



## Social-Psychological Characteristics Of The Sportsman's Activity

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**Abstract:** The article reveals the socio-psychological features of the athlete's activity, and the diversity of the sports activity, the strength of the athlete's mental experiences, prompts sports psychologists to focus on the study of the characteristics of mental processes in extreme conditions and the manifestation of strength, speed, precision of movement and complex movements in this process. held.

**Key words:** Sports activity, athlete, mental experiences, sports psychologists, extreme conditions, mental processes, strength, speed, movement, complex movements.

All conditions for training athletes and opportunities are being created. The number of people interested in all types of sports among young people is increasing day by day. Sports people in every way development, strengthening of health, work and as one of the means and factors of preparation for combat activities, the great country of Uzbekistan should be served. "Our land the wrestlers who are our champions and defenders and rich in heroes from time immemorial and loving them is taking care of it." It's big on thought. There is logic, of course. Because the people of Turkestan have been around for a long time regularly with riding, wrestling, hunting and traveling have been engaged in. Such sports competitions and games "Alpomish", "Kuntug'mish", "Kirqqiz", In epics such as "Avazkhan", "Ravshan", "Manas". described in considerable detail.

Improving the monitoring model for the development of a firm life position in students and young people in order to increase the effectiveness of the formation of personal spirituality through sports training, developing a system for diagnosing the importance of sports in the formation of personality, improving the psychological preparation of athletes, developing a psychological system for determining the emotional and willful state of athletes, psychological environment in sports teams scientific research works are being carried out in priority areas such as creating psychological mechanisms for increasing efficiency.

The direct relationship with sports practice determines the range of scientific problems studied by the science of sports psychology. The diversity of sports activities, in which the strength of the athlete's mental experiences, forces sports psychologists to focus primarily on studying the characteristics of mental processes in extreme conditions and the manifestation of strength, speed, accuracy of movement and complex movements in this process. Sports psychologists consider the study of the personality of the athlete, his psychological structure, the interaction and interdependence of the individual and the team, the problem of the psychology of the sports team as a central problem.

The study of the psychological issues of the athlete's activity and personality has led to the scientific research of psychological problems that are not found in other types of human activity, but only related to sports. The services of sports psychologists are not only him to determine its importance for sports practice, at the same time, they tried to study the issues of development and formation of the athlete's personality characteristics and mental processes, as well as direct preparation of athletes for future competitions. Based on the above points, it is important to study the character of sports in the formation of the personality, the personality of the athlete and the motivation of his activity, and the mental processes of the athlete.



In any society, sport is an important means of educating the will and moral qualities of a person, as well as high social ideals. Sports training and competitions form in the athlete his will power, goal striving, activity, initiative, bravery, courage, self-control and discipline. Therefore, are these qualities determined only in sports activities or are they formed in it and become a character trait of a person that is manifested in all spheres of activity? - it would be appropriate to ask the question. For example, a boxer wins in a competition only if he has high, perfect willpower qualities characteristic of an athlete. The excellence of the boxer, who has achieved many successes as an athlete, shows that he is a person of strong character. But does this mean that the volitional qualities of the specified character are considered general characteristics of the person? Does boxing shape a person as a person with a perfect character who shows his attitude towards himself, other people, and society in a narrow range of sports activities? Or are such positive, moral and willful qualities manifested only during training and competitions? Such cases were studied by DN Uznadze using psychological methods of research based on a certain concept of character given in the psychological instruction. So, while the structure of activity is subject to the general laws of instruction, the individual structure is formed in the unity of both general and specific laws of instruction for the individual.

The characteristics of the instruction that organizes and creates the activity of the person as the main factor leave their mark on the structure of the person and its individual components (cognitive processes, emotions, will, etc.). That is why, in the study of various characteristics and mental processes of a person, it is necessary to pay attention to its content and structure in the case of the concept of instruction. One of the important components of the character-person is the disposition of the will. The success of voluntary action depends on the ability of the individual to express the importance of the instruction under the influence of the relevant situation. "What we call character is actually a dispositional instruction of a person, which is his ability to show the importance of a certain instruction" (DN Uznadze).

Character not only means self-control, determination, consistency, independence, it is also related to instruction as a motive system. Its organizational features are based on the referral system. Therefore, character is a whole, a whole education. In order to determine the nature of the character, it is necessary to consider its aspects: such as the stated instructions and needs, the dynamics of the instructions and the structure of the personality. In the process of research, the study of the dynamics and structure of the character can be conducted on the basis of the method of written expression of the instruction. The signs of the instruction confirmed by the results of the methodology reflect certain complex characteristics of the person, which is the basis of the unity of the character structure. Character types determined in this way (harmony, conflict) determine the formal-structural form of the character. Projective methods should be used for meaningful definition of the person.

The importance of motivation in the influence of sports activity on the formation of an athlete's character is very great, it not only encourages a person to engage in sports in sports activities, but also creates a factor of personal, subjective content in a person in relation to sports activities. Many athletes in the same sport often have different motivations for performing exercises of the same difficulty and intensity, so the evaluation of their behavior should also be different. It should also be noted that the motivations of most athletes for doing sports are different according to their content. They change in the process of increasing their sports skills, acquire a different content under the influence of their actions and environment, as well as educational activities aimed at one goal.

It is worth saying that although the problems related to the motivation of athletes have always been tried to be solved from a practical point of view, they have not been sufficiently effective from a scientific point of view. This is due to two reasons, firstly, there is a lack of unity in the understanding of this situation in the field of psychology, and secondly, the concept



of motivation in sports is overshadowed by will, striving for a goal, courage, determination, and other similar concepts related to sports. However, in sports, the motivation of the athlete has a special position.

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