



The Role of Individual Characteristics in Forming the Personality of the Athlete

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ABSTRACT

The article scientifically analyzes the role of individual characteristics in the formation of the athlete's personality. Health as an invaluable asset of every person is one of the important conditions for the socio-economic development of society. It has been argued that sport and physical education play an important role in promoting a healthy lifestyle

Keywords:

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According to the World Health Organization, health is not only the absence of disease or infirmity, but a state of complete physical well-being. According to experts of this authoritative organization, medical care provides only 8-10% of medical care. Eighteen percent of our health depends on genetic factors, 17 percent on the environment and more than 50 percent on our lifestyle. A healthy lifestyle is a set of measures taken by a person to maintain, strengthen and prevent diseases of himself and others.

It is also an active effort to improve and protect human health. These include proper nutrition, physical activity, productive work and rest, personal hygiene, rejection of bad habits, and so on. Scholar Abu Ali ibn Sina emphasized that the role of a healthy lifestyle in maintaining good health is invaluable. A healthy lifestyle is defined as the care and attention of a person to his body to maintain the health given to him by nature.

Today, a healthy lifestyle is based on: following the regimen and playing sports in the morning for 7-10 minutes if possible, walking in the fresh air; physical activity, physical culture, sports; observe the rules of personal and general hygiene: wash your face in the morning, after training, brush your teeth after breakfast and before going to bed, wash your hands with soap and water before eating; seasonal dress; Eat wisely and lose weight. Limit your intake of animal fats, sugar and sweets; Get rid of bad habits: stop smoking and drinking alcohol; focus on building a healthy family and modern family planning; correction of behavioral deficiencies, such as control over the emotional state, avoiding mood swings for no apparent reason, disturbing the mood of people around; maintaining environmental safety, engaging in regular physical activity [7, p.45].

The modern expression of the concept of "health" is very important for solving scientific

and practical problems of human health [9, p.63; 4, p. 67]. The program of physical education of students of grades I-IX of secondary schools of the Republic of Uzbekistan states: "Health is not only the absence of diseases and physical defects, but also a state of complete physical, spiritual and social well-being." [17, 44-46-bb]. According to N. V. Barisheva, health is physical and mental well-being.

Specialists [4, p. 158-160] offer a more precise definition of health. "Health - the absence of diseases and injuries, the normal functioning of organs and systems, high performance, resistance to adverse effects and the ability to adequately adapt to various loads and environmental conditions." In other words, health is the natural state of the body, which characterizes the complete balance of the body with the external environment and the absence of any diseases. A healthy body is able to withstand significant mental and physical stress and adapt to certain changes in environmental factors without going beyond physiological fluctuations [10, p. 200].

Abu Ali ibn Sina described six stages of health and disease. According to him [1, p. 56], "...healthy body to the limit; a healthy body, but not to the limit; a healthy but not sick body; then the body in good condition and quickly gaining health; sick body to the limit.

Currently, the following "levels of health" are accepted: an absolutely healthy person, a healthy or almost healthy person [2, p. 69-70]. An absolutely healthy person is a person in whom all organs and systems in the body function normally with the external environment and have no deviations. It turned out that there are very few such people. "It is understood as a condition in which certain pathological changes in an almost healthy organism do not affect a person's ability to work" [15, p. 88-90]. However, the absence of deviations in health does not mean that there is still no disease, since an excessive load on the protective adaptive mechanisms and exposure to excessive pathogens on the body can lead to the development of the disease without harm to health.

At present, there is a third state - the boundary between health and disease. This is caused by "disturbance of normal life", lack of vitamins, lack of essential fatty acids and amino acids in the diet. This third state occurs when moving from one climatic zone to another, as well as under unsatisfactory sanitary and hygienic conditions (high dust content, gas contamination, toxic gases). These conditions, especially under adverse weather conditions, contribute to the development of acute intestinal diseases due to a decrease in the body's natural immune resistance to pathogens - bacteria, viruses [5, p.143]. To understand dynamic health, it is necessary to study not only the state of organs and systems, but also their ability to function. In most cases, statistical and dynamic human health are compatible. However, a certain level of fitness (training in training) allows an unhealthy individual (we are not talking about serious illnesses) to achieve much higher results than an absolutely healthy competitor. For example, a skier with chronic gastritis or a middle ear infection will always be more enduring than his perfectly healthy but unprepared competitor.

Undoubtedly, the most important aspect of the "building" of health is the education of the child's motor activity, which begins at an early age and is based on an effective training methodology. The harmony of physical development (compatibility) is one of the most important indicators of health [14, p.34].

Sports and physical education play an important role in maintaining a healthy lifestyle. It is also important to pay attention to the following factors: 1. An agenda is a sequence of various activities organized by a person: work, rest, nutrition, physical activity, sports, etc. at certain intervals. Of course, the agenda is not the same for everyone. It is determined by a person's age, occupation, health status, ability to work and living conditions. However, there are general requirements that everyone needs to meet, such as achieving a balance between mental and physical work, replacing work with timely rest, eating on time, going to bed early, getting used to getting up.

2. In order to live a long and calm life, a person strives to be healthy, vigorous and energetic, to preserve his youth, beauty and ability to work. One of the key factors in achieving this is physical activity.

3. To lead a healthy lifestyle, of course, it is necessary to adapt the body to various environmental conditions. Strengthening the body, regular sports, swimming in cold water are factors that increase the body's resistance to the harmful effects of the external environment. Exercise is the mechanism by which the body gradually adjusts to the effects of water, sun and air.

A person occupies a special place in society, is able to actively work on changing the environment, and is a prominent representative of social development. Personality formation is provided by the entire system of education, which occurs in the process of social activity of the individual in various activities [3, p.98].

The development of the individual is influenced by the following various areas of activity, including: labor, social, sports, educational, ideological, political and artistic. In addition, it is necessary to include the interactions that athletes face with other people in the course of their lives, living conditions, and various activities. In addition, the development of personality is greatly influenced by the media - television, theater, cinema, fiction.

As a result, under the combined influence of all of the above factors, a person's mental connection is formed. (E.V. Shoroksova, B.F. Lomov). What is meant by the mental union of a person? The psychic connection is a relatively stable unit representing the orientation of a person's character, temperament, the course of such traits as intellectual, emotional and volitional processes. These characteristics are reflected in the field of psychomotor activity, since this area is the most important part of the realization of the potential of the individual in a particular practical activity. The above ideas can be applied to the formation of the athlete's personality in general.

One of the characteristics of a person is his individuality, that is, the totality of

characteristics inherent in him and inherent only in him. Understanding and taking into account the structure of individual characteristics of a person is extremely important in sports practice. Only a deep knowledge and understanding of the individual characteristics of an athlete's personality can ensure further development and effective use of all his potential.

Studies by psychologists-researchers on the study of the individual characteristics of champion athletes and Olympic medalists have shown that the most common and important characteristics for their personality are: a high level of mental and emotional stability, fortitude, self-confidence, awareness, self-sufficiency. - control, the ability to independently assess difficult situations, determination and perseverance, courage in initiative and action, leadership, willingness to take risks, innovation, thirst for discovery, sincerity in communication [11, 13-b.].

A number of studies have found a clear connection between motivation for success and panic, which is an individual trait of an athlete [13, p. 76].

Panic is a person's tendency to exaggerate the physical or social danger of the situation in which he is, and to develop negative mental and emotional states (fear, apprehension, anxiety, etc.). This character trait increases the excitement of athletes, especially before competitions. However, this does not mean that the athlete should be completely free from worries. Panic reactions should be considered as a process of natural adaptation of the body to a responsible and stressful situation. To a certain extent, this reaction is positive. Only extreme panic can worsen an athlete's performance. Therefore, it is important to constantly monitor changes in the mental state of athletes prone to increased anxiety [12, p. 34].

Exercise can drastically change a person's personality. Achieving high results in sports requires the formation and development of a number of traits and qualities of an athlete's personality. One of these important features is the motives for sports. The motives of sports activity serve the individual needs of the

athlete and are of an individual nature. Therefore, athletes have different motives, and these motives depend on the ideological orientation of the athlete's personality, the level of his sportsmanship, age, experience in sports, etc.

The performance of athletes is greatly influenced by their nervous system and temperament. According to IP Pavlov, the physiological basis of temperament is a certain type of higher nervous activity. It is characterized by a different relationship between strength, balance and mobility of the excitatory and inhibitory processes of the nervous system. In sports, as in many other areas, individuality is very important. Great success can be achieved only by taking into account the individual characteristics of the athlete and, on this basis, developing a special technical and tactical style of his activity.

The famous Russian psychologist R. M. Zagainov was an Olympic champion - S. Bubka, V. Saneev (athletics), world champions A. Karpov, G. Kasparov, N. Gaprindashvili, M. Cheburdanidze (chess), A. Fadeeva, V Petrenko, E. Vodorezova (figure skating), N. Deryugina, A. Anpilogova (sports games) and many other athletes, relying on their practical experience as a personal psychologist, studied their biographies. give the impression that they are at the top of the main group of athletes, if ordinary adjectives are used to characterize them (courage, courage, self-control, etc.), they lack these qualities. Their behavior, reaction, self-management (especially during periods of crisis) are so specific and individual that to describe them, it is necessary to look for specific, non-standard individual characteristics [9, 25-b.].

The formation of an individual image of activity is carried out mainly through the effective use of one's positive aspects for this activity, and not by eliminating the characteristics of temperament and the nervous system or correcting their negative aspects. In the course of these processes occurring in different sports, completely different forms of reactions, styles and methods of activity arise. It should be noted that in any case, the formation of an individual

type of activity in one way or another depends on the natural characteristics of the athlete: morphological, functional and mental characteristics [8, p.78].

