Vol. 11, Issue 5, May 2021

Impact Factor: SJIF 2021 = 7.492

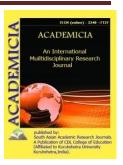


ISSN: 2249-7137

## **ACADEMICIA**

An International Multidisciplinary Research Journal

(Double Blind Refereed & Peer Reviewed Journal)



DOI: 10.5958/2249-7137.2021.01499.3

## FEATURES OF EMOTIONAL STABILITY OF ADOLESCENTS IN SPORTS ACTIVITIES

Aryslanbaeva A\*; Niyazova O\*\*; Niyazova A\*\*\*

\*Assistant Teacher,
Department of "General Pedagogy and Psychology",
Nukus State Pedagogical Institute named after Ajiniyaz,
UZBEKISTAN

\*\*Senior Teacher,
Department of "Theory of Physical Culture",
Karakalpak State University named after Berdakh,
UZBEKISTAN

\*\*\*Student,
Faculty of "Physical Education",
Nukus State Pedagogical Institute named after Ajiniyaz,
UZBEKISTAN

## **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.



ISSN: 2249-7137 Vol. 11, Issue 5, May 2021 Impact Factor: SJIF 2021 = 7.492

## REFERENCES

- [1] A.A. Leontiev. (1999) Psychology of communication. Moscow: Smysl. p. 365.
- [2] Milman V.E. (1983) Stress and personal factors of activity regulation. Mezhdunar. Collection of Articles. Moscow.
- [3] R.S. Nemov. (1999) The basics of psychological counseling. Moscow: Vlados. p. 528.
- [4] Prutchenkov A.S. (1993) Personal growth training. Moscow. p. 125.
- [5] Rogov E.I. (1996) Handbook of a practical psychologist in education. Moscow: Vlados. p. 529.
- [6] Sunnatova R.I. (2001) *Individually typological features of mental activity*: Author's abstract. Dis. Doctor of Psychological Sciences. Tashkent: p. 41
- [7] Spielberg Ch.D. (1983) Conceptual and methodological studies of anxiety // International. Collection of Articles. Moscow: Physical culture and sport.
- [8] Tulyaganova G.K. (1993) *The interests of "difficult" adolescents as a reflection of their motivational and need-related sphere*: Author's abstract. dis. ... Cand. psychol. sciences. Tashkent: p. 22.
- [9] KhaninYu.L. (1978) Research of anxiety in sports // J. Questions of psychology, No. 6.
- [10] Khrulnova G.V. (2006) *Psychological features of post-stress states in adolescents*. Author. Candidate dissertation Tashkent.
- [11] Chistyakova M.I. (1990) Psycho-gymnastics. Moscow: Education. p. 128.
- [12] http://www.guru. Lv.//