



DOI: 10.5958/2278-4853.2020.00288.8

AREAS OF WORK OF A SPORTS PSYCHOLOGIST

Toshev Murod Xalilovich*

*Lecturer at the Faculty of Physical Education,
Bukhara State University,
UZBEKISTAN

ABSTRACT

The article examines the main features and directions of psychological work in sports. Professional and everyday types of attitudes towards sports and health, various professional and non-professional positions in sports psychology are discussed. The author highlights the main tasks of psychological support for professional and non-professional sports.

KEYWORDS: *Sports, Sports Psychologist, Health.*

INTRODUCTION

Sports psychology is a direction of psychology, the subject of which is the study of the patterns of manifestation and development of the psyche, group interactions in conditions of competitive and training activities. Initially, the main research focused on the study of individual differences among athletes, abilities and opportunities to act in stressful conditions of competition, ways to increase the effectiveness of training. Later, the range of issues being developed expanded significantly. Taking into account the achievements of general, pedagogical, age and social psychology, programs of special training complexes are being developed aimed at increasing the physical and mental fitness of athletes, their emotional-volitional, moral, moral and socio-psychological readiness and self-regulation in each of the sports. Of particular importance is the problem of sports psychology and the training of sports psychologists, the introduction of sports psychologists to accompany professional and non-professional sports, in educational and health-improving, medical and other institutions. Sports psychologist (psychologist in sports) - a specialist who studies the patterns of human mental activity in the process of his motor learning, sports training, participation in specific team interactions, in the process of preparation and performance in competitions, as well as participation in various forms of social life related to sports ... Its main tasks:

- Psychological selection for practicing in specific sports, including the selection of future champions;

- Sports career guidance and counseling;
- Diagnostics and taking into account the individual characteristics of those who go in for sports and athletes, the formation and development of psychological qualities, knowledge and skills necessary for successful and productive classes and victories;
- Development of an individual plan for the development of abilities, training strategies, preparation and competitive behavior for the trainees (students) and each athlete;
- Determination of psychological readiness for sports activities of various types, including performances and competitions;
- Post-competitive rehabilitation and correction, support of the trainer and medical specialists;
- conducting team trainings (on team building, team cohesion, work with conflicts, team development);
- teaching knowledge and skills of psychological training, relaxation and stress relief, as well as sports achievements and health improvement;
- Correction of fears and barriers associated with sports activities, etc., assistance in resolving and overcoming a crisis situation;
- Professional reorientation of an athlete (after a sportsman leaves a sports career). Recently, much attention has been paid to the problems of sports from the point of view of valeology as a science of human health, including physical culture.

Recently, the position of a sports psychologist has been changing: an “external” (invited specialist) position, which allows a neutral approach to solving many problems, but at the same time leads to problems with insufficient knowledge of real organizational situations, the impossibility in a short time to determine the deep causes and conditions of occurrence any phenomenon or process is replaced by "internal". The latter gives a good knowledge of the organizational and personnel situation, the possibility of conflict prevention. However, during long-term work at an enterprise, the status of a psychologist is often reduced to the status of an ordinary member of a team, a transition to the position of a “collective vest”, which employees turn to for any reason. At the same time, the issues of sports and physical culture fade into the background. However, it is for them that a sports psychologist works.

In the professional career and personal life of any athlete, there are periods of crisis that can be caused by a variety of reasons: failure in the competition, transfer to another club, change of coach, personal life circumstances, and others. A sports psychologist can help a sports shift to understand the problems and find a way out of the situation that will give strength for new sports achievements and fullness of life. The coach can independently deal with "minor ailments", but in serious cases a professional psychologist is needed. At the same time, the most important point is the understanding that psychology in sports has its own specifics, ignoring which can lead to the meaninglessness of the work of a psychologist with an athlete. The activities of sports psychologists in various organizations can be productive only in conditions of constant improvement, exchange of experience, mutual assistance, which presupposes the presence of a centralized structure for training and advanced training of specialists, the creation of consulting services and congresses, meetings and specialized scientific research.

"Physical culture" is a part of the general culture of society and the individual, social activity aimed at strengthening health and physical development, improving motor abilities and everything that is necessary for this activity, as well as its result. Most people understand the importance of physical culture, but not every person considers physical culture and sports as an obligatory component of their lifestyle, often assigning them only an episodic role dictated by various circumstances. On the one hand, we are talking about the lack of intrinsic motivation, which would induce to look for their own individual program of motor activity; on the other hand, the really existing unsatisfactory organization of physical culture, health-improving and sports work in the country has a significant impact. The main internal factor is the so-called "striving to get ahead", the natural need for self-improvement, for the search for something new, unusual in various aspects (physical, mental, intellectual). External, subjective factors include moral and material incentives, the desire for a certain social status. An analysis of the attitude of a modern person to his body (body) showed that, on the one hand, he has a wide outlook, a fairly high level of knowledge about himself. However, his behavior is usually not aimed at preserving and strengthening his natural base. A person does not consider his body, makes it work in a continuous or unacceptable mode for him, violates the mechanisms of self-regulation [7].

