



Optimizing The Panic of Football Players

Gapparov Zaxid Gapparovich

Professor doctor of pedagogical science

**Ishtayev Javlon
Mavlonboyevich**

Doctor of pedagogical science (DSc) associate professor

**Ishtayeva Rano Abdusidiq
qizi**

230 school physical education teacher

ABSTRACT

In this article, the author highlights the scientific and methodological aspects of the psychological training of football players in the the Ch.D. Spielberger reactive anxiety scale on an experimental basis.

Keywords:

football player, state of anxiety, activity, sports, psychological characteristics, extreme, exercise

In our republic, important work is being done to create an effective system for the selection and training of talented players, to form a quality sports reserve for national teams and professional football clubs, and to train football coaches and referees based on international requirements and standards. It is important to select talented and potential players, support and develop our football, improve professional enthusiasm, skills and abilities of young players, and create a reliable reserve of skilled leather ball masters for the country's clubs and national teams. Based on this necessity, it is an important factor that the players have a high level of technical and tactical training. In our country, the process of implementing modern methods of training players and developing tactical actions has been established. However, scientific research aimed at controlling and developing the aspects of

psychological preparation of football players has hardly been carried out. This situation indicates that all the scientific work to be carried out in this field is the basis for further development of the field and formation of its scientific foundations.

To a certain extent, this article is intended to implement the tasks defined in the decree of the President of the Republic of Uzbekistan on December 4, 2019 "On measures to bring the development of football to a completely new level in Uzbekistan" and other regulatory and legal documents related to this field.

One of the unique aspects of a person is his individuality, that is, a set of characteristics unique to him and not duplicated by anyone else.

Understanding and taking into account the structure of individual characteristics of a

person is extremely important in sports practice. Only through deep knowledge and understanding of the individual characteristics of the athlete's personality, it is possible to ensure the further development of all his opportunities and use them effectively.

Research psychologists' studies of the individual characteristics of athletes who are champions and Olympic medalists have shown that the most common and important characteristics for their personality are: high level of mental-emotional stability, strength of character, self-confidence, awareness, self-control, ability to independently assess complex situations, determination and perseverance, initiative and courage in actions, leadership, risk-taking, innovation, eagerness to discover, sincere communication.

A number of studies have revealed the existence of a certain relationship between motivation for achievement and the personality characteristic of an athlete.

Panic is an individual's tendency to overestimate the physical or social danger in the situation he is in and, as a result, to create negative psychological and emotional states (fear, stuttering, anxiety, etc.). This characteristic of a person causes an increase in excitement in athletes, especially before the competition. However, this does not mean that the athlete should be completely free from anxiety. It is necessary to evaluate the panic reaction as a process of natural adaptation of the organism to a responsible and tense situation. This reaction is considered positive if it is at a certain level and in moderation. Only excessive panic can cause deterioration of the athlete's performance. Therefore, it is very important to constantly monitor changes in the mental state of athletes prone to high anxiety. Two types of anxiety are distinguished: the first of them is situational anxiety associated with certain external situations, and the second is a characteristic of a person's own stable - stable (innate) anxiety. Panic is an extreme situation that is imminent or long before it occurs - the danger "I can feel it - I will lose today!" can appear due to prediction in the form of In the

language of science, such panic is called anticipatory (anticipatory) panic [1;2;3;4].

The alarming state depends on the speed of striving for effective activity (motivational strength). The stronger the motive, the higher the feeling of panic in the athlete. For this reason, the most famous athletes are usually prone to panic attacks.

The study of the unique characteristics of the personality of highly qualified athletes showed that the following qualities characteristic of their character are of great importance in the achievement of high results by athletes, in particular: awareness, striving for the goal, self-ability to control oneself, honesty, hard work, tenacity, conscientiousness, sense of responsibility to the team. Thanks to these qualities, athletes endure the challenges of long-term training and defend the sports honor of their country in the highest level competitions, winning universal victories. [5;6;7;8;9]

The purpose of participating in the competition is to win or to improve the results, regardless of the level of achievements that the athlete has achieved so far. In most cases, this creates an extreme situation that requires a person to demonstrate tremendous potential in a very short time. The desire to achieve high results and performance in competitions is manifested regardless of the athlete's level of sports achievements, level of preparation and other factors. [10;11;12;13]

Preparing a football player for the competition with the above-mentioned goals requires a high level of mental stress. Therefore, great demands are placed on the player's nervous system, the development of his physical and mental qualities, and the spiritual aspects of the player's personality.

Organization of research. It was conducted in October-December 2023 for the students of the 3rd level studying football at the Uzbekistan State University of Physical Education and Sports.

A total of 70 players were involved in the research. The results obtained during the research are clearly expressed in the following picture.

