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Sports Psychology

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Annotation: this article describes information about the volitional and individual characteristics of athletes and sports psychology. We will dwell on the state of the human psyche during sports competitions and exercises, the psychology of Group relations and sports competition.

Keywords: sports psychology, motivation, psychological image, coach, and athlete relationships, psychic self-education.

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Sports psychology-studies the characteristics inherent in them in various types of sports activities and the psychological characteristics of the personality of the athlete. Sport occupies a huge place in modern life.

By gaining independence, the Republic of Uzbekistan has newly adopted the goyaviy-politically, iftimoly-economic directions and practically advanced the measures and measures of comprehensive protection of the population. These activities further develop the passion of the population and especially young people for physical education and sports.

The main task of sports psychology is to create important conditions that affect the psychic and physical maturation of athletes. In addition, sports psychology is also engaged in the provision of psychological assistance to the reproduction of athletes as individuals, their achievement. The problems of apprentice relations with the coach, Interaction, group compatibility, mutual assistance, collective warm mental environment, self-management are also investigated. The creation of means of removing athletes from situations of stress caused by failure, depression, emotional tension, insecurity prevention is part of the subject of his research.

Without serious study of the psyche of an athlete, the inability to comprehensively develop modern sports achievements has become known to everyone. The sports coach is not able to solve the tasks set before him, not knowing the psychic functions, psychological qualities of the athlete. In order to achieve high achievements in sports, the coach must know the athlete perfectly in every possible way.

Like any science, sports psychology is included in its subject of study, that is, in its field. The main objects that sports psychology studies are the athlete, the sports coach (coach) and the sports referee. From the above, the subject of sports psychology studies the formation of special tendencies of the athlete's psyche and mind in the process of training, as well as the psychology of a sports coach. Sports Psychology reveals the laws of the evolution of the human psyche in the conditions of sports activities and studies the specific psychological characteristics of many sports that differ from each other.

The psychological climate is relatively stable, falling into the category of mass social psychological phenomena, and plays a kind of “environmental environment” roller for the personality of a member of the group athlete. That is why the coach is required to be able to interact with athletes with special manners, respect, to find motivational types in the character of athletes that provide effective control.

It is necessary that the coach, team doctor, psychologist and other specialists working with athletes carefully monitor their interaction within the group and timely eliminate the conflicts that arise.

The equal relationship between Team athletes does not lie in the formation of small groups that arise on the basis of petty interests, which is an important factor in the soglom of the psychological climate in the team. The motivation of an athlete as a person, without emphasizing achievements in sports, is a characteristic feature of a healthy team.

The psychological climate in the sports team is an extremely complex phenomenon, it belongs to the category of the social psychological component of the reliability of the activities of the sports team. However, it is social stress (negative psychological climate) that is the reason for psychosomatic changes and the origin of other diseases in athletes.

Sports competition is a necessary and component of any sports activity. Each sports competition in its essence means the release of the results of the training activities of the athlete during the preparatory period for certain competitions. Sports competitions are also a way and method of assessing to what extent the work of a sports coach is correct. Therefore, sports competitions are an integral part of the process of achieving excellence in sports. There is no sport without competitions. The goal of participating in the competition is to achieve victory, or improve the results regardless of the level of achievements that the athlete has achieved so far. This creates an extreme situation that, in most cases, requires a person to demonstrate incredibly great opportunities in a very short time. Having achieved high results, indicators in competitions, aspiration is manifested regardless of the level of sports achievements of the athlete, the level of training and other factors. Training an athlete for a competition with the above-mentioned goals requires a higher level of psychic tension from him.

For this reason, great demands are placed on the nervous system of the athlete, on the level of his or her physical, psychic qualities, as well as on the spiritual aspects of the athlete's personality. Conclusion Sports psychology is an important factor for athletes as well as coaches. Sports psychology is a field of science that studies the mental state, motivation and self-control abilities of athletes. This area helps athletes to increase their level of mental training to show the highest results. Sports psychology has the following main areas. Motivation is the analysis of internal and external factors that motivate athletes to achieve their goals. Stress management developing ways to effectively manage the stress and pressure that occurs before and during competitions. Concentration is the development of strategies to focus athletes ' attention and reduce distractions. Sports psychologists perform individual and team training with athletes, helping to open up their mental potential and improve sports results. This process is achieved through athlete targeting, visualization, positive thinking, and stress management techniques.

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