



## THE ROLE OF PSYCHOLOGICAL APPROACH IN ACHIEVING RESULTS IN SPORTS

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### **Abstract:**

In the process of sports activity a person achieves high goals with his own willpower. Psychological knowledge in this regard is important in the activities of the individual. The advantage of the athlete in achieving success as a result of the struggle of motives shows his creative effect in the competition process.

**Keywords:** culture, consciousness, mature person, activity, volitional process, intellectual competence, education, psychological orientation

The Uzbek people have created their own culture, including physical culture, since ancient times. Our people have come a long and difficult way since ancient times to create a high culture. The historical necessity required the upbringing of intelligent, educated, physically and spiritually mature, strong-willed, fearless and brave young men.

Today, our developing country is facing even more difficult tasks for physical education teachers and coaches. This is to change the mentality of athletes, to raise Uzbek sports to the level of the most developed sports in the world, to form sports psychology in the minds of professionals and athletes, to eliminate the psychological concepts of the former totalitarian system, which are important elements of physical education and sports psychology. , it is necessary to develop psychological mechanisms for the formation of diligence, willpower, self-control, independence, endurance, agility, perseverance, as well as a sense of responsibility for their own behavior, broad thinking.

We know that just as there are different types of sports, the level of preparation of athletes for the competition and the characteristics of the emotional impact that appear in the competition will vary. Some athletes find it difficult to achieve sustainable sports performance in sports and the Olympics due to difficult sportsmanship, secondly, strong emotional impact, anxiety, panic, thirdly, nervous system weakness, and fourthly, emotional instability. It is clear that success in sports requires a psychological approach in its place. We believe that the methods of psychological training of Uzbek Olympians are as follows.

- 1.The Olympic team of Uzbekistan should know the laws of mental and physical condition of athletes.
- 2.Athletes need to become accustomed to creating a state of productive mental activity in order to achieve certain sports performance while knowing their psychological orientation.
- 3.Sports Self-management in any situation requires physical activity and activity.
- 4.It is necessary to create in athletes such qualities as mental and physical stability, endurance, to make them truly healthy young men and women.



5. It is possible to expand the opportunities for self-management, improvement on the basis of mental planning in the life of athletes and in the process of sports training. According to the requirements of this method, the athlete will be able to self-plan the psyche as a result of setting a clear goal, confident in his strength. The psyche is the fulcrum of goal movement in self-regulation. If an athlete has a strong interest in sports, other aspects of his life will depend on it and will obey it. To do this, the goal must be clear and sustainable. In order to properly regulate the psyche of athletes, it is possible to organize special classes, to develop positive emotions, to develop the worldview of the athlete in order to eliminate the tremors and lethargy that appear before the competition. Athletes are accustomed to discovering the world, to discovering the truth, to feel the beauty of nature, to show the highest human qualities, to make effective use of inner mental and physical, mental capabilities. This task is the responsibility of teachers and educators. What is the weakness of mental activity, laziness, narrow-mindedness, lack of initiative, which occurs in some students at a young age, and where do they appear? Naturally, the pursuit of science from childhood is a vital necessity. However, in some cases, as a result of the negligence of parents, educators and teachers, some students face various difficulties in their activities without understanding the mysteries of nature and society. Young people face physical, mental, and emotional barriers because they are not accustomed to independent morning gymnastics. The lack of well-developed spiritual and aesthetic feelings is also reflected in the behavior of some students in public places. Lack of such qualities leads students to become addicted to drugs, and even to join different groups.
6. As a result of the fact that students do not understand the impact of physical activity and sports on the human body at school, and do not learn to practice independently in any sport they love, they are better able to pass the norms of physical culture during student life. The reasons for this are: the lack of conditions or regimes for parents to educate their children and engage them in physical activity and sports independently; some teachers have difficulty acquiring sports skills and competencies in mastering the curriculum and teaching methods; the age, ability, and strength requirements of the students do not match. These factors lead to excessive fatigue and nervousness of students, which reduces their interest in physical education classes, activities and sports.

## Summary

In recent years, the results achieved by athletes of our country are increasing, which shows that the human potential is endless. The athlete only needs to know how to mobilize his mental, physical capabilities to achieve the desired goal. The formation of such knowledge, skills and abilities in athletes must be the constant focus of professionals, teachers and coaches. If they use the recommended methods of psychological preparation of athletes for exercise and sports competitions, their students can achieve even higher results.



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