

## FORMATION AND CREATION OF PSYCHOLOGICAL STABILITY IN ATHLETES

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### ABSTRACT

The article discusses the basic concepts of psychological stability, its components, and describes the circumstances of creating psychological stability in athletes. The purpose of the work is to identify the circumstances of the creation of psychological stability in sports in general and in athletes individually.

**Keywords:** Psychological stability, components of psychological stability, circumstances of creating psychological stability, psychological preparation of an athlete, strong-willed qualities of an athlete.

### INTRODUCTION

The word "stable" is translated from many languages as "stable, stable, solid, durable, sturdy." The Dictionary of Synonyms of the Russian Language gives two synonyms for this word: stability, balance.

Psychological stability is the dynamics of stable states of a personality as a system in which it is able to identify and block external and internal negative influences with a certain probability.

At the heart of the psychological stability of a personality there is a complementary combination, a harmonious unity of personality constancy and its variability. Ryzhov V.V. in his works said that when studying the integral structure of personality and, in particular, the components of human temperament, mental stability stands out as one of the dynamic properties of personality. In addition, the concept of emotional stability is used as an indicator of the mental stability of a person's personality under the influence of emotional factors. We are talking about the ability to resist and counteract those emotional stimuli that could negatively affect the activity of a person.

Considering psychological stability as a balance of constancy and variability, the concept of balance is used. When considering balance, we are talking about the constancy of the main life principles, goals, attitudes, values and moral norms, on the one hand, and variability, manifested in the dynamics of motives, in the emergence of new ways of behavior and solving life problems, the search for new forms of activity, on the other. Psychological stability is based on the harmonious unity of constancy and dynamism, which complement each other.

It is understood as a stable ability to resist everything that may limit individual freedom both in making individual decisions and in choosing values, norms, attitudes, and lifestyle in general. The most important aspect of resilience can be considered personal self-sufficiency as freedom from any kind of addiction (alcohol, drugs, gaming, computer, information, etc.).

Thus, psychological stability is a quality of a person's personality, the individual aspects of which are resilience, balance, and resilience. Their combination allows a person to withstand life difficulties, an unfavorable combination of circumstances, and maintain health and efficiency in various life challenges.

Turning to the conditions for the formation of an athlete's psychological stability, it is necessary to take into account his psychological training. Psychological training should be understood as a set of psychological and pedagogical measures and appropriate conditions for sports activities and athletes' lives aimed at the formation of such mental functions, processes, states and personality traits that ensure the successful solution of the tasks of training and participation in competitions.

Taking into account the athlete's training, it is necessary, first of all, to consider the formation of motives among athletes that determine their attitude to sports activities; the education of strong-willed qualities necessary for success in sports; the improvement of specific mental abilities.

The success of motivation formation for a long-term training process is facilitated by setting the necessary goals, forming and maintaining an athlete's attitude to success, the optimal ratio of incentives and punishments, the emotionality of training sessions, the development of sports traditions, collective decision-making, and the personality of the coach.

The main component of general psychological training is volitional training. Will is understood as the mental activity of a person in controlling his actions, thoughts, experiences, and body in order to achieve consciously set goals in overcoming various difficulties in the name of certain motives. The will will develop and be tempered in the process of overcoming difficulties that arise on the way to the goal. The main strong-willed qualities in sports are single-mindedness, perseverance and perseverance, determination and courage, initiative and independence, self-control and self-control.

All these qualities are interrelated, but the main thing, the leading one, is single-mindedness, which largely determines the level of education and the manifestation of other qualities. Strong-willed qualities with rational education in sports, in general, and in athletes, in particular, become permanent personal qualities. This allows athletes to carry them out in labor, educational, social and other types of activities. Fostering strong-willed qualities in athletes requires, first of all, setting clear and specific goals and objectives for them. To achieve their goals, athletes show their will, develop strong-willed efforts, learn to overcome difficulties and manage their behavior.

Based on the above, the conditions for the formation of psychological stability in athletes will be fulfilled while observing all aspects of the model of psychological and pedagogical training. This model considers psychological readiness in the following ways:

Assimilation and acceptance of a system of knowledge and ideas about tactical, technical training, proper competitive activities, sports in general, and its capabilities; about the properties and abilities of a person ensuring his resistance to adverse factors of an athlete engaged in sports ballroom dancing; knowledge about ways and conditions for maintaining his healthy and positive lifestyle and strengthening his own potentials etc. constitute the cognitive component of readiness.

The development of motives and attitudes corresponding to this knowledge, awareness and acceptance of them in the training and competitive process, as basic values and incentives for behavior and activity in appropriate areas, the development of motives among young athletes, the desire to work and achieve high results is a motivational component.

The consolidation of orientations towards high value-semantic orientations and moral and spiritual values, physical and mental health, optimal communication with coaches and rivals, the realization of altruism in relations with one's team in team sports, the ability to mobilize oneself in important competitions is a spiritual and moral component.

Thus, the conditions for the formation of psychological stability in athletes will be fulfilled while observing all aspects of the model of psychological and pedagogical training. It is necessary, first of all, to take into account the psychological preparation, namely the strong-willed qualities of the athlete and the motives of the athlete.

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