



## Psychological Training of Kurash Wrestlers

*Nomozov Suyunbek Abdumalik ougli*

*Lecturer at the Faculty of Sports Activities and Management Termez State University*

**Abstract:** A number of specialists in sports psychology see the essence of the psychological readiness of a wrestler in a variety of effects on him of difficult conditions of competitive activity and the ability to make the best decision in time in the current situation, in the unity of activity and state, in constant monitoring of behavior.

**Keywords:** kurash wrestling, athletes, kurash wrestlers, psychological preparation.

*Date of Submission: 28-10-2022*

*Date of Acceptance: 30-11-2022*

**Introduction.** Successful performance in a long, difficult and multi-day competition, where one has to meet various, sometimes more serious opponents, requires from kurash wrestlers, along with good technical and tactical readiness and physical performance, also a high level of psychological stability [1, 2].

The psychological readiness of kurash wrestlers is determined by:

- the level of development of specialized perceptions: a sense of distance and time of attack behavior, orientation on the wrestling mat, reaction speed, the ability to predict the opponent's actions, tactical thinking;
- Psychological state of a wrestler [3, 4].

With ideal psychological readiness, the wrestler has the best level of development of the listed qualities and the state of the so-called psychological readiness [5, 6]. He is characterized by self-confidence, the desire to fight to the end and win, the ability to gather all his strength to achieve the goal set in the fight, and significant psychological stability. The degree of development of specific mental processes is expressed in the actions of wrestlers on the mat, and is largely formed by the success of the development of the athlete's natural qualities, which develop in the process of specialized exercises [7, 8].

Mental stability is the ability of an athlete to maintain a positive emotional state, working capacity and mental qualities in difficult conditions of training and competition, the most significant in a duel, despite the influence of factors that cause negative emotions and mental tension [9, 10, 11].

Experts believe that the structure of the state of psychological stability includes highly developed cognitive, temperamental and volitional qualities and functions. "An athlete's readiness for competitive activity is developed from self-confidence, readiness to prove himself and achieve victory, the best emotional effect, high noise immunity, and the ability to independently control his own behavior" [12, 13].

A number of specialists in sports psychology see the essence of the psychological readiness of a kurash wrestler in various impacts on him of difficult conditions of competitive activity and the

ability to make the best decision in time in the situation, in the unity of activity and state, in constant control over behavior [14, 15, and 16]. During the preparation for competitions at the stage of general preparation, the emphasis is more on general psychological preparation, and at the special preparatory stage - on special psychological preparation for a particular competition [17, 18].

Under the influence of various thoughts and emotions, the athlete becomes too excited, irritable or lethargic, indifferent. Being in a state of starting fever, an athlete, being overly worried, cannot, as a rule, objectively imagine a picture of a future fight and concentrate on the plan of his performance. The desire to win the duel is replaced by various fears in the process of the meeting, about its result. The wrestler's attention decreases, memory is disturbed [19, 20].

Based on the foregoing, let's consider the content of the psychological preparation of the readiness of wrestlers. The main task of general psychological preparation is the study of the psychological qualities of an athlete and their education. The trainer in the process of work determines the methods of their development. So the coach learns that in the process of the athlete's performance at the competition, he does not achieve the results shown in training, as he is not confident in his own abilities. This weakness in the demonstration of volitional qualities can have various causes. In order to determine the method for removing a defect, you need to know exactly the cause of its occurrence.

It is desirable that the athlete be fully aware of his future rivals, he must be well aware of their strengths and weaknesses.

Particular attention should be paid to the formation of the emotional state of the athlete. This state of the athlete in the period immediately preceding the competition was called the pre-start state or, as the wrestlers say, "burn" before the fight. The pre-start fever is most significantly manifested in 15–18-year-old wrestlers. However, the coach, taking into account the age characteristics, should not ignore the individual characteristics of the athlete. Sports experience is important here.

The main areas of psychological preparation for a particular competition are:

1. Psychological self-preparation. This is understood as a psychological attitude - thoughts, emotions, volitional phenomena that occur in an athlete in connection with specific competitions. The athlete before the competition must live the upcoming fights. However, these should be such experiences that mobilize his forces, adapt him to combat and, as a result, contribute to a significant extent to achieving victory.
2. Influence of the trainer. A coach who knows his pupil well can determine changes in his emotional state only by external signs of his behavior. If a young man who is always emotional in the presence of coaches turns into a "closed" one, then this means that he is in a state of difficult mental experiences associated with the upcoming performance at the competition. The coach needs to imperceptibly bring his pupil out of this state, switch his attention.
3. Impact of the environment. The concept of "environment" should be understood primarily as a sports team in which an athlete needs to compete. The psychological state of the team members mutually affects them. Therefore, the attitude of the whole team regarding the future competition is very important. When a team is set up in a combative way, confident in its own strength, in victory, this is a fundamental moment in the psychological preparation for the competition.

In psychological preparation, a significant place is also occupied by the attitude of family, friends, and acquaintances. Here we must not forget that the athlete's environment can play both a positive and a negative role.

The process of psychological preparation of an athlete can be divided into a number of stages.

Stage immediately after the competition. At this stage, depending on the results of the performance, the athlete considers various attitudes regarding the patterns of subsequent training and current competitions. The next competition can be held after a sufficiently long period of time. However, the psychological attitude towards him should begin after the completion of the previous competitions. In case of a successful performance, higher goals must be set for the wrestler, and in case of an unsatisfactory result, a desire for revenge must be aroused, and in all cases, technical, tactical and psychological errors and shortcomings must be thoroughly considered.

The training phase that precedes the competition. This stage is the longest of all. The main task: solving the problems of general psychological preparation, that is, studying the characteristics of the mental qualities of wrestlers and their manifestation during performance at competitions, and

selection of activities necessary for the development of these qualities. It is important that psychological preparation is a fundamental part of the entire process of preparing an athlete for the intended competition.

Stage of direct preparation for the competition. This stage is determined by such changes that occur in the emotional sphere of the athlete. Shifts are usually so tangible that they leave a certain imprint on the mood of the athlete. At this time, it is necessary to get rid of disturbing thoughts, eliminate anxiety and try to form a state of combat readiness in the athlete.

**Conclusions.** In the course of the competition, especially when they last for several days, the psychological setting is important. The psychological adjustment of an athlete to a competition is a rather difficult process that takes place systematically, according to a pre-planned plan and is important, sometimes even decisive, for achieving high results in competitions. In this process, the main role belongs to the athlete, coach and team, through joint efforts, which can achieve effective and desirable psychological preparation and ensure success in the planned competitions.

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