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PSYCHOLOGICAL FACTORS AFFECTING THE FORMATION OF WILLINGNESS IN ADOLESCENT WRESTLERS

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Abstract

This article discusses the issues of self-regulation in adolescent wrestlers, as well as the development of primary volitional qualities in them, which are very important at the initial stage of sports training. Because this is a transitional period, it is necessary to take into account a person's interests, abilities in the field, and level of motivation. In adolescence, "determination" is recognized as one of the qualities that is just beginning to form. Moreover, such conclusions are recognized by many mature psychologists.

Keywords: Psychology, sports, basketball, physical education, preparation, competition, training, coach, victory, sports psychology.

Introduction

O‘SMIR KURASHCHILARDA IRODAVIY SIFATLAR SHAKLLANISHIGA TA’SIR ETUVCHI PSIXOLOGIK OMILLAR


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Annotatsiya

Ushbu maqolada o‘smir kurashchilarda o‘z-o‘zini ixtiyoriy tartibga solish, shuningdek, ularda birlamchi irodaviy sifatlarni rivojlantirish masalalari sport mashg‘ulotlarining dastlabki bosqichida juda muhimdir. Chunki bu o‘tish davri

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hisoblanib, unda insonning qiziqishlari, sohaga bo‘lgan qobiliyati, motivatsiya darajasi kabilar hisobga olinishi lozim. O‘smirlik yoshida irodaviy sifatlardan “qat’iyatlilik” endigina shakllanayotgan sifatlardan biri sifatida tan olinadi. Qolaversa, bunday xulosalar ko‘plab etuk psixologlar tomonidan e’tirof etilgan

Kalit so‘zlar; psixologiya, sport, basketbol, jismoniy tarbiya, chiniqish, musobaqa, mashg‘ulot, murabbiy, g‘alaba, sport psixologiyasi

ПСИХОЛОГИЧЕСКИЕ ФАКТОРЫ, ВЛИЯЮЩИЕ НА ФОРМИРОВАНИЕ ГОТОВНОСТИ У ЮНЫХ БОРЦОВ

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Аннотация:

В данной статье рассматриваются вопросы саморегуляции у юных борцов, а также развития у них первичных волевых качеств, которые очень важны на начальном этапе спортивной подготовки. Поскольку это переходный период, необходимо учитывать интересы человека, его способности в данной области и уровень мотивации. В подростковом возрасте "решительность" признается одним из качеств, которое только начинает формироваться. Более того, подобные выводы признаются многими зрелыми психологами.

Ключевые слова; психология, спорт, basketbol, физическое воспитание, подготовка, соревнование, тренировка, тренер, победа, спортивная психология

It is known that at the current stage of development of sports, basketball is becoming increasingly popular among young people in various countries of the world. We believe that any sport naturally requires specific physical and psychological training from the individual of adolescent wrestlers. The game of basketball is now one of the most common sports among teenagers, a type of

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team sport that requires young athletes to have specific physical activity, teamwork, strength, tactical flexibility, quick coordination of their movements, endurance, flexibility, agility, rhythmic as well as emotional-volitional stability. Therefore, greater attention is paid to the tactical, psychological and functional training of young athletes. Ye.N. According to Gogunov, volitional qualities are considered a mechanism of psychophysical regulation of human actions in sports, and are one of the personality traits that manifest themselves in overcoming complex situations. The manifestation of volitional qualities in sports is explained not only by the desire for success, the avoidance of failure, but also by the formation of moral attitudes in a person. Currently, the issue of willpower training of adolescent wrestlers is not only of great importance, but also requires further development. M.Ya. As Basov noted, psychological methods of volitional training in sports are sufficiently developed. In addition, the analysis of specialized literature shows that in scientific and methodological works of a psychological and pedagogical nature, interest in the problems of will and willpower training of athletes has significantly decreased. The issues of self-regulation and the development of primary volitional qualities in adolescent wrestlers are very important at the initial stage of sports training.

Because this is a transitional period, it is necessary to take into account a person's interests, abilities in the field, and level of motivation. In adolescence, "determination" is recognized as one of the qualities that is just beginning to form. Moreover, such conclusions have been recognized by many mature psychologists. Therefore, developing perseverance in young athletes is one of the most important tasks. L.V. Mariiuk determined that if the young wrestlers themselves do not strive to achieve their goals with determination, then the coach cannot help them either. Below we will try to discuss the types of volitional qualities considered necessary for young athletes and some psychological factors that influence their formation. T.V. Ogorodova says that perseverance is a long-term preparation for achieving a goal, despite various difficulties and failures, and a system of conscious aspirations of a teenager. Additionally, goal orientation may also be related to passion for one's work. The



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author notes that perseverance is supported not only by a person's will, but also by his interests and the emotional content of the activity being performed.

