

Development of Psychological Readiness and Mental Readiness in Young Handball Players

Abduyeva Sitorabonu Savriddin qizi

Bukhara State Pedagogical Institute Associate Professor of Physical Education and Sports

Department, Mail: sitorabonu.savriddinovna93@mail.ru

Abstract: *In this article, it is very important for the coach of young handball players in team sports (handball) to understand the possibilities of increasing their sports performance based on the level of psychological preparation of handball players, the main features of the nervous system are not formed in young handball players (10-11 years old). (adds up to 12-13 years, after which the period of stability begins) therefore, the issue of taking into account the conditions of psychological preparation and mental development of children engaged in team sports and its development is highlighted.*

Keywords: *psychological preparation, mental preparation, young handball players, mental state, memory, perception, sports games*

Introduction.

The main criterion of the effectiveness of competitive activity in sports games is winning against the opponent. The formation of centrality as a high-level professional skill is a long-term process of developing the necessary qualities and characteristics, improving certain adaptation processes. to sports activities. Physiological mechanisms of various organs and systems, which have been formed for a long time during the adaptation of young handball players to training and competitive loads, are a relatively conservative beginning. At the same time, the studied mental functions, such as speed and accuracy of sensorimotor reactions, parameters of attention and memory of young handball players in team sports, are more labile. In order to compare the indicators of mental functions and a certain increase in the success of the psychological preparation of young handball players, we analyzed the correlation between the success scores and the parameters of psychomotor and mental processes of young handball players.

In order to look for psychological signs of success, we suggest analyzing the individual dynamics of the player's development according to the proposed 7-point scale (Rodygina Yu.K., 2014). Also, analysis of parameters and dynamics of different samples will allow to develop specific criteria of success of psychological preparation of handball players of different ages and different levels in the future.

Materials.

The analysis reflects the characteristics of young handball players in team sports (Figure 3). For the success of psychological training, it was found that the type of nervous system, the amount of attention and the size of the image memory are more important for a sample of young handball players. In children with a strong type of nervous system ($r = 0.40$), the training of a young handball player is higher, because we found a positive statistical relationship of average strength.

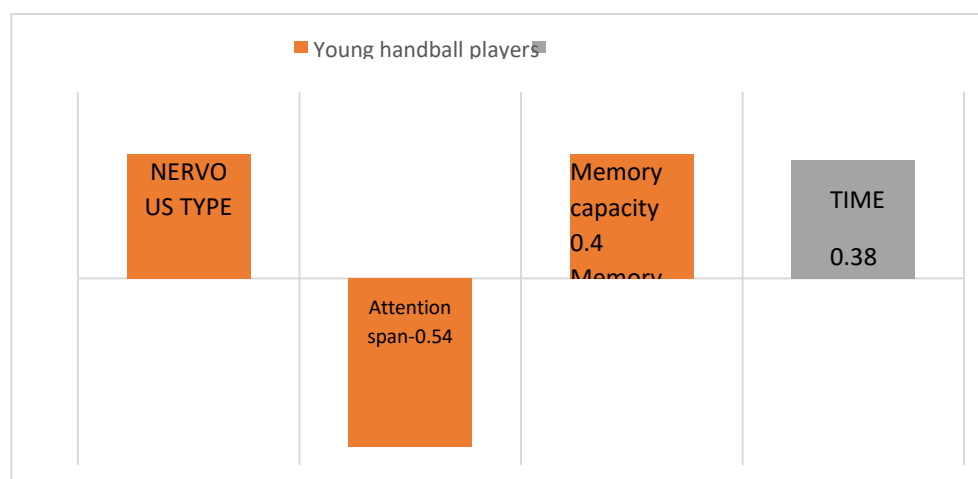


Figure 1 - Significant relationships between success in psychological training and psychological characteristics of young handball players

Also, the relationship between figurative memory and the success of psychological training ($r = 0.40$) was found directly among young handball players, i.e. The higher the development of this memory feature to correct and remember some images of combinations and strategies that occur on the field during training and competitions, the higher the handball player will appreciate the coach in terms of improving the sport. Not the importance of the volume of attention, it turned out to be paradoxical, because it is a feature of the mental process of attention in achieving a high level of success. based on trends identified during active learning.

Research and methods.

Mental processes for assessing psychological success in determining the level of influence of the psychomotor and developmental spheres. The preparation of young handball players was determined by only one bright indicator of the psychomotor field, which determines the readiness of a young hockey player, that is, the reaction time of a young handball player to a moving object (RDO). Since the speed of the ball during hitting in professional handball reaches 190 km per hour (at a record level for the Canadian handball player Bobby Hull), the importance of this psychomotor characteristic entered into a large correlative petition.

