

The Importance of Psychological Preparation in Improving the Methodology of Using General and Special Training Tools in Increasing the Physical Preparation of Weightlifters

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ABSTRACT

Weightlifting is a rapidly developing sport in our country, which is included in the Olympic program. In such sports, participating in competitions without psychological preparation is a big mistake, because not being able to use the efforts given to the athlete has a great impact on their psyche. In this article, we will observe the role of psychology in competitions and training of 13-17 year old weightlifters and its impact on performance.

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Introduction. Today, as in all areas, extensive reforms are being carried out in the social sector. In particular, one of the reforms being carried out for the development of our country is the comprehensive mental, moral and physical development of the growing young generation. In this, physical education and sports play an important role.

Weightlifting is developing rapidly in our country. In this sport, which is included in the Olympic program, our athletes are regularly winning prizes and breaking records at the most prestigious competition in four years. Ruslan Nuriddinov, along with winning the gold medal in the 105 kg weight category at the 2016 Rio Olympics, also broke the Olympic record with 237 kg. At the Tokyo 2020 Olympics, Muattar Nabiyeva broke the Olympic record in the snatch, while Akbar Jurayev, along with becoming the Olympic champion in the 109 kg weight category, set a record in the snatch. These results continued at the Paris 2024 Olympics, with Akbar Juraev winning a silver medal.

These results have significantly increased the number of young people involved in weightlifting in our country. The International Weightlifting Federation has officially established three age categories for competitions:

1. **Teenagers** – 13-17 years old
2. **Youth** – 15-20 years old
3. **Adults** – 15 years old and older...

The group we are working with in this age group is 13-17 year old weightlifters. The purpose of selecting this group is to take into account that this age group also participates in the Youth Olympics, and

psychological preparation is of great importance in their activities.

Purpose of the work. The aim is to increase the role of the psychological approach in improving the competitive performance of weightlifters, to improve their results by conducting psychological tests and interviews.

Psychological preparation is an important factor in increasing athletes' self-confidence, developing stress and anti-stress measures, maintaining concentration and motivation, and improving results in competitions.

Methods of organizing the study:

1. Scientific and pedagogical analysis and study of literature on the many years of training of weightlifters.
2. The importance of psychological changes in weightlifters aged 13-17 in organizing the structure and content of training from a scientific pedagogical perspective.
3. The structure of weightlifters' training, including age and gender-related psychological changes.

Psychological training methods.

1. Visualization: Observations
2. Stress management: Breathing
3. Motivation determination: Setting personal goals
4. Attention management: Avoiding distractions

Analysis of scientific and methodological literature. During the work on scientific and methodological literature, more than 40 local and 15 foreign literature sources on the topic were analyzed. During the long-term training process, the structure and content of weightlifting training sessions were studied, and special attention was paid to the issues of the long-term training method and its effect on the body of children, adolescents and adult weightlifters by age.

PXC - the number of barbell lifts;

- PYC - the number of attempts;
- PYC - the number of repetitions in an attempt;
- PYC - the number of training sessions;
- PYC - the relative intensity (the average weight of the barbell in percent compared to the best result in this exercise);
- The number of lifts of 90-100% in the deadlift and clean and jerk exercises (the number of lifts of weights - the speed and effectiveness of the competition activity).

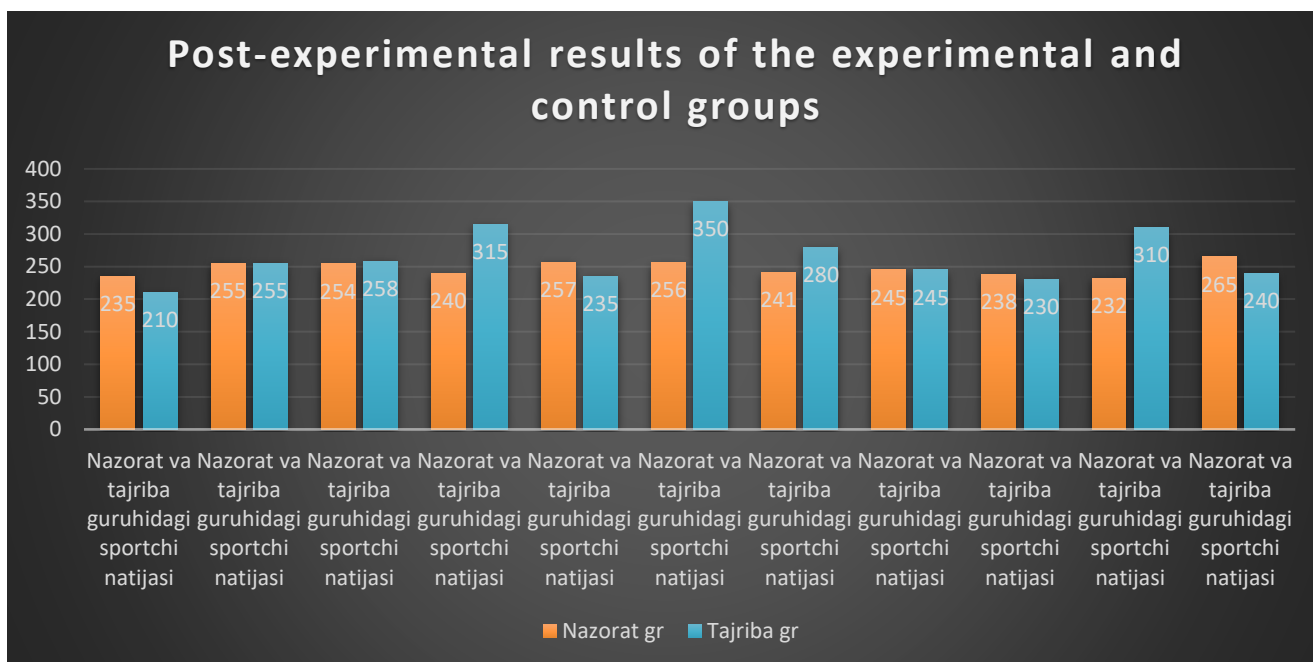
Results of two weightlifting events in the pre-competition training of the experimental and control group weightlifters (n=12)

| № | Control group participants | Control group | Experimental group participants | Experimental group |
|----|----------------------------|---|---------------------------------|---|
| | | Total of two attempts in snatch and clean and jerk (kg) | | The sum of two attempts in the snatch and clean and jerk (kg) |
| | | B/R | | B/R |
| 1. | A-ev. V. | 232 | R-ov. S. | 190 |
| 2. | CH-ov. Ye. | 250 | G'-ov. O. | 245 |
| 3. | SH-ov. P. | 250 | SH-ov. V. | 240 |
| 4. | F-ev. N. | 235 | T-ov. M. | 300 |
| 5. | J-ev. SH. | 250 | R-ov. R. | 220 |
| 6. | O-ev. A. | 250 | S-ov. U. | 200 |
| 7. | M-ov. A. | 234 | M-ev. M. | 330 |

| | | | | |
|-----|-----------|-------|-----------------|-------|
| 8. | R-ov. I. | 240 | R-ov. M. | 260 |
| 9. | I-ov. B. | 230 | R-ov. A. | 227 |
| 10. | M-ov. J. | 224 | Q-ov. J. | 205 |
| 11. | M-ov. K. | 260 | M-ov. Z. | 290 |
| 12. | I-ov. SH. | 240 | N-ov. U. | 220 |
| | \bar{x} | 241,3 | \bar{x} | 243,9 |

Note: Before TO-research.

Results of two weightlifting events in post-competition training of experimental and control group weightlifters



Research results and discussion: The above psychological methods were selected from many experiments practically used by professional sports psychologists during the research period and applied to the experimental group. The results showed that when athletes, namely 13-17-year-old weightlifters, were measured in two wrestling matches, the athletes in the experimental group achieved a significant increase in results compared to those in the control group.

The psychological work carried out in this study achieved a significant improvement in results and an increase in the level of maximum use of the attempts given by athletes during the competition, and it was emphasized that these methods can also be used in other age categories.

Conclusion. From the indicators obtained from the control and experimental groups, it can be concluded that the psychological methods and tools that we selected for the weightlifters we worked on in the experiment had a positive effect on improving sports results, and the results analyzed on the basis of control tests confirmed their effectiveness. It is hoped that this will further improve the competitive results of 13-17 year old weightlifters on the international stage in the future.

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