

PSYCHOLOGICAL TRAINING OF ATHLETES WITH LOCOMOTOR SYSTEM DAMAGE

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ABSTRACT:

The article reveals the role and significance of the training process of athletes of high qualification in Paralympic powerlifting. The modern level of sports competitions involves a super-intense and super-voluminous level of physical activity on a Paralympic athlete. But the psyche also experiences extreme stress. Properly selected psychological training becomes a prerequisite for sports activities, guaranteeing the achievement of high results.

KEYWORDS: Paralympic powerlifting, psychological training, stress, loads, imaging, training process.

RELEVANCE:

Today, modern sports are expanding our ideas about the boundaries of human capabilities every day. Sport is becoming more professional and poses new challenges to sports science. This causes a high degree of mental and emotional tension, which negatively affects the effectiveness of the training process and competitive activities.

It should be noted that the training of athletes of high qualification with damage to the musculoskeletal system is becoming more and more relevant. Psychological training requires that an athlete can control his emotional and psychological state. Therefore, in the sport of the highest achievements, the chances of achieving results and victories in international competitions become ghostly.

So, in many studies of a number of authors (Malkin V., Rogaleva L. 2015; Zagainov

R.M., 2012; Yakovlev B.P. 2014; Ivanov A.A. 2016; Ilyin E.P. 2012 et al.) reveals the effectiveness of psychological training of athletes, achieving the goals and victories at the competition. However, the necessary full disclosure of psychological training in sports, sufficient for athletes and coaches, is not found in the above sources.

The problem of diagnostics and formation of special abilities of athletes is due to the fact that it was and remains the basic problem of the theory and practice of physical education and sports, and its further development is connected with the logic of the development of the science of sports and provides its theoretical and methodological level [1]. Knowledge of leading psychomotor abilities in sports is the basis for determining special means of training. The development of various components of psychomotor abilities greatly helps both young and qualified athletes to learn how to perfectly manage their motor skills and achieve the results of technical skill [1,2].

Psychological training of the athlete is necessary without limiting the emotional state, mood and accuracy of response. Athlete training should contain a set of psychological characteristics that reflect the actual state of the athlete as a whole. Thus, the athlete's psychological training includes a comprehensive diagnosis of the components of the athlete's psychological readiness, and their correction to bring the athlete to the best state [3,5,6,7].

Over the past decades of scientific research in the psychology of sports, the

biological feedback of athletes has become very popular among scientists and practitioners. Also, the creation of practical exercises in combination with mental images turned out to be effective methods that facilitate athletes to master and improve movement skills, technology and tactics and increase the effect of traditionally used strength training.

Traumatized and injured athletes with musculoskeletal damage, mental images provide an opportunity to maintain and improve technical and tactical skills when their motor activity is limited.

The purpose of the study: was to substantiate the role and significance of the psychological training of Paralympians power lifters, as well as practical ways to provide effective psychological training.

Research tasks: 1) To study the opinion of Paralympic powerlifting coaches on the significance of the psychomotor abilities of Paralympic athletes, as well as the level of psychomotor training of Paralympic athletes. 2). Theoretically justify the effectiveness of the ideomotor technique and the autotraining of Paralympic powerlifters; 3) Develop an individual program for each athlete.

Research methods. Analysis and synthesis of scientific and methodological literature, questionnaire, conversation, psychomotor testing, methods of mathematical statistics.

Organization of the study. During the study, we contacted more than 56 Paralympic athletes. Research took place in natural conditions, on the basis of the Uzbek State University of Physical Culture and Sports. The duration of the study was two stages of 6 weeks. A control group of 30 athletes performed the planned load without psychological methods. The experimental group, consisting of 26 athletes, used a psychological training session, performing three classes a week lasting up to 15 minutes to

create images, accompanied by a consultant psychologist, using the visualization of sports activities and the creation of internal images of individually selected elements. In addition, they performed one individual lesson per week, concentrating on important tasks and combinations for themselves.

At the first stage (6 weeks), the athletes of the experimental group included practical classes on creating bright external behaviors before the start, which included a scheme of their behavior before the performance, an approach to scavenging and placing hands at the starting position, psychological concentration before squeezing the bar, lowering the bar on the chest in an appropriate rhythm, holding a pause and squeezing the bar. At the second stage (6 weeks), in natural conditions, athletes created appropriate internal images, which included specific sensations associated with preart concentration and the development of muscle efforts. The process of creating these figurative circuits was monitored by objective indicators such as heart rate, respiration and pulse.

This program corresponded to the preparatory period with a training plan, when the phases of volumetric loads of low intensity were accompanied by more generalized tasks for creating images, while the phases of high-intensity exercises were combined with the creation of images of a competitive exercise.

RESULTS OF THE STUDY AND THEIR DISCUSSION:

In the study, we were based on the methodology of Leonova A.B. "Psychological technologies of human condition management." (2009).

In our work, we adhered to the principle of orientation to the person and its internal content, for which a personal-oriented approach was used. This made it possible not only to diagnose the content of the athlete's

inner world, but also, if there are negative components in it (vanity, mercantilism, hatred and cruelty to rivals), to exert an appropriate psychological and pedagogical influence on the personality in order to correct it.

For athletes of higher qualification, the following pronounced personal features and conditions of activity turned out to be the most typical: - constant focus (motivation) on success in activity, on confirmation and improvement of self-esteem; - constant need for psychological support; - availability of carefully selected personal group of psychological support (GPP); - the presence of the leader of the GPP - the main adviser to the athlete; - the ability to overcome specific emotional experiences (loneliness, competition, responsibility, fear of defeat, etc.); - independence in and out of activity; - "ritualism" (possession of a system of behavioral rituals developed during the accumulation of competitive experience, ensuring a consistently high level of readiness for start); - "closeness" (conscious self-isolation from other people, excluding assistants and members of the GPP); - distance from the problems of everyday life.

The totality of these personality characteristics and conditions is the foundation, the presence of which provides almost constant successful overcoming of difficulties and can be defined as the personal potential of overcoming.

As a result of the analysis of the obtained material, we propose the following: using a certain psychological setting for a specific result, the athlete with PODA forms his internal state of mental readiness, as well as to overcome various obstacles encountered on the day of the competition.

Conclusions. The use of the psychological training installation during the preparatory period by Paralympic athletes made it possible to obtain a positive impact of improving the

process of increasing strength, which increased by 23%. The implementation of this programme during the preparatory period has led both to the improvement of the psyche and to the achievement of the intended results. Athletes of the experimental group increased the result by 8-10 kg.

In summary, it should be noted that:

1. The importance of organizing psychological training sessions for mental self-programming of Paralympic athletes has been mastered. The establishment of psychological readiness of Paralympic athletes for competitions is experimentally justified.

2. The means of ideomotor training are exercises on meaningful performance of motor acts mastered earlier - images of movement, when performing an intensive repetition of a mentally executed movement, it contributes to stabilization and consolidation of skills.

At the same time, ideomotor occupation can be used in cases where psychological regulation training includes the method of neuromuscular relaxation: motor relaxation exercises can be transformed into meaningful reproduction.

3. The use of meaningful self-programming in the state of relaxation of ideomotor training was used against the background of the state of autogenic immersion in order to mentally work out certain motor programs of the upcoming competition. When organizing the diagnostic procedure, the need for an integrated and systematic approach was taken into account.

In conclusion, it can be assumed that the subsequent efforts of researchers and outstanding coaches will lead to a more significant contribution of these technologies to the further progress of the process of sports training and world sports in general.

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