

THE FEATURES OF THE PSYCHOLOGICAL PREPARATION PROCESS OF TURON FIGHTERS TO COMPETITIONS

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ABSTRACT-- This article deals with the features and advantages of the psychological preparation process in the forthcoming competition in the field of physical training, general and special psychological training of the participants of the single fighting.

Keywords-- equipment(aid), quality, psychology, sportsman, representation, sense, intellectual, master(coach), global, power, tactics

I. INTRODUCTION

Nowadays it is being used spiritual and psychological means and ways of teaching in the sphere of sports. It tends to improve not only physical feature and knowledge but inner world of students. Intellectual freedom of students is based on the development of *teaching* methods of trainers. Krey Brane said: "Trainers ought to pay attention to the development of sportsmen's skills and abilities in order to enhance every sportsmen's good features. Psychological preparation depends on psycho-pedagogical events and competitions". The sportsman who trained psychologically could win the competitions at sports events. Sports trainers prepare sportsmen to sports competitions and events. Psychological training helps experienced sportsmen to win at all sports competitions and events. (1,2,3). In order to improve every sportsmen's good features trainers should pay attention to develop sportsmen's skills and abilities according to psychological preparation-psychological-pedagogical events. The sportsman who trained psychologically could win the competitions at sports events. Sport specialties and trainers should pay attention to the psychological preparation of participants. Because psychological training helps experienced sportsmen to win at all sporting competitions and events. To create psychological, prearrange of person, his activities depends not only on outside but inner impacts either.

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II. MAIN PART

To improve every skilled sportsmen's preparation process based on psychological preparation. Psychological preparation consists of taking part of sportsman in competitions, to gain a good result from creating possession of psychological preparation and carry out during the sport activities. To create a psychological preparation process is a treble of master and sportsman and active energies subject. According to the pedagogical meaning, this trouble consists of to find and organize psychological preparation processes, to resources, methods, and systematic style. To solve effectively this matter's circle demand from masters and sportsmen to understand the meaning of psychological events. From points of future sport conditions to improve the psychic preparation process consist of direct and organizing sportsmen's consciousness and attempts.

Today's psychology want to demonstrate the whole environment in the people mind and to show their attitudes. To demonstrate the environment and own appeared in the people's mind as the characters, ideas and feelings. This attitude take part as the every improving history of people's individual choice of peculiarity and connect with the environment's social education and experiment base on another emotional view.[V.N.Myasishev].

The ability to reflect and respond to him in his or her relationship with the social and natural environment in which he lives and his attitudes always go together and act in a certain way and his attitude always takes place together and is realized by certain actions reflects and displays one or more objects in relationship but one time relationships have a known impact on the subject's repetition of single object or similar object. The interaction of the individual with the social and natural environment in which it is acquired, and the attitude towards it always involves the participation and the specific action. The behavior of a person and his peculiar actions are determined not only by the external environment, but also by the system of relationships or attitudes that have arisen in the past, not in the direct influence of the internal environment of the body and its changes. At the same time, occur and change athlete's mind – oriented competitions the behavior of a person and his particular actions are determined not only by the external environment, but also by the Yurasov and Yegorov can easily be used to describe sports psychology with the following words: I can do it – want to do it, the rational, spiritual emotional basis of the interconnected competition that has been created by the athlete in the mind- set organization of psychic training moderation the knowledge of the athlete's mind is to create an imagination of the contingent conditions for the competition, which can create a positive attitude to the athlete to take part in competitions all this done in the conditions of preparation for the competition. The advertiser finds expression in the concrete actions of the coaches.

That is why it is prepared for competitions but also in the context of jointly planned and modeled events in the training process, are considered as a targeted process sporting activities. This is not only about sporting achievements, but also the training process for the formation of personality with the well- developed physical and spiritual strength in the mass sports, thus simultaneously preparing sportsman for competitions the pressing issues facing the comprehensive development of well – developed person in the mass sports are deeply reflected in the sporting activities.

This is not only about sporting achievements, but also the training process for the formation of personalities the pressing issues facing the comprehensive development of a well-developed person in the mass sports are deeply reflected in the decision of President of the Republic of Uzbekistan SH. M. Mirziyoyev on PQ - 3031 of June 3, 2017 “ On measures to further improve physical culture and mass sports ” to build lifestyle in our society, to create conditions that will meet the needs of the population, especially for physical training and mass sports, to strengthen young people’s and talents through sports competitions, courage and patriotism, fidelity to motherland as well as organizing the selection of talented athletes among the youth, and the development of physical culture and mass sports, and their comprehensive training in international competitions. Characteristics of the process of psychological preparation of the Turon fighters in competition.

