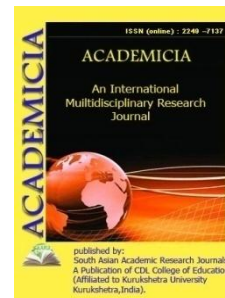




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FEATURES OF EMOTIONAL STABILITY OF ADOLESCENTS IN SPORTS ACTIVITIES

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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.

INTRODUCTION

Emotional states are of great importance in the life of an individual. For a certain period of time, they color the entire mental activity of a person and are found in various moods, stress, affective states, etc., emotional states not only depend on the nature of the ongoing mental activity, but they themselves have a huge impact on it. A good mood, for example, activates the cognitive and volitional activity of an athlete.

THE MAIN FINDINGS AND RESULTS

Each sport for successful performances requires a certain state of physical and mental qualities, and today, when the physical fitness of athletes is at a very close level, psychological readiness becomes a decisive factor for winning the competition. With popular psycho-diagnostics and the active participation of a psychologist in the training process, it becomes possible to take into account the individual characteristics of an athlete, the formation and development of mental qualities and skills necessary for victory. An important place in the psychology of an athlete's competitive activity is occupied by the study of his psychological stress, emotional arousal, stress and pre-start excitement. Psychological stress is based on the interaction of two types of athlete's regulation: emotional and volitional. Experiencing the emotional stress of the athlete before the competition often stimulates him and this is to a minimum volitional conditions. Emotions cause an energy release, and ambition determines the economy of using this energy. As the competition approaches, tension usually manifests itself in different ways.

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. Many researchers point out that in competition, an athlete finds himself in a difficult environment that is much different from the conditions of training or holding competitions.

A number of other difficulties are encountered in sports activities:

- related to the conditions of the competition;
- associated with overcoming negative psychological states and emotional experiences;
- associated with the implementation of technical and tactical actions;
- created with rivals, coaches, spectators, judges, various hindrances.

The psyche of an athlete, at critical stages of preparation and performance at competitions, has increased sensitivity, since a person is almost constantly in extreme conditions, in a pre-stress and emotionally tense state. The emotional state is involved in the direct coordination of the emergence and transformation of the characteristic functioning of the intellectual and volitional more curtailed reproduction of the rational level, emotions make it possible for its productive functioning in stressful conditions. Emotionally persistent people, the experiences of intense activity turn into affective processes, the manifestations of which are affected by the basal emotional contents (the affective process is syncretic in nature, a specially developed program will act as a defining means of increasing emotional stability, which provides, along with the same (rational) and non-identical (biased)) human transformation of objective conditions and situations).

Emotionally stable in conditions of intense activity is mediated by the integral process of emotional self-regulation in the unity of rational, emotional and physiological manifestations.

Many researchers recognize the crucial importance for emotional stability of such parameters as the intensity and sign of the experience, emotional reactivity, etc., in the works of Y.M. Bludov, V.L. Marishchuk, V.M. Pisarenko, V.A. Plakhtienko and other emotional stability is described as the least formed and developed quality of an athlete.

Emotional tension is characterized by a temporary decrease in the stability of mental and psychomotor processes, which in turn is accompanied by various rather pronounced autonomic reactions and external manifestations of emotion.

It arises and develops in connection with various emotiogenic, psychogenic, stressful and other factors, as well as very strong influences on the emotional-volitional, mental, somatic sphere, accompanied by various emotional reactions, experiences. The speed and degree of development of an athlete's tension are largely determined by individual psychological characteristics, in particular the level of emotional stability of personal anxiety as the ability to resist emotiogenic influences, the individual personality of the significance of these influences (a person's attitude to these influences) and his initial state (including functional state, health status, etc.)

Emotional tension should be distinguished from emotional and psychological tension arising from the mobilization of functional capabilities.

Against the background of specific emotions in connection with the corresponding volitional acts or in conditions of active expectation of any activity, the feeling of readiness to perform it can develop into tension.

An emotionally unstable athlete is characterized by the inadequacy of almost all components of the process of self-regulation of intense activity in relation to the leading goal. The emotional experience of unstable athletes, if we use the terminology of A.M. Matyushkin, acts as a psychological barrier, as an internal subjective obstacle to the successful achievement of the goal. During the experimental deployment of emotional experience in unstable athletes, an incomplete plan, operations, concepts and reversibility of experiences and feelings in the formed objective conditions were found in it.

Emotionally stable athletes organize the experience of emotions, feelings, passions, anxiety into a holistic, purposeful process. 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. In addition, experiences of intense activity transform the rational level into emotions.

An important criterion for a high level of emotional stability is high emotionality, which is characterized by the presence of not only positive, but also negative emotions. 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. By the latter, we mean a set of interacting complex emotional-cognitive links, united by the experienced goal of intense activity, which cannot be successfully implemented by any of them separately.

CONCLUSION

The emotional state can depend on the activity being performed, the deed done, on the state of health, on the mood, etc. All emotional states, no matter how subjective they are, determined, causally conditioned, although a person is not always clearly aware of the cause of his state.

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