"Any work is mental and physical. If we distinguish between mental and physical labor, then the brain plays a key role in one, and the muscles in the other. The brain consists of muscle interactions, and muscle activity is controlled by the brain," Chernyshevsky said.

As the founder of physical education P.F. Lesgaft showed, mental and physical development are inextricably linked. The growth and development of the mind, in turn, requires physical development, for the correct formation, development of functional abilities, it will be necessary to rely on general specialized knowledge. The discovery of talent in physical education and sports requires the participant to have general physical development and preparation, as well as deep knowledge in this area, the use of brain and muscle activity in order to avoid blindness. Ignorance can lead to loss of talent. The most dangerous thing is that a practitioner develops a one-sided habit of doing only sports, and the number of dependents increases for society [6, p.278].

The question of the relationship between mental and physical education was proved by the great Russian physiologists I. M. Sechenov and I. P. Pavlov on the basis of scientific research. "All my life I have loved mental and physical labor more than anything in the world. It was especially good for me when I tied my mind with my hands in order to unravel the thought that came to my mind," wrote the great Russian scientist I.P. Pavlov.

Therefore, physical education should be carried out in close connection with the mental training of the intellect. Each society has always been distinguished by its moral norms and requirements, and in some cases it is sharply differentiated. These requirements and norms were used to determine and evaluate the status, place and level of society. Moral education still plays a role in the formation and education of moral standards, such as physical education, sports training, various competitions and entertainment events, in

solving the problems that members of society must follow. The feeling of caring for relationships, communication, universal values, nation, people, state, glory is directly brought up in the process of physical education.

The morality of an athlete of a country is the morality of a representative of a nation, a person of an existing society. The ethics of the Uzbek athlete is special, not special. They are no different from the moral norms of an ordinary member of society. Attempts to establish the ethics of "physical culture morality" lead the Eastern peoples to retreat from moral norms [16, p.43].

We need to think not only about the short-sighted, narrow-minded, energetic, well-learned, involved in sports, but also about those who are broad-minded, spiritually rich, enterprising, and have good organizational skills. . . . These qualities are more relevant for the youth of our country.

Emphasis is placed on the main features of the moral education of athletes and bodybuilders, the organization of the process of physical education in the following areas and forms:

1. Have a public attitude to public duty, equate the work of society with their work, not reduce the level of work of society and the state. A conscious attitude to one's physical education, constant readiness to defend the Motherland have become the common duty of every society, traditions, the ability to generalize the forces of society for the glory of the nation. The fact is that the athlete of the country is a decisive success factor in the international arena, the ability to feel responsibility to his people, his homeland.

2. Participate in the work on equipping and re-equipping sports grounds, public attitude to public property (sports facilities, equipment and structures).

3. The most important moral norm of members of society is the social attitude to work. Exercise makes it possible to carry out the harmonious development of all aspects of labor in the production process. Achieving sports results by an athlete is difficult and requires hard work. Updating only the records,

he forms the will, discipline, the habit of the labor process, teaches to appreciate labor.

4. Physical culture teaches obedience to the laws of society. Gymnastics, games, sports, tourism and other physical exercises require students to strictly comply with the rules and regulations. Submission to them leads the athlete or trainee away from the common goal. Point activity can threaten the life of an athlete, for example, players collide while fighting for the ball. Someone is to blame. You want to respond to rudeness. However, the prevailing characteristics are the ethical standards of the athlete, the moral standards necessary for self-control and peaceful settlement of the conflict.

5. Humanism, respect for a person, the basis of the struggle for the future, for peace, mutual support, especially during competitions, mutual assistance is very high among the Turkic peoples in the spirit of respect for their rivals. Good health and physical fitness form the moral character, will and other qualities of a member society.

In the process of physical education, special tasks of aesthetic education are solved and established:

1. Education of behavioral aesthetics. Gymnastics, sports, games, tourism, as described above, reflect all the individual aspects of a person. The walking of athletes is a vital process in sports and beyond. Because it is based on the moral norms of the peoples of the East. Bad treatment is considered unethical.

2. The appearance and shape of the human body is presented. This is a sign of the beauty of a physically harmoniously developed human body, the goodness of the vital abilities of health. Chernyshevsky: "When we talk about the beauty of a person, its components determine what it appeals to us. Life will show it, we will understand it," he said.

V.V. Gorinevsky said: "Beauty does not oppose health - happiness, and ill health, on the contrary, violates the concept of beauty, going beyond the norm."

3. To cultivate the ability to perceive beauty, the ability to feel the hidden beauty in the expression of sports equipment, the elegance of movements. The technique of movement is beautiful, the breath of movement

is beautiful, the expression of its content is beautiful.

Motor activity used in physical education is not the same. But each of them - the beauty of running, high jumps, record lifting technique, "working skills" on gymnastic apparatus - are all beautiful.

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