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## FEATURES OF EMOTIONAL STABILITY OF ADOLESCENTS IN SPORTS ACTIVITIES

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### ABSTRACT

*The present paper gives an overview about an emotional stability of adolescents during their physical activities. Moreover, it provides anxiety and stress impacts on their mental and physical activity. The optimal level of emotional experience can remain constant throughout the course of wrestling. The optimal level of emotional manifestation is not only a stable indicator, but this value can change in accordance with the situation of competition activities. The emotional state in this process is due to the objective circumstances of intense activity. They are functionally dependent on intellectual moments, as well as controllable, reversible and differentiated. Being included in an integral system of activity, emotions of various modalities become “smart”, generalized, anticipating, and intellectual processes, functioning in this context, acquire the character of emotional thinking or a complex process of emotional self-regulation.*

**KEYWORDS:** Wrestling, Indicator, Energy, Emotions, Ambition, Minimum Volitional, Conditions, Psychology, Psychological Stress.

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