

Psychological Support for Training Athletes

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Abstract: *This article is about social selection and psychological training of those involved in strength sports and martial arts.*

Keywords: *Athlete training, athlete preparation, modern sport, psychological impact, motivation, training process.*

Introduction: At present, one of the most important problems in the practice of training athletes of various qualifications and ages is the problem of restoring their performance. The level of modern training of athletes suggests a further increase in physical and psychological loads, which in turn will increase the degree of fatigue. The ability to overcome fatigue that occurs during competitive activity largely determines the achievement of high results. Significant loads that athletes endure require an intensive search for means of restoring their performance in the conditions of optimization of the training process, as well as in preparation for competitions and during their holding.

Methods: Therefore, knowledge of the patterns of fatigue development and recovery of the athlete's body is of great theoretical and practical importance. Improving results in sports is due to the introduction of scientifically based means of managing the training process and restoring the athlete's body into the training of athletes. In the first case, we are talking about the use of loads with significant volumes and intensity, increasing participation in preparatory and main competitions throughout the year.

The second is about the widespread introduction of a complex of recovery means into the training system, which significantly improve athletic performance by increasing the ability of the body's leading systems to withstand high-intensity training and competitive loads, as well as by reducing injuries and illnesses in high-class athletes. It becomes obvious that the desired effect can only be achieved by a comprehensive approach to the use of various recovery means. In sports practice, psychological methods and recovery means have become widespread in recent years.

With the help of psychological influences, it is possible to reduce the level of neuropsychic tension and eliminate the state of mental depression, accelerate the restoration of expended nervous energy, form clear attitudes in the athlete for highly effective implementation of training and competition programs, and also increase the degree of readiness of the functional systems of the body to perform intense physical activity.

Results and Discussions: High results in modern sports can be achieved only under the condition of many years of systematic training, strict adherence to the life and sports regime. The athlete must be psychologically prepared for this. The achieved readiness must constantly develop and improve during the training itself.

There are two ways to ensure and maintain such readiness:

- 1) creation, reinforcement, continuous development and improvement of motives for sports training;
- 2) creation of favorable attitudes to various aspects of the training process.

This division is conditional, since the formation of motives is carried out through the formation of appropriate relationships. But motivation has its own specifics. The activity, composure, discipline of the athlete, the duration and effectiveness of his work are determined by motivation. Motivation should be based on the athlete's needs, go through the hierarchy of strategic, tactical and technical goals and find expression in specific incentives. Changing the order, we can say that motivation will open according to the principle: I want - I can - I must.

No matter what stage of the sports path the weightlifter is at, he always needs to set distant, long-term goals, up to the goals of the highest order. No matter what success the weightlifter achieves, he constantly needs to be instilled with the idea that the achieved result is far from his real capabilities, that immediately after the achieved one, a new, higher goal arises. A far-off high thought through a series of intermediate goals in the training process determines a constant attitude towards high-quality work at any stage of sports improvement. Therefore, achieving these goals determines a stable, calm and confident state of the weightlifter.

Sometimes an athlete, having achieved a certain level of athletic achievements, while maintaining outward activity and conscientiousness in training, begins to think about the sufficiency of these results: "I hope I don't perform worse, I don't expect to improve." Such thoughts can lead to the formation of a motive to avoid failure. As soon as this motive arises in a weightlifter, an increase in results becomes unlikely: since the attitudes towards improving results disappear, since yesterday is enough. The formation and maintenance of the motive to achieve success is carried out with the support of certain personality traits, primarily ambition in its positive meaning to the enormous, difficult, long-term work of a weightlifter stimulates the desire to be famous, the desire for athletic glory. Athletic ambition and reliance on it strengthen the motivational structure of the training process. The development of the positive aspects of ambition is facilitated by advertising the athlete's successes: stands with their photographs, tables of records, posters with congratulations, articles from newspapers, magazines, radio and television programs about competitions in which the athlete successfully performed, collecting any attributes of his achievements. However, ambition should not be confused with vanity - loving fame, honor, achieving them through work and talent is undoubtedly useful for both the athlete and society. But striving for "vain glory", rejoicing in accidental, undeserved success or using the success of others is a negative personality trait. An athlete with elements of vanity can act to the detriment of collective interests, show conceit, arrogance, and a tendency to self-promotion. He usually reduces his activity in achieving new sporting milestones, because he consciously and unconsciously believes that he should be honored for his old services. From this it is clear that the formation and development of an attitude to achieve success requires special control, standardization, and regulation.

The manifestation of various deviations in actions and deeds expresses character. The so-called sports character is manifested in relationships that ensure the success of the training process and competitions. It is revealed not only in the training process, in competitions, but also in everyday life, work, study, and communication.

The success and duration of sports activities are closely related to a person's desire to train and compete, with the desire to achieve success, with the depth and constancy of his interest and love for sports. Sports bring people great joy, and achieving success - deep happiness. This is the happiness of struggle and victory, high self-esteem and satisfied ambition, a duty fulfilled to oneself and to people, sporting glory and success in life. Especially joyful are those years in sports when results grow from competition to competition, when, despite high loads, hidden, not yet realized opportunities are felt, giving confidence in the future.

But sport is characterized by maximalism, and sooner or later it leads to satiety with activity. The process of doing sports gradually ceases to give joy, competitions cease to be a holiday, and the repetition of results, even high ones, is a common occurrence. What was previously attractive, desirable, can turn into

a boring, and sometimes unbearable thing. While the athlete is young, the results are growing, the saturation of activity is temporary and quickly passes after another success and rest. The main thing is that saturation does not repeat very often and does not turn into oversaturation. It is important for the coach to know and take into account the dynamics of attitudes to sports activities, control and correct them, correlating these general patterns

Conclusion: So, when recruiting children for sports sections, it is necessary to practice regular visits to sports competitions. In conversations with young athletes, their attention should be focused on the positive impact of sports on the development of strength, endurance, agility, etc. In order to form a stable interest in training in girls, for their sports orientation, it is advisable to organize meetings with leading athletes and coaches especially for them. It is necessary to strengthen control over the health of those involved in order to avoid injuries. This can be achieved by diversifying the training process, i.e. by giving those involved more thorough and extensive training. This will be, on the one hand, an effective means of preventing sports injuries, and on the other, will serve as a good basis for obtaining stable positive emotions from sports.

After all, it is the monotony of the training process that people associate their negative emotions from sports.

In organizing the educational and training process, coaches must take into account and use the existing, expressed desire of young athletes to move into professional sports. On this basis, they can develop a truly professional attitude to sports.

The prospect of further research concerns the definition and modeling of effective means of psychological preparation for those involved in strength sports and martial arts in competitive conditions.

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