

## OBJECTIVE AND SUBJECTIVE ASSESSMENT OF MENTAL STATES CHARACTERISTIC OF ATHLETES

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### Abstract:

This article provides information aimed at explaining and psychocorrecting such mental states characteristic of athletes as fear, anxiety, excitement, anger, nervousness, aggression, affect, panic.

**Keywords:** General understanding of mental states: fear, anxiety, arousal, aggression, affect, combat states and the system of psychocorrection.

### Introduction

At the heart of a number of reforms implemented in our country today is the idea of improving people's lifestyle, creating a mentally and physically healthy environment and strengthening health in all layers of the population. Therefore, at the same time, attention to physical education and sports has become an important socio-political task of state importance. Sport is not only the basis of physical and spiritual health, but also a means of protecting young people who come into life with great hopes from various harmful foreign ideas and habits, and allowing them to fully realize their abilities and talents. Here, we found that the mental states characteristic of athletes are fear, anxiety, excitement, anger, nervousness, aggression, affect, combative states, and the psychocorrective system.

It consists of objective and subjective assessment of mental states typical of athletes (fear, anxiety, excitement, anger, nervousness, aggression, affect, panic).

Interpretation and psychocorrection of mental states characteristic of athletes: fear, anxiety, excitement, anger, nervousness, aggression, affect, panic.

### Research Organization Methods

Analysis of scientific-methodological literature and their summation, theoretical analysis of questionnaire survey.

In sports, mental states play an important role in the athlete's plans for today and tomorrow. The athlete's psychological state is definitely dependent on his mood, which ensures motivation and enthusiasm for training.

Fear of mental states in athletes is considered important, which is important in determining the athlete's serious preparation for competitions. Fear protects or warns the athlete from dangerous situations, and sometimes regulates activity and behavior. This is measured by the participation



of fear in the inner feeling, instinctive behavior that ensures self-preservation in the protective function. In addition, fear helps in correcting behavior, which arises from experiences. Fear is necessary for the normal functioning of the psyche.

Mental conditions in athletes **Aggression** (lat. *agressio* - to attack) means. Aggression in an athlete manifests itself in the form of anger towards an opponent, psycholinguistic influence, acting contrary to the rules prohibited in sports. In this case, the trainer-teacher should not be indifferent to the changes observed in the athletes' behavior and should carry out individual psychocorrection (explanation, advice, recommendation...) with them.

**Aggressiveness** is a feature characterized by an athlete's tendency to mischief, which is mainly manifested in the field of interpersonal relations in a sports team.

Different foreign scientists give different definitions of "aggression" and "aggressiveness" in their research. Lorend and Andry define it as a means of human innate self-defense, Morrison as a means of striving for dominance, and Horney and Fromler as a reaction of the individual against the hostility of the people around him.

**Anger**- it is manifested in the right or wrong assessment of the athlete's self-esteem by others. For example:

- the opportunity, technical and tactical preparation of the athlete may change, but it may be manifested in an unexpected defeat or a wrong decision of the referee;
- the ability, technical and tactical preparation of the athlete may rightfully be lower than his opponent, but it is manifested in the fact that he does not admit defeat;
- special neglect of the athlete by the trainer-teacher;
- it is manifested in such cases as when the trainer-teacher pays attention to excessive training to the athlete and gives him excessive loads.

**Stress**—It is derived from the English word (*stress*) and nervousness means tension. Nervousness is a mental state that occurs when physical loads and mental work are excessively exceeded in sports, when a defeat occurs, when a dangerous situation arises, when one has to find the necessary measures immediately.

Canadian physiologist Hans Sells considers nervousness as a proper response of human or animal organism to any influence. It is divided into three stages:

1. Mobilization of forces in the body of a member of the initial emotional (emotional) feeling (commotion).
2. Resistance stage.
3. Exhaustion stage.

**Stress in sports**- this is a simple and frequent condition, which is observed as a result of severe restlessness, excitement and insomnia.



**Affects**(emotional outbursts) a process that quickly overwhelms the athlete and passes violently to n it is said. They are a significant change in consciousness, impaired control of behavior, the athlete's inability to perceive himself, as well as his entire self-esteem.ti and activeIt is distinguished by the fact that it has changed. Affects are also short-lived because they cause a sudden expenditure of effort.



The emotional state that affects the actions and certain mental processes of an athlete for a certain period of time is called mood. During the life and activities of an athlete, emotions such as joy, humor, hopelessness, courage, boredom, sadness become the general system of his mental state. This situation creates favorable conditions for the emergence of some emotional impressions, and creates difficulties for others. When an athlete is in a sad, sad emotional state, he reacts to the jokes of his peers, advice and advice of the elderly in a different way in terms of content and quality than when he is in a happy mood.

*Symptoms of mood instability* - it is manifested in the athlete nervously laughing at the jokes made against him or completely frowning and walking like a person who is dissatisfied with everything. An athlete in such a condition may sometimes feel joy for insignificant achievements, and soon this happiness will be replaced by a bad attitude.



Another manifestation of mood swings is –it is an inner jizzaki. In most cases, this condition is manifested in the athlete's looks, facial expressions, and pantomime, and at first it is not noticeable in the athlete's relations with others. Such an athlete becomes more and more one-sided and sometimes very blunt in expressing his opinion, but he tries to moderate his words later, that is, he is able to control his voice relatively.