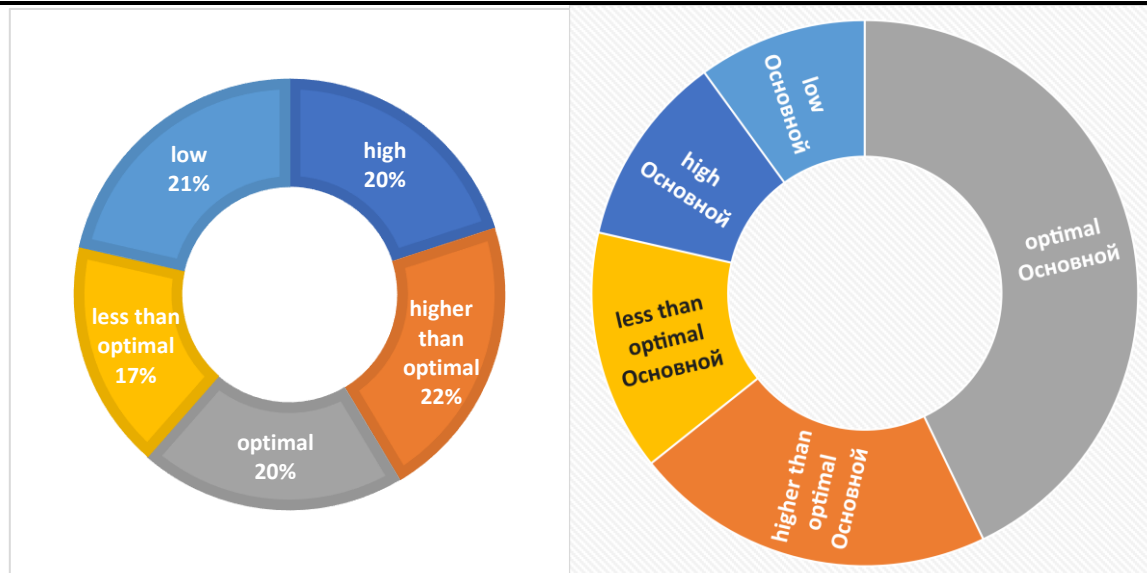


Figure 1. Levels of reactive anxiety in football players at the beginning and end of the study

As can be seen from the above picture, at the beginning of the experiment, 14 out of 70 respondents, 20% of respondents recorded the optimal level of reliability, and at the end of the study, 30 respondents, i.e. 43%, improved these indicators. At the beginning of the experiment, there were 29 people with a total of 43 percent of extremely high and low indicators. At the end of the study, these indicators were reduced by 22% to 15 people, as can be seen from the above picture.

What makes football players' reactive anxiety levels rise or fall?

1. Preparation of the player. The better an athlete has prepared for the competition ahead of him, the more confident he feels, and his mental state is at an optimal level, while the opposite is true for an unprepared player. Such a player is extremely excited and worried.

2. Competition experience. The more a football player has participated in competitions of different levels, the better his positive qualities are revealed. However, the level of sports training, which combines the physical, technical, tactical, theoretical and psychological preparation of the player, plays a big role in this.

3. Scale of competitions. The higher the scale of the competitions, the higher the mental tension of the players. Because the personal and social significance of the results of the football player's competition, his "victory"

or "loss", affects the social status and reputation of the player or the team, the state. Of course, the intensity of the tension depends on the tasks the player has set before him.

4. The rate of emotional states depends on the level of motivation of the players during the competition, which can include:

The diversity of the form of motivations may depend on the personal characteristics of the player, as well as the social significance of the sports results of the participants of the competition. It is very important to form the motivation to participate in the competition in the system of sports training. The higher the social importance of the motive and the better it is understood by the player, the better the conditions necessary for the player to achieve high sports results and victory in competitions are created.

5. The composition of the participants of the competition. When rivals of equal strength compete, the situations become more intense, and the emotional tension of the players reaches a high level. If the level of preparation of the competing parties is significantly different from each other, the emotional tension will be so low.

6. Conditions for organization and equipment of competitions. Usually, if the competition is poorly organized, if the referees do something wrong, there is an increase in emotional tension and the appearance of aggressive, aggressive feelings. In addition, the

appearance of aggressive feelings is caused by the large number of spectators, especially the number of spectators who do not have a friendly attitude towards the competing players.

7. The origin of emotional stress also depends on the individual characteristics of the player. These include: type of nerves, temperament, character of the person, level of will and spiritual development of the player.

8. Level of mastery of self-regulation methods. If a player has mastered the methods of self-regulation, it serves as an internal defense tool that protects him in various unpleasant situations. For example, when a stressful situation occurs or when many negative factors appear during the competition, he can quickly eliminate them in time.

In short, the competition has been recognized since ancient times as a factor stimulating human activity in the field of pedagogy and psychology. A number of psychological experimental studies have also been devoted to the study of such a stimulating effect of competition.

The stimulating effect of competitions in sports activities is known from time immemorