

SPORTCHI PSIXOLOGIK SALOMATLIGIGA TA'SIR ETUVCHI OMILLAR

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ANNOTATSIYA

Mazkur maqola sportchi psixologik salomatligini yaxshilash hamda sportchining psixologik ta'lim va ruhiy holatlariga ta'sir etuvchi omillar bo'yicha ilmiy tadqiqotlarning tavsiyalari ifodalangan. Shuningdek, maqolada mazkur masala yuzasidan muallif tomonidan shakllantirilgan ilmiy taklif va amaliy tavsiyalar ham o'z ifodasini topgan.

Kalit so'zlar: Motivatsiya, psixologik tasvir, fizioterapiya, axloqiy komponentlar.

FACTORS AFFECTING PSYCHOLOGICAL HEALTH OF ATHLETES

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ABSTRACT

This article presents the recommendations of scientific research on the improvement of the psychological health of the athlete and the factors affecting the psychological education and mental state of the athlete. The article also contains the scientific proposal and practical recommendations made by the author on this issue.

Keywords: Motivation, psychological image, physiotherapy, moral components.

It is known that regular exercise is very beneficial for human health. Such exercises have been shown to affect psychological health. Playing sports has many benefits for individuals and society: increased focus, improved ability to work with others, and increased self-confidence. It also increases motivation, emotional control and concentration.

According to S. B. Tikhovinsky, motivation: it is very important that we want to optimize our work in any task, especially in sports. What drives them to push themselves is the love of what they do, athletes always push themselves up, win and lose, and often their inner motivation comes from failure, disappointment or warning. they say it is worse¹.

According to V.A. Philip, athletes need high concentration. All activities, even the simplest or most intuitive ones, require concentration. Any wrong move can lead to a mistake, fall, or injury that can take months to recover from. Therefore, even if it does not require training, it is very rare for an athlete. The most commonly used methods to improve athletic performance are: Note: this is an internal and external focus. Also, internal mood is the athlete's attention to aspects of what is happening in their body (thoughts, self-dialogue, feelings, or actions).

¹ Tikhovinskiy S.B. Детская спортивная медицина / S.B. Tikhovinsky, S.V. Khrushchev - Moscow: Medicine, 1991. – С.52.

External focus refers to the time when an athlete pays attention to things outside of themselves².

According to L.P. Jilina, goal setting helps athletes to take a general look at what they have done and what they need to achieve in order to achieve their final goal. Self-awareness is the short message or concentration that drives us to messages or. It's about using self-reports that are reasonable, positive, logical, and realistic. Relaxation techniques are any method, process, or technique used to help a person reduce physical and/or psychological stress. They usually allow a person to achieve greater peace of mind by reducing stress and anxiety³. Psychological representation: mental representations are symbolic forms of reproducing reality when it does not exist, etc. Sports, especially high-performance sports, are associated with pain and illness. Not only in training, but also in the level of indirect influence. So, if you have the opportunity to participate in physical therapy sessions, you will see how this pain affects the face of the athlete. Sport is a great school for our personal endurance; Many methods used at the psychological level are also used in other situations of high competition and high standards. Emphasizing the positive importance of the adequacy of perception in the process of maintaining psychological health, researchers emphasize this with the existence of the adequacy of the main features and the consistency of the subjective image. The closer the image perceived by a person is to reality, the higher the level of his psychological health. It is known that apperception is determined by the content of a person's psychological life, that is, by the state of his psychological health.

As noted by Y.Y.Zhukov, the authors consider the adequacy of perception of reality, the world, and oneself as an integral feature affecting psychological health, i.e. Psychological health, as one of the important states of a person, depends on a multilevel system of perception of oneself, others and the whole world. Undoubtedly, the adequacy of perception is also very important for athletes⁴. Moreover, of all the known types of cognition for people who play different sports, not all of them exist, but some types of cognition that are dominant in a particular sport are more important. For example, for martial artists, it is the perception of the opponent's movements, for athletes (runners) or skiers, it is the perception of time, etc. With strong physical and neuropsychic fatigue, the adequacy of perception is disturbed, which cannot but affect the psychological health of the athlete. Therefore, the adequacy of perception is an important factor in the process of maintaining the psychological health of an athlete.

The next factor mentioned by many authors is prosperity. The semantic field of this term is wide. Thus, the term "prosperous" is interpreted as happy, in good condition, successful, kind. For example, L.Kulikov considers the concept of personal well-being as "generalized and relatively stable experience of special importance for an individual." It is this that largely determines the characteristics of the dominant psychological state - "favorable state" - successful behavior that contributes to the coordinated flow of mental processes, supports mental and physical health, or, on the contrary, is unfavorable.

² Filin V. A. Оценка физического развития детей и подростков : study.-methodical. allowance / V. A. Filin, T. G. Vereshchagina. - М., 2008. – С.65.

³Zhilina L.P. Физическое развитие сельских детей и подростков. Arkhangelsk region / L.P. Zhilina, F.A. Bichkaeva, T.V. Tretyakova // Bul. Siberian medicine. - 2005.- V.4, Annex.1. - С..160-161.

⁴ Zhukov Yu.Yu. Cortisol level as a marker of chronic stress and its impact on the athlete's body / Yu.Yu. Zhukov // Ученые записки университета имени П.Ф. Лесгафта. - 2009. - №9 (55). - С. 33-38.

According to the researchers of the second approach and the point of view of psychological well-being, this concept is close in meaning to these concepts, but it is not the same as them⁵. These authors, in our opinion, rightly associate psychological well-being with a person's subjective emotional assessment of himself and his life, when there is well-being, the subject has self-awareness and personal self. they emphasize that it tends to swell. In fact, psychological well-being is not directly related to the presence of any negative psychological states, although it depends on their severity. Being in a good and satisfactory state is a subjective attitude a perceived well-being is determined by its components: physical, psychological, spiritual, material well-being. It should be noted that all components of well-being are closely related to each other and influence each other, which determines the sense of wholeness, internal balance and harmony of mental functions and processes. At the same time, A.E. Sozonov distinguishes only two main components of well-being: cognitive and emotional. In our opinion, the psychological well-being of a person is an integral factor that reflects the subjectively perceived state of self-satisfaction, the process of self-realization, the environment and the quality of life. Another factor describing the level of psychological health of a person is called harmony by many researchers⁶. A complete person means a whole person who is a "harmonious unity of physical, social, spiritual and moral components" in structural, functional and systemic aspects. Speaking about personal harmony, he writes: "The proportionality of the quantitative characteristics of space, time and energy of a person can be expressed as proportionality to the volume of personal space, speed and level of personal time.

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