

SPORTS PSYCHOLOGY AND ITS FOUNDATIONS

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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.*

INTRODUCTION

Investigations are also conducted on the issues surrounding coach-apprentice relationships, interaction, group compatibility, assistance among teammates, and self-control. His study includes methods for guiding athletes out of stressful situations, despair brought on by failure, emotional stress, and the development of tools for the prevention of insecurity. Biomechanics, physiology, kinesiology, and psychology are all interrelated topics of study in the science of psychology. It entails researching how psychological aspects affect performance as well as how exercise and sports impact these elements. Cognitive and behavioral techniques are imparted to athletes by sports psychologists in order to enhance their participation in and performance in sports. In addition to teaching and training psychological skills for improve performance, applied sports psychology can include working with athletes, coaches, and parents for Injury, Rehabilitation, communication, team work, and career advancement.

According to Rudic, an athlete's capacity to adapt to sport is influenced by his or her personal will. "The Will is such a movement of the individual that the action means putting a goal in advance and consciously imposing the means to achieve that goal in advance", says Rudic. Since it has been established in several studies that in addition to the physical, technical, and tactical aspects of adolescents competing, the need for their specialized psychological training plays a significant role, the Will of these athletes is now of great importance in the battle for victory. This preparation should be aimed at developing the volitional qualities of an athlete, believing in his own strength, introducing the character of the upcoming competition, its scale, the characteristics of opponents.

Analyzing the role of physical exercise in adolescent development, Lestgaft emphasizes that the leading factor in this place is the psychology of actions, and the physical exercises performed should cultivate a teenager's imagination in space and time. That is, a teenager imagines the strength, size, direction and speed of his actions. It is in this that the senses of sight, sensation and muscular movement are involved, and their self-organization states that movement sensation also generates feelings of space and time.

According to a number of studies conducted abroad, one of the key jobs of the psyche when a person encounters new circumstances on some level is adapting to the environment and assuring constructive behavior. As was mentioned in the paragraph above, this process is known as adaptation in contemporary psychological science, and this term suggests that the owner of a new labor assimilates the conditions contained in the new conditions.

From the analysis of the literature, it can be seen that the main essence of adaptation is manifested in the fact that a person accepts and assimilates the requirements of the conditions around him, the social environment. When this definition is analyzed on the scale of a changing society, we mean that athletes get acquainted with the activities that they must perform, and change their behavior in accordance with the requirements of the new environment. In particular, how quickly an athlete adapts to a sports team is a key factor in his early initiation of productive activities. Experts believe that the existing difficulty in the field is determined by the following reasons: the adaptation period takes a much shorter time; the lack of formation of a teacher-apprentice system, even the presence of competition within a group.

There are also a number of organizational, social factors that make it difficult for an athlete to adapt to activities, and in their essence they belong to the category of objective factors. These include unfavorable conditions, weight of training, non-compliance of the athlete's qualifications with the requirements of the profession, lack of resources providing exercises to be performed, errors in the incentive system, violation of the principle of justice and other reasons. Such an aspect of adaptation associated with sports activities makes it necessary to master the requirements for exercises performed in sports. In this type of adaptation, there are objective and subjective factors, and as objective factors of professional adaptation, it is possible to list the education, qualifications and experience of sports men. And among the subjective factors, the psychology of sports activism of sam boist's is a science that studies the activity of the human psyche throughout sports. This branch of life is considered to have been opened in the field of psychology in 1913, when the initiative was proposed by the International Olympic Committee. As a result, a conference was organized, and later in the second half of the 20th century, the International Society for sports psychology was founded. .

Dezadaptation-adaptation It is not enough to maintain the achieved level of reactions, to engage in low-cost activities or to completely stop exercising leads to the loss of adaptasi'a, that is, dezadaptasi'a. F.Z. According to Merson, deza'daptation is an excellent ability in the loss of unused structures of the body. These structures will be necessary for other systems of the organism. As a result, within the mechanisms that would otherwise ensure the development of adaptation under the influence of the environment, it would be necessary to differentiate mechanisms specialized in the decrease in the synthesis of oxides and the breakdown of structures. The process of dea'daptation develops much faster when the exercise stops or the working load is greatly reduced. But it will be much slower than the speed of its formation of adaptasi'a, about 1.5, 3 times, again, it should be said that the development of adaptasi'a

reconstructions on the contrary does not go smoothly: during the week after the exercise is interrupted, the functional reserves are significantly reduced, then the deadaptation process slows down. At the same time, the faster the adaptation is formed, the more difficult it is to maintain the achieved level, and the faster it disappears. This law is common to various organs and functional systems of the human body. For example: the decrease in maximum strength after stopping the exercise will be directly related to the duration of the adaptation formation.

The alternation of adaptation and deadaptation as well as the prohibition against long-term employment with non-physical labor will have a significant relevance in the proper organization of the exercise. Otherwise, genetically controlled adaptation mechanisms are interfered with, leading to functional inadequacy of the associated organs and bodily systems. Long-term adaptation is characterized by the restructuring of organ and tissue structure, a much faster acceleration of functions, increased mobility and stagnation of functional system functioning, and the adjustment of the purposeful and flexible interconnection of movement and vegetative functions.

Sports psychology "is a science that studies the mechanism of the laws of the athlete's psychological activity in the context of physical exercises and competitions. This science is closely related to other branches of psychology. Scientists working in the field of "sports psychology" conduct scientific research, relying on theoretical knowledge and practical experience gained in such areas as general psychology, pedagogy, Medicine, Social Psychology, the basics of the theory of Physical Culture. This science serves the way for athletes to achieve high results in sports. Sports activities of people differ from other types of its activities. The basis of sports activities is Physical Culture training and sports competitions. That is why one of the main tasks of the discipline "sports psychology" is to prepare athletes for participation in sports competitions. This preparatory process requires further improvement of the methods of physical and mental training that arise in athletes, such as the formation of special physical qualities, skills, abilities, the cultivation of knowledge, the overcoming of physical and mental difficulties. Also, the science of "sports psychology" shows athletes ways to build correct relationships with members of their team; also studies the physical, mental, tactical, technical training of the athlete. The science of "sports psychology" studies each sport separately.

In Conclusion, It entails researching how psychological aspects affect performance as well as how exercise and sports impact these elements. Cognitive and behavioral techniques are imparted to athletes by sports psychologists in order to enhance their participation in and performance in sports. Applied sports psychology can involve working with athletes, coaches, and parents for injury, rehabilitation, communication, teamwork, and career growth in addition to teaching and training psychological skills to increase performance.

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