



DEVELOPMENT OF SPORTS PSYCHOLOGY IN UZBEKISTAN AND ITS IMPACT ON THE PSYCHE OF YOUNG ATHLETES

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Annotation

This article focuses on the attention paid to children's sports in our country, ie the decrees, opinions of President Sh. Mirziyoyev and the development of sports, as well as the process of work of teachers and coaches with children and their positive impact. issues related to transfers were considered.

Keywords: free competition in sports, sports psychology, coach-psychologist, victory, defeat, the spirit of individual performance.

The Action Strategy for the five priority areas of development of the Republic of Uzbekistan for 2017-2021, approved by the Decree of the President of the Republic of Uzbekistan dated February 7, 2017, identifies priorities for the development of the social sphere, with special emphasis on education and science. Most youth and child development experts believe that a child is not ready to compete until he or she is 8 years old. Previously, they were less developed in terms of winning and losing, and children under the age of 8 experienced a new phase of sports and exercise training, which means that they now have good sportsmanship. begins to lay the groundwork for. This will be a period of further development of the psychology of all school-age children, but this does not mean that all children will be ready to compete only until the age of 8 or pre-school, because children are different in their psychological state, thinking, body, height and family environment, because they are different, not all of them are ready for a healthy competitive environment or competition. Today in our country a great deal of attention is paid to children's sports, and our government is committed to educating young people, especially those who follow a healthy lifestyle, deep-thinking and loyal to the Fatherland. is one of the issues. And this situation imposes a great responsibility on teachers and educators working in schools, because the period is developing rapidly, and therefore a good understanding of the psychology of the child depends not only on the teacher, coach, but also on parents. As the President noted, the formation of the image of a teacher today is to pay enough





attention to them. Today, the responsibility of teachers and coaches is in line with the times, to better understand the child's psyche, to give them the right knowledge and keep them healthy. This means that it is necessary to further increase the team's interest in physical education and sports in childhood. And they need to be mature enough to listen and respect the teacher, the coach, as well as the sport the kids like, for example your child may be interested in football, but if he joins a very advanced team, he will just stay on the bench. can go. Healthy competitive sports teams naturally focus more on winning, and their coaches will continue to train based on the child's psychology and emotions. That is, the biggest factor in a child's development is the ability to respond to this superiority with superiority. That is, coaches today need to know the psychology of children's sports and help the child both physically and mentally, to believe that the child can win in any situation, and first of all they need to know this. the team, or the child must be able to convince themselves. Encouraging a child to believe something they don't believe in is a waste of their time and energy. That is, the teacher must understand that a lot depends on him. To win, the coach encourages the athlete to compete healthily and work harder to win, first and foremost, and explains to the children why they are fighting, and to keep them in a good mood, whether in team or individual sports. to the level and then to the competition. Even when a child is defeated, it is important to give him emotional encouragement and emphasize that this is not all, that he has great goals ahead of him. Because a child can't always win, you need to give him psychological support and make him more passionate about the sport. When he loses, you can't put him down and give him a duck. The child may hate the sport or the competition, so he has to admit his shortcomings. it is necessary to say that he will work on them and will definitely win. The mental state of an athlete's children is more important than their physical condition, and if the coach understands these situations well and is able to lift the child's spirits, that coach will lay the groundwork for the future success of the athlete or children. Whenever possible you should have all of these components in place for launch to maximize profits. The main task for the development of sports in the Republic of Uzbekistan today, including children's sports It should be noted that today we are proud of our athletes who have made a significant contribution to the prestige and prestige of Uzbekistan in the international sports arena. . At the same time, we should not limit ourselves to the achievements in higher sports, but also pay more attention to mass sports.

It will be recalled that today the country has a State Committee for Physical Culture and Sports, which regularly holds competitions, championships, tournaments, championships at various levels in order to develop children's sports in Uzbekistan.





There is also a fund for the development of children's sports, which is also undergoing significant work. Today's scientific research shows that most of the time children spend less time with physical activity, ie sitting at school. We believe that it is good for children's health to exercise 3-5 minutes of physical education during school hours. In order to increase children's interest in sports, physical education classes use a variety of interactive methods, that is, we think that children should have at least a brief knowledge of a particular sport in the classroom, and regularly engage in their favorite sport. 'will be able to use. Today, one of the most pressing issues is the development of children's pre-school education and their interest in physical culture and sports in school. Based on the above, it is important to note that due to the rapid development of children's sports in our country, it is important for children to enter the sport and achieve high results in prestigious international competitions. At the heart of these reforms is the need for children in our country not only to lead a healthy lifestyle, but also to increase their interest in physical culture and sports. It is a leading factor in their comprehensive development, and it is an important step in the implementation of a healthy lifestyle in the future. Engaging children in sports today is one of the most important tasks. Indeed, ensuring that children engage in a particular sport or exercise from an early age and teaching them a healthy lifestyle from an early age is a unique approach for people working in the field of physical education and sports. organically related. One of the most important tasks today is to use interactive methods and new methods to increase children's aspirations and interest in sports. It is important for coaches and educators to know not only the physical but also the mental state of children in order to work on themselves. For example, to acquaint children with a wide range of sports and to provide them with sufficient information about sports, in order to increase children's interest in sports, they should be given videos, films, pictures and handouts that are interesting to children, and carefully examine their mental state. in case. What does it take for a coach or educator to focus on a particular sport so that the child does not spend years in a sport he or she does not want, so that the child truly loves the sport in which he or she participates and participates in prestigious international competitions in that sport? They should conduct the lessons on this basis and create appropriate conditions for the individual development of the child.

In this case, the coaching staff should have enough innovative skills, they should organize for children to learn about the benefits of sports, how useful sports are for human health, and, of course, each sport or exercise according to its own rules. The fact that a coach has not only physical but also spiritual knowledge makes a good impression on children, and a coach who is in close contact with children as a result of frequent conversations can clearly tell his students both his physical and mental





condition, and as a result. This is one of the important steps for the future development of physically mature and spiritually active children. That is, to develop the role of children's sports psychology in children's sports and the activities of young athletes, today they use children's sports psychology not only physically but also spiritually. They should understand that their role is unique in their development. Education accompanies the educational process in the effective development and application of the cultural potential of parent groups and communities during the sports upbringing of children.

Thus, psychological support of coaching solves the problem of optimizing the behavior and activity of children's coaches in the process of sports training of young athletes, and at the same time depends on several reasons 1) regular participation in sports today with the need to educate future Asian, world, and Olympic champions among young athletes. 2) to spend school-leisure time in sports with schoolchildren in general, to meet the requirements of the times, that is, to be physically strong and mentally mature. Extensive work has been done and is being done in our country to educate harmoniously developed youth. With the growth of children's sports skills, the number of competitions should increase, the organization of sports clubs in educational institutions will also contribute to the development of children's and adolescents' sports, systematic physical education during the organization of the educational process in schools. to establish. Daily classes before classes start It should take 3-5 minutes and consist of 4-5 exercises. (jumping on the spot, and a free exercise program.

In conclusion, it should be noted that today in our country a lot of work is being done in the development of children's sports, that is, the work on the involvement of children in sports in sports clubs and schools is growing rapidly, and this process healthy competition in children, ie the preparation for competitions and the development of a healthy competitive environment among them during the competition will be of great importance in their future careers in sports, including the role of children's sports psychology and its development in our country .

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