



STRUCTURE AND CONTENT OF GENERAL PSYCHOLOGICAL PREPARATION OF HIGHLY SKILLED PARALYMPIC ATHLETES

Azizbek Khoshimovich Uzokov¹

Annagurtov Mo'min Akhmatovich²

^{1,2}State University of Physical Education and Sports of Uzbekistan
Uzbekistan, Chirchik city

E-mail: uzoqov93@internet.ru

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Abstract

With the emergence of paralympic sports and new sciences with their own characteristics, the issue of scientific justification of the structure and content of psychological preparation of paralympic athletes at different stages and periods of sports training, taking into account nosologies, is becoming urgent. The use of psychosportograms derived from Olympic sports research is only partially transferable to Paralympic disciplines and requires further development to identify appropriate tools and methods.

Keywords: sports psychology, periodization of sports training, Paralympic sports, high sports skills

Enter. Modern sports psychology is not only different fields of knowledge psychology, pedagogy, psychophysiology, theory and methodology of physical education, but also different psychological schools, including cognitive, behavioral, personality-oriented, gestalt, existential, clinical, etc., it is local and It is reflected in various research directions of foreign authors. In this regard, there are inconsistencies in the terms and definitions used in the description. The studied phenomena and processes in the psychological preparation of the athlete, as well as the use of diagnostic methods and effects. [1,11,21,31,41,51,61,71,8,97]

The approach we propose is based on the consideration of sports in the paradigm of professional activity that dominates the lifestyle of an athlete who performs daily work on the development of innate abilities, certain qualities, formation and improvement of necessary knowledge. Acquires life skills and strives to maximize their talents in high achievement. Psychological preparation, as well as physical, technical, tactical, sports training is carried out at each stage in the amount determined by federal standards. In this regard, both in the structure and content of psychological training, it is necessary to plan training that matches the age characteristics of athletes, training periods, as well as the volume of training and competitive loads. [8,18,28,38,48,58,68,78,88,92]

Currently, the concept of periodization is the basis for planning and managing a sports training program. includes directions. There are specific characteristics of training periodization (micro, meso, macrocycles) for various sports and disciplines. Thus, psychological training in sports should be carried out in accordance with the nature of periodicity characteristic of a particular type of sport. [2,12,22,32,42,52,62,72,82,96]

In modern sports and disciplines, each of them imposes certain requirements on mental processes and psychological qualities of the athlete. Among the many domestic and foreign works devoted to psychographic analysis of sports activities and the creation of psychosportograms, an integrated approach that covers various aspects of training and competitions is psychological-pedagogical analysis of sports activities. Based on the

psychological theory of AN Leontiev's activity, a scheme for the analysis of psychological factors in various sports was created, according to which psychosportograms developed can serve to justify the structure and content of psychological training in certain sports. With the emergence of paralympic sports and new sciences with their own characteristics, the issue of scientific justification of the structure and content of psychological preparation of paralympic athletes at different stages and periods of sports training, taking into account nosologies, is becoming urgent. The use of psychosportograms derived from Olympic sports research is only partially transferable to Paralympic disciplines and requires further development to identify appropriate tools and methods.

The purpose of the study is to reveal the characteristics of the structure and content of general psychological training in Paralympic sports at different stages and taking into account nosologies.

Research results and conclusions. Methodological foundations, modern approaches and concepts of effective planning, organization and implementation of general psychological training in Paralympic sports are defined. It was determined that it is necessary to take into account the international paralympic sports classification, which belongs to different sports categories, which determines the specificity of the organization and conduct of the psychological preparation of high-class paralympic athletes. The characteristics of the structure and content of the general psychological preparation of Paralympic athletes at the stages of sports specialization and high sports skills are revealed. [9,19,29,39,49,59,69,79,87,91]

The authors conclude that the development of general psychological training programs of high-class Paralympic athletes should be carried out in the paradigm of professional activity, based on the concept of periodization of sports training, based on the characteristics of a specific sport. taking into account the sports class, the level of existing functional injuries. It is desirable to use a model-targeted approach to the mental sphere of paralympians using psycho-pedagogical methods that take into account innate individual characteristics and the influence of physical activity, social relations and the environment