The work of a psychologist in sports and recreation institutions, in contrast to the work of a psychologist in professional sports, with particular clarity is aimed at the development of physical culture of those involved and assistance in their general personal and physical self-improvement. Currently, the most popular and visited by children and adults sports and recreation facilities and sections include swimming pools, martial arts sections, gyms and gyms offering shaping and aerobics classes, and some other "fitness facilities". To be fit means to be fit, to feel good, to be healthy. Fitness combines many types of physical activity. Fitness is not a high-performance sport, it is physical education, accessible to everyone. Jogging, skiing, swimming, cycling, and exercising in the gym can all be attributed to individual fitness. But today the development of the system of fitness clubs is very important. They have three main types of activities, the purpose of which is to improve cardiovascular endurance, strength endurance, strength as such, develop flexibility, change body composition "from fat mass to lean mass." In our country, fitness is often a shaping exercise, understood as a system of exercise in the gym and aerobics according to specially developed programs that take into account psychophysiological changes in the body [2].

However, over time, the range of options for classes and combinations of physical activity and ways of organizing them is expanding, original systems for restoring and developing health, overcoming the limitation and expansion of a person's physical capabilities are being created.

In the seventies, an experiment was carried out in the USA, which is of interest to a sports teacher, forcing one to think about the role of a coach's attitude towards athletes and the importance of correcting it as the main function of a sports psychologist. We compared schoolchildren with the same level of training and abilities, but subjectively assessed by the teacher as "capable" and "unpromising". Observations showed that the "unpromising" turned to the teacher several times less often. The teacher scolded them several times more often and praised them several times less often than the "capable" ones.

The teacher sets himself up in a certain way in relation to individual students and behaves so that his predictions come true. However, there are many cases when, believing that an athlete is hopeless, the coach stops paying attention to him, sometimes literally knocking him out of a rut

with petty quibbles, repeated estimates, and aloud doubts about his capabilities. The athlete goes to another coach and sometimes succeeds quickly. The main influence on the manager's relationship with athletes and trainees is the style of interaction between the coach and the athletes. Situations are especially unfavorable in which the trainees have a developed need to master "all the secrets of sportsmanship", to achieve high sports results, and the coach works coolly, does not achieve discipline in the classroom;

when a coach does not respect students, is rude to them, does not hide that he is unlucky that he is worthy to work with more promising athletes;

when he prejudices a number of students or practitioners, ignores them, does not pay attention, completely ignores the interests and requests of those involved, if they go beyond the scope of sports activities. Among ethically and psychologically illiterate coaches, there are still those who lose their composure during the competition;

there are also pseudoscientists who love various theories, setting students to fight with the help of super complex tactical attitudes. However, the teacher cannot memorize and use the style that he likes best in his work. Mastering a successful leadership style is a serious and lengthy self-education process. It depends on the following factors: belief in the great social significance of one's work and thoughtful attitude to work; belief in the success of work, combined with the ability to see and resolutely overcome difficulties on the way to the goal; the ability to establish and maintain productive relationships and the ability to awaken enthusiasm in trainees, athletes, a desire to work, including at the limit of possibilities.

Features of visiting sports and health centers. On the other hand, it is important to take into account the characteristics of the students themselves. One of the more significant indicators and prognostic criteria for assessing a person's future "sports career" is the motives of his joining the group. The information obtained from the three groups of indicators highlighted above makes it possible to relate oneself or another person to one or another group with a high degree of confidence. Regarding the health promotion motive, we note that, despite the fact that the trainees of this group do not strive for significant sports successes, their persistence and interest allow for many years to enjoy and provide themselves with psychological protection in stressful situations of everyday life. The motive for self-improvement, acting as a meaning-forming one, most often provides the best forecast. On their dislike for themselves and other forms of "self-help", only people with several rather pronounced physical disabilities ("over compensation") can make a sports career. At the initial and subsequent stages, the setting (real, achievable and distant, long-term) goals, the formation and maintenance of an attitude to achieve success, the optimal encouragement of the athlete, a fairly strict discipline that does not turn, however, into continuous violence against itself, the development of the traditions of the "team": the formation of groups, the communication of which is not limited to the framework of the gym, the emotionality and non-stereotyping of training sessions.

An important role, as indicated, is played by the personality traits of the coach. We also consider the motive of self-knowledge as one of the most important motives for classes, especially self-knowledge of one's capabilities and current limitations.

Sports activities teach the culture of dealing with your "body self". The psychological status of the individual also changes. Sports school is a good way of self-research: stereotypical reactions to the first and "subsequent" difficulties, the ability and accessibility of "your inner, intuitive I", a way to assess the "general contamination" in physiological and psychological terms.

Another challenge faced by aspiring athletes relates to the strong mismatch between existing new and old body forms, new and old levels of physical needs and ways of responding. This is what often quickly negates the outlined positive changes. This phenomenon is partly associated with long plateau phases in the development of an athlete, his indicators, health indicators of trainees. That is why the help of specialists is so important, as well as self-help, including auto-training, the main content of which is designing and getting used to a new bodily and psychophysical "I". Another method, which is used less often, is a conversation with your own body, any part of it.

