

SPORTS PSYCHOLOGY AND ITS FOUNDATIONS

Elmuratova Aysulu Usaxovna*; Qazaqbaeva Gulmira Uzaqbay qizi**

*Researcher,

Department of theory of Physical Education and Humanities,
Nukus Branch Of The Uzbek State University Of Physical Education And Sports,
UZBEKISTAN

Email id: aysulu@gmail.com

DOI: 10.5958/2249-7137.2022.00822.9

ABSTRACT

Sports psychology is a branch of psychology that examines how people's psyches are doing during athletic competitions and exercises, as well as the psychological laws of group dynamics. The 1960s and 1970s saw the start of the modern era of sports psychology. The major goal of sports psychology is to establish crucial circumstances that affect athletes' mental and physical development. In addition, sports psychology works to support players' personal growth and success on a psychological level. Opinions and views on the psychology of sports and its underpinnings are maintained in this article.

KEYWORDS: *Sports, Physical Education, Sports Psychology, Skills, Adaptation, Movement.*

REFERENCES:

- Vasila Karimova "Psychology", Tashkent, 2000.
- Goziev E. "general psychology", Tashkent, 2004 year.
- Salamov R.S. "Theoretical foundations of sports training". 2 full. Textbook, -2015 210 b.
- Guramshin yu. F. "theory and methodology of Physical Culture". Textbook. Moscow. – 2010. 210 P.
- Abdullaev A. Khonkeldiyev Sh.X. "Theory and method of physical education". Textbook. 2005. 300 b.