Thus, the results of the analysis of the relationship between the parameters of the mental sphere and the psychological training of young players in team sports, as one of the conditions for the success of the psychological training, determine the vector of psychoreaction actions to increase the general sports achievements. sports promotion and sports performance in children's and youth team sports.

Discussion.

Mental processes are a form of reflection of reality, with the help of which the world is recognized and human behavior and activities are ensured. It is known that in psychology, feelings, perception, memory, attention, thinking, imagination, representation, emotions, will, speech are distinguished. The greatest role is played in the results of the generalized literature: specialized feelings and perceptions, individual characteristics of attention, thinking and volitional actions (Karpov V.E.) activities to improve the mental state of high-level handball players when playing self-management tools: author's dissertation . Nauk Omsk, 2006. 24 p.; Semin DK Forming a state of readiness for the game of small handball players: abstract of the thesis ... Candidate of Pedagogical Sciences, Moscow, 2007, 26 pages, etc.).

At different stages of the training, it is necessary to pay attention to different characteristics of a handball player with the ability to see when predicting his prospects. In each age period, there are leading

components that determine the development of a certain age, and it is appropriate to develop them, because it is the most convenient for the activities that are ingrained in the child (sports activities).

Results.

To analyze the activity of mental processes of young handball players in team sports, we conducted a study to determine the level of development of leading cognitive processes (attention, memory) in children during team sports (Table 1).

Table 1 Attention and memory parameters of young handball players, compared to the control group, median (quartile)

Parameters	young handball players n=22	Control group n=14	p
Amount of attention	4,0(3,0;4,5)	4,0(3,0;5,0)	0,40
cube	5,0(4,0;6,0)	6,0(5,0;6,0)	0,05

Young handball players did not differ from the control group in the level of attention development, but their figurative memory capacity was lower than that of children who did not play sports.

Improving the development of motor processes, the development of mental processes (memory, attention) is probably less dependent on sports activities (Table 2).

Table 2 Attention and memory parameters of young handballs, compared to the control group, median (quartile)

Parameters	handball players n=15	Control group n=14	p
The amount of attention is cubic volume	5,0(3,0;6,0)	4,0(3,0;5,0)	0,05
Memory cube	5,0(4,0;6,0)	6,0(5,0;6,0)	0,05

The amount of attention, which characterizes the cognitive potential of children, was in the normal range in both analyzed groups, and young handball players were statistically significantly higher than children who did not play sports. Image memory volume in the control group was higher than in the group of young handball players ($p \leq 0.05$).

Conclusion.

Summarizing the obtained data, the level of development of mental processes is significantly different in children who participate in team sports and children who do not regularly participate in sports. and pedagogical work on the development and correction of mental processes in children of the studied age, the issues of developing the mental abilities of young handball players, thereby further improving the sports skills of students.

References

1. Игнатьева, В. Я. Многолетняя подготовка гандболистов в детско-юношеских спортивных школах / В. Я. Игнатьева, И. В. Петрачева. – М. : Советский спорт, 216 с
2. Игнатьева, В. Я. Подготовка гандболистов на этапе высшего спортивного мастерства : учеб. пособие / В. Я. Игнатьева, В. И. Тхорев, И. В. Петрачева ; под общ. ред. В. Я. Игнатьевой. – М. : Физическая культура, 2005. – 276 с
3. Захарова Анна Павловна Психолого - педагогические основы применения педагогических технологий в процессе преподавания физической культуры. 2012 г
4. Брилл М.С., Филин В.П. Перспективы совершенствования системы отбора юнных спортсменов Теор. И практ. Физической культуры.
5. Игнатова В.И., Портнов И.М. Гандбол. Учебник для физкультурных вузов,
6. Abdueva S. Psychological aspects of training young handball players //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
7. Abdueva S. CHARACTERISTICS OF HEALTH STRENGTHENING //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8
8. Abdueva S. When planning the training of handball teams of university students, take into account the functional status of athletes by their temperament types //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
9. Abdueva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
10. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1011-1016
11. Abdueva, Sitorabonu Savriddin Qizi. "Peculiarities of Training 13-14-Year-Old Handball Players." *Athena: Physical Education and Sports Journal* 1.2 (2023): 46-51.
12. Abdueva, Sitorabonu Savriddin Qizi. "The Development of Jumping Ability in Young Handball Players 12-13 Years Old." *Athena: Physical Education and Sports Journal* 1.1 (2023): 1-5.