



## **WAYS TO ENSURE EMOTIONAL STABILITY OF ATHLETES**

**Alikulov Ikram Khudoykulovich**

Denov Institute of Entrepreneurship and Pedagogy

Teacher of the Department of Primary Education

**Yuldoshev Tajiddin Abdukarimovich**

Senior teacher of the Department of Pedagogy and Psychology

tajiddinylodoshev1@gmail.com

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### **Abstract:**

Sports psychology in the context of physical training and competition who studies the laws and mechanisms of the athlete's psychological activity is a science. This science is closely related to other areas of psychology. The basis of sports activity is physical culture training, and the main task of the science of sports psychology is sport analysis of the role of psychological knowledge in competitions, psychological ways of preparing athletes for sports competitions, in sports consists of teaching and preparing for the analysis of theoretical and practical aspects of mental processes, characteristics and situations in an athlete.

**Keywords:** sport, culture, emotional stability, competition, athlete, training, science, psychology, knowledge

Forming a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy and mentally rich young generation, creating conditions for citizens to seriously engage in physical education and sports are considered to be the most urgent issues of today. Sport is one of the main means of bringing up the younger generation. In order to participate in sports competitions, it is necessary for athletes to have perfect preparation from a psychological point of view, in order to perform the technical elements correctly and to show a good result at the same time. Only then will the promotion be of good quality. Confidence in success is first of all manifested in the assessment of their capabilities in setting the task of development based on reality. It contributes to the emergence of an acceptable psyche, the most important factor that ensures the effective use of the technique. The second factor that contributes to the formation of mental confidence is the athlete's level of self-control, which is expressed in the ability to maximize attention and long-term concentration when performing movements. The role of this factor is as important as the trust indicator. Nowadays, sports psychology is a practical activity of athletes as a science that studies its aspects with the help of new forms, tools and methods, to the field of science that provides guidance for the proper organization of the work of managing athletes on a scientific basis, providing new theoretical knowledge to athletes, and solving their personal problems as athletes. The science of sports psychology covers all types of sports. This is the physicality shown to athletes during a sports competition and learns the laws of further formation and training of psychological skills, and develops methods of quality organization of sports training. Sports training and during the sports competition, spectators, the influence of sportsmen's relatives and friends on the athlete's psyche has been studied. Whatever the main goal of training in sports, he tries to help his student win. Sports psychology one of the important tasks of the science is to train the coaches and psychologically prepare the athletes for sports activities. If the coach knows social sciences well in his pedagogical activities, he will achieve positive results in working with athletes. If the trainer is social if he has mastered science and sports psychology well, if he is engaged in conducting scientific experiments in the process of sports, he will be able to find unknown information through the test. Coach to athletes on the emotions of athletes if they teach clinical support. If interviews are conducted and the sports process is properly analyzed by the coach, he will be able to collect more information about the athletes and create the opportunity to use them in the sports process. The main task of sports psychology in the team is conducting conversations about emotional disturbances and worries before and during the competition, giving advice to athletes. Without the panic of the athlete giving instructions to win the competition. For example, there is a strong excitement in the sports of shooting from a gun and a bow. The longer the competition lasts, the more it depends on the athlete the excitement grows. A characteristic feature of sports is that even the high performance of the opponent does not reduce the excitement in the athlete, the athlete compares his results to another and the athlete exaggerates emotion and excitement in order to compare it to his victory. Sports figure skating and rhythmic gymnastics require athletes to perform each movement with live and artistic ability. In these athletes, if the athlete is well prepared for the competition, each movement performed through high tension is performed clearly and expressively, the level of mental excitement of the athlete goes along with the emotional wave from the beginning to the end of the movement. The athlete's character had smoothness and its opposite quality rigidity (dogma) or changeability of character, such as how easily and quickly they adapt to external impressions are sharply different

from each other in terms of aspects. For example, one athlete can skillfully mobilize all his forces at crucial moments: the second is bold, the third is hungry for victory, the fourth is calm, the fifth is determined, the sixth is gentle, one is attractive, the other is open and strong. , each type of activity imposes certain requirements on the dynamics of mental processes. Discipline in a sports team requires an athlete to be able to control his emotions and desires. By individual style of sports, we understand the individual characteristics of the method and path of actions that are characteristic of this athlete and are consistent with the goal of achieving a successful result. The methods and ways of performing the movement that match the athlete's character in many ways chooses. The methods and paths of action most appropriate to the character depend on the character-driven, often involuntary and wasteful response formulas and action characteristics. For example, an unbalanced choleric is much more likely than a sanguine to hold back a prohibited act completely involuntarily and in vain. From the totality of such involuntary and useless reaction forms, a system of planned and goal-directed methods and actions characterizing the individual style is formed.

Psychological training is a pedagogical process that aims to educate the athlete's moral and willpower as a mature athlete and the development of directed physical quality and voluntary character is interrelated to character education. Willpower is like a muscle only as a result of overcoming objective and subjective difficulties develops in the process of manifestation of movement activity. These difficulties overcome the fatigue of having to master complex technical game techniques transition, self-restraint, emotional state management, complex sport consists of maintaining high work ability in difficult conditions. Thus, physical load is a means of forming the originality of the lines of will. The peculiarity of voluntary qualities is that they are manifested in the form of activity and come from development comes out. Here it is necessary to create conditions in which the strengths of the character develop and strengthen. There, it is necessary to come to a decision, show courage and self-control. During the psychological preparation of the athlete, it is necessary to learn to overcome the processes of excessive nervous excitement. Because excessive nervousness has a bad effect on the trained condition (sports form) of the athlete. In order to reduce excessive nervousness, it is important for athletes to use self-confidence training. An athlete can convince himself as a result of special training. For this, you should first learn the method and practice 3-4 times. Only then can a certain result be achieved. The exercise can be done sitting or lying down. Of course, it is advisable to do it lying down, because it is easier to relax the muscles, and it is more convenient to do it while sitting. Psychological characteristics of competitions, dynamics, specific laws, pre-competition situations in the psychological preparation of athletes puts great demands on the athlete. This makes them special for competitions preparation is an important component of training. Psychological foundations of tactical preparation of athletes for the competition, mental preparation for the competition in the athlete during the competition and it should be directed to the formation of personal qualities and mental states of the athlete that ensure success. These are adaptation to competition situations, quick and cool response to extreme features of activity, stable participation in competitions, regular improvement of results, belief in one's own strength, fighting spirit, etc. will be the impetus for the formation of features. The unity of these qualities' forms self-confidence in the athlete. Five in sports activities the main physical qualities are: agility, strength, agility, endurance and flexibility, which makes specific demands on the athlete. The role of temperaments is also important in how these physical qualities are formed in athletes.

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