
DEPRESSIVE BEHAVIOR IN SPORTS COMPETITIONS AND THEIR CHARACTERISTICS OF WILL-SUSTAINABILITY

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ABSTRACT:

This article describes the depressive behavior of athletes in sports and their volitional characteristics, depressive states in Spartans and their characteristics, the means of shaping the volitional characteristics of the athlete.

KEYWORDS: Depression, sports, athletes, willpower, willpower, exercise, stress.

INTRODUCTION:

In sports, athletes experience a variety of mental experiences, resulting in a variety of depressive states. What is depression? Depression is a psychological condition characterized by low self-esteem, depression, depression, despair, loss of imagination, loss of desire, and limited range of motion. Depression prevents athletes from succeeding. Depression is more common in athletes before a race because of the increased stress on them and the effects of stress and stress. If an athlete's depression is not overcome in time, his or her performance may be adversely affected. Depression in team sports leads to disruption of the interaction between athletes, resulting in emotional disturbances in each athlete, in which case the role of the coach in the team is

important. During depression, the athlete becomes depressed, and changes in it affect his performance, leading to a decrease in results.

MAIN PART:

In sports teams (sports groups and sports teams) the formation of will is very important in the development of emotional and volitional qualities in athletes. In order to solve this problem in a way that leaves a strong impression, it is necessary to take into account the developmental aspects of the psychological laws of the will. Willpower is formed in the process of overcoming difficulties of the athlete. These volitional qualities are formed in the following types of activities of the athlete: mastering the content of the sports training plan, performing various physical exercises, overcoming external and internal difficulties, and various subjective relationships manifested in this process:

1. Difficulties associated with the exercise plan (gymnastics, athletics, basketball, swimming, etc.)
2. Difficulties in organizing training due to lack of gym and playgrounds.
3. Difficulties associated with the lack of sports equipment during training.

4. Dependence on age and individual characteristics and subjective attitude of athletes to the general conditions in the organization of training.

5. Subjective relationships related to individual and age characteristics of the athlete in the performance of gymnastics, athletics and movement game exercises.

6. Subjective relations related to individual and age characteristics in the development and direction of volitional qualities in the performance of specific actions in athletes.

It is necessary to take into account overcoming internal difficulties in cultivating willpower qualities using mixed methods. Overcoming external and internal mental difficulties during sports and exercise is determined by the nature of the training materials, the requirements of the norm in the plan, and the individual characteristics of the athlete. In many cases, young athletes (adolescents between the ages of 13 and 15) have low levels of physical strength, lack of self-confidence in certain exercises, fear of injury, shyness, and general lack of training. Negative attitudes, etc., lead to a decline in their overall interest. Excitingly organized training and exercises show positive willpower qualities in athletes. The main purpose of sports training is to promote or promote the healthy growth of the younger generation through the training of highly qualified athletes, sports professionals, champions. Coaches need to be aware that physical culture and sports are not a matter for each athlete, but for society. Our health is the most important factor not only for ourselves, but also for other people, as well as for the development of the Motherland. Academician N.M. According to Amosov, a healthy person should be assessed not on the basis of the absence of disease, but on the basis of the volume of various rapid movements and the type, quality and quantity of daily movements. It is known that during sports

training, athletes are given homework to perform independent exercises. The main purpose of this is to accustom each athlete to perform exercises independently, on this basis to develop in them creative thinking, self-management, such as knowledge, skills and abilities. Self-discipline is a free activity of every athlete. In order to increase the need for free activity in athletes, each coach must follow the following laws of self-education: a) good knowledge of self-discipline; b) transforming a team of athletes into a highly developed team; (d) Make it a habit for athletes to make independent self-education a part of their daily lives and to mobilize all their efforts for self-education; e) determine the level of self-awareness and self-awareness of the athlete; j) the athlete's interest in knowing his inner world; e) know how to develop willpower. Self-education takes two forms: 1) public and 2) individual forms. Self-education of athletes in the form of community is carried out in the process of sports, exercises and competitions in the process of joint performance of various exercises, public works according to their interests. It should be borne in mind that the work of obtaining and fulfilling public obligations plays an important role in self-education. When athletes are trained to evaluate their behavior correctly, public opinion stability emerges. As a result, the sports team becomes an organized, strong force. Individually, each athlete has a clear commitment. In fulfilling this obligation, the individual characteristics of each athlete must also be taken into account. The following rules should be followed in the organization of self-education: 1) the plan of self-education should be clear and meaningful; 2) new obligations must be accepted after the performance of the old one; 3) the athlete's independent work should be evaluated by the public; 4) what means of education should be used in self-education. For example, it is advisable for

