "Соперничество, риск, самообладание в спорте" ("Rivalry, risk, self-mastery in sports") lists a number of ways to train athletes psychologically and voluntarily [4]:

1. Be able to purposefully control the manifestation and change of expressive behaviors. It is possible to limit joy by suppressing laughter or a smile, and to lift the mood by laughing. By learning to voluntarily control facial expressions and muscle tone, a person can control their emotions in a certain way.

2. Special movement exercises. Exercises, wide-amplitude movements, rhythmic movements at a slowed pace are used to relax different muscle groups during high agitation. Excessive and fast-paced exercise, on the other hand, can increase arousal.

3. Breathing exercises. Slow and continuous breathing is soothing. Most importantly, you need to focus on the exercise you are doing.

4. Special methods of self-massage. Massage has a direct effect on the activity of movements.

5. Develop voluntary attention. A person must be able to consciously put his thoughts and experiences into action, to activate a sense of self-confidence.

6. Exercises that prevent and relax muscle tension affect a person's emotional state.

7. Self-command and self-assurance. With the help of inner speech, a person can create a sense of self-confidence and emotions that can be a force in battle.

Thus, systematic work on psychological and volitional training plays an important role in the goal-orientation and self-confidence of athletes, not only in sports but also in everyday life. No matter how important a coach's assistance is in the psychological preparation of athletes for competitions, it may be lacking in achieving a state of mental readiness. At the same time, the activeness of the athlete, that is, the ability to have self-confidence, self-motivation and self-command, is an important factor in the effectiveness of the training process.

#### REFERENCE:

1. Ильин Е.П. Психология спорта. СПб.: Питер, 2008. 352 с.
2. Пуни А.Ц. Психологическая подготовка к соревнованию в спорте. М.: ФиС, 1969. 88 с.
3. Родионов А.В. Психологические основы тактической деятельности в спорте. Теория и практика физической культуры. 1993. N 2. С. 7-9.
4. Черникова О.А. Соперничество, риск, самообладание в спорте. М.: Физкультура и спорт, 1980. 104 с.