



## Psychological Characteristics of Athlete Ability

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**Abstract:** *this article focuses on improving the formation of athlete's ability, increasing the athlete's interest in the exercise process, athletes' temperament, means of forming athlete's character, the formation of skills and competencies in athletes, training of sports professionals and coaches, sports training and scientific, theoretical and methodological in the preparation for competitions, their physical and mental training, quality organization of training, the correct solution of problematic situations that arise during sports competitions, the provision of new theoretical knowledge to athletes and the rational solution of personal problems focused on developing guidelines.*

**Key words:** *athlete, psychology, individual-psychological characteristics, temperament, mentality, victory, competition, hardening, ability formation, athlete character.*

**Date of Submission:** 05-11-2021

**Date Of Acceptance:** 16-11-2021

One of the most pressing issues today is the study of the individual psychological state of athletes to enable them to engage in sports on a regular basis, to attract athletes to a sport that suits their temperament and character, to control the emotions of athletes before the competition. We need to train athletes not only physically, but also mentally, morally, psychologically.

Athletes need to be able to control themselves when they fail in a competition, to control their own flaws. Another important problem is the lack of scientists working in sports psychology. In addition, the lack of individual training of athletes in competitions should lead to an in-depth study of the reasons for the defeat of athletes in the competition and the need to give the right instructions to these athletes.

He reminded them that the future success of athletes in sports depends not only on the knowledge and skills they have acquired in school and sports, but also on the fact that sports continue to generate new knowledge through their continuous work on themselves. it is necessary to sit.

Athletes' abilities and talents are manifested in sports activities and hard work, while the athlete's own abilities are developed only through hard work, diligence and the acquisition of relevant knowledge and skills.<sup>1</sup>

"Athletes need to develop their individuality and content. Because ability, not only in sports, but also in education, labor and social activity, puts certain demands on the process of practical and theoretical cognition, mental qualities, emotional and volitional aspects, the field of sensory,

<sup>1</sup> Ibragimov H., Yuldashev U., Boymirzaev H. Pedagogical psychology. Textbook. —T.: Publishing House of the National Society of Philosophers of Uzbekistan, 2007, 404 pages.

characteristic features, and their joint efforts. creates conditions for the formation of professional skills due to the movement. First of all, the study of skills in professional sports should be formed in the future, aimed at a specific goal.

It is desirable that the professional skills of athletes are initiated by the student-coaching team and the whole system of educational work in sports activities, as well as from the first day of the educational system.

After very strong factors affecting the athlete's body (long-term maximum loads, high-tempo rhythmic performance), the effectiveness of exercise decreases as a result of strong braking. It is during this period that the loads need to be reduced, otherwise there will be an explosion in high nervous activity and the athlete may be out of track for a long time.

### **Improving the formation of athlete's ability**

What is an athlete's ability? What is its psychological essence and uplifting factors? Theoretical and practical aspects of answering such questions correctly will ensure that the athlete is successful in training and improving his or her athletic performance.

Complex and general abilities athletes are formed at different levels and are common to all athletes. Complex and general skills are the types of universal activities in the activities of an athlete: work, play, study, communication, spiritual and moral activities.

It is well known how important physical education is for the development and development of athletes' ability to play sports and exercise. In athletes, ability itself is always the result of growth in the athlete, even though it depends on natural innate traits as mentioned above. The ability of an athlete to develop a sport is more likely to develop as a result of engaging in that sport and in the process of learning the sport.<sup>2</sup>

The abilities of some athletes who appear to be more capable in exercise or sports may also be similar to those in other sports.

Athletes' individual abilities are also reflected in their innate characteristics. How to solve problems, create valuable innovations, and apply the experience gained in the process of training and competitions in sports and competitions can also be seen to the extent that it has shaped an athlete's abilities and talents.

Ability is usually related to an athlete's passion and inclination to play a sport. An athlete's propensity for and ability to engage in sports often coincides and grows together. An athlete's propensity for exercise is often an indicator of his or her abilities.

