

Emotional stability in sports activities.

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Abstract. At the present stage of development of the independent Republic of Uzbekistan, special attention is paid to the problems of becoming a spiritually rich, morally developed, independent individual. Recently, in our republic, sport occupies an important place in the structure of leisure of modern schoolchildren, in particular in students in higher educational institutions. Thus, sports are one of the few activities that have retained their status in the youth subculture, despite the significant socio-cultural transformations that have occurred in the last ten years

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The problem of psychological training of athletes was reflected in the studies of Russian psychologists, such as A.T. Puni, G.D. Gorbunov, V.S. Sobkin, Z.B. Abrosimova, L.S. Dvorkin, L.N. Danilina and others.

The norms of state and social construction require to be raised to a new qualitative level, to ensure high responsibility in the implementation of specific practical measures and the introduction of effective mechanisms for targeted actions of all state structures and public organizations aimed at achieving the strategic goal - the implementation of the national idea - "Uzbekistan is a state with a great future"

In the life of a person, emotional states are of great importance. For a certain period of time, they color all the mental activity of a person and are found in various moods, stressful, affective states, etc. Emotional states not only depend on the nature of the mental activity, but also themselves have a huge impact on it. A good mood, for example, activates the cognitive and volitional activity of an athlete.

An important place in the psychology of the competitive activity of the athlete is occupied by the study of his psychological stress, emotional arousal, stress and pre-start excitement. The basis of psychological tension is the interaction of two types of regulation of the athlete: emotional and volitional. Experiencing the emotional stress of an athlete before competition often stimulates him and this leads to a minimum of volitional conditions. Emotions cause an energy release, and the will determines the economy of using this energy. As the competition approaches, the tension usually manifests itself in different ways.

The optimal level of emotional experience can remain a constant during the course of a sports struggle. The optimal level of emotional manifestation is not only a stable indicator, but this value can change in accordance with the situation of the activity competition.

There are differences in the emotional content of the holistic process, self-regulations both in different athletes and in the same athlete acting in different subject conditions. Several groups of emotional states in competitive activity have been identified; these are pre-competitive experiences that precede knowledge about the conditions and actions of the upcoming competition, emotions that turned out to be associated with the formation and experience, anxiety in the pre-competition period; emotions experienced in the process of direct implementation of the tactical and technical action; emotions associated with the assessment of intermediate results, the formation of a new program and ways of its subsequent implementation.

The psyche of an athlete, at the crucial stages of preparation and performances at competitions, has increased sensitivity, since a person is almost constantly in extreme conditions, in a pre-stress and emotionally tense state. The emotional state is involved in the direct coordination of the emergence and transformation of the nature of the functioning of intellectual and volitional regulators. Becoming, for example, an "internal projection", which is a more folded reproduction of the rational level, emotions make it possible for it to function productively under tense conditions. In the emotional instability of people, the experiences of strenuous activity turn into affective processes, the manifestations of which are affected by basal emotional contents.

Anxiety

The ambiguity in understanding anxiety as psychological appears to be due to the fact that different researchers use the term "anxiety" in different meanings,

Most often, the term "anxiety" is used to describe an unpleasant emotional state or internal condition that is characterized by subjective sensations of tension, anxiety, gloomy premonitions, and on the physiological side by activation of the autonomic nervous system. A state of anxiety occurs when an individual perceives a certain stimulus or situation as carrying actual or potential elements of danger of threat, harm. The state of anxiety can vary in intensity and varies over time as the function and level of stress to which an individual is exposed.

Anxiety is increasingly becoming the object of attention of doctors, psychologists, educators, philosophers and many other scientists. As well as anxiety and anxiety is of particular interest to sports psychologists, physical education teachers, coaches and all those who study the influence of mental factors on the achievements of athletes and recovery processes.

Anxiety is undoubtedly supposed to be based on an understanding of anxiety as a process, but the procedural definitions of anxiety themselves cause three significant complexities. The first stems from the fact that the anxiety process itself is quite complex and includes a number of components. It is characteristic that the procedural components that are of interest to theorists are included in their definitions, and the rest are usually ignored. Secondly, great difficulties are encountered in comparison and integration. The results of the research are basic on procedural definitions of anxiety, because each researcher in his definitions includes different components of the anxiety process. And, finally, the third difficulty is that the usual terminology is becoming less acceptable for describing the main components of anxiety as a process. In sports practice, anxiety factors can be both gross external influences: high physical exertion, violations of the regime before competitions, injuries, and various deep experiences: claims that do not correspond to opportunities, a sense of uncertainty in success, extremely motivated aspirations to win, excessive stimulation from the coach, managers. As for the development of hormonal stress reactions after high physical exertion in competitions and training, they are observed quite often, not to mention the conditions of athletes when achieving or record results.

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