

Review Article

PSYCHOLOGICAL IMPACT OF FOOTBALL GAMES TO THE FORMATION OF INDIVIDUALITY OF THE STUDENT

¹Dustov Bakhtiyor Akmalovich, ¹Toshov Murod Khalilovich, ¹Sabirova Nasiba Rasulovna, ¹Fazliddinov Farkhod Savrievich

¹Faculty of Physical Training, Bukhara State University, Bukhara, Uzbekistan.

E-mail : gulbahor75@rambler.ru

Received: 07.02.2020

Revised: 09.03.2020

Accepted: 17.04.2020

Abstract

The article presents scientific, theoretical and practical ideas about the psychological impact of football competitions on the formation of the student as a person. Sport is not only a physical and spiritual well-being, it is protecting young people from harmful ideological pressure and habits, who have a great hopes for future, enabling them to realize their abilities and talents. From the point of view of sports preparation, adolescence is a young decision maker age. At this age, the greatest increase in speed, power, and agility is occurs. Special development of these qualities should be the core of the training process. Particular attention should be paid to the development of agility and in particular the speed of the reaction. It is important to do some exercises for speed, preferably with sufficient pauses for rest. The load should be increased unnoticed for those who are using the ball, exercises, and game exercises. Purposeful development of strength and endurance is mainly in the form of strength and combination exercises, along with the development of agility.

Keywords: Psychology, football games, sport, nervousness, mental agility, conscientiousness, quickness, agility.

© 2019 by Advance Scientific Research. This is an open-access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>)
DOI: <http://dx.doi.org/10.31838/jcr.07.06.83>

INTRODUCTION

The aim of the ongoing reforms in our country is the idea of improving the living standards of people, creating a healthy and spiritually healthy environment for all segments of the population, and strengthening the health as well. Therefore, at the same time, a great attention is being paid on physical culture and sport, which has become an important socio-political task of the state importance.

Sport is not only a physical and spiritual well being, it is protecting young people from harmful ideological pressure and habits, who have a great hopes for future, enabling them to realize their abilities and talents. Therefore, in recent years a number of legal acts have been signed in our country: decree of June 3, 2017 "On Measures for Further Development of Physical Culture and Mass Sports" [1]; adoption of the Decree of March 5, 2018 "On Measures for Radical Improvement of the State System in Physical Culture and Sports" [2], according to this decree the Physical training and sport committee was transformed into Ministry of Physical culture and sport; as well as the Cabinet of Ministers on January 29, 2019 "On the promotion of healthy lifestyles in Uzbekistan and the involvement of the public in physical and mass sports" [3]; adoption of the Resolution "On approval of the concept of development of physical and mass sports in Uzbekistan for the period 2019-2023" [4] indicates the beginning of a new stage in the sphere of physical culture and sports in Uzbekistan. Address of the President of the Republic of Uzbekistan Sh.Mirziyoev to the "Oliy Majlis" on December 29, 2018: "We attach great importance to the dynamic development of sports, encouragement and support of athletes who achieved high results in international competitions. In order to promote sports among our young generation, we will create children's and adolescent sports schools in the most remote areas as well" he said.

While we live in a time when physical culture and sports have become an important factor in the development of the social sphere in the country, government decisions to support this area are of course important. The Decree of the President of the

Republic of Uzbekistan dated March 16, 2018 "On Measures for the further development of Football" provides great opportunities for specialists in the field of physical culture and sports, including football specialists of the country. For implementing the tasks above, great changes are being made in football in the country. Particular attention is paid to training players, improving their training systems and ensuring their effectiveness.

Like other sports, football has two teams that want to win. Fighting for victory requires strong physical, mental, and moral strength from athletes. Only players who are able to use their skills to the fullest can achieve success in individual battles with equal opponents. During the game, when they own the ball, each team will have to carry out attacks many times using different means and methods of struggle. Therefore, the most important thing in tactics is the ability to achieve the goal, the specific means of attacking and defensive action, the ability to use the wide range of tactics and capabilities - all of which characterize the tactical maturity of individual athletes as the whole team. Success in training young athletes involves a long-term training process that depends on the level of development of all components of sports skills, first of all, improving the physical qualities, improving technical and psychological training availability of each athlete.