adolescent athletes to consistently adhere to the following methods of self-education: a) not to lose themselves even in the most difficult conditions; b) not to be offended by trivial things; d) not to allow unwillingness, that is, "not to lose oneself even in failure". Self-education gives positive results only if the following stages are properly organized

In the first stage, to train athletes to overcome these shortcomings, taking into account the fact that the moral, will and physical qualities of athletes are not harmoniously developed, what prevents them to engage in regular exercise; to develop in them the ideological aspects of self-education, the formation of self-defense, the habit of working independently to further develop their physical strength, the formation of the need for active participation in sports required. In the second stage, the following methods can be used in the organization of practical aspects of self-education activities of the athlete: a) the athlete voluntarily accepts written obligations; (b) to evaluate one's own behavior over a period of time, to perform one's duties in a timely manner, and to report on one's moral, volitional, and physical qualities; d) a written analysis of the athlete's own commitments: the formation of skills to understand the reasons for successes and failures in competitions; e) learning to draw conclusions using the right sense of the qualities that an athlete lacks in self-assessment. In stage III, the athlete must become accustomed to living with the need for self-improvement in all respects. Voluntary training is part of the psychological training of an athlete and is an integral part of sports training. The main task of voluntary training of an athlete is to teach the athlete to control himself. Sukhamlinsky said that even if you put 100 teachers to teach you, they will be weak in front of you, if you can not force yourself and do not demand from yourself. The will is the active side of the mind and the spiritual senses.

(I.M.Sechenov). A functioning brain is one that allows a person to control their behavior. The will is a regulatory function of the brain. Prof. According to A.A. Rudik, the will is an action of a person, which means a conscious effort to set a goal in advance and pre-determine the means to achieve that goal. Willpower is manifested only in overcoming difficulties in achieving goals, overcoming various obstacles, physical and mental strength, action, which requires more or less from a person. Nowadays, willpower factors play an important role in the struggle of athletes for victory, because highly qualified athletes have a high level of physical, technical, tactical, training. But now we can say that from a psychological point of view, the will to succeed belongs to a strong athlete. The content of voluntary training as part of the individual will of the athlete:

1. Purposefulness. 2. Discipline 3. Confidence 4. Initiative 5. Independence 6. Courage 7. Courage

Psychological aspects of exercise. Renowned psychologist P.A. Rudik (1973) came to the conclusion that as a result of research, a person's psychological characteristics can change under the influence of exercise in a certain, stable way. It is generally accepted that sport has a positive effect on the formation and development of the individual. It was noted above that sports competitions help to cultivate diligence, morality and willpower, courage. But research in this area is just beginning. In the process of monitoring mental training, the following are assessed: personal and moral will qualities, ensuring high sports results in competitions in various sports; (leadership ability, reasons for victory, ability to gather all the strength in the right moments, ability to lift high loads, emotional stability, ability to self-control); stability of participation in competitions with high-class opponents, the ability to show good results in major competitions; the focus and size of the focus on

different competition situations and specific sports; the ability to manage strong excitement before and during a competition; different perception of the implementation of movement parameters (visual, kinesthetic), the ability to mentally control muscle coordination and information processing; the capabilities of analyzers, sensomotor effects, space and time antipathy, time constraints, the ability to form outdated decisions, and so on.

CONCLUSION:

In short, the mental and emotional preparation of athletes is important for their success in a particular sport.

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