
THEIR INCREASING THE PHYSICAL FITNESS OF ATHLETES STUDY OF PSYCHOLOGICAL STATE

F.Kh.Karimov

Tashkent Institute of Finance

Associate Professor of “Physical Culture And Sports” Department

Abstract:	Keywords:
The article describes the psychological and emotional states of athletes before the competition experiences, the types of emotional state of the athletes were studied. High on the competition ways to overcome pre-competition anxiety in achieving results.	Psychological state, stress, anxiety, motivation, combative state, apathy, emotional state Among the deep reforms carried out in all spheres during the years of independence, physical special attention is paid to the development of education and sports.

Sport of the young generation favorable conditions and opportunities are being created for regular training. Along with the physical preparation of athletes for competitions in sports psychological readiness is also important. For superior results negative emotions during the competition for athletes who are regularly training it is said about the influence of circumstances, low motivation to achieve results. Negative emotional states that appeared in the athlete before the competition to achieve victory causes a decrease in motivation. Therefore, the emotional state of athletes before the start study, implementation of factors that affect the appearance of a state of stress before the competition is one of the urgent problems today. Emotions (lat. Emovere - to excite, excite) - with instinct, need, motive related, immediate experiences (satisfaction, joy, fear, sadness, etc.) a mental process that is reflected in the form and affects the world and activity of an individual and the main category of cases.[1]

Emotions arouse the desire for planned goals, the motivation of a person's activity becomes I.P. Pavlov explained the essence of this physiological process with dynamic stereotypes explains. Difficulties arising in this activity cause negative emotional states is based on output.

The occurrence of emotional states in sports activities is determined by the influence of various factors. Among them, the following are the main ones for the manifestation of pre-start excitement: the competition importance, presence of strong rivals, conditions of the competition, people around the athlete, especially the behavior of the coach, the individual-psychological characteristics of the athlete system and temperament characteristics: weak nervous system, emotional excitable. High emotional pressure occurs quickly in athletes with neuroticism: coaches and athletes the character and uniqueness of the interaction between, that is, the psychological environment for the athlete the visit of important people to the competition, knowing how to manage oneself level.

=====
Deeply covering the athlete's personality and influencing his performance bright and strong emotional experiences, according to which they are distinguished by the following characteristics:

1. stored in memory - experiences stored in memory motivate the athlete to work or acts as a deterrent;
2. Dominance is a strong stimulus that affects the athlete and creates a high emotional state brings;
3. diffusion - the athlete receives the mood (emotional background) that arose initially means that it spreads to other cases.[2]

The change of emotional states during sports competitions is very quick transitions from one emotion to another that are completely opposite to each other observed. This is due to the fact that sports competitions themselves are so variable

will be. Because the competitions are held at a very fast pace, and sometimes they lose transitions to victory, from victory to defeat, and unexpected situations also occur.[3]

In the competition, the following three types of starting emotional states of athletes are distinguished:

1. The state of combat readiness (elevated spirit) is the optimal level of nervousness and emotionality during the competition characterized by high levels of excitement and performance. athletic strength, feels an increase in energy and activity, a unique inspiration appears in him. He is successful believes, impatiently waits for the start, to try as hard as possible and to achieve the result aims to fight to the end. The athlete is highly resistant to negative factors (criticism of the coach, mistakes of the referee, negative reaction of the audience, influence of opponents). Prepare for the start diligently and orderly, what should be taken into account and used during the competition remembers everything well. This condition is for the athlete to succeed in the competition is very positive.
2. Pre-start fever manifests itself in the desire to achieve a high level of success. In this case, there is a strong emotional arousal, instability of feelings, one of them is completely opposite quick exchange of places with the second one, resulting in changes in behavior, to the coach attention of athletes due to relative obstinacy, rudeness of origin, lack of memory, attention without focusing on the necessary aspect, it is quickly distracted, perception and imagination are quickly damaged, thinking rationality decreases. The appearance of such an athlete means that he is very disturbed can be seen, his legs and hands are trembling, his face is pale and sweaty. Rushing, rushing in an athlete, an inconsistent response to usual influences is shown. Coordination of actions it breaks down, its ability weakens. Physiological changes in these symptoms of startoldi fever will be. The athlete loses his appetite; pulse, breathing, high and unstable blood pressure, dry mouth, upset stomach are observed.
3. Apathy before the start is often due to the braking of the long emotional excitement of the athlete will move. Apathy is caused by the athlete's overtraining, and the activity is fun for him it may appear from the fact that it is not. In apathy, general weakness, sleeplessness, speed of movements decrease and deterioration of coordination, attention

