



ATHLETE'S PHYSICAL AND FACTORS AFFECTING PSYCHOLOGICAL HEALTH

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Annotation

This article talks about the physical and mental preparation of the athlete and the factors affecting it.

Keywords : sport, athlete, athlete's success, motivation, concentration, sports person, physical and/or psychological stress, severe physical and neuropsychic fatigue, physical and psychological health.

It is known that regular exercise is very beneficial for human health. Such exercises have been shown to have a wide-ranging effect on psychological health. Playing sports has many benefits for the individual and society: more focus, improved ability to work with others, and increased self-confidence. In addition, self-confidence, motivation, emotional control and concentration are further increased after the introduction of psychological factors affecting sports.

According to SBTikhovsky, motivation: the desire to optimize our performance in any task, especially in sports, shows that it is very important. What drives them to success is their love and belief in what they do. With that they are will win . Or vice versa. They often fail when they lack internal motivation . They understand that "inability to raise oneself" is worse than failure, misfortune or warning.

According to VAFilip, athletes need high concentration. All activities, even the simplest or most intuitive ones, require concentration. Any wrong move can lead to a mistake, fall or injury that can take months to heal. Therefore, it is very difficult for the athlete, even if training is not required from him to the situation becomes _

Emotional control - developing exercises to help control emotions or doubts - can make the difference between an athlete's success or failure. Thus, the athlete must control himself emotionally. It depends on how it affects the concentration of his emotions. Self-confidence is an important condition for success.

According to IPLuskan, sports practice requires high emotional involvement . The reason for this is that the psychological characteristics of sports activities are determined by the goals of the competition and sports characteristics, game activities.





First, the strengths and weaknesses of athletes are identified and analyzed, and techniques are used to maximize performance and confidence. Otherwise, he may act against the athlete. The most commonly used methods to improve athletic performance are internal and external focus. Second, internal mood is the athlete's attention to aspects of what is happening in their body (thoughts, self-dialogue, feelings, or actions). External focus refers to the amount of time an athlete pays attention to things outside of themselves.

LPJilina found that goal setting helps athletes take stock of what they've done and what they need to achieve in order to reach their ultimate goal. Self-awareness is the use of short messages or self-centered messages or self-reports that are rational, positive, logical, and realistic. Relaxation techniques are any method, process, or way to help a person reduce physical and/or psychological stress. They usually allow a person to achieve greater peace of mind by reducing stress and anxiety. Mental images in the athlete - without them there would be no symbolic forms of repetition of reality and so on. Sports, especially high-performance sports, are associated with pain and illness. Not only in training, but also at the level of indirect influence. So, if you have the opportunity to participate in physical therapy sessions, you will see how this pain affects the face of the athlete. Sports is a great school for our personal endurance. Many of the techniques used at the psychological level are also used in other situations of high competition and standards. Emphasizing the positive importance of the adequacy of perception in the process of maintaining psychological health, researchers emphasize this with the existence of the adequacy of the main features and the consistency of the subjective image. The closer the image perceived by a person is to reality, the higher the level of his psychological health. It is known that apperception is determined by the content of a person's psychological life, that is, by the state of his psychological health.

As Yu. Yu. Zhukov noted, the authors consider the adequacy of perception of reality, the world, and oneself as an integral feature that affects physical and psychological health, that is, psychological health is one of the important conditions of a person, which is self, others and the whole depends on a multi-level system of world perception. Undoubtedly, the adequacy of perception is also very important for athletes. Moreover, of all the known types of cognition for people involved in different sports, not all of them exist, but some types of cognition that dominate a particular sport are more important. For example, for martial artists, it is the perception of the opponent's movements, for athletes (runners) or skiers, it is the perception of time, etc. With severe physical and neuropsychic fatigue, the adequacy of perception is disturbed, which cannot but affect the physical and psychological health of the athlete.





Therefore, the adequacy of perception is an important factor in the process of maintaining the psychological health of an athlete.

The next factor mentioned by many authors is prosperity. The semantic field of this term is wide. Thus, the term "prosperous" is interpreted as happy, in good condition, successfully completed. For example, L. Kulikov considers the concept of personal well-being as "generalized and relatively stable experience of special importance for an individual." It is this that largely determines the characteristics of the dominant psychological state - "favorable state" - successful behavior that contributes to the coordinated flow of mental processes, supports mental and physical health, or, on the contrary, is unfavorable.

According to IBBovina, well-being is always subjective and is often related to a sense of satisfaction and self-awareness. Psychological well-being is interpreted from different, often contradictory positions. So, there are two opposing views on this concept. Proponents of the first combine the concept of "psychological well-being" with such concepts as psychological health, quality of life, social adaptation, etc.