### **To increase the interest of athletes in the process of exercise**

Athletes can expand their opportunities for self-management and self-improvement by planning their psyche during their lives and sports activities. According to this style, the athlete will be able to plan himself mentally as a result of setting a clear goal, confident in his strength. Creates a purposeful, grounded point of action in spiritual self-planning. If an athlete has a strong interest in sports, other goals in his life will depend on it and he will follow it. To do this, the goal must be clear and consistent. In order to properly plan the psyche of athletes, it is advisable to organize special trainings to eliminate the tremors and lethargy that occur before the competition, to create positive emotions, to develop their outlook. Athletes to learn about innovations and changes around the world, to fight for the truth, to feel the beauty of nature, to show high human qualities; one must be accustomed to the effective use of inner mental, physical and mental capacity. This task is the responsibility of coaches and psychologists.

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<sup>2</sup> Eshnazarov J. History and management of physical culture - T.: Science and technology, 2008, 388 pages.

Athletes do not have a deep understanding of the positive effects of exercise and sports on the human body, they do not have a well-developed willpower, they become discouraged from sports, and as a result can not achieve positive results in competitions. The reasons for this are: the fact that parents do not create adequate conditions or a reasonable agenda for their children to get an education and engage in physical activity and sports independently; the inability of some coaches to master the workload and training methods, to understand the logic, the coach has not fully mastered the methods of modern sports psychology and is illiterate in their application in sports activities; difficult development of physical activity and sports skills and abilities in athletes; non-compliance with the requirements for their age, ability, strength; tribe These causes can lead to extreme fatigue, stress, and nervousness in athletes; reduces their interest in sports. In order to increase the interest of athletes in training, to rise to the podium in competitions, it is necessary to pay attention to the following:

1. The coach should set exercise-related problems for the athletes during the training sessions and accustom each athlete to independent research in solving these problems. As a result, the athlete will be looking for new tactical methods of competition with high passion in achieving high results in competitions and will not be afraid of difficulties.
2. If the coach organizes sports and sports games in an interesting way, does not make the students bored or tired during the training, the athletes will understand that each type of exercise they learn is important for the future activities in the competition process in general. understands.
3. Exercises taught during sports can reduce the interest of athletes in training if they are too light or difficult. To do this, the coach must be able to choose exercises based on the age, strength, ability of students, to monitor, evaluate, check their physical qualities, to motivate athletes to perform the exercises.<sup>3</sup>
4. The more a coach cares about his students to be good athletes, the more he feels about the learning and sports process, the more his students will be interested in sports. will be strong.

In sports practice, it has been observed that some coaches repeat the exercises taught in order to further strengthen the exercises performed, unknowingly creating situations that bore their students. The recurrence of such cases can be tedious and frustrating for athletes. However, coaches who are constantly improving their knowledge, creating independently, and deeply understanding the psyche of their students will try to overcome this problem and, based on their pedagogical skills, will be able to carry out the tasks assigned to them in the classroom responsibly.

Decreased or lost interest in athletes weakens their performance, impairs their other spiritual qualities; makes the athlete prone to idleness and laziness. Such athletes get bored not knowing what to do in their spare time or try to find some useless pastime. Athletes who practice a particular sport on a regular basis are always alert and active. The lives of such athletes are meaningful and meaningful. They are always moving towards a goal. The heart has a deep sense of homeland, a good understanding of the duties and responsibilities of coaches and friends, parents.

The coach must also take into account the athlete's sensitivity and sensitivity in the process of educating the athlete. Because the reasons for their change depend not only on external influences, but also on the athlete himself. Understanding the laws of occurrence of affective reactions and knowing how to deal with them correctly not only provides a positive aspect of an athlete's behavior - morality, but also helps him to get out of various difficult and controversial situations. Having such knowledge also allows an athlete to maintain their mental health.

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<sup>3</sup> Boymurodov N. Applied psychology. - T.: Yangi asr avlodi, 2009.

Naturally, the athletes have different temperaments, and each of them goes his own way to victory. There will never be 6 identical gymnasts on a team, and in any case, no one can replicate someone's best quality. One can only dream of gymnasts who can fully combine different qualities. Of course, every gymnast tries to show the full potential of all athletes in the crucial moments. A gymnast begins to mobilize his strength and abilities without rushing during the competition. The second is the argument, the thirst for victory, the steadfastness of the competition, the confidence in its own strength. The third is stable, the fourth is very resilient, the fifth is gentle, attractive and at the same time temperamental, the sixth is cheerful and open-minded, the seventh is strong, tenacious, courageous, and so on.