### *Mental stress*

characteristic of any activity, it occurs both in the course of training and in the course of competitions. But according to its direction and content, psychic tensions differ from each other. The stress that occurs during training is mainly related to the process of activity, the need to perform an increasing physical load. In the extreme conditions typical of competitions, the mental stress caused by the goal of achieving the specified results is added to it. Conditionally, the tension that occurs during training is called procedural, and the tension in competitions is called result tension. Usually they appear not only during the activity, but also before it starts. The difference between them in this regard is that process-specific strains appear immediately before training, while result-related strains can occur long before competitions.

Psychological stress can be divided into three stages. These are: nervousness, jizzaki, asthenic. There are general and specific symptoms for each stage of mental stress.

**The first stage-** nervousness. Its symptoms: capriciousness, instability of mood, internal (long-lasting) tension, unpleasant and sometimes painful sensations in muscles, internal organs, etc. According to the psychological dictionary, neuroticism is defined as "neuroticism is a condition characterized by emotional instability, anxiety, low self-esteem, vegetative disorder." When capriciousness or idiosyncrasies appear, the athlete remains disciplined, he always knows how to control himself, fulfills the trainer's tasks in a quality way, but from time to time in relation to one or another training task, or in relation to himself shows his displeasure with current relationships, or with domestic conditions, etc. This is visible not only in the words of the athlete, but also in his facial expressions, actions and general behavior. If an older athlete has a whim, this is the first sign of his weakness and fatigue. Consequently, he cannot find a way out of the difficult situations that arise in conflict situations, he does not have the willpower necessary in such situations, and he does not want to act rationally. In most cases, the capriciousness of an adult athlete is combined with unfounded and unprovoked resentment. If the athlete quickly realizes the groundlessness of his caprice and gets rid of the fatigue caused by his mental state, he will soon begin to perform all the trainer's tasks with quality and error.

**The second stage-** jizzaki. Its symptoms are increasing, uncontrollable irritability, emotional instability, high excitability, increased internal anxiety, constant anticipation of unpleasant events. An ever-increasing, uncontrollable obsession - An athlete who falls into such a situation loses control of himself more and more, gets excited about something, is rude to his friends, trainer, and sometimes spreads his poison to random people. Of course, each person has certain shortcomings, aspects that do not correspond to the mentality of the people around him. But



these shortcomings do not always cause conflict or conflict, but only in some cases they can cause conflict. An athlete can usually come out with such defects. But in a state of ever-increasing, uncontrollable tension, he becomes utterly helpless. The coach-teacher assigns tasks for the athlete's training and encourages them to do them, sometimes even forcing the athlete to do them. Although the athlete realizes that the coach's demands are right, and that it is important for him to perform all his tasks flawlessly, the athlete still continues to show his attitude in a negative way. In such a situation, negative emotions prevail over rational thought. A rather volatile and complicated period begins in the negotiations, and the occurrence of various disputes becomes a common occurrence. Instead of getting used to his condition, the existing situation, the athlete involuntarily switches to tactics of struggle and rejection. An athlete who is in such a situation, sometimes unable to cope with the difficulties in training, does not come to training or refuses to perform some of the tasks given by the trainer-teacher, and as a result, it has a negative effect on the relationship, which is already very complicated. can show. But in such cases, athletes usually maintain the standards of decency in their relationship with their trainers, but vent their anger on random strangers. For a certain time, the athlete tries to explain the reason for his anger, but gradually, he becomes unable to control himself, and even his conscience does not suffer from hurting others. Of course, whether an athlete falls into such a situation also depends on his general culture.

***Emotional instability***- is manifested in the form of a violation of the optimal emotional arousal in the athlete, mainly by a change in the direction of hyperexcitability. Athletes in this condition have more significant changes in their work capacity than in the first stage, the instability of mood is also more pronounced, and sometimes it appears in an individual way that is completely different from others. For an athlete in such a condition, even the simplest life contradictions cause extreme excitement, allowing him to behave rudely and inappropriately, get nervous, and waste his energy without any reason. .

***Internal anxiety*** - living only in anticipation of unpleasant things becomes a constant companion of the athlete. What he once accepted as normal and normal now seems to be a sign of impending failure.

***The third stage***- asthenic. Its symptoms are: a general depressive mood, panic, anxiety, lack of confidence in one's own strength, extreme irritability, being offended by everything, sensitivity, that is, taking everything to heart.

Depression in the athlete is manifested in the form of fatigue, inhibition, passivity, decrease in general vitality and activity motivation, avoiding communication with friends. In this case, especially the sense of responsibility in the athlete is often observed, as a result of which he makes gross mistakes in performing many exercises. As a result, the achievement of the predetermined result becomes doubtful, the victory over the weakest opponent seems unlikely, the athlete interprets the results of pre-competition training in a more pessimistic way, that is, results that do not lead to victory. Even the appearance of fear is observed in athletes who have



fallen into this state.

**Panic**- it manifests itself in the form of a disturbance of internal psychological peace, manifested in the form of strong anxiety and even fear, in situations that were completely insignificant for the athlete before. In sports psychology, a lot of attention is paid to the research of panic. However, most of these studies are concerned with panic processes in competitive situations. The anxiety caused by the training process is not so sharp, but it is stable, deep and lasts for a long time.

In short, the general laws of the dynamics of mental states in the process of sports training, pre-competition, competition and post-competition, the trainer-teacher should know the general principles and conditions of sports activities, as well as mental states specific to athletes, such as fear, anxiety, excitement, etc. It is advisable to always objectively and subjectively assess and psychocorrect anger, nervousness, aggression, affect, combative states..

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