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PEDAGOGICAL AND PSYCHOLOGICAL CHARACTERISTICS OF MENTAL PREPARATION OF STUDENTS TO SUCCESS IN COOPERATION THROUGH TEAM SPORTS GAMES

Submission Date: November 20, 2024, **Accepted Date:** November 25, 2024,

Published Date: November 30, 2024

Crossref doi: <https://doi.org/10.37547/ijp/Volume04Issue11-52>

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ABSTRACT

This article describes the meaning and significance of the concepts of "team" and "cooperation". Also, the pedagogical and psychological features of mentally preparing students for success in cooperation through team sports games are substantiated.

KEYWORDS

Team, sport, athlete, cooperation, cooperation skills, physical culture, student.

INTRODUCTION

In world pedagogy, a number of research directions are being formed to improve the personal and professional qualities of a person, to work with a team. Especially through sports competitions, which make a great contribution to the recognition of each country in the world, the skills of cooperation and tolerance are also developing among athletes. International and local sports competitions held and organized in team sports in recent years are a clear proof of this. In particular, it has been confirmed many times that it is

possible to achieve world-class results in martial arts such as boxing and karate. Because in these sports, the responsibility is personal, and the result depends only on the athlete. It is difficult to succeed in team sports, and it is necessary to have the skills of unity and cooperation to engage in such a sport.

For the first time, the term "team" was used in the lexicon of athletes, which became an integral part of their construction of time management. At the

moment, the concept of the team has significantly expanded the scope of its application and is relevant for many areas.

Thus, a team is a term that refers to small groups (from 3 to 12 people) that have a clear goal orientation and intensive interaction between group members. Based on this, teamwork is an efficient and effective practical activity of the team. Or the joint purposeful work of a group of specialists working according to predetermined rules.

The simplest example from history: a team is an army, every move of which is aimed at defeating the enemy. In the army, all warriors act in a coordinated, deliberate and common purpose.

You can better understand the essence of teamwork by highlighting its main features: teamwork: a team is not a sum of individual parts, but a whole - a structured group of people whose members complement each other; the judicious location of each of its participants. That is, each of the members of this group is fully aware of the situation and is aware of the strategic goals, has a number of tasks assigned to him and is responsible for the fulfillment of each of them; communication: in the team, each participant is cooperative and honest with others, ready to solve conflicts at the stage of origin; autonomy: each team is an autonomous particle within any organization. He has a number of thoughtful ways of interacting with management bodies and other teams, but they do not affect the processes that take place in this group.; synergy: the effect of team cooperation is qualitatively superior to the effect of individual people's work. That is, the joint work of specialists can give more than the results of their work.

Thus, we see that teamwork is not a simple relationship between people working in the same organization or on the same project. Such interactions are mainly collaborations between individual employees in different fields and tasks. Teamwork is the work of a group of people aimed at solving a specific task. A team is a separate "unit" in the working mechanism of an organization.

Researchers of the concept of "cooperation" distinguish the following main principles:

- general and important goals of each of the participants;
- additional skills;
- specific productivity requirements;
- mutual responsibility;
- a small number of people.

Speaking of quantity: team size varies from 3 to 12 people. Small teams (up to 5 people) have been proven to work faster than large teams. But the big ones have a functional advantage, meaning they have more tools and resources at their disposal. The main rule for any number of teams to be truly effective is to immediately define the rules for the distribution of team roles, interaction and decision-making, based on the professional competence of each of the participants.

Why is teamwork more effective than regular collaboration? A little earlier we compared teamwork with cooperation. Now it's time to understand why this format is still the most effective at work.