By partially re-training certain aspects of temperament, it will be possible to adapt it to the requirements of sports activities to a certain extent. For example, in a very interesting exercise that stimulates high activity in the athlete, the level of choleric is as low as in sanguine temperament athletes. In a football game, melancholy can show tactical skill at the sanguine level in the game, despite its disturbing characteristics due to its deep sense of duty. So, this way of temperament adaptation is not limited either. Because in very difficult situations, when it is necessary to act very quickly, almost without thinking and without preparation, the characteristics of temperament can be manifested despite the influence of the deepest and most active emotions.<sup>4</sup>

### **Means of shaping the character of the athlete**

Character is formed under the influence of the environment and upbringing of the athlete, ie in the process of sports training and in the family, school, the world around him, his parents, coach, self-relationship. We understand the individual characteristics we can have.

Character traits that are unique to an individual athlete are called traits. Character traits in athletes are not random traits, but rather permanent traits in an athlete's behavior that are unique to the spotter. Every athlete can show courage, perseverance, honesty, integrity and courage at times. However, such characteristics, which occur only occasionally in the life of the athlete during sports training and competition, are not yet stable characteristics of the athlete.

Some of the qualities that make up an athlete's character have historically evolved and changed with the development of social relationships. Athlete society is made up of classmates. The same traits in athletes are valued differently in sports teams. Therefore, each period of life has its own beauty. In this sense, the athlete must sharpen his character in order to acquire a thorough knowledge during his student years, to form in himself universal qualities, to be active in social life and to become a person who is not afraid of difficulties. To do this, the athlete must develop the following personality traits:

1. Accustomed to creating a state of productive mental activity in all spheres of social life;
2. Good behavior, creative knowledge and the necessary qualities for athletes;
3. To be conscientious in the face of difficult and complex situations in life or in solving problems, to achieve their goals, and to be able to choose a clear and correct path.<sup>5</sup>

An athlete's character is not innate, constant, or changeable. The character of each athlete develops and changes under the influence of social environment, sports activities and competitions in the process of education and upbringing or through self-education. Therefore, every athlete, from a certain age, is responsible for his own character and some of his qualities. An athlete must cultivate

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<sup>4</sup> Masharipov Y. Sports psychology. Lecture notes. - Samarkand: SamSU, 2003, 128 pages.

<sup>5</sup> Masharipov Y. Sports psychology. Lecture notes. - Samarkand: SamSU, 2003, 124 pages.

good qualities and progressive ideas in the development of his character. At the same time, the athlete must acknowledge the negative aspects of his character and admit his shortcomings. Acknowledging one's own shortcomings is a positive aspect of an athlete's character. This will make the athlete more self-disciplined. An athlete who cannot see his own shortcomings will be incapable of winning, growing, maturing, and becoming a good athlete.

### **Developing skills and competencies in athletes**

As athletes acquire skills and abilities in sports, they develop muscle movements that participate in the formation of their physical abilities and physical qualities (speed, agility, strength, flexibility, endurance). In athletes, the skill consists of the instruction of mental and physical movements and techniques through which the same activity is performed by the athletes in the spot activity. In athletes, skills are often expressed in mental or physical movements.

We recommend that coaches follow the following requirements when teaching athletes the basics of movement:

- a) to avoid unnecessary, excessive actions;
- b) not to get used to performing aimless movements without violating the specific exercise movement system;
- d) Improving the ability of athletes to perform high-speed movements on the basis of low-speed movements;
- e) get used to keeping the muscles of the body free while performing the movement.

In the step-by-step training phase, we recommend the following:

have a deep, clear and accurate picture of the important aspects of the action;

- b) be able to verbally explain to athletes the internal movement patterns of the exercises being studied;
- d) to form the basis of all the initial movements studied, both in imagination and in practice.

Improving movement skills can be achieved through the following steps in building movement skills:

- a) training to perform the movement in a moderate, light and effortless manner;
- b) perform actions quickly and generalized;
- d) to achieve automated performance of actions.

Teaching the basics of action uses visual imagery to perform the action, and through logical thinking, the action is performed in the imagination before the action is performed.

Movement is performed through the senses through the study of imaginary experience. Movement training begins with the goal of the action to be performed, and the method of overcoming movement obstacles is manifested in the acquisition of research and movement skills, forming the unity of the process of movement training. The trainer announces the movement training, explains the purpose of the movement, and shows how to do it. After he demonstrates the first exercise, athletes develop a general understanding of movement. It is a good idea to separate the main parts of the movements that are performed during the training of physical exercises.

An athlete puts all his or her energy into achieving success in the sport he or she loves and practices, demonstrating all the skills and abilities he or she has. In each sport, there are different ways to beat your opponent. Athletes achieve high performance based on their individual characteristics and general level of training; financial security, nutrition and physical development;



it depends on factors such as the physical, mental and spiritual upbringing of the athlete and the improvement of the sport's movements. In today's sport, record-breaking and changing records require the athlete to train with maximum (high) tension. Athletes need to understand every movement they perform. To do this, the athlete's body must be able to withstand any resistance; it is advisable to follow the theoretical conclusions of physiologists and psychologists based on the results of scientific experiments, practical research on their adaptation to exercise at high and low temperatures, in different conditions (for example, in high mountains).

Often, inexperienced athletes face a variety of obstacles in overcoming external and internal challenges that arise during a sports competition because they are not mentally ready to perform the exercises quickly, regularly, consistently, and over a long period of time. Although some athletes do not have the skills to correctly perceive the tempo (pace), rhythm (rhythm), and sequence difference of exercise (e.g., they correctly perceive distance during a 100-meter run), but giving in to intense excitement and panic in the race and not paying attention to the speed and rhythm of the run), they quickly become tired as a result of speeding up the run, regardless of their level of opportunity. Therefore, in order to avoid panic in the competition, the coach should organize friendly competitions during training, pay attention to the length of the steps when running at different distances over time and over and over again, the correct distribution of power when running a certain distance, and it must teach them to perceive movement and time correctly. If the athlete performs specific exercises over and over again, he or she will be able to accurately and accurately master the skills of time and speed of movement and the correct distribution of force during long-distance running. If an athlete wants to practice running for 800 meters in the race, he should practice running for the distance of 200 m - 400 m - 800 m - 1000 m - 1500 m according to the set time, strength and speed in 800 meters independently to reach the level of perception, to get used to thinking correctly about their own shortcomings when running long distances. As a result of regular practice of running 800 meters, the athlete's running speed increases, the length of his steps changes, and his breathing rate improves. As a result, psychophysiological changes occur in the athlete's body, and confidence in his own strength increases during the competition.

One of the important factors in achieving good results in a number of sports, including athletics and weightlifting, diving, gymnastics, figure skating, archery and pistol shooting, is that the athlete is mentally fit in all directions. -yargarligidir. The quality of the exercise performed during the competition, the maximum focus on the actions to be performed, and the athlete's ability to think are also factors in achieving victory.

Some sports experts want to promote the idea that winning a competition depends in many ways on the well-developed physical qualities of the athlete. However, in our opinion, one of the main reasons why an athlete wins or loses a competition is how well he or she is mentally fit. Coaches should not forget this. For example, a tennis player may not be able to hit the ball with a racket because he cannot keep the ball stable without being distracted. Similarly, a high jumper may experience a series of hitting the bar (barrier) during exercise, causing panic, anxiety, lack of self-confidence, and other negative emotions. settings. As a result, it is difficult for an athlete to run and jump, and his performance in competitions or training is reduced. To do this, coaches are required to develop the athlete's correct jumping skills by performing more repetitive jumping exercises without hitting the bar during training.

Mental training in all sports remains one of the most pressing issues today. For example, in the sport of fencing, we observe two different combat states, two different volitional movements, two different technical and tactical qualities of athletes with two different mental trainings. The sensitivity of the muscle movements of both athletes in their quest to win in a short period of time with cold steel shows that it depends on their psychological readiness. Also, the short movements of runners and boxers, the skill of the swimmer in performing the movements associated with

overcoming water resistance in swimming; the state of mental preparation of the long-distance runner for the upcoming race plays an important role in the correct perception of movement, time.

