

PSYCHOLOGICAL TRAINING OF SPORTS GYMNASTS

Kholmamatova Farida Toshmuhammad qizi

Student of the Faculty of Sports Activities and Management

Termez State University

Annotation

The article deals with the psychological preparation of sports gymnasts in international tournaments of various levels. A very large share of success depends on this preparation. Emotional stress can reduce the effectiveness of sports exercises, which will lead to a deterioration in performance, and consequently, to a depressive mood.

Key words: courage, determination, resilience, purposefulness, sports psychology.

Introduction

International tournaments in artistic gymnastics are aimed at strengthening sports ties and popularizing, developing this gymnastics in various countries, and improving the sportsmanship of athletes [1]. When performing at international tournaments of various levels, gymnasts find it difficult to overcome their psychological state [2, 3]. At such competitions, athletes experience great responsibility and excitement before performances. Internal anxiety prevents you from fully coping with the task.

An important role is played by the psychological preparation of athletes on the way to achieving high results, and its study is a hot topic today [4]. To improve the psychological state of sports gymnasts at international competitions, such as the World Championships, World Cup stages, the Asian Games, the Olympic Games and other various high-level tournaments, it is necessary to relieve tension in the body, improve the functioning of organs and restore mental balance [5, 6].

Currently, sports require a powerful increase in training loads from athletes [7, 8, 9]. As a result, the mental load of the gymnast increases, the state of apathy caused by congestion. This requires the psychological preparation of the athlete, training in self-control methods [10].

The manifestation of any psychological barrier occurs due to the athlete's weak physical fitness, responsibility for sports performance, health status, performance results at such competitions in the past, anxiety, fear, self-doubt, as well as the



strength of rivals, the organization of the competition, the objectivity of refereeing and reasons, depending on the coach [11, 12, 13].

1. Models in the psychological preparation of an artistic gymnast.

The psychological preparation of an athlete should provide adaptation to competitive loads, social conditions of sports activities. The system of psycho-physiological training includes the formation of "internal psychological supports" in an athlete. Here an important role is played by the competence of the coach, who is ready to receive information about the attitude of the participant to the upcoming competition [14, 15].

Psychology helps gymnasts find themselves, form their goals, motivation and priorities, and it is also a subtle science on which professional sports are built. It is important to identify under what conditions an athlete conducts effective training, whether he knows how to properly overcome the consequences of a loss or injury. With the help of sports psychology, the personality is formed [16, 17].

Many sports gymnasts who have very good physical data often show lower results in competitions than those who have worse physical data [18]. There is a pattern - athletes who show decent results work on the verge of their physical capabilities. To improve the results, it is necessary to work with the fear of heavy loads, since some athletes have a psychological barrier that does not allow them to give their best at the finish line [19, 20].

Psychological strategies used by successful athletes:

- use special plans to cope with various distractions during the competition;
- develop measures to deal with unforeseen circumstances before and during the competition;
- fully concentrate your attention on the upcoming performance, blocking non-essential events and thoughts;
- on the eve of the competition, perform several ideomotor acts;
- do not worry about other participants before the competition, concentrate on what you can control;
- develop detailed plans for the conduct of the competition - learn to manage excitement and anxiety levels.

The psychological state is different:

- by the nature of the causes of occurrence (personal (neurosis) and situational (mental stress));
- according to the level of development (deep and superficial moods);
- according to the direction of reactions (positive (inspiration) and negative (apathy)).



An athlete can achieve sports victories with the power of thought, believe in himself, feel like a winner. Therefore, it is very important for an athlete to have someone next to him who will inspire him to achieve his goals. Also important is his positive self-suggestion.

2. Overcoming the psychological barrier.

In sports, work with a sports psychologist is often used. Each team is allocated a specialist and they conduct various trainings to overcome the psychological barrier. An indicator of the successful work of a psychologist is not a victory in competitions, the main thing is that the athlete is able to make the most of his internal resources. If the planned program is fulfilled without anxiety, stiffness, confusion, then the psychologist will be satisfied, even if the sports result is low.

The psychology of the winner is to win this tournament no matter what, because the athlete has been preparing for the highest result for years: to perform in any weather, withstand all sports loads, responsibilities and many other surprises. It is necessary to form a sustainable motivation for an athlete. With goal clarity, performance is enhanced under any training conditions because the athlete sees the goal. To reach your goal, you need a training plan.

The psychologist draws up a psychogram of the athlete's personality, which helps coaches to guide them in planning the training process.

The psychogram consists of:

- motivational sphere of personality;
- emotional stability;
- components of intelligence.

To solve the problems of overcoming the barrier, an athlete must:

- orientation of the athlete's activity to overcome the growing difficulties;
- awareness of the need for mandatory implementation of the training program;
- systemic introduction of additional difficulties;
- Consistent strengthening of the functions of self-education.

Special psychological training of an athlete:

- formation of mental readiness to achieve high results;
- the formation of actual motives that mobilize to achieve the goal;
- regulation of mental states caused by the expectation of a major competition.

Conclusions

Data analysis is a complex process. The possibility of subsequent implementation of other forms of psychological and pedagogical support of sports training depends on



its quality. The most effective form of providing psychodiagnostic data for coaches is a graphical representation with indications of the “norm”, as well as the average result.

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