and perception process, weakening of will, lack of confidence in one's own strength, fear in front of opponents, inability to concentrate before the start, stroke it is observed that the pulse decreases and is not uniform. He started in multi-day competitions the situation may depend on the success of the previous competition. Unsuccessful the result is followed by hyperarousal or apathy. After a successful competition the optimal state of combat readiness is determined.

One of the most common types of pre-start pressure is anxiety. This is when a person waiting for an event related to him, but he does not know whether it will be positive or negative appears in the situation. The level of readiness for the activity that precedes the anxiety state of the athlete or a feeling of insecurity that other people will positively evaluate the result of his work deepens. The deepening of anxiety before the start leads to the appearance of stress. The inconsistency of the emotional state before the start has a negative effect on the result of the athlete. Of this fight against negative emotions to prevent them elimination is required. In this regard, many researches and theoretical and case studies have been created, and the following can be cited:

1. Emotional memory and imagination as a method of bringing about a certain emotional state actualization: this method is used as a component of self-management. Remember the situations in which a person left a deep mark in his life with strong experiences and emotions thinks about emotional situations.

2. Gelotology (Greek gelos - laughter) in managing the emotional state in later periods direction is shown. Laughter is positive for human mental and physiological process in various ways has an effect, reduces pain in the body. Focusing on words - words that create pleasant emotional experiences is selected and collected.

- self-control of breath - in physical strain and stressful situations or When we are very afraid, it becomes difficult to breathe. A person is aware of his own breath can control and relax from it, get rid of mental and muscle tension can be used for Anti-stress breathing exercise spine vertical or it is performed in a horizontal position, in a free position, with natural, stress-free breathing, chest and abdomen allows muscles to stretch. Change the direction of consciousness. There are different forms of this management method:

1. Distraction (distraction) - from being able to think about anything other than the emotional state consists of Stopping requires a willful effort to redirect attention to another situation.

2. Change - change the mind to another more interesting action or activity related to work to direct to. Focus rather than overthinking the importance of the outcome of the activity, focusing on the analysis and tactical aspects of the activity will have a positive effect.

3. Reassess the situation by reducing the significance of the negative result and next focus on positive activity. In short, emotional states are a constant and inseparable companion of human activity and is manifested in positive and negative forms. Positive emotions move a person to action motivates, that is why a person clearly shows such an emotion. There are many negative emotions In some cases, a person has the characteristic of forgiveness in his inner world, that is, in rare cases, it is an external manifestation will

be done. Therefore, it is not for him to tolerate negative emotions as an internal experience for a long time fighting back will have a positive effect. In this regard, the above mentioned negative emotional states there are ways to overcome it.

