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## DEVELOPMENT OF PSYCHOLOGICAL READINESS OF WOMEN'S WRESTLING ATHLETES

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### ABSTRACT

This article is a good athlete, and explores the field of spiritualism in women's freestyle wrestling, focusing on important psychological elements that make the difference between the champions. Women require the psychological skill and endurance inherent in their free struggle. We are surrounded by the main aspect of the psyche that female champions see, stimulation from something, concentration, emotional control and endurance. Improving the psychological training of women in freestyle wrestling, this article is for coaches, athletes and sports psychologists this demanding, and the mind necessary to succeed in dynamic sports the choice is made to develop strength.

### KEYWORDS

Mental independence, psychology addiction, motivation, dictation Center, emotional control, endurance, thought, sports psychology.

### INTRODUCTION

The world of competitive sports, especially in areas that are physically and mentally demanding, such as wrestling is to an inexplicable trait known as mental bardemism. In the field of women's freestyle wrestling, intelligence benefits independence, as well as superiority, is a decisive factor that distinguishes the champions from other athletes. The ability to be resistant to difficulties, change motivation, self-control

and its ability to control emotions is an important aspect of psychology learning that has contributed to success in this sport of enthusiasm.

In recent years, researchers and practitioners have increasingly recognized the importance of intelligence independence in sports displays. However, women have tried specific difficulties and opportunities that

are distinguished from the goal of free struggle, and therefore apply for psychological readiness.

This article seeks to study the complex dynamics of the psyche in the women's freestyle struggle, to pay special attention to the psychology of chemo engineering in this sport. Having studied the structure and prospects of elite freestyle wrestling women and their coaches, we aim to reveal strategies and techniques that have proven effective in developing the intelligence necessary to achieve the Championship.

To achieve this, we will try to comprehensively understand the psychological attributes inherent in others, based on child studies on sports psychology, interviews and concepts of famous freestyle wrestling women, which have achieved success in this difficult discipline. With the intelligence in this research Sport, the garden provides an additional and accurate, free-fighting study on how to adapt psychological training to look at the depths of female chemistry sports health. In the women's freestyle struggle, the psychotic check begins with motivation and quality. Athletes face challenges such as most hard work out plans, Minister Management, and fierce competitors. A high level of motivation and the ability to maintain progress, this sport is a characteristic feature of Champions.

Elite freestyle wrestling women should be focused and focused in their contests, avoid distractions, and be aware of their opponents' actions. Impaired concentration can lead to serious errors. The development of mental abilities, such as visualization and attention control, is essential for stabilizing attention. In the world of free women's wrestling, her senses are high and her chances of managing them

effectively are limited. In this sport, he has an excellent ability to control chemistry, stay under pressure and get positive results in his emotions. The strategy and psychological techniques for regulating emotions play a decisive role in the development of these skills.

One of the most distinctive features of women's freestyle wrestling champions is their endurance. In the continuation of the activities of these athletes, they face many successes, disappointments and disappointments. Returning from difficulties and learning from failure, the ability of mind is the main component of strength. The endurance system has developed psychological training and personal growth.

It is necessary to recognize the specific requirements of coaches, sports psychologists and athletes for women's freestyle wrestling and, accordingly, to control psychogictarianism. This involves the practical enhancement of a special intelligence program that addresses the specific interests and challenges faced by female athletes in this type of sport. Coaches can educate early day champions by explaining the subtleties of the psyche in women's freestyle wrestling.

The mysterious component that distinguishes women champions in freestyle wrestling from peers is spiritually solid. In this article, we have examined important psychological elements for success in this difficult and dynamic sport. Unmotivated motivation, indicative of the spiritualism of champions, the ability to concentrate thought like a laser, maintain emotional control and endurance of difficulties.

Women champions in freestyle wrestling have shown that their stories and events are of the importance of the approach to which justified intelligence appeals to

independence. Recognizing the peculiarities and requirements of this sport, it is necessary to develop special intelligence programs of coaches, athletes and sports psychologists. Thus, they can develop the strength of the spirit that women need to achieve the status of chemistry in the free struggle.

The research and concepts presented in this article contribute to a comprehensive understanding of intelligence in sports and are a characteristic feature of women's freestyle wrestling. It offers valuable guidance to those who strive to grow champions of tomorrow, and it also emphasizes the importance of mental fitness when climbing the trail of success.

## CONCLUSION

In conclusion, the chemistry of freestyle wrestling exemplifies the highest branch of rigidity in women's psyche, showing that in the world of sports, intelligence is just as important as the body. The direction of education in advanced psychology we can become a witness to the competition of benefits, the rise of gay athletes, who also overcome the inner difficulties and provide an undemanding education to the world of sports.

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