MATERIALS AND METHODS

Many psychologists have done research on the positive effects of sport on the formation and development of personality in psychology. Much of the school's personality is shaped by the research that focuses on the impact of school curricula, including physical education and sports. Psychologists from Uzbekistan R.Z. Gaynutdinov, Z.G. Gaffarov, F. Karimov and others have conducted research, but the effects of physical education and sport on personality formation have not been fully investigated, especially impact of wrestling on the personal and psychological characteristics of Uzbek wrestling is poorly investigated.

Many psychologists have done research on the positive effects of

sports on the formation and development of personality in psychology. Many conducted researches focuses on the learning of the impact of school curricula and in physical education and sports for forming personality of the students. Psychologists from Uzbekistan R.Z.Gaynutdinov, Z.G.Gaffarov, F.Karimov and others have conducted research, but the effects of physical education and sport on personality formation have not been fully investigated, especially the role of wrestling for the formation of the personal and psychological characteristics of students.

Analyzing the major football competitions of recent years with staff, M.A. Godick concluded and said: "In modern football the importance of team play based on the successful combination of each player's individual qualities in the team, such as expanding

the universal capabilities of the players. The opinions expressed are based on the following. Football players are becoming more and more common. In addition, athletes who play well on their own, and at times complete defensive offensive plays throughout the field, are also universal and can also maintain a high pace throughout the game.

RESULTS AND DISCUSSION

Results. The following is a summary of the results of our testing, and briefly summarizes some of its features (Table 1).

Anxiety. According to the psychological dictionary, "nervousness is a condition characterized by emotional instability, anxiety, low self-esteem, and vegetative disorders."

Table 1 Results of student research on psycho-diagnostic tests

№	Individual and personal qualities	Types of sport	
		Football	Students who are non engaged with sport
1.	Anxiety	13,9 ^{***} /17,5	17,0/17,2
2.	The emotional tension	11,8 [*] /14,8	15,6/15,8
3.	Mental suffering	12,1 ^{***} /12,9	13,1/13,3
4.	Honesty	8,9/ 8,2	10,2/10,4
5.	Interference	7,9 ^{***} / 9,0	9,1/9,3
6.	Common activeness	8,5/6,6	6,8/7,0
7.	Dreadfulness	6,9/9,6	9,4/9,6
8.	Affection	8,6/8,2	9,0/9,2
9.	Aesthetic Impact	8,2/8,0	9,6,/9,6
10.	Kindness	5,3/6,0	6,2/6,2
11.	Psychological unkemptness	9,8 ^{***} /11,4	12,1/12,1
12.	To be non social	6,5/7,8	7,9/7,9
13.	Not being sociable	6,7/8,0	8,2,/8,2
14.	Shyness	7,9/9,0	9,2/9,2

The criteria are given by students' pre-performance performance.

Note: * - p≤ 0,05

** - p≤ 0,01

*** - p≤ 0,001

According to a survey, students who play football moderate medium level of nervousness. This shows that they can respond to different influences and tend to compete.

At the same time, it is also wrong to think that they are emotionally mature, objective self-evaluated and others.

Our additional observations show that learners are not always able to demonstrate adequate assessment in interpersonal relationships. In our view, this may be explained by the fact that the psychological characteristics of the students are related to the students. However, comparing students who are engaged with sport and non - engaged, athlete students can act decisively when needed. They are active, enthusiastic and initiative.

At the age of 8-10, significant changes in thinking and memory occur. In education and training, the ability to think logically and to think abstractly develops. The ability of logical thinking and critical approach develops as well. Changes in memory are reflected in the fact that recall does not focus on drawing general conclusions from specific events at a very young age, but rather on restoring certain details of specific events from memory. Therefore, at this age it is advisable to study football techniques using a holistic method.

The braking effect of puberty during the study of complex coordination movements in adolescents aged 13-14 years is notable. Coaches and educators working with children should

take into account that the sooner they start playing football, the more quickly and easily they will be given the skills to act on their ability.