In any case, a person and his body require sincere encouragement and gratitude for their development. Finding the right tone in communicating with yourself is one of the important conditions for sports success. The training instinct to listen to your body is one, but not the only, manifestation of this skill. The second stage of developing a new "I" is associated not so much with getting used to, as with gaining more than once confirmed confidence in the possibility of achieving almost any goal. Thus, first, the "subconscious", having mastered a new image, begins to "tighten" the state of the muscles to the desired ideal ("rushing").

The next stage of work includes visualization of the ideal image. "I" and training, consists in simulating training in the volume of intensity, which is the desired, including near-limit, level. One of the most important problems that a coach faces is the athlete's inability to believe that one or another level of intensity and one or another set of loads can be mastered. Most often, however, such phenomena are associated with the inability to prevent the uneven development of a certain muscle and are overcome in two ways:

- 1) The need to get acquainted with the elementary foundations of human psychophysiology and the rules of training,
- 2) Development of the "training instinct": the ability to feel when, what exercise and with what effort you need to do, what should be the break between them. The success of training largely depends on whether or not a person learns to understand his subconscious, whether he will establish contact between him and consciousness. One of the most obvious manifestations of its action is a special state of readiness for training, indicating complete or almost complete recovery. Using your subconscious mind allows you to gradually synchronize your training schedule with the natural rhythm of physiological recovery. In this case, the athlete is again faced with the need to search and discover his own system of exercises and exercises in general.

It is interesting that if a person does not "move forward", his lifestyle in general does not change, he chose the same regimen and training system, did not want to give up one or another bad habit, then after a while his results begin to deteriorate. The main thing here is the risk of being disappointed in sports and your capabilities. However, if sports were simple, they wouldn't be so interesting.

Communicating with healthy people, a person himself becomes healthier. It has long been known that it is best to come to the training itself in a good psychological state, to train with desire. Otherwise, they will be at least useless. Another remark directly related to the problem of the effectiveness of training is that physical and mental health, in contrast to illness, requires qualified support. Therefore, comprehension of the main empirical data and experience of their "predecessors" ("stars", their coaches and simply healthy people), as well as the presence of a qualified coach and a sports psychologist nearby are the most important conditions for the progress of both a beginner athlete and an athlete with experience .

LITERATURE

1. Azimovna Fatullayeva Muazzam, Ashrapovich Narzullayev Farrux. Motivation of students to do sports as part of physical education classes ACADEMICIA: An International Multidisciplinary Research Journal. Year : 2020, Volume : 10, Issue: P: 14461450. Online ISSN : 22497137. Article DOI : 10.5958/22497137.2020.00344.4
2. Kadirov Shokhrukh Nematovich, Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. USING OF INNOVATION TERMS IN PHYSICAL EDUCATION AND SPORT LESSONS AND THEIR SOCIAL AND EDUCATIONAL FEATURES. *Journal of Critical Reviews*. doi: 10.31838/jcr.07.06.84. 2020; 7(6): 470471.
3. Kasimova Zebo Khamidovna. Application of interactive methods in teaching psychology. *Academicia: An International Multidisciplinary Research Journal* <https://saarj.com>. Year: 2020, Volume: 10, Issue: 9 P. 197205. Article DOI: 10.5958/22497137.2020.01046.0
4. Mirzayeva Sayyora Rustamovna. Psychological features of attitudes of students to their own health in conflict situations. *journal of critical reviews*. ISSN 23945125 VOL 7, ISSUE 17, 2020. <http://www.jcreview.com/?sec=cissue>.
5. Nematovich KS, Savriddin kizi, AS, Azimovna FM, Kuldoshevich KS. Using of innovation terms in physical education and sport lessons and their social and educational features. *Journal of Critical Reviews* 2020;7(6):470471. doi:10.31838/jcr.07.06.84.
6. Ибрагимов А.Х. Оценка эффективности системы раннего оповещения о сильных землетрясениях в условиях редкой сети сейсмических станций. DOI: <https://doi.org/10.33408/2519237X.2020.43.280> УДК 550.34.03. <https://cyberleninka.ru/article/n/otsenkaeffektivnostisistemyrannegoopovescheniyaosilnyhze mletryaseniyahvusloviyahredkoyssetiseysmicheskikhstantsiy>
7. Кадиров Ш.Н. ФИЗИЧЕСКОЕ ВОСПИТАНИЕ КАК ФАКТОР УСПЕХА СТУДЕНТОВ// *European research* № 5 (52) / Сб. ст. по мат. «European Research: Innovation in Science, Education and Technology/Европейские научные исследования: инновации в науке, образовании и технологиях»: ЛП межд. науч.практ. конф. (Лондон. Великобритания. 08 мая, 2019). <https://internationalconference.ru/130000pedagogicheskienauki.html?type=atom&start=76>