



## Psychological Fitness Is Practice For Our Psyche

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**Abstract:** Psychological fitness is training for the soul (our psyche). We all know that our body needs sports, and our psyche needs exercise. Physical exercise improves our body, psychological exercise improves our emotional health and, as a result, our life in general. The article examines the social psychological determinants of individual involvement in fitness practices.

**Key words:** fitness practices, involvement, motivational factors, corporeality, satisfaction with one's own appearance.

### Introduction

Today, the physical culture system uses a significant number of innovative technologies, methods and health programs.

Currently, the problem of declining health of the younger generation is especially pressing, therefore, in physical education, an important place is occupied by the development of "health technologies", which are designed to form, maintain and strengthen health.

Much of the emerging health technology is related to the development of the fitness industry. Thus, the term "fitness technology" arose in physical culture; it is found in scientific research, methodological developments and in educational programs.

In order to improve the process of physical education at a university, it is necessary to maximize the involvement of students in physical education and health activities based on the most popular types of physical activity, in particular using various fitness programs. These exciting and useful recreational physical education classes can increase the emotional background, high general and motor density of the lesson, ultimately improving the effectiveness of the learning process as a whole. An activity with this focus can receive the highest rating among students.

#### *Specific features of fitness classes include:*

availability;

health-improving focus (comprehensive provision of a health-improving effect that affects the cardiovascular, respiratory and other systems of the body, as well as the development of muscle strength, flexibility and body composition);

external attractiveness of classes, emotionality (musical accompaniment, modern equipment, inventory, innovative methods and forms of conducting classes, original terminology, compliance with fashion);

- pedagogical control and effectiveness of classes (fitness testing, unity of pedagogical and medical control).

Fitness technologies ensure effectiveness in fitness classes; they are designed to solve fitness problems in accordance with its principles and features of motivation for those involved



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Fitness technologies are a set of scientific methods, compiled in the form of a specific algorithm of actions, which are aimed at increasing the efficiency of the healing process, ensuring the achievement of results, based on the free choice of physical activity using innovative means, methods, organizational forms of fitness classes and innovative equipment.

### **Methodology**

With regular fitness classes, the muscular system improves, posture improves and growth indicators increase. Fitness training has an impact on spinal mobility and the cardiovascular system. Exercises developed on the basis of fitness technologies also help control and maintain weight at the proper level.

The use of fitness technologies is relevant in universities. This approach to physical education of students helps to significantly increase their motivation for physical activity, improve indicators of physical development and functional training.

A modern program using fitness technologies in educational institutions is aimed at increasing students' interest in physical education and introducing them to systematic physical exercise. Thus, the use of fitness technologies in universities helps optimize the educational process, increases the level of physical fitness of students, and forms a complex of motor and personal abilities that underlie the competence of students and teachers in accordance with the requirements of educational and professional activities.

The use of fitness technologies in physical education lessons should reflect the specifics of this type of exercise and contribute to the development of certain physical skills of students.

In fitness classes at universities, specially designed sets of exercises from various areas are used. In addition, fitness technologies are actively used in various types of physical education and health work. This could be sectional work, clubs, performances at various events.

Based on observations and feedback from students, we can conclude that fitness technologies arouse students' interest in physical education, contribute to the preservation and strengthening of health, and the desire for a healthy lifestyle. All this forms a responsible and conscious attitude towards one's health, the health of others and physical fitness. tion of fitness. This could be: strength or dance types of aerobics, Pilates, stretching, step aerobics and other types of fitness. Exercises should be aimed at developing strength, endurance, flexibility and other physical skills and abilities.

Psychological fitness is a modern approach to the prevention of a person's psycho-emotional state. - this is not a lecture, this is a practice-oriented approach. - This is a psychological group for personal growth. Its goal is to improve a person's psycho-emotional state through gradual interaction with one's "soul strings", through a positive "attunement", harmonization of one's inner World and self-acceptance. Development of psychological "muscles" and strengthening of fortitude. What is fortitude? – This is one of the defining qualities that makes a person a Human. And we are persistently looking for ways to strengthen it.

### **Results**

Psychological fitness includes everything that improves our lives and brings us benefits (classes with a psychologist, psychotherapist, coach, etc.).

Psychological fitness is available to everyone, like oxygen. We can study on our own or with



an “instructor”. If we draw an analogy with body fitness, it becomes clear that exercise must be systematic in order to get a good result.

Every person is already a complete person from birth. If you imagine that God (the Higher Mind, Intelligent Life) is the sun, then every person is a ray. We always have access to our intuition, a connection with the Higher Mind (call it what you want). By this analogy, it turns out that all the answers are within us. Today, modern psychology does not give answers, but teaches a person to find answers within himself. Each person is individual, each person is the main expert in his life. Psychological fitness classes help a person to establish a connection with his inner world, and as a result, find harmony in the soul. And when a person understands himself well, his place in the World, he easily realizes his plans, desires and is satisfied with himself, others, his life, the world, and God.

“One single ray of truth is quite enough. One single glimmer of truth does what all the scriptures put together cannot do. Volumes and volumes of scriptures about light will not bring light into the darkness - you need to light a lamp

### **Conclusion**

Based on the findings, we have developed recommendations for normalizing the level of self-esteem in girls:

Regular auto-training (self-hypnosis) will prevent sudden low self-esteem and give you self-confidence. The basis of any auto-training is exercises based on volitional relaxation, reinforcing conditioned reflexes and traces of positive emotions. Self-persuasion and self-education make autogenic training an intellectual volitional process that opens the way to a rational restructuring of personal qualities;

Determining life goals (you can write down certain plans on a piece of paper and try to implement them step by step). The goals are characterized by the following features: acceptability, measurability (the ability to measure quantitatively, qualitatively, evaluate); certainty in time, deadlines for achievement (at what point in time it is planned to achieve this or that goal); if the goal is not oriented in time, then this is the same as its absence;

Refusal of negative thoughts (you shouldn't constantly think about failures; faith in success plays an important role in the formation of high self-esteem in a girl), excluding the words “should”, “no choice”, “can't”, “impossible”, “never” . Elimination of pity for oneself (if you feel like a victim, then excessive self-criticism will gradually arise, and the result will be low self-esteem). Pity smoothes out the severity of stress, but does not fight it, but drives it deep inside. Tension accumulates and the result is “bad stress” (distress). Facing problems with self-pity means allowing yourself to be overcome in advance.

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