According to the second approach and psychological well-being researchers, this concept is close in meaning to these concepts, but it is not the same as them. These authors, in our opinion, rightly associate psychological well-being with a person's subjective emotional assessment of himself and his life. They emphasize that it tends to swell. In fact, psychological well-being is not directly related to the presence of any negative psychological states, although it depends on their severity. Being in a well-satisfied state is determined by subjectively perceived well-being and its components: physical, psychological, spiritual, material well-being. It should be noted that all components of well-being are closely related and affect each other, which determines the sense of wholeness, internal balance and harmony of mental functions and processes. At the same time, A. Ye. Sozonov distinguishes only two main components of well-being: cognitive and emotional. In our opinion, a person's psychological well-being is an integral factor that reflects the subjectively perceived state of self-satisfaction, the process of self-realization, the environment and the quality of life. Another factor describing the level of psychological health of a person is called harmony by many researchers. A complete person means a whole person who is a "harmonious unity of physical, social, spiritual and moral components" in structural, functional and systemic aspects. Speaking about personal harmony, A.Ye. Sozonov writes: "The proportionality of the quantitative characteristics of space, time and energy of a person can be shown as proportionality to the volume of personal space, the speed and level of personal time." studies the laws of formation and manifestation of mental characteristics and functions in physical education, active recreation, sports





psychology, rehabilitation and adaptive physical culture . NISokolova 's writes , sports psychologists face many questions:

- What psychological factors affect the development of movement technique?
- What determines the state of the athlete in the competition?
- How to create and maintain motivation for outdoor activities?
- What personal qualities are formed when playing sports?
- How do the coach's words affect the performance of the athletes?
- Coach how motivation give take necessary ?
- How does sport affect the social adjustment of people with disabilities?
- What qualities are important for a physical education teacher?
- What is needed for the team to be united and for the players to interact effectively during the game?

These and other questions determine the content of the subject and objects of a certain branch of physical education. The subject of physical education and sports psychology is the field of physical education and sports activities, psychological characteristics of a person in sports, and wellness.

NBStambulov said that sports psychologists study various psychological factors - abilities, motivation, personality traits, communication skills, etc. - among which the success of physical education, sports, outdoor running, swimming and other types of physical culture depends. distinguish the factors. They also learn the skills, abilities and qualities that are formed during sports and physical education and recreational activities. Techniques and methods of providing psychological support are being developed based on the research results. To the athlete to be given the purpose of psychological support is to improve physical training and sports performance. In addition, sports medicine, sports pedagogy, theory of training and other disciplines ensure the improvement of the effectiveness of sports and physical education and health activities.

Achievements in sports, the effectiveness of physical education classes and sports health training depends not only on the personal characteristics of the participants, but also on the professional and personal qualities of the coach or teacher, as well as on the characteristics of the team. Therefore, the research and practical activities of sports psychologists are focused on different objects. According to VATaymazov, the objects of physical education and sports psychology include:

- Athletes and those engaged in physical training and recreation;
- Trainers, physical education teachers, instructors, etc.;
- Teams (sports teams, classes, fitness groups, etc.).





The features of scientific research of these objects are determined by the tasks of physical education and sports psychology. Representatives of various sports are distinguished by a certain combination of these qualities, which play an especially large role in ensuring the reliable performance of athletes (for example, in sports of a cyclical nature, high motivation for success, mental endurance is of particular importance). Correction of athletes' psyche - efficiency and stability of functions is the "starting" system, with the help of which further activities of the athlete are carried out.

According to IBUshakov, a coded model of the desired future is created in the human brain, it reflects the necessary result of activity and acts as a regulator of all actions aimed at achieving this result. The process of achieving the goal involves continuous and multi-level regulation using various adjustments. According to AIShamardin, the activity of the system begins before the afferent synthesis, under the influence of initial motivation, memory, situational affirmation and conditioned stimuli. The activity process includes a feedback mechanism that provides error correction using the action receiver. It is an afferent apparatus for evaluating the possible results of a future action, which creates a standard of the expected result and compares the information about the actual result with it. Actions can be corrected during this comparison process.

It can be concluded that there are many factors affecting the reliability of information management processes in athletes, which are as follows:

- characteristics of the task and movement system,
- external and internal interventions,
- perfection and features of extrapolation,
- the perfection of the comparison function in the feedback system,
- semantic kinematic and dynamic programs,
- balance save mathematician and functional harmony , _
- of movement technique worthy occupied ,
- of sports equipment long duration and variability ,
- motivation and of affirmations reliability and sufficiency ,
- mental and physical of ability priority .

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