Turon martial arts is one of the national kinds of Uzbek national sports, and nowadays our country become a favorite sport for young people in the former Uzbek kurash. This single sport competition continues uncompromising and requires a through preparation of athletes physical, technical, and tactical training of the major competitors, psychological training is crucial in solving the most important goals in the world.

The result is that most trainers train physical, technical and tactical training in daily workouts they believed that the results achieved in the competition are related to these factors, but nowadays psychological training of athletes is proven in scientific competitions, which is gaining monumental in competitions. General Psychological Trainings a special psychological training of the wrestler in each competition, if it solves the tasks of sports training, educational, educational tasks, and in particular, adaptation to the extreme conditions of the tournaments, is a component of the formulation of willingness to participate. General psychological training is carried out with physical, technical, and tactical training during the whole process of sporting, with the help of which the specific tasks are solved.

Table 1: schedule

<i>N^o</i>	<i>Tasks</i>
1	<i>To bring up wrestling behavior attitude</i>
2	<i>Forming circumstance among the sportsman’s and team</i>
3	<i>To bring up attitude odetermination</i>
4	<i>To develop position of the notice aspecially “ to feel competitor”, “to feel time and places” to develop such kind of special types of the comprehend</i>
5	<i>To develop strong of the attention division and to pass one another</i>
6	<i>To develop tactic thought</i>
7	<i>To develop abilities of controlling the emotion</i>

Suggestions for the importance and value of psychological training in the success of sports, given the peculiarities of sports, are reflected in the research carried out by experienced scientists. Psychological training for the forthcoming competitions proposed by NA Tastanov (2010) is based on general psychological training and aims to address the five specific tasks listed below:

The first is that the wrestlers have an understanding of the competitions they are facing;

Second - to study the features of the upcoming tournaments (time and place);

The third - to study the strengths and weaknesses of the opponent, to prepare for the tournament, taking into account their current capabilities;

Fourth - to build a strong sense of self and strength in order to win the upcoming competition;

Fifth - focusing on and addressing issues such as overcoming negative emotions associated with the competition and creating a positive emotional state.

Psychological training of athletes is very important; human capabilities are endless. Athletes only need to know how to mobilize their mental and physical capabilities to achieve their goals (Y.Masharipov,2010). The formation of such knowledge, skills and abilities in athletes should be in the focus of specialists and teachers, taking into account the psychological training of athletes for physical training and sports (Table 1), and the achievement of athletes in planned competitions. is essential for achieving:

Table 2: Management of breath rhythms

1	2	3	4	5
Athletic Attention Control	Thinking through emotional images	Convincing yourself in words that are touching	Manage muscle activity levels	Management of breath rhythms

Taking into account the above methods, it is possible to achieve even better results. The purposeful use of psychological training tools, given the peculiarities of the athlete's performance, is an important factor in achieving high results in future competitions. We have outlined the following techniques for psychological training for girls and girls involved in Turoners. Participated in the Uzbekistan Championship, which was 0 (20) among athletes born in 1997. The team of Bukhara State University has developed a plan for pre-tournament psychological training for women's team (Table 2):

Table 3: displayed on the board of the gym

1	2	3	4	5	6
Tournament place, time	Environment, Objective, subjective relationships	Composition of the opposing team in each weight	The team that is expected to be the main opponent	Individual characteristics of the competitor athlete. Physical, mental, technical, tactical training	Learn more about the capabilities of your opponent's team (s)

This plan is important for enhancing the training of athlete girls in the upcoming competition and strengthening their confidence in the victory. Also, information about athletes who are expected to compete in the tournament (Table 3) is displayed on the board of the gym:

Table 4: The work shown in the tables

№	Age	Height	Sports title	Information	Physical training	The mental state	Will	Technical, tactical skills	Favorite way: hand, foot shots, right, left	The results achieved
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

The work shown in the tables above was used during pre-tournament preparation, which had a positive effect during the competition. Participation and results of students participating in the competition are as follows:

- F. Fayzieva, who competed in the weight category up to 52 kg, won 5 games and won first place.
- G.Ramazonova in 60 kg weight category won 3 of 4 competitions, was defeated by the representative of Fergana region M. Odiljonova with 11/8 points and took 2nd place.
- The strongest female athletes of the country weigh 65 kg. In the uncompromising struggle M. Bahromova defeated all her opponents and took the first place.
- In the weight class up to 70 kg O.Ramazonova won in all 6 competitions.
- Two team members D.Shaimova and S.Saidova, who defeated all their opponents in the 80 kg weight category, competed in the final. Saidova won and became the champion of the Republic.