References

1. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. *Academicia Globe: Inderscience Research*, 3(04), 165-169.
2. Khurramovich, K. F. (2022). METHODOLOGY OF WEIGHTLIFTING WITH ATHLETES. *Web of Scientist: International Scientific Research Journal*, 3(4), 1228-1233.
3. Karimov, F. X. (2022). Scientific and Methodological Bases of Normalization of Loads in Physical Education and Mass Sports-Health Training. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 2(2), 24-28.
4. Karimov, F. X. (2021). Plan Individual Fitness Training Programs for Middle-Aged Men. *European Journal of Life Safety and Stability (2660-9630)*, 11, 238-244.
5. Каримов, Ф. X. (2020). CLASSIFICATION, SYSTEM AND TERMS OF SPORT WRESTLING METHODS. *INTERNATIONAL JOURNAL OF DISCOURSE ON INNOVATION, INTEGRATION AND EDUCATION*, 1(4), 84-88.
6. Каримов, Ф. X., & Ташпулатов, Ф. А. (2020). РЕСПУБЛИКАМИЗДАГИ ЮНОН-РИМ КУРАШИ БИЛАН ШУҒУЛЛАНУВЧИ ЎСМИРЛАРНИ ҚАРШИ ҲУЖУМ УСУЛЛАРИГА ЎРГАТИШ САМАРАДОРЛИГИНИ ОШИРИШ. *ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ, (SI-2№ 4)*.
7. Каримов, Ф. X. (2017). Физическая культура и её связь с общей культурой. *Высшая школа*, (4), 65-66.
8. Каримов, Ф. X. (2017). Физическая культура и её связь с общей культурой. *Высшая школа*, (4), 65-66.
9. Karimov, F. K. (2022). Developing A Combination of Health Exercises for Middle-Aged Men Aged 45-60. *Eurasian Scientific Herald*, 8, 201-204.
10. Tashbaeva, M. (2022). Pedagogical Opportunities of Wrestling Sports in the Formation of a Sense of National Pride in Students. *Eurasian Scientific Herald*, 8, 213-216.
11. Toshboyeva, M. B. (2022). WELLNESS EXERCISES FOR HUMAN ENDURANCE DEVELOPMENT. *Web of Scientist: International Scientific Research Journal*, 3(4), 1214-1220.
12. Toshboyeva, M. B. (2022). Wrestling is a Kind of Sport with an Example of the First Training jar the Importance of the Formation of FastPaced Power Attributes with the Help of Moving Games. *Texas Journal of Multidisciplinary Studies*, 6, 291-294.
13. Karimov, F. X., & Toshboyeva, M. B. (2021). POSSIBILITIES OF PHYSICAL EDUCATION MEANS IN THE FORMATION OF VOLITIONAL QUALITIES IN SCHOOLCHILDREN. *World Economics and Finance Bulletin*, 4, 20-23.

-
14. Khurramovich, K. F. (2022). THE MAIN VALUES OF PHYSICAL EDUCATION AND SPORT. *British Journal of Global Ecology and Sustainable Development*, 4.
 15. Toshboyeva, M. B. Wrestling is a Kind of Sport with an Example of the First Training jar the Importance of the Formation of Fast-Paced Power Attributes with the Help of Moving Games.
 16. Alisherovich, T. F., & Toshboyeva, M. B. Innovative Pedagogical Activity: Content and Structure.
 17. Tashbaeva, M. (2022). Website: www.ejird.journalspark.org ISSN (E): 2720-5746. *European Journal of Interdisciplinary Research and Development*, 3.
 18. Toshboyeva, M. B. (2022). Normalization of Loads in Physical Education and Sports. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 2(2), 49-52.
 19. Tashpulatov F. A. Student Sports as a Factor in the Preparation of Highly Qualified Athletes // *European journal of business startups and open society*. – 2022. – Т. 2. – №. 2. – С. 18-23.
 20. Tashpulatov F. A. Specific Features of Teaching Handball Sports to Senior Students in Secondary Schools // *Journal of Pedagogical Inventions and Practices*. – 2022. – Т. 6. – С. 166-169.
 21. Ташпулатов Ф., Хамраева З. ФИЗИЧЕСКАЯ КУЛЬТУРА В ОБРАЗОВАТЕЛЬНЫХ УЧРЕЖДЕНИЯХ // *Educational Research in Universal Sciences*. – 2022. – Т. 1. – №. 4. – С. 10-17.
 22. Alisherovich T. F. Sog'lom turmush tarzini shakillantirishda jismoniy madaniyatning inson hayotidagi roli // *BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI*. – 2022. – С. 187-190.
 23. Alisherovich T. F., Toshboyeva M. B. Innovative Pedagogical Activity: Content and Structure // *European Journal of Life Safety and Stability (2660-9630)*. – 2021. – Т. 11. – С. 231-237.
 24. Tashpulatov F. A., Shermatov G. K. Place and Role of Physical Education in the General System of Education of Preschool Children // *International Journal of Development and Public Policy*. – 2021. – Т. 1. – №. 5. – С. 77-80.