

WAYS TO ELIMINATE THE AGGRESSIVENESS OF THE ATHLETE BEFORE THE SPORTS COMPETITION

Shomurotov Ulugbek Melikboboyevich

Denov tadbirkorlik va pedagogika institute stajyor-o'qituvchi

Yuldoshev Tojiddin Abdukarimovich

Denov tadbirkorlik va pedagogika institute katta-o'qituvchi

Rahmonov Shahzod Xayrullo o'g'li

Denov tadbirkorlik va pedagogika instituti Pedagogika fakulteti Jismoniy

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Abstract. *This article contains thoughts and opinions on pre-competition preparation of athletes and elimination of aggressiveness in this process.*

Key words. *Sport, sports competition, physical training, aggression, sports practice, competition.*

Preparing a person for life or a field of activity is a colorful, comprehensive, complex, multi-stage process, as life itself, and is carried out with the help of various methods and tools. For example, preparing the student for study and work; training a military soldier to defend the Motherland in physically, mentally, and politically difficult conditions by developing technical, tactical and voluntary training qualities is a multi-stage, difficult and intense creative-educational process is a process. There are also various methods of training athletes for physical exercises and sports competitions, leading them to victory in competitions and setting new records in educational, educational and practical activities. Achieving high results of athletes or team members in sports competitions depends, first of all, on their moral, ideological, voluntary, physical, technical, tactical preparation. In sports practice, it has been scientifically proven that athletes who have psychologically specially prepared for specific future competitions often win. Therefore, it is appropriate for sports experts and coaches to pay special attention to the psychological preparation of athletes for the competition. For this, they are required to have a theoretical and practical understanding of the stages of mental preparation of the athlete for the competition.

The level of physical, mental, technical and tactical preparation of an athlete is determined by his results in sports competitions. Therefore, it is necessary to analyze the factors that cause emotional tension in sports competitions and to find out the mechanisms of the emergence of an emotional state in order to bring them into one system.

Sports competition is a necessary and integral part of any sports activity. Therefore, each sports competition, according to its essence, means to release the results of the training activities of the athlete during the preparation period for certain competitions. Sports competitions are also a method and method of evaluating the correctness of a

sports coach's work. Therefore, sports competitions are an integral part of the process of achieving excellence in sports. There is no sport without competitions.

The purpose of participating in the competition is to win or improve the results, regardless of the level of achievements the athlete has achieved so far. This often creates an extreme situation that requires a person to demonstrate great potential in a very short period of time. The desire to achieve high results and indicators in competitions is manifested regardless of the athlete's level of sports achievements, level of preparation and other factors.

Preparing an athlete for the competition with the above-mentioned goals requires a high level of mental stress. For this reason, it makes great demands on the athlete's nervous system, the level of development of his physical and mental qualities, as well as on the spiritual aspects of the athlete's personality.

1. Athlete's preparation. The better an athlete has prepared for the competition ahead of him, the more confident he feels, and his mental state will be at an optimal level, while the opposite is observed for an athlete who has not prepared well. Such an athlete is very excited and worried.

2. Competition experience. The more an athlete has participated in competitions of different scales, the better his positive qualities are revealed. However, the level of sports training, which combines physical, tactical, theoretical and psychological preparation of the athlete, plays a big role in this.

3. Scale of competitions. The higher the scale of the competitions, the higher the mental stress of the athletes. Because the personal and social significance of the results of the sportsman's activity, his "victory" or "loss", affects the social status and reputation of the state of the sportsman or the team. Of course, the intensity of stress depends on the tasks the athlete has set before him.

4. The pace of emotional states depends on the level of motivation of athletes during the competition, which can include:

- the motive to express one's personality through victory in competitions, sports results;
- the motive to satisfy one's material needs through sports;
- a good attitude towards the sports trainer, the motivation to justify the trainer's hope and trust; - striving for sports-specific fighting spirit, motives of love for sports;
- motives to test oneself in extreme conditions typical of competitive activities; - motives to expect the joy of victory from competitions;
- motivations to achieve high sports results in competitions and join the national team;
- motivations to fulfill dreams of seeing the world through sports;
- motives related to setting world records;

The diversity of the form of motivations may depend on the personal characteristics of the athlete, as well as the social significance of the sports results of the participants of the competition. It is very important to form the motivation to participate in the competition in the system of sports training. The higher the social importance of the motive and the better it is understood by the athlete, the better the conditions necessary for the athlete to achieve high sports results and victory in competitions are created.

5. Composition of the participants of the competition. When competitors of equal strength compete, the fights become more intense, and the emotional stress of the athletes reaches a high level. If the level of preparation of the competing parties is significantly different from each other, the emotional tension will be so low.

6. Conditions for organizing and equipping competitions. Usually, if the competition is poorly organized, if the referees do something wrong, there is an increase in emotional tension and the appearance of aggressive, aggressive feelings. In addition, the appearance of aggressive feelings is caused by the large number of spectators, especially the number of spectators who are not friendly towards the competing athletes.

7. The origin of emotional stress also depends on the individual characteristics of the athlete. These include: type of nerves, temperament, character of the person, level of will and spiritual development of the athlete.

8. Level of mastery of self-regulation methods. If the athlete has mastered the methods of self-regulation, it serves as an internal defense tool that protects him in various unpleasant situations. For example, when a stressful situation occurs or when many negative factors appear during the competition, he can quickly eliminate them in time.

Sports competitions are usually distinguished by the excellent reward of athletes and compliance with the legal order. If an athlete uses aggressive actions during a sports competition, it is considered an illegal action.

In this case, legal penalties proposed by alternative athletes and controllers should be harmonized.

If an athlete has used aggressive actions in a sports competition, the following methods can be used:

1. Facilitating the situation: It is very important to communicate with the athlete in an understandable and sincere way, to recognize his feelings. Feeling and supporting him can help to moderate his aggressiveness.

2. Suggestion: You can review the athlete's round and advise him on which legal rules violations he does not understand. Report legal errors and provide suggestions for their resolution.

3. Education: Cooperate with organizations and trainers focused on the education of the athlete. Training is an important guide to redirecting aggressive actions and keeping the athlete in compliance with sports literature.

4. Psychological support: It is very useful to provide psychological support to the athlete to reduce aggressive actions. This support helps the athlete to manage his emotions, to bring stress behind his harmful behavior.

5. Punishment and Discipline: If an athlete violates the legal procedure, penalties should be imposed to discipline him. Penalties can leave the athlete to keep the peace in the future.

These ways can help in overcoming the aggressiveness of the athlete. It is also important for the athlete to live on the basis of constant education and passion, to get acquainted with sports literature and fans. Trained athletes should try to control their emotions, correct their feelings, follow the legal order and be strong in sports competitions.

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