- a team has more tools than a single person and, unfortunately, a single employee is limited in his powers. In a diverse and multi-level group of specialists, there are more opportunities for the emergence of non-standard ideas and the use of various tools for their implementation;

- the synergy effect can only be achieved in a team - what did we talk about earlier? It's hard to ignore, because the truth is that even three people working together can produce more results than a single employee;

- the team is not influenced so much from outside. Often, specialists of different official levels gather in one team. It will be more difficult for external authorities to influence such a "mix" because there are incomparably fewer levers of pressure than individual employees;

- each worthy idea, as well as its individual details, will be discussed in detail in the team. This significantly reduces the possibility of errors;

- all mistakes and shortcomings will be noticeable in the team. When a person works on a single task for a long time, his eyesight becomes "blurry". It becomes difficult for him to analyze individual details and quickly identify mistakes. When he works in a team, there is no possibility of making a mistake. The views of colleagues are able to identify all shortcomings;

- a team is part of a larger company and is a segment that realizes the full potential of specific employees. Simply put: there are some employees whose current activities are regulated by their official duties. Management understands that they are capable of more things (that is, something that goes beyond their usual work), they gather such specialists in a team and

use their capabilities to solve a certain task as efficiently and intelligently as possible;

- If the team is formed in a small or even a small organization, this is a good opportunity to maximize the potential and creative abilities of each of its members. Often, one team can replace a high-level specialist who is "not in the budget" of the company.

Teamwork has a significant impact on the effectiveness of individual team members. First, people who work together are determined and willing to collaborate with different professionals (even if they are orders of magnitude higher/lower than them on the career ladder). Second, teamwork makes a person cooperative and tolerant of others. This will help him to establish relationships with people and organizations more easily in the future. Third, a person who works in a team develops high emotional intelligence. That is, he is able to show more sympathy and respect for his colleagues, he can listen carefully and reason, he is distinguished by his respect and tolerance towards others. And finally, team players are highly valued in the labor market. This will increase the importance of the person as an expert and will become a great item on his resume.

Let's summarize why teamwork is important: first, it is a powerful tool for effectively achieving organizational goals and accomplishing the tasks set forth in it. Secondly, teamwork is a tool for personal and professional growth of each employee who is a member of the team.

How teamwork affects overall success: after we have defined the theoretical foundations of teamwork in order to clarify real examples, it is appropriate to ask the question: how does it work in practice? In short, it

works perfectly and as efficiently as possible. In more detail, it is worth citing real historical examples.

The first example is Steve Jobs and Pixar. At the end of the 90s of the last century, Jobs bought a small company engaged in the production of computers. The office was moved to the building of an abandoned cannery. At first glance, its layout might seem perfect: three separate office segments for animators, computer scientists, and management. But Jobs understood that this was a failed idea and that the team needed to feel the team spirit. How to do this? Place them in one collective space in the center. That is, Jobs' goal was to create one large, collective space for his employees, where they could communicate and solve problems together. After long manipulations with the involvement of employees in a team approach, the result was not long in coming: colleagues really realized that teamwork is an opportunity to create something great and realized for themselves.

The second example is the Rolling Stones, who have been playing all over the world for more than 50 years. Musicians share a small but powerful secret: a team approach to working together keeps them at their best. Before each trip, they undergo two months of intensive training. During this period, group members develop a common rhythm. Keith Richards says he always follows Charles Watt's playing hand to immediately catch it when he goes astray and tells Ronnie Wood with a glance that they need to get into rhythm. That is, each musician has his own separate role, but at the same time they complement each other. And one last example, this is an inspiring story from Google.

We all know that this company likes to constantly study all areas of its employees' lives. In 2012, he launched Project Aristotle, during which Google researchers interviewed hundreds of employees. The goal was to find the recipe for building the perfect team. To the surprise of the researchers themselves, the secret was not only in the selection of the best specialists, but also in the presence of a sense of psychological safety for each member of the team. That is, every employee had to believe that the team was a completely safe place for interpersonal communication. It should be comfortable for employees to talk about what's bothering them, discuss different ideas, and get inspiration from each other.

Sports are part of physical culture. In it, a person strives to expand the limits of his capabilities, this created huge emotional world of success and failure, the most popular spectacle, is an effective means of educating a person and self-education, in which there is a complex process of interpersonal relationships.

