



PSYCHOLOGICAL AND EMOTIONAL STATE OF ATHLETES

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ABSTRACT	KEYWORDS
The article describes the idea of the stylistic nature of correcting the psychological and emotional state of athletes.	Sports, adolescents, emotions, judges, psychological situations, anatomical, physiological, biological, thinking, puberty, will, sensory organs.

Introduction

Today, popularization of every sport has been identified as one of the most important aspects of the world community's social policy. (Matthew 24:14; 28:19, 20) Today, a wide range of effective initiatives are being undertaken to improve sports. Especially in our country, there is a special emphasis on creating a wide range of opportunities for sports and athletes.

Main Part

The development of physical education and sports has become an integral part of the program of raising a healthy generation, which is considered the most important state program in independent Uzbekistan. The training of pedagogical personnel with knowledgeable, new pedagogical technologies in their field is one of the most important issues of our day. Psychological service will be an important factor in educating young people in all aspects, perfecting and educating them in all aspects, including establishing scientific methods of physical education. Today, our government is putting more complex tasks before physical education teachers and curators. The promotion of Uzbek sports into one of the world's most developed sports will greatly help to develop sports psychology in the minds of experts and athletes. Athletes need to develop psychological mechanisms for developing industriousness, willpower, self-control, independence, endurance, epoch, maturity, as well as a sense of responsibility for their actions and the breadth of thought. The socio-economic reforms that are taking place in our country, the development of physical education and sports also apply to the field of sports psychology. This is a period of human puberty, which differs sharply from other stages of maturity due to its own anatomical, physiological, and socio-psychological changes. Biological changes in the human body and the renewal of the personal "me" result in fundamental changes in its spiritual world. The formation of will plays a major role in solving the issues of physical education

for young people. To solve this problem in a strong impression, it is necessary to take into account aspects of the development of the psychological laws of will. It is formed in the process of overcoming the difficulties of the students in Israel. This results from students overcoming the curriculum through various physical activities, external and internal difficulties. It is necessary to take into account the elimination of internal difficulties using mixed methods in nurturing willful qualities. Eliminating internal and external difficulties in physical education is determined by the nature of the learning materials, the normal requirements of the plan, as well as the individual characteristics of the students. Teach students to force themselves without permission by employing all their strengths in physical education in order to develop strong-willed qualities. The optional power method can be divided into external and internal types:

— depending on external events and stimuli affecting the student's sensory organs;

"The power of will is based on the reader's own existing relationships," she says.

Sports officials recommend using the following methods to form a will in students: "Specific features of homework, self-confidence, evaluation of proper exercises, coercion, competition, praise, self-promotion in adolescents; "Teaching difficult exercises to do it independently, self-driving, self-regulation, and the use of self-discipline," she says. Team methods are very effective. The development of an athlete's character occurs in the process of his active sports activities and in connection with the physical activity of the athlete. In sports activities, the characteristics of athletes are extremely diverse, and each characteristic is related to all aspects of the athlete's spirituality. This is repeated in all the actions and actions of the athlete. In recent years, consistent efforts have been made in our country to educate young people in a spirit of patriotism, respect for our national ancestors and values, to raise a mature, physically healthy generation, and to protect their rights and interests. Improving the spiritual life of our society, protecting people, first and foremost our young people from all kinds of harmful influences, educating them as mature people in all respects, and improving the efficiency of spiritual and educational activities is one of the most important reforms that are being undertaken in our society. The Action Strategy for the five pillars of development sets out the tasks of educating physically healthy, spiritually and intellectually developed, independent thinkers, loyal to God, deepening democratic changes, and improving their social activity in the development of civil society. Much work is being done in the world to correct the psychological and emotional state of athletes. It is important to note that in our country there is not enough research to correct the psychoemotional condition of an athlete. But research into some of the problems in sports is just under way. To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared. Despite the high theoretical and practical significance of this problem, its level of development is not satisfactory. However, the lack of adequate research in the field of sports psychology in our country requires special attention. Therefore, it remains a very pressing problem not only for athletes today to find ways to adapt to random situations, but also to train them to manage and deal with emotional situations. The practicality of studying the emotional state of athletes in sports in our country is related to the need to develop and train any obstacles, including the ability to overcome internal obstacles (negative situations, fear, uncertainty, fatigue, etc.). Overcoming these obstacles entails the process of psychological preparation for overcoming external obstacles (the opposite of an opponent, poor conditions of activity, such as the invalid assessment of referees, the inconvenience of interaction with the sporting environment, etc.). Theoretically, the

relevance of this problem can be explained by the lack of a conceptual apparatus, the lack of experimental data. In addition, we can observe that the system of teaching sports psychology and pedagogy is limited to general recommendations. Therefore, the study actually requires that it be conducted in sports-oriented educational institutions. In foreign social psychology, the concept of "unified" is related to the likelihood of an event affecting its members of the group. G. Homans believes that the frequency and volume of communication, as well as their duration, does not mean the internal unit of the group. And on the contrary, an artificial increase in the volume of communication between the members of the group, leading to more harmony of less combined groups, even with the increased scope of communication between individuals, gradual identification of each other happens according to value. orientation and its criteria. His interpretation is incompatible with the theories of "compromise" communication and interaction in all psychological states and events. The results of the analysis reaffirmed the availability and necessity of developing and implementing a socio-psychological training program aimed at preventing changes in the emotional state of modern athletes. Because the development of this program for specific purposes plays an important role in the professional activities of athletes.

Sports activities are characterized by strong and bright emotional nightmares. Sports cannot be emphasized without emotions. Sports are a wealth of strong emotions, and their emotional attractiveness is an important prerequisite for having a positive effect on humans.

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