Experience shows that there are always unique challenges in achieving a long-term goal. That is, fatigue, satiety, frustration with tasks, etc. In our opinion, the listed qualities are considered difficulties that can only be overcome through volitional qualities. V.A.Slastenin notes that the physiological mechanism of perseverance is explained by the motivational sphere, and motivation is a quality that can control human interests and aspirations and prevent inaction. During sports training, conflicts arise between situational interests, desires, and needs that reduce the athletes' activity and manifest their will to compete. It is considered extremely important that every teenage athlete forms purposeful skills in himself. Therefore, each training should be carried out in the form of mastering certain materials, and not training in the general sense in athletes.

Athletes who leave training often feel that they have achieved something and can look forward to even greater achievements. S. According to the conclusions of Ya.Samulkt, every young athlete, first of all, must adhere to the principle of convenience. The process of becoming purposeful in a person is gradual. Therefore, to study the volitional sphere of a person, it is necessary to pay attention to his moral qualities. That is, any successful adolescent athlete must be able to make independent decisions, be responsible in tasks, and have the ability to overcome internal and external obstacles that hinder internal activity, purposefulness, and goal achievement. Sports are an activity that develops these very qualities. Adolescents' willpower develops as they overcome challenges, and its flexibility increases.

A.L. According to Popov, difficulties in sports activities are divided into subjective and objective types. The subjective type depends on the characteristics of the individual, the content of which is explained by character, temperament and other characteristics. Subjective difficulties in sports are most often manifested in negative emotions. That is, fear of the enemy, fear of injury, fear of losing, etc. And objective difficulties are explained by the general and specific conditions of sports activities. That is, compliance with the established regime, participation in many competitions, unfavorable weather, etc. Currently,



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in the psychology of will, the following are considered as its main characteristics. K. argues that the main qualities include initiative, determination, independence, endurance and self-control, attentiveness, dedication, etc.P.Jarkov.

Therefore, these qualities are very important for adolescent students involved in various sports. As a rule, significant changes occur in the body and psyche of adolescents due to puberty. That is, from the age of 13-14 to 16-17, there is an intensive development of all muscles, the maximum strength of the muscles develops, so indicators that are not typical for the result of natural growth and development also accompany the improvement of sports results. A.P.Kuznesov noted that in adulthood, many boys begin to independently engage in the development of the desired volitional qualities, that is, imitate peers or adults and engage in various sports. However, sports that are associated with great physical exertion and danger, require strength and courage, such as boxing, sambo, wrestling, weightlifting, and skiing, are among the areas that need voluntary control. V.P.Guba writes that playing sports to develop willpower helps teenagers develop physically, stay healthy, and live successfully not only in sports but also in life. We believe that one of the most important areas of training successful athletes is the formation of their volitional sphere, in particular, self-control and other volitional qualities.

The main goal is to consciously overcome difficulties in the athletes' situations. G.D.According to Gorbunov's conclusions, sports training is always a systematic process aimed at achieving higher results than ordinary training. And the development of such an important quality as "persistence" contributes to this. The high growth of modern sports achievements further increases the fierce intensity of sports wrestling between equally strong opponents. Therefore, along with volitional qualities, it is also important to form specific personality qualities in athletes. G.B.According to Gorskaya, the time dynamics from children's and youth sports to professional sports are fundamentally different.

From this perspective, sports training begins in preschool and ends when some athletes reach adulthood. In essence, many personal characteristics, especially volitional qualities, begin to form in adolescence. Researcher V.T.Malkin notes

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that the formation of volitional qualities in adolescent wrestlers has a specific appearance, which can be explained based on the following sequence: – dynamic physical qualities - qualities such as strength, speed, and reaction speed are the first to form; – volitional qualities that respond to large and long-term achievements – the ability to withstand difficulties, endurance, perseverance, and qualities that respond to complex and delicate actions – concentration, the ability to focus, self-activation, etc. In general, the formation of volitional qualities is most intense during adolescence and then continues to strengthen.

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