Sport is essentially a competitive activity and a special preparation of a person for competition. He lives by certain rules and norms of behavior. This clearly shows the desire to win in order to achieve high results, which requires the mobilization of physical, mental and moral qualities of a person. That's why everyone often talks about the character of people who are successful in competitions. Sports become a physical and spiritual necessity for many needs of a satisfied person.

Physical education is included in the system of education and upbringing starting from pre-school educational institutions, it covers the acquisition of the fund of fitness-vital motor skills and abilities of physical people, the multifaceted development of physical abilities. Its important elements are the "school" of

movements, the exercises of the gymnastic system and the rules for their implementation, with the help of which the child develops the ability to differentially manage movements, the ability to coordinate them in various combinations; rational exercise system using forces in space movement (basic methods of walking, running, swimming, skating, skiing, etc.), overcoming obstacles, throwing, lifting weights; "school" of the ball (playing volleyball, basketball, handball, football, tennis, etc.) and others.

Physical development is the process of biological formation during human life (length, body weight, chest circumference, vital lung capacity, maximum oxygen consumption, strength, speed, endurance, flexibility, agility, etc.) natural morphological development of the organism. and changes in functional properties. Physical development can be controlled. With the help of physical exercises, various types of sports, rational nutrition, work and rest can change in the necessary direction with the above indicators of physical development. Management of physical development is based on the biological law of exercise and the law of the unity of body forms and functions.

At the same time, the physical development of a person is conditioned by the laws of heredity, which should be taken into account as factors that help or, on the contrary, hinder the physical improvement of a person. The process of physical development is also gradations subject to the law of age. Therefore, it can be managed only by taking into account the various characteristics and capabilities of the body, taking into account the age periods: formation and growth, the highest development of forms and functions. In addition, physical development is related to the law of unity of the organism and depends on the environment

and living conditions of the person, including the geographical environment. Therefore, the influence of these laws should be taken into account when choosing the means and methods of physical education.

Physical development is closely related to human health. Health serves as a leading factor that determines not only the full development of a young person, but also the success of acquiring a profession, the effectiveness of future professional activity, which forms the general well-being of life. Due to professional practical physical culture, the necessary conditions are created for the successful acquisition of a certain profession and the effective performance of work. In production, these are manifested as introductory gymnastics, physical training breaks, physical training minutes, post-work retraining exercises, etc.

The content and composition of professional practical physical culture tools, the order of their application are determined by the specific characteristics of the labor process. In the conditions of military service, he will have the characteristics of military-professional physical culture.

Physical culture of health care and rehabilitation. It is a method of treatment of diseases associated with the targeted use of physical exercises as a tool and restoration of impaired body functions or restoration of physical potential lost due to diseases, injuries, overwork and other reasons.

Its variety is therapeutic physical culture, which has a wide range of tools and methods (therapeutic gymnastics, dosed walking, jogging and other exercises) related to diseases, injuries or other

disorders of body functions (overstrain, chronic fatigue). liq, age-related changes, etc.). Its tools are used in the following modes. "gentle", "toning", "exercise", etc., and the forms of conducting can be personal training-procedures, classes of the specified type, etc.

Background types of physical culture. These include physical culture included in the scope of hygienic daily life (morning gymnastics, walking, other physical exercises that do not depend on significant loads during the day) and recreational physical culture means in the mode of active rest (tourism, sports and leisure entertainment) is used. Operational impact on the current functional state of a physically cultured body, its normalization and contribution to the creation of a comfortable functional "background" is an integral part of vital activity and should be considered as a component of a healthy lifestyle. It is especially effective in combination with other components of physical culture and, above all, with the main components.

The following are used as means of physical culture: physical exercises, natural forces of nature (sun, air and water, their hardening effect), hygienic factors (personal hygiene-daily, sleep hygiene, nutrition, work, body hygiene, sports clothes, shoes, workplaces, giving up bad habits), etc. Their integrated complex and mutual cooperation are the main factors that ensure human health and development.

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