



## PSYCHOLOGICAL CHARACTERISTICS OF SPORT AS A TYPE OF ACTIVITY, MAIN APPROACHES TO ITS STUDY

Tojimamatov Jamshidbek Iqboljon O'g'li

Student of Fergana State University

### Resume

This article discusses the psychological characteristics of sports as an activity. Revealed basic approaches to its study. The features of activity in sports are considered, competitive activity is also a psychological characteristic of sports as a type of activity.

**Keywords:** sport, psychology, physical qualities, mental and psychomotor processes, personality states, personality traits.

### Introduction

Features of activity in sports are caused by the specificity of conditions, goals, motives, means and results achieved.

Sport is a part of physical culture, educational, game, competitive activity and preparation for it, based on the use of physical exercises. The goal is to achieve the highest results in sports activities (E.I. Ivanchenko). Sports are not obligatory for every person, sports organizations are voluntary public groups. Enthusiastic, "chosen" people are engaged in sports.

Sport requires a lot of physical and mental stress from a person and is aimed at improving sportsmanship.

### Features Of Activity In Sports

1. The subject of activity is a person (athlete). He acts as not only its subject (directs his conscious activity to himself, to the improvement of his motor and physical capabilities), but also the object (in relation to opponents, teammates, etc.).
2. In sports, activities are aimed at solving the problems of training, education and improvement (physical qualities, mental and psychomotor processes, states, personality traits). Physical education and sports involve the development of physical, moral, volitional qualities, and at the same time, in the process of activity, all structural components of the psyche are improved.
3. In sports, high physical and mental loads are manifested.
4. The product of activity in sports is a sporting achievement (of various scales - from a personal to a world record).
5. The essence of sports activity, especially at the level of higher achievements, is competition. The participation of an athlete (team) in competitions expresses his desire to achieve the highest result in the fight against other athletes.



## Competitive Activity

Competitive activity as a broad concept includes a number of stages that differ organizationally and psychologically: preparation for activity, acceptance of the start, implementation of activities, carrying out recovery procedures and evaluation of the achieved result.

E. P. Ilyin identifies the following features of competitive activity:

1. Publicity (assessment by the audience, the media, etc.).
2. Significance for an athlete (desire for victory, record, performance of a sports category, standard).
3. Limited number of valid attempts (there is no way to correct an unsuccessful action, performance).
4. Limited time (for assessing the situation, making a decision).
5. Unusual conditions of implementation (variability of venues for competitions) [17].

## Psychological characteristics of sports as an activity

Sport as an activity has its own psychological characteristics, among which E. V. Melnik and J. K. Shemet distinguish 7 main ones.

• One of the most important features of sports activity, an integral part of it is psychomotor - the functional relationship of various mental processes with the movements and activities of a person. Psychomotor is a link between the main factors and patterns of mental development, which ensures perfect mastery of the technique of a particular sport.

Psychomotor processes include specialized perceptions ("sense of water", "sense of the ball"), all arbitrarily controlled actions (including motor skills), speed and accuracy of response to stimuli.

• The second feature is the athlete's desire to improve in the chosen sport (the need to master the perfect technique of performing physical exercises) and achieve the highest results in it. This requires a systematic and long-term training from an athlete, during which certain motor skills are formed and improved and the qualities necessary for a particular sport develop.

• The third feature is the presence of wrestling, which becomes especially acute during sports competitions and is accompanied by the manifestation of pronounced emotions.

• The fourth feature is the presence of pronounced stress, especially at the level of large-scale competitions.

So, the stressful nature of modern sports is determined by: the rapid growth of sports results, the conditions of acute competitive struggle of rivals of equal strength (at the present stage of development of sports, the physical and technical fitness of the strongest athletes are approximately at the same level, so the outcome of the competition is largely determined by psychological factors). increase in training and competitive loads, rejuvenation of athletes (teenagers who do not differ in mental maturity and emotional stability enter the arena of major competitions).

• The fifth feature is the presence of psychological characteristics of the athlete's personality (volitional, intellectual, emotional, etc.), which contribute to the success of the activity.

• The sixth feature is the interaction of participants in sports activities, taking place in the form of direct or indirect struggle. In the process of competition, it appears in two forms: confrontation - in relation to the enemy (rivalry), interaction - in relation to the team (cooperation).



- The seventh feature of sports activity is verbal and non-verbal communication (communication) : special gestures (gestures of sports judges), facial expressions, pantomime, as well as involuntary motor actions [27]

## Literature

1. Алешков И. А. Опыт психологического анализа спортивной деятельности. — В сб.: Психология спортивной деятельности. М., изд. ВНИИФК, 1978.
2. Акимова Л.Н. Психология спорта. Курс лекций. — Одесса: Студия «Негоциант», 2004.
3. Гогунов Е.Н., Мартыянов Б.И. Психология физического воспитания и спорта: Учеб. пособие для студ. высш. пед. учеб. заведений. — М.: Издательский центр «Академия», 2000.
4. Демин В.А. Методологические вопросы исследования спорта в аспекте теории деятельности; М; 1975.
5. Ильин Е. П. Психология физического воспитания. — М.: Просвещение, 1987.
6. Леонтьев А.Н. Деятельность. Сознание. Личность. - М., 1975.
7. Ломов Б.Ф., Коссов Б.Б., Конопкин О.А. «Теоретические проблемы самоконтроля и управления спортивной деятельностью //Познавательные процессы у спортсменов». Том 2. Самоконтроль в спорте; М; 1976.
8. Методики психодиагностики в спорте/ В.Л. Марищук, Ю.М. Блудов, В.А. Плахиенко, Л.К. Серова. — М., 1990.
9. Маклаков А. Г. «Общая психология»; Питер; 2007.
10. Психология: Учебник для студентов институтов физической культуры / Под ред. П.А. Рудика. — М.: ФиС, 1974.
11. Психология спорта высших достижений / Под ред. А.В. Родионова. — М. : ФиС, 1979.
12. Психология физического воспитания и спорта / Под ред. Т. Т. Джамгарова и А. Ц. Пунин. — М.: ФиС, 1979.
13. Психология « Учебник для студентов институтов физической культуры» П.А. Рудика; М; ФиС, 1974.
14. Пуни А.Ц. «Проблема личности в психологии спорта» М.,1980.
15. Родионов А.В. «Психология спортивного поединка» М; ФиС;1968.
16. Ханин Ю.Л. Психология общения в спорте. — М., ФиС, 1980.
17. Чикова О.М. Психологические особенности спортивной деятельности и личности спортсмена: Учебное пособие для училищ Олимпийского резерва. — Мин.: ИПП Госэкономплана РБ. 1993.
18. Чиж В. Ф. Психология спорта; СПб; 1910
19. Шадриков «Психология деятельности и способности человека»; Логос; М; 1996.
20. Mukhtoraliyevna, Z. S. (2022). INFORMATION TECHNOLOGIES IN EDUCATION. БАРҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ, 162-165.
21. Mukhtoraliyevna, Z. S., & G'aniyevna, M. (2022). TYPES OF SPEECH AND ITS CHARACTERISTICS. БАРҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ, 184-189.
22. Valijonovna, K. I., Rakhmatjonovich, T. D., & Mukhtoraliyevna, Z. S. (2022). Informational Technology at Education. Spanish Journal of Innovation and Integrity, 6, 262-266.
23. Tojimamatovich, J. V., & Alimdjanovna, X. M. (2022). Basic Concepts of the Smart Home System. International Journal of Culture and Modernity, 17, 7-13.