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METHODS OF PSYCHOLOGICAL PREPARATION OF AN ATHLETE

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ABSTRACT

The article considers the psychological preparation of an athlete as an effective and conscious management of his own personal psychological state in competition conditions and self-education of the will. The result of successful sports achievements is largely determined by psychological preparation. This, in turn, is one of the most important factors ensuring achievements in sports training.

KEYWORDS

Psychological training, sports psychologist, psychodiagnostics, strong-willed qualitie, psychological factor.

INTRODUCTION

One of the directions of improving sports training is the use of achievements of sports psychology. Improving the training of modern athletes is a multifaceted and multifaceted task. It includes a number of areas, including the improvement of technical and tactical training, the search for new ways to improve the athlete's performance. Coaches, psychologists and athletes themselves are constantly searching for ways that would ensure the maximum possible increase in

sports results. Modern psychological science has a substantial arsenal of methods, technologies and tools that can significantly influence the effectiveness of training and competitive processes.

The main goal of psychological training is to develop psychological personality traits and mental qualities necessary for an athlete to achieve a high level of

athletic excellence, mental stability and readiness to perform in responsible competitions.

The main task of psychological preparation for specific competitions is to create in an athlete a state of mental readiness to perform in competitions and help maintain it during wrestling. Psychological preparedness should be understood as the level of development of a complex of mental qualities and psychological properties and personality traits of an athlete, on which the perfect and reliable performance of sports activities in extreme conditions depend [2, c.141].

The solution of the tasks of psychological preparation of athletes is carried out with the help of appropriate methods and means. Common means of psychological preparation of athletes are: physical exercises; means of technology;

tactics of this sport. Special psychological means:

1. Psychological exercises, influences and influences.
2. Organization of the psychological climate in the sports team, group team actions.
3. Psychological education of coaches and athletes.
4. Psychological means of regulation and self-regulation of mental state.

For the development and formation of mental processes and functions of athletes, it is necessary to use the following means, methods and techniques:

performing various exercises (physical, psychological, etc.) against the background of fatigue, emotional excitement, in conditions of time deficit and space limitation, maximum physical effort, in conditions of modeling sports activity.

For the development of tactical thinking – the development and compilation of tactical options and creative tasks, simulation of the enemy's game, watching movies, videos, analysis of the training work carried out, drawing up individual and team plans, tasks for tactical actions.

For the education of moral and volitional qualities of an athlete's personality and emotional stability, the following are of paramount importance: personal example of a coach, explanation, persuasion, motivation to activity, encouragement, assignment, discussion, punishment, punishment; various methods of psychoregulation and self-regulation, exercises in complicated conditions of activity [11, c. 67].

Recently, various technical means have been used to solve the problems of psychological training in the educational and training process, which can be divided into three groups:

1. Various equipment and simulators.
2. Registration equipment.
3. Demonstration equipment (video recorder, movie projector, etc.).

Various equipment and simulators are intended for the development of skills and the formation of specialized perceptions (for the development of attention, musculoskeletal sensitivity, etc.). Trainers with recording equipment can use it as a means of urgent information, studying various parameters - time, space, the nature of movement, effort, etc. At the same time, even modern equipment and equipment still do not guarantee the effectiveness of psychological training. The effectiveness is directly dependent on the creative use of these tools in the process of psychological preparation.

Conducting psychological training. Depending on the type of sport and the specific tasks of psychological training, various forms of classes are used: individual, group, team.

1. The individual form of classes can be of two variants: independent classes without a coach and under the guidance of a coach. Individual classes can be held simultaneously for all athletes of a team or group, but everyone works according to their own plan.
2. The group form of classes involves the distribution of all those engaged in a number of characteristics into different groups, and each works according to its own plan.
3. The team form of classes solves private and general tasks subordinate to collective ones (psychological climate, teamwork, compatibility, etc.).

According to the content of classes, they can be thematic or complex.

The thematic lesson is devoted to one of the sections of psychological training (for example, on the development of attention distribution and switching).