Children aged 11 to 12 years are characterized by some functionally unstable and relatively mild injuries. This is explained by the fact that children of this age have complex internal reorganizations related to the transition from childhood to adolescence. These changes are evident in the rapid growth of height, with some disturbance in the coordination of movements, frequent fatigue, changes in movement patterns, and manifestations of new aspects.

From the point of view of sports preparation, at adolescence age we can observe the greatest increase in speed, power, and agility. Special development of these qualities should be the core of the training process. Particular attention should be paid to the development of agility, especially to the speed of the reaction. Practice for speed should be best done with sufficient rest pauses. The load should be increased to a lesser extent for those who are using the ball, training and game exercises. Purposeful development of strength and endurance is mainly in the form of strength and combination exercises, along with the development of agility.

Any manifestation of agility depends on the technique of action and is determined by coordination skills. Therefore, agile skills should be developed in conjunction with the formation and improvement of movement skills. Rapid development requires frequent repetition of concentrated exercise. Willpower is also needed to focus, mobilize speed possibilities at the right moment, or even maintain willpower until the end of the workout.

If we talk about the control group students (who are not engaged in sports), their performance on the "nervous" scale is high (17.0 points). This indicates to their high anxiety and excitement. This can be explained by the appearance of young psychological features. Students indicators who are engaged with football are significantly lower than non-athletic students.

Conscience is a combination of self-control, honesty and a desire to prove universal human values as a measure of respect for social norms and ethics.

In our study, conscientiousness scores were higher in non-sporting students as well (10.2). We tend to explain this by the influence of a number of education, training and environmental factors. In our view, these factors have the same effect on all students. However, it should be noted that students in soccer are much more likely to be "conscientious" (given in the table).

Interference is the level of socialization of behavior. This indicator is much higher in non-athlete students (9.1), indicating that they have little or no control over themselves. In our view, this is due to the lack of socialization of their interests, their unwillingness to control or postpone their desires.

Their tendency to acute affective experiences is strongly expressed. The need for excitement is far too slow. They try to satisfy their desires directly in the process of dealing with them; they do not think about the consequences of it, they do it without thinking. Therefore, they do not draw the necessary conclusions from their negative experiences, and they are faced with many difficulties.

The indicators of football students in terms of "barrier" indicate their commitment to social demands, behaviors and attitudes. The fact is that football has a positive impact on this factor.

Total activeness is worth noting that student-athletes in our study show better performance than non-athletes. For athlete-learners, this is a manifestation of "smart activity", in general, it is not appropriate to speak about their enthusiasm, activity, avoidance of extra tasks, and so on.

In our view, it is unpleasant to have a high rating and low price in general activity. If the price is high, then excessive activity is sometimes manifested in "brainwashing", aspirations for leadership, and at a lower level, it can be attributed to avoidance of responsibility, abduction, and more.

Apprehension is a measure of fear and refusal in a special relationship.

The results of the study show that student-athletes are showing average indicators. However, the number of students who are not engaged in sports is indicative of their high marks (insecurity, timidity, insecurity, etc.). The period of struggle between motivation and hesitation in them can lead to prolonged decision-making.

Affection is based on the results of our research, the breadth and level of communication among the students involved in football, as well as their relationship with people is approximately the same. Although there is a difference of reliability among their indicators, they are all above average.

In our view, this is due to the manifestation of young psychological traits, such as student-centered engagement, more friends and acquaintances, teamwork and leisure.

Aesthetic impression is sensitivity to aesthetic and artistic values.

The results show that, in our selection, the students' average preference is again high, indicating that they have enough dreams, imagination and interest. In our opinion, the difference in the reliability of the identified indicators among the students involved in the struggle is that they are unique.

Delicacy is the degree of trait that characterizes women in the test.

It is worth noting that in non-sports students the factor of "femininity" is high. They tend to be more excited, polite, and cheerful. In addition, they lack courage, determination, and courage in their conduct.

And football students are more likely to be courageous, resourceful, self-motivated and persistent.

Social insecurity is a scale of "conscientiousness" and "barrier".