The final results of the competition showed that physical, technical, tactical and willpower training was important for achieving high results, and pre-competition psychological training was instrumental in winning athletes in competition was proved by the participation of female student-athletes in the Republican Championship.

Thus, in the process of general psychological training of "Turon" fighters, it is important to solve the above tasks. Sports practice shows that it is scientifically proven that athletes who are psychologically prepared for future competitions often succeed in competitions. Based on the specifics of the sport, psychological training can be divided into the following stages (Yu. Masharipov, 2010):

- provide athletes with enough information about their competitors and future competitions;
- checking the data on sporting events and competitions, determining the level of reliability, examining the chances of winning or losing a particular athlete or team when a competition starts or changes;
- instructing athletes to clearly define goals and objectives for the competition;
- to identify the reasons, the essence and the purpose of the athletes' participation in the competition, to explain the social significance of the victory;
- planning activities for future athletes during the competition, focusing on enhancing their moral qualities, improving tactical and technical training for the competition;
- creating unexpected obstacles to educate the athletes morally, provide additional training to build skills that will help them overcome these barriers;
- teach the athlete to use the methods of managing his / her mental state during the competition;
- training the athlete at the beginning of the race for mental motivation, nervous system activity, and not getting tired, and the use of athletes, including turoners, to motivate them to become more active during the competition, and to achieve better results in the martial arts. For example:

To give tourists enough information about the opponents and the conditions of the upcoming tournaments: first determine the place of the upcoming competition (district, city, region, republic, etc.) in accordance with the calendar of a competition, clarifying information about potential competitors and analyzing their results. Watching the video archives of the competitors with which the contestant has been filmed must carefully follow each action and make the appropriate conclusion.

Another important aspect of a turan fight is the improvement of psychological training and technical tactics. Improvement of technical tactical skills is inseparable with psychological training. A turoner`s tactical moves are supported by his emotional shell and level of cognitive processes. Technical-tactical training, develops tactical thinking, coordination, agility and sensitivity. Tactical decision-making is a product of the turonists' thinking activity. A turonist uses tactics and makes decisions based on the principle "agreed" and "disagreeable". Psychological training is the basis for the general training system. Physical training, in turn, is a pillar of improvement, a means of realization of physical and psychological capabilities of the turonist`s technical and tactical training. Knowledge of choice and speed of execution of decisions are the most important aspect of the psychological training of Turonists.

Psychological training should take into account the ability of the tourist to make the right decisions in various situations. It is necessary to instill in psychologists a psychological orientation towards activization of actions. The purpose of this is to create a dynamic dynamic for attack and to exploit this situation to gain dominance and victory. Knowing the favorable dynamic situations that arise during the martial arts, and being prepared to carry out technical attacks and timely attacks are just one aspect of the psychological direction. Today, it is necessary

to rely on psychological and physical and technical training to develop and use a dynamic environment for the development of a balanced, modern sport to show high sports results.

The ability of the archer to be able to motivate the upcoming competition in a highly emotional manner, with proper and timely encouragement, given the strengths and weaknesses of the opponent, is crucial to victory.

III. CONCLUSION

It is crucial to train the physical qualities and develop tactical movement in the process of preparing the Turon fighters, and contribute to the formation of side – by- side characteristics and personal qualities. The athlete needs to focus on working hard, cultivating and improving his thinking. It is necessary to eliminate the negative effects of the team by demonstrating a consistent impact on the formation of personal qualities during training and competitions, a high level of emotion of sports team, friendly relations, unity of tribal fighters are one of the necessary conditions for good psychological climate in training and competitions. In the process of Turaner`s training, it is important to influence the formation of personality traits and personality traits by nurturing physical qualities and improving technical and tactical actions. The athlete must constantly guide himself to work on himself, to enhance his culture and thinking. It is necessary to consistently influence the formation of personal qualities during the training process and in the competitions, with the help of the team to correct negative situations. Formation of a sports team is a prerequisite for a high sense of friendship, friendly atmosphere, solidarity of the Turaner`s, a good psychological climate for training and competitions:

The issue of psychological training in the martial arts is one of the prerequisites for Turon's successful performance in the tournament;

- It is desirable that psychological training should always be taken into account during exercise
- Formation of the mental state of the competition should be focused on the athlete's mind and actions based on the anticipated conditions of the future competition. In general, psychological training in Turonda is important. It is impossible to achieve results without taking into account the criteria for psychological training. Today, many coaches seem to be indifferent to psychological training, focusing on the physical, technical, and tactical training of athletes. As a result, strong athletes leave the round of matches early for trivial reasons in uncompromising fights. It should be noted that the trainer must be well-versed in how to apply theoretical knowledge in training, be aware of the research work in the psychological training of the athlete, and study and apply the necessary literature.

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