A comprehensive lesson provides for the development of several mental qualities. For example, the development of tactical thinking, perception of time and the formation of a number of strong-willed qualities.

One of the very important sections of the work of a psychologist is the organization and conduct of psychological and educational work with a coach.

Psychological preparation for competitions in sports is a psychological and pedagogical problem. It would seem that not only psychological, but also pedagogical aspects of it should be intensively developed by specialists in the theory and methodology of sports training, as well as by coaches of sports teams, at least in order to generalize personal experience or experience in implementing recommendations arising from psychological research [15, c.319].

Psychological training is one of the aspects of the use of scientific achievements of psychology, the implementation of its means and methods to improve the effectiveness of sports activities. In this regard, psychological training is closely connected with the

improvement of the psychological culture of sports, with the interdisciplinary interaction of sports sciences.

The steady and significant growth of sports achievements, records, characteristic of world sports, shows the insufficiency of three types of training (physical, technical, tactical). Modern sports competitions require a huge expenditure of not only physical, but also mental energy from the participants. Even a well-physically and technically trained athlete cannot win if he has insufficiently developed the necessary mental functions and psychological personality traits. All this suggests the need for a fourth type of athlete training – psychological.

The coach is of the most important importance in the organization of appropriate psychological behavior and training of an athlete at all stages. The main goal of a coach is not so much winning competitions and sporting achievements of the athlete he brings up, but also comprehensive development, education, formation of a socially adaptable person capable of making full use of the cultural heritage of the society in which he lives, as well as striving for constant self-improvement and self-development. The achievement of this goal is possible in the conditions of selection and implementation by the coach of a system of principles, methods and means of psychological preparation of the athlete, the most suitable for each specific situation [16, c.34]. Methods and means should be

selected depending on the goals set, the content component, the nature of the impact (the trainee himself or other participants in the psychological and pedagogical impact). Accuracy, correctness and timeliness of their selection and use are the key competence of a good sports coach.

Let's consider a system of methods and means of psychological preparation of an athlete, which can be used by a coach for psychological preparation of an athlete. Depending on the goals set, they are divided into: mobilizing; corrective; relaxing.

1. Mobilizing – aimed at increasing mental tension, intensification of intellectual and motor activity of the trainee. The category of mobilizers includes such verbal means as self-persuasion and self-denial. The coach should train the athlete to use special exercises for psychoregulation, abstraction and concentration of attention. At the first stages, when mental strength is insufficient, such physiological means of influence as toning acupuncture, general and special sports massage are possible.

2. Corrective, as a rule, refer to verbal methods of influence and are in the form of extraneous interference. These can be various ways of replacing the athlete's existing anxiety about the possible negative outcome of the competition by concentrating on the technique of performing tactical movements, methods of positive or negative motivation, methods

of rationalizing fears, consisting in deciphering all the processes taking place and, as a result, reducing anxiety about the unknown, methods of pumping emotions, consisting in intentionally depicting anger, happiness, rage, fear and their deactivation.

3. Relaxing – aimed at reducing the degree of tension, both mental and physical, facilitate and accelerate the processes of general mental and physiological recovery. The trainer can use the following options for athlete relaxation: complete relaxation, progressive relaxation, consisting in alternating tension and relaxation of the specified muscle groups, pauses of psychoregulation, general or acupuncture soothing massage.

The purpose of psychological training of an athlete in improving the effectiveness of sports achievements for all participants is the same - creating maximum conditions for achieving sports results and helping in the transition to the sport of higher achievements. Unity of purpose for all participants is a necessary feature in the organization of psychological support, contributing to progress in a single direction and creating an atmosphere of community.

Psychological preparation of athletes to achieve maximum sports results in sports activities is a stage aimed at creating a state of psychological readiness for the competition in athletes, as well as the process of widespread use of clearly designed methods and

techniques aimed at developing mental and moral training of an athlete. The main factor of high-quality psychological training is the maximum concentration of all the potential capabilities of the athlete, all other things being equal and approximately the same level of professional skill. At all stages of the competition and the training process, psychological readiness is necessary. She instills the temper and form that every athlete should have.

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