At the same time, it should be noted that the scores on this scale are moderate in football players, and the difference between their performance and those of non-sports students is small. At the same time, sports can help students to develop their own ethical and community-based needs.

CONCLUSIONS

Of the testers who participated in our study, students who play football with "shyness scale" show a moderate prevalence (given in the table). This shows that they are reasonably prudent, try not to disturb other people, and they like honesty and sincerity. Thus, the results of a study using the psychodynamic test of V.M. Melnikov and L.T. Yampolsky to study the individual traits of students make the following conclusions:

1. All individual and individual traits tested using psycho diagnostic tests influence the behavior of students, as evidenced by our observations.
2. Being actively involved in football activities can help to develop honesty, communication, general activity and other qualities.
3. At the same time, these exercises help to reduce nervousness, mental stamina, mental anguish, shyness and so on.
4. The specific effects of soccer training are manifested in the following high levels: mental incompetence, social insecurity and shyness.
5. The results of our experimental psychological research show that all of the parameters that measure personality formation are positively related to students in control groups who are not actively engaged in football activities.

From the point of view of sports preparation, adolescence is a young decision maker age. At this age, the greatest increase in speed, power, and agility is occurs. Special development of these qualities should be the core of the training process. Particular attention should be paid to the development of agility and in particular the speed of the reaction. It is important to do some exercises for speed, preferably with sufficient pauses for rest. The load should be increased unnoticed for those who are using the ball, exercises, and game exercises. Purposeful development of strength and endurance is mainly in the form of strength and combination exercises, along with the development of agility.

Any manifestation of agility depends on the technique of action and is determined by coordination skills. Therefore, agile skills should be developed in conjunction with the formation and improvement of movement skills. The development of agility requires frequent repetition of concentrated exercise. For mobilizing speed possibilities at needed moment, or even maintain them until the end of the workout we need for willpower to focus on as well.

REFERENCES

1. PD № 3031 of the President of the Republic of Uzbekistan Sh. Mirziyoyev. On Further development of physical culture and mass sports in the Republic of Uzbekistan. June 3, 2017 y.
2. PD № 5368 of the President of the Republic of Uzbekistan Sh. Mirziyoyev. On measures to radically improve the system of public administration in the field of physical

