

Psychological Basis for The Use of Digital Technologies In the Preparation of Future Physical Education Teachers

Salikhov Shokhrukh Mansurovich- Bukhara State University Faculty of History and Law department teacher psychology and sociology

Annotation: This article describes the psychological basis for the use of digital technologies in the training of future physical education teachers. The types of psychological foundations and their direct impact on human activity are identified, in addition, the stages of the formation of protective mechanisms for future teaching staff, the useful and negative foundations of these components. The article examines and analyzes studies conducted by influential psychologists Z. Freud and Higgins. Psychological foundations according to Freud's theory, the significance of the concept of Higgins' mechanisms and foundations in the training of future teachers of physical education is stated

Key words: Psychology, pedagogy, physical education, defense mechanisms, age periods, qualities of character, consciousness, psychoanalysis, concept, components, fundamentals.

The importance of digital technology for physical education teachers or sports coaches has become very important since the beginning of 2020. All over the world, during the pandemic, physical education teachers, like all other specialists, tested their knowledge in such important areas as digital technologies, computer literacy, and remote work. It was very important to be able, with the help of innovative technologies, to interest younger schoolchildren in the learning process, to maintain a stable mental state not only for students, but also for teachers, especially in conditions of psychological stress that arose in such a difficult situation throughout the world. Currently, we live in an era of rapidly changing educational technologies, and this process does not leave us room to highlight any one direction, given the fact that in the minds of future physical education teachers, digital technologies are also the ability to form knowledge and skills - very important process.

Digital technologies are a key tool for improving the qualifications of future physical education teachers, especially in the process of starting a specific activity. Prospective physical education teachers must be able to effectively use digital technologies to achieve success throughout their careers by identifying and adapting their approaches to how digital tools and resources can be used to achieve youth learning outcomes and knowledge and understanding of technology. having. This process is important for all areas of education, and physical education occupies a special place. When students use digital technologies for formal and informal learning at home and at university, it has a positive impact on their overall development as it increases their learning time. Of course, when it comes to digital technologies or innovation, it is very important to study not only the processes of positive impact, but also the factors of negative impact. Especially in the era of advanced technology, every young generation is very interested in this field.

During the years of independence in Uzbekistan, along with culture, education and science, much attention was paid to physical education and sports. The constant increase in funds allocated from the state budget is also an indicator of the great attention paid to the field of physical education and sports in the country, which is considered one of the important areas of state policy. Today it will not be an exaggeration to say that the main direction of sustainable development of any country is the widespread introduction of innovative and modern technologies. The introduction of digital technologies, along with the development of all sectors of society, has a great impact on the educational process and its development. The use of technology in every discipline is important to ensure that future physical education teachers are aware of innovative

projects of the new era, taking into account the experience of developed countries. It is important to consider that technology can be beneficial and at the same time pose risks to the health of young people. The Decree of the President of the Republic of Uzbekistan "On the Strategy for the Development of New Uzbekistan" for 2022-2026, including the priority section "Development of Education and Science," was approved. The inclusion of this section in the resolution of the Government of the Republic of Uzbekistan shows how important the task of developing new educational technologies is. In particular, the integration of digital technologies in the field of physical education and sports serves as one of the important concepts for a positive change in results, which is very important in teacher training.

Our body is a self-regulating system. From a psychological point of view, in order to stabilize the situation during conflicts, especially in interpersonal situations, our psyche invents psychological defense mechanisms and foundations. It will not be an exaggeration to say that the introduction of digital technologies in the training of future physical education teachers in the minds of the owners of this field, based on the qualities of each individual, will gradually form their protective mechanisms and foundations.

In the process of mastering a new situation, each person will definitely begin to develop defense mechanisms and psychological foundations, and this process will begin to manifest itself automatically. However, defense mechanisms and bases are not uniform. On the one hand, they stabilize, that is, they establish a person's relationship with himself, on the other hand, they can disrupt relationships with the outside world, that is, they can serve as an obstacle to working in a group. formation of personality qualities.

Higgins's 2012 analysis of the impact of digital technologies on learning shows that sharing digital technologies (in pairs or small groups) tends to support individual development of peer interaction and learning skills. Based on Higgins' research, a certain conclusion can be reached, that is, considering that group work is considered very important for achieving good results in a short period of time in understanding digital technology learning. negative impact on this process.

In the process of training future physical education teachers, it is important for them to strive for innovation, that is, it is very important not to increase their sense of rejection and not to create defenseless mechanisms and foundations.

On the other hand, it must be taken into account that the creation of new pedagogical technologies is an important task in the training of future physical education teachers, taking into account their periodic character qualities. We must not forget that managing students' activities in the educational process is inextricably linked, first of all, with the direct focus of physical education classes on nurturing a comprehensively developed personality.

When we analyze the many resources on this topic, we see that the interest of future physical education teachers or sports coaches in digital technologies or innovative innovations is not high. It would not be an exaggeration to say that the holders of this profession always, in a certain sense, pay attention to social training, which gave them a certain sense of satisfaction. In our research, we found that more than 70 percent of future PE teachers said that digital technology or innovation is not needed in their fields and that the PE component serves the future owners of the field. It is the formation of such an opinion in their minds that literally creates in them defense mechanisms of novelty. Another important factor is age. At the same time, if an understanding of digital technologies and skills is gradually introduced into the minds of the owners of these professions, the components of achieving a positive result will be accelerated. First of all, we see from the example of owners of each profession that many situations depend on the qualities of a person's character. Based on their character traits, it is important to develop special skills in them. Taking into account that new technologies, which have become one of the most advanced requirements of the modern era, are rapidly penetrating all areas, I consider it necessary to further study the relevance of this topic for the educational direction of physical education. Because this problem is currently very relevant. First of all, educating the younger generation at the level of modern requirements is an important task facing us, teachers. As educators, the main goal is to educate future physical education teachers as skilled masters of their profession, high-potential personnel who are proficient in the most advanced technologies, and with their support, educate

our children of the younger generation. Taking into account these components, we can achieve a positive result if we prepare future physical education teachers by studying and analyzing the technologies of developed countries that are recognized by the target world.

We have developed the basic concepts of future physical education teachers in their activities focused on innovative digital technologies:

- Integrating physical education concepts with digital technologies;
- Thorough study of psychological methods. Formation of pedagogical skills;
- Ability to create concepts;
- Planning experimental work using advanced concepts;
- Formation of the ability to work in collaboration;
- Use of methodological concepts;

In conclusion, with the help of these concepts, future physical education teachers will be able to develop the ability to apply digital technologies and new innovative projects in the field of physical education in general, prevent possible psychological problems, and improve teaching skills in their professional activities. was designed for the purpose of forming.

REFERENCES:

1. Umedjanova M. L., Salikhov S. M., Salikhov T. M. The Role of National Education in Preparing Young People for Family Life //EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION. – 2022. – Т. 2. – №. 2. – С. 271-276.
2. Салихов Т. и др. Psychological Characteristics Of Increasing Cognitive Activity In Elementary School Students //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
3. Salixov S. M., Salixov T. M. Bo'lajak jismoniy madaniyat o'qituvchisining kasbiy tayyorgarligini shakllantirish //Science and Education. – 2022. – Т. 3. – №. 3. – С. 1013-1019.4.
4. Salixov S. M. et al. Musobaqa oldi sportdagi stress va tayyorgarlikning psixologik tomonlari //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1039-1044.
5. Salixov S. M. et al. Hissiy irodaviy boshqaruv namoyon bo'lishining yosh va jins xususiyatlariga bog'liq o'zgarishi //Science and Education. – 2022. – Т. 3. – №. 4. – С. 915-920.
6. Salixov S. M. et al. Sport jarayonlarida o'zini o'zi boshqarish hissiy jarayonlarning o'ziga xosligi //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1087-1092.
7. Salixov T. ПСИХОЛОГИЧЕСКИЕ СВОЙСТВА ПОВЫШЕНИЯ АКТИВНОСТИ СТУДЕНТОВ В ОБРАЗОВАТЕЛЬНОМ ПРОЦЕССЕ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
8. Mansurovich S. S. METHODOLOGY OF ORGANIZING PHYSICAL EDUCATION LESSONS THROUGH DIGITAL TECHNOLOGIES //EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE. – 2022. – Т. 2. – №. 4. – С. 107-111.
9. Ярашов М. THE IMPORTANCE OF USING DIGITAL TECHNOLOGY IN PRIMARY SCHOOL MATHEMATICS EDUCATION //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 10. – №. 9.
10. Ярашов М. ТА'ЛИМ ТИЗИМИДА RAQAMLI TEXNOLOGIYALARNING O'RNI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 5. – №. 5.
11. Ярашов М. BOSHLANG'ICH SINFLARDA MATEMATIKA TA'LIMNI RAQAMLI TEXNOLOGIYALAR ORQALI IJODIY TASHKIL ETISH JARAYONI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 5. – №. 5.
12. YARASHOV M. BOSHLANG'ICH TA'LIM JARAYONIGA RAQAMLI TEXNOLOGIYALARNING TADBIQ ETISH METODIKASI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
13. YARASHOV M. BOSHLANG'ICH TA'LIMDA XALQARO VAHOLASH TIZIMI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 17. – №. 17.
14. YARASHOV M. BOSHLANG'ICH SINFLARDA FANLARNI O'ZARO INTEGRATSIYALASHNING O'ZIGA XOS XUSUSIYATLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 17. – №. 17.

-
15. YARASHOV M. BOSHLANG 'ICH TA'LIMNING DARS JARAYONLARIGA RAQAMLI TEXNOLOGIYALARNI TADBIQ ETISH VOSITALARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2022. – Т. 15. – №. 15.
 16. Jobirovich, Yarashov Mardon. "TOOLS OF USING DIGITAL TECHNOLOGIES IN PRIMARY EDUCATIONAL COURSES." EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4 (2022): 119-123.
 17. Jobirovich, Yarashov Mardon. "EFFECTIVENESS OF USING DIGITAL TECHNOLOGIES IN EDUCATIONAL SYSTEM." EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4 (2022): 124-128.