In each sport, the state of preparation of the athlete for the competitions and the actions performed during the competition is different. Famous gymnasts think about the exercises before they practice them. The gymnast stands motionless in the farthest corner of the bridge, half-closed. It's as if he's moving his fingers slowly with his lips pursed and his hands down. The athlete feels as if he is holding a sports equipment in front of him, he plans all the exercises in his mind: he imagines himself as if he is in a ring, as if a ring is brought under his arms; after all the exercises to be performed are fully reflected in the mind, in the mind, they begin to perform the exercise in practice.<sup>6</sup>

From coaches to develop students' ability to quickly and accurately understand each exercise; and the athlete is required to develop a special sensitivity in performing exercises specific to each sport, the ability to quickly and accurately understand each exercise. For example, high jump athletes have the ability to sense every change in a very small, short distance or level (centimeter) that occurs at the height they are climbing, and to see and understand the movements required to jump from a height. they must master their skills thoroughly. That's the way to become successful in life, to win competitions. Only in this way can a gymnast with well-developed vestibular sensitivity perceive the elements of each rotational movement correctly, precisely and quickly in gymnastic slings, and perform them skillfully in practice. If the vestibular sensitivity is not well developed in the gymnast, the athlete will make very rough mistakes in performing the coordinates of the movement, even getting tired from the exercise and reaching the level of dizziness. A weightlifter must be able to clearly and accurately perceive the difference in weight of 1-2 kilograms during exercise and sports competitions, and master the skills of using the sensitivity of muscle movements in lifting the required weight.

## **Conclusion**

Athlete's temperament, formation of athlete's character, development of mental and physical fitness of athletes in all higher military and paramilitary educational institutions, Higher education institutions, colleges of Olympic sports reserves, children's and youth sports schools, physical culture and sports How to plan the appropriate physical activity, taking into account the age, level of sportsmanship and temperament of athletes we learned.

In conclusion, in order to increase the effectiveness of sports activities, we consider it appropriate to address the following issues:

- The opening of departments for the training of special practical sports psychologists at the faculties of physical culture;
- The opening of laboratories of sports psychology at the faculties of physical culture, equipping them with technical means;
- Introduction of the position of team psychologist for each sports team;
- sending community psychologists for internships to study the experience of developed countries;
- Increased attention to the training of sports psychologists.

Because the role of team psychologists in the mental preparation of athletes for sports competitions and the World Olympic Games, in creating a positive and vibrant atmosphere in the team, in

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<sup>6</sup> Ivanov P.U., Zufarova M.E. General psychology. -T.: Publishing House of the National Society of Philosophers of Uzbekistan, 2008, 472 pages.

educating them, in helping athletes to overcome difficult situations and win. is great in modern sports. The opening of training departments for community psychologists at the Institute of Physical Culture and the faculties of physical culture for Burring will undoubtedly pay off in the near future.

The article seeks to scientifically substantiate specific methodological aspects of educational work with weak-willed athletes. We advised coaches to use “self-management”, “autogenic exercise”, and “meditation” techniques when working with such athletes. In particular, due to the fact that the record in modern sports is constantly updated and changed, it is required to train athletes with high (maximum) tension, to develop the skills of correct perception of every movement performed by the athlete (for example, to adapt to high mountain training). We have followed the theoretical conclusions based on the results of scientific experiments and practical research of physiologists and psychologists, or instructed the 800-meter runners to perform special exercises to avoid strong excitement and panic in the race while correctly perceiving the distance). .

This article focuses on the training of physical culture and sports professionals, the correct solution of many problems and situations in the field; the problems of special importance in the formation of spiritual feelings in athletes were highlighted from a scientific-methodological and methodological point of view.

In addition to being physically fit, playing sports also contributes to the individual well-being of young people. It also helps increase productivity.

People and young people, especially those who are mentally active, need to replace their activities with physical activity. This is also useful from a psychological point of view. Optimal excitation in the brain positively alters the displacement of the foci, the variation of the braking and braking centers.

### **Suggestions**

It is recommended to pay attention to the following in order to increase the interest of athletes in training, to rise to the podium in competitions:

- The coach puts in front of the athletes the problems related to the exercise during training and accustoms each athlete to independent research in solving these problems (as a result, the athlete seeks new tactical methods of competition with high passion to achieve high results in competitions and will not be afraid of difficulties);
- The coach should organize sports and sports games in an interesting way (unless the students are bored or tired during the training, the athletes will understand that each type of exercise they learn is important during the competition, in general, for future activities). ;
- Decreases the interest of athletes in training if the exercises taught in the course of sports are too light or difficult. To do this, the coach should be able to select exercises based on the age, strength, ability of students, to monitor, evaluate, check their physical qualities, to motivate athletes to perform the exercises;
- to care more about the coaching students to be mature athletes, to take care of them, to make them feel strongly about the learning and sports process.

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