- culture and sports. March 5, 2018 y.
3. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated (2019) 29 January, № 65, On the promotion of a healthy lifestyle in Uzbekistan and the involvement of the population in physical culture and mass sports.
 4. Resolution of the Cabinet of Ministers № 118 of February 13, 2019 y. About approval of the Concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023.
 5. Presidential Decree of the Republic of Uzbekistan dated March 16, 2018 y "On measures to further develop football" PD №3610.
 6. Cynarski W.J., Yu J.H., Warchol K., Bartik P. (2015), Martial arts in psychophysical culture. *Ido Movement for Culture. Journal of Martial Arts Anthropology*, 15 (4), pp. 33- 36. doi: 10.14589/ido.15.4.5
 7. Curby D.G. (2016), Effect of uniform color on outcome of match at Senior World Wrestling Championships 2015, "International Journal of Wrestling Science", vol. 6, no. 1, p.p. 62-64; doi: 10.1080/21615667.2016.1210266.
 8. Mirzaei B., Curby D.G., Rahmani-Nia F., Moghadasi M. (2009), Physiological profile of elite Iranian junior freestyle wrestlers, "The Journal of Strength & Conditioning Research", vol. 23, no. 8, p.p. 2339-2344.
 9. Podrigalo L., Iermakov S., Potop V., Romanenko V., Boychenko N. (2017) Special aspects of psychophysiological reactions of different skillfulness athletes, practicing martial arts, "Journal of Physical Education and Sport", vol.17(1), p.p. 519-526;
 10. Cynarski W.J., Yu J.H., Warchol K., Bartik P. (2015), Martial arts in psychophysical culture. *Ido Movement for Culture. Journal of Martial Arts Anthropology*, 15 (4), p.p. 33- 36. doi: 10.14589/ido.15.4.5
 11. Curby D.G. (2016), Effect of uniform color on outcome of match at Senior World Wrestling Championships 2015, "International Journal of Wrestling Science", vol. 6, no. 1, p.p. 62-64; doi:10.1080/21615667.2016.1210266.
 12. Mirzaei B., Curby D.G., Rahmani-Nia F., Moghadasi M. (2009), Physiological profile of elite Iranian junior freestyle wrestlers, "The Journal of Strength & Conditioning Research", vol. 23, no. 8, p.p. 2339-2344.
 13. Podrigalo L., Iermakov S., Potop V., Romanenko V., Boychenko N. (2017) Special aspects of psychophysiological reactions of different skillfulness athletes, practicing martial arts, "Journal of Physical Education and Sport", vol.17(1), p.p. 519-526; doi: 10.15561/18189172.2017.0603.
 14. Graczyk M., Hucinski T., Norkowski H., Pęczak-Graczyk A., Rożanowska A. (2010), The level of aggression syndrome and a type of practised combat sport, "Journal of Combat Sports and Martial Arts", vol. 1(2), p.p. 1-14.
 15. Maxwell J.P. (2004), Anger rumination: An antecedent of athlete aggression? *Psychology of Sport and Exercise*, 5(3), p.p. 279-289. doi: 10.1016/S1469-0292(03)00007-4.
 16. Filaire E., Sagnol M., Ferrand C., Maso F., Lac G. (2001), Psychophysiological stress in judo athletes during competitions. *Journal of Sports Medicine and Physical Fitness*, 41(2), p.p.263-268.
 17. Sacks D.N., Petscher Y., Stanley C.T., Tenenbaum G. (2003), Aggression and violence in sport: Moving beyond the debate. *International journal of sport and exercise psychology*, 1(2), p.p.167-179. doi:10.1080/1612197X.2003.9671710.
 18. Korobeynikov G., Korobeinikova L., Mytskan B., Chernozub A., Cynarski W.J. (2017), Information processing and emotional response in elite athletes, *Ido Movement for Culture*, 17(2), p.p. 41-50. doi: 10.14589/ido.17.2.5.
 19. Korobeynikov G., Korobeynikova L., Potop V., Nikonorov D., Semenenko V., Dakal N., Mischuk D. (2018), Heart rate variability system in elite athletes with different levels of stress resistance. *Journal of Physical Education and Sport*, 18(2), p.p.550-554. doi:10.7752/jpes.2018.02079.
 20. Hucinski T., Norkowski H., Pęczak-Graczyk A., Rożanowska A. (2010), The level of aggression syndrome and a type of practised combat sport. *Journal of Combat Sports and Martial Arts*, 1(2), p.p. 1-14.
 21. Vallerand R.J. (1983), On Emotion In Sport: Theoretical and Social Psychological Perspectives. *Journal of Sport & Exercise Psychology*, 5(2), p.p.197-215.
 22. Lüscher M. (1990), The Luscher color test. *Simon and Schuster*. 14. Buss A.H., Darkee A. (1957), An inventory for different kinds of hostility. *Journal of Consulting Psychology*, 28, p.p.361-366.
 23. Kozina Z., Iermakov S., Crețu M., Kadutskaya L., Sobyanyin F. (2017), Physiological and subjective indicators of reaction to physical load of female basketball players with different game roles. *Journal of Physical Education and Sport*, 17(1), p.p.378-382. doi:10.7752/jpes.2017.01056.
 24. Ahmadi S.S., Besharat M.A., Azizi K., Larijani R. (2011), The relationship between dimensions of anger and aggression in contact and noncontact sports. *Procedia-Social and Behavioral Sciences*, 30, p.p.247-251. doi:10.1016/j.sbspro.2011.10.049.
 25. Carré J.M., Gilchrist J.D., Morrissey M.D., McCormick C.M. (2010), Motivational and situational factors and the relationship between testosterone dynamics and human aggression during competition. *Biological Psychology*, 84(2), p.p.346-353. doi:10.1016/j.biopsycho.2010.04.001.
 26. Grange P., Kerr J. H. (2010), Physical aggression in Australian football: A qualitative study of elite athletes. *Psychology of Sport and Exercise*, 11(1), p.p.36-43.