

DETERMINING THE MENTAL STATE OF THE ATHLETE USING PSYCHOLOGICAL

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Annotation

The article describes methods for determining the mental state of athletes using diagnostics based on express-adequate psychological methods.

Keywords: Adequate methods, self-esteem, Dembo method, psychogeometric test, color complex technique, average self-esteem, high self-esteem, low self-esteem, the image of "I"..

Introduction

The study of individual activity in physical education and sports, that is, the study of human activity as a social, conscious, practical, perceptive, generalizing, creating, transforming, excited, self and other people and, where possible, managing the conditions of activity. and historical and developmental principles. According to these principles, the psychological approach plays an important role in the formation of the athlete's personality.

It can enable the effective organization of an athlete's tactical, technical, psychological preparation by making a psychological diagnosis of the athlete's self-assessment, character traits and emotional state, and studying and analyzing the level of psychological preparation.

For this purpose, the selected athletes were studied using the method of M. Litvak's "Dembo" self-assessment, character traits and behavior of the person using psychogeometric tests, which have access to adequate methods, ie fast and accurate information. Also, using A. Lutashkin's method of color complex, effective methods such as diagnosing the athlete's mood as an emotional state were empirically analyzed. Using such a technique allows a person to self-assess in 5-7 minutes over a long period of time, a detailed interpretation of the pros and cons of character traits, as well as the mood of the current person.

Athletes were first taught the method of "Dembo". With its help, an individual's self-esteem was studied. The results obtained on the Dembo scale are given in Figure 1.

Figure 1

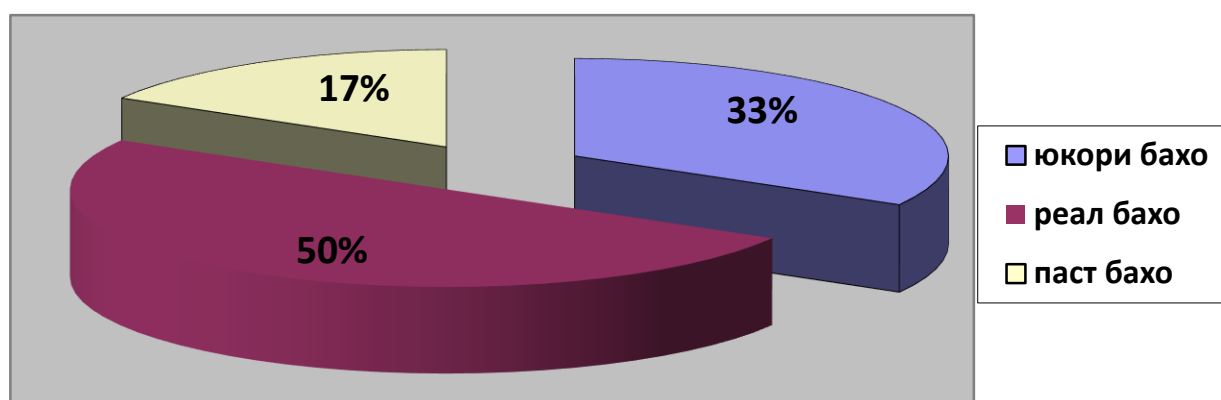


Figure 1. Dembo methodology results.

According to the key to the Dembo method, the response with the highest frequency of repetition was 50% of athletes with a moderate self-esteem. Such athletes are flexible, compromising, acting, and do not understand their goals. The number of self-assessed test takers is 33.3%, who are more goal-oriented than average scorers, aware of their shortcomings and achievements. The remaining 16.6% of athletes were found to have low self-esteem. Such individuals, along with their philosophical thinking, are a type of life-affirming, communicative subject.

Every person has their own 'I'. The image of "I" is both a condition and a consequence of social relations. Another manifestation of the formation of the image of "I" is the "imaginary I". If possible, it should be noted that he wants to reach the desired level, in general, to remain as he imagined. This type of "I" is very important, especially during adolescence. Participants in the study also need to work individually with low or very high self-esteem, taking into account their adolescence, otherwise they may not be able to use their real potential in sports competitions, despite their high level of technical and tactical training. Or it may be that you fail to evaluate your opponent correctly, and as a result of neglect, you lose to a weaker opponent.

Self-esteem is the self-assessment of oneself, one's own abilities, qualities among others, and one's place by oneself. This is the most important and most studied aspect of psychology in self-awareness. Through self-assessment, an individual's behavior is corrected and regulated.

The process of self-awareness, the evaluation of existing qualities is difficult in adolescents, that is, human nature is such that he tries to "hide" incomprehensible qualities that do not correspond to the norms of society, and even such ideas and knowledge are squeezed into the realm of unconsciousness. according to the theory of the Austrian scientist Z. Freud). Therefore, coaches and trainers should try not to overstate the demands placed on their students in relation to athletes with low self-

esteem, and not to constantly express various objections. It is also advisable to support them in case of failures during training or competition.

Even very high self-esteem does not have a positive effect on a person's behavior. Because it is also formed due to the artificial exaggeration of personal achievements or the qualities in it by others, inappropriate praise, the desire to avoid various difficulties. It is therefore necessary to insist on adherence to a normative engagement plan on a regular basis.

At the next stage, a psychogeometric test was conducted on athletes, in which the character traits of a person were determined by plotting geometric shapes.

Diagram 2 was created to increase the visibility of psychogeometric test results. Diagram 2

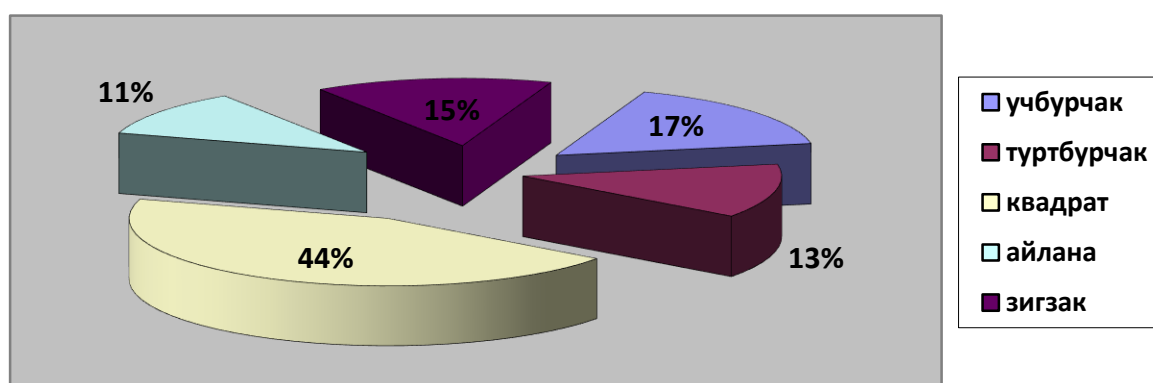


Diagram 2. Psychogeometric test results.

44.4% of the subjects chose the square shape. Their positive qualities are: attentive, orderly, hardworking creative, determined, resilient, frugal, has few friends, but constantly does the work with a plan. Dress as a rule (white, black). The scope of thinking is wide.

Negative traits: low imagination, self-talk, stubborn, very cautious, thinks he is the smartest of all, low emotion, "paperwork", angry, etc. You have to be careful. Such athletes cannot independently adopt new tactical plans, but can create new technical methods. During the competition, it is up to the coach or team leader to assess the situation and make a decision.

16.6% of the athletes approved of the triangular shape. The positive qualities of those who choose the triangular shape are: purposeful, dynamic, self-confident, hardworking, creative, caring if the leader, and fighting for the good of the work, resilient. Performs team leadership well. Always ready to support his teammates.

Negative traits: self-loving, selfish, does not back down from anything for his own benefit, impatient. It is necessary to behave in a praiseworthy way. Does not like overwork.

It was noted that 14.8% of the subjects chose the zigzag shape. The positive qualities of those who choose the zigzag shape are: a person who is different from others has a circular character. Strong intuition, creative, inventive. A strong thinker, a strong person in subtlety, an analyst, a possessor of various ideas. Has the ability to anticipate the actions of opponents. Likes to use a variety of different tactics.

Negative traits: does not like discipline (in training) knows his job well and does it. The feeling is very strong (so it can be belligerent as a result). He has selfishness, does not like the use of sports equipment belonging to him by others, acts under the motto of everyone's own. It works very well if you put it on its own and reward it.

12.9% of the athletes in the study chose the rectangular shape. The positive qualities of those who choose the right rectangular shape are: The self-seeker strives to be like all shapes.

Negative traits: A self-seeker needs help to find himself. You need to be guided.

11.1% of the subjects chose the circle shape. The positive qualities of those who choose the shape of the circle are: a sign of a harmonious personality. Communicating for the betterment of the relationship is a strong empathy, a strong good psychologist, a strict adherent to the norm of morality. Respects rivals. In rare cases, it is punished by judges.

Negative traits: not hardworking, gossipy, does the job well if you have a good attitude. He likes to take a lot of breaks during training.

By identifying these character traits, the training process can be effectively organized. It is possible to choose individual approaches based on character traits.

Once the athletes' self-image and character traits are identified, the study of their current emotional state and mood provides the basis for effective communication. In our study, the color range of the subject's mood was analyzed using a method of diagnosing mood as a person's emotional state.

The results obtained are given in Table 1.

Table 1. Results of color range methodology.

Ранглар турлари	Респондентларнинг сони ва фоизи	
	Сони	Фоизи
Қизил	5	9,2
Сариқ	3	5,5
Яшил	7	12,9
Кўк	6	11,1
Мовий	11	20,3
Қора	8	16,6
Оқ	14	25,9

During the trial period, 25.9% of athletes chose white, which was found to be associated with an excellent mood, an upbeat mood. In fact, those who choose this color are considered to be a carefree, open-minded person with a tendency to love and compassion.

Annoyed subjects, i.e. those who chose blue, accounted for 20.3%. The main reason for such anxiety can be explained by the fact that the person is worried about his future, as well as the high level of responsibility, the responsibility processes that are expected to occur in our example of a prestigious competition or the end of the semester.

16.6% of athletes said they were in a black (unsatisfactory) mood. Such teenagers are self-respecting, loyal to traditions, and do not show their feelings to others. Concealing internal mental discomfort in appearance leads to dissatisfaction with the external environment, or with the means of influence.

12.9% of athletes found the green color acceptable. It shows that they are in a calm, carefree mood. The color green helps to reduce inner turmoil, to make decisions, to be attentive, to immediately begin to realize the given tasks. Those who like this color will be meek, adaptable, love the same flow of life, nature-loving.

11.1% of athletes chose blue. Those who chose this color said they were in a sad mood. If such individuals like the color blue in their lives as well, they will be honest, carefree, striving for a normal life.

9.2% of athletes chose red. The mood of those who choose the color red is excellent, indicating that the joy is indescribable. Mood not only affects a person's psychological state but also his or her physical potential, increasing his or her strength.

And finally, those who chose the yellow color had the lowest score. They made up 5.5% of the athletes. A pleasant mood prevails when choosing a yellow color. If such individuals love yellow, they fall into the category of super-intelligent, always self-conscious, aspiring to be first.

The results show that there is reason to conclude that a person's mood, mental state can change from the satisfaction of needs, regardless of his character traits, the image of "I".

Based on the above results, a rapid diagnosis can be made on the basis of three methods applied to the athlete's personality. Coaches and trainers, sports psychologists can use the above rapid psychological diagnosis to make an accurate, rapid diagnosis of the general psychological condition of young athletes under their care.

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