Today, Paralympic sports have absorbed many features of Olympism and turned from a means of adaptation and rehabilitation of the disabled into an independent Paralympic movement with a system of sports training from elementary to high performance, regulated by federal standards and various levels of legislation. Planning and implementation of psychological preparation for Paralympic sports is one of the most relevant areas of research both in our country and abroad, but at the current stage it is little studied. [3,13,23,33,43,53,63,73,83,95]

The main distinguishing feature of Paralympic sports is the classification of sports, which provides equal opportunities for competition for people with various functional disabilities and defines the specific features of the competition rules, which differ from Olympic disciplines. The various functional disorders regulated by sport classification make significant changes in the planning and implementation of the general psychological preparation of Paralympic athletes. In this regard, more extensive scientific research is required to learn to take into account nosological features in the process of psychological preparation using hardware methods (in addition to personality features, the presence of psychological injuries caused by disability). In addition, attention should be paid to the specific functional lesion, which is often used by healthy athletes against the use of generally accepted methods in

sports, such as deep lung ventilation or breathing techniques with light and sound stimulation. is a guideline. [5,15,25,35,45,55,65,75,85,94]

The composition of psychological training includes general and special psychological training, each of which is carried out in a certain period of sports training and solves its tasks accordingly. Since the formation and improvement of the athlete's psychological readiness takes place precisely in the system of sports training, under the influence of loads, characteristics of the sport, and the relationship between the participants of the training process, it is appropriate to perform general exercises.

The structure and content of general psychological preparation of Paralympic athletes. With the increase in the number of competitions and the accumulation of competition experience at the stage of high sports skills, the main attention in general psychological preparation is transferred to the analysis of competition activities. As part of individual consultations, it is recommended to analyze successful and unsuccessful indicators at the beginning of the transition period of sports training, when the volume and intensity of physical activity has significantly decreased. Yu. It is advisable to follow L. Khanin's concept of individual zones of optimal performance (IZOF). This highest achievement has been confirmed by many foreign studies in various sports. It allows the athlete to fully immerse himself in past competitions, to realize his feelings and emotional experiences at the start, to understand the cause-and-effect relationship of his actions, the decisions made in the conditions of intense competition and, as a result, provides full understanding. , identifying and defining an individual zone of optimal performance as a target state of "flow"; learn to model upcoming situations and make reasonable predictions about your success. [7,17,27,37,47,57,67,87,93]

In our study of Paralympic athletes' mental state self-regulation in archery and athletics with PDA during pre-competition and transition training during a two-year sport training cycle, Spinal Cord Injury , significant features of galvanic skin responses (GSR) indicators in wheelchair athletes with multiple functional injuries of the trunk and limbs: low background level of GSR ($p \leq 0.05$, $p \leq 0, 01$) and small ranges of relaxation and activation ($p \leq 0.05$). It was found that during the transition period of sports training, the background level of GSR differed significantly between the groups of athletes with amputations due to dysmelia and injuries and athletes with impairments caused by cerebral palsy. The obtained results confirm the need to individualize the training process of paralympians.

At the stage of specialization in sports, it is appropriate to pay attention to the improvement of self-regulation skills and the development of special psychological qualities formed in the previous stages of sports training. This approach is aimed at developing the discipline of athletes and involving them more consciously in the training process, as it includes extensive independent work under periodic supervision by a specialist. For its implementation, the Russian version of the Swedish model of mental training was developed, which proves its effectiveness in training athletes at the stage of sports specialization.

Summary. Thus, the development of general psychological training programs of high-class Paralympic athletes should be carried out in the paradigm of professional activity based on the concept of periodization of sports training, taking into account the characteristics of a particular type of sport. belonging to the sports class, the level of existing functional disorders. Taking into account the inherent individual characteristics of physical activity, social relations and the influence of the environment on the mental sphere of Paralympic athletes, it is recommended to use a model-targeted approach using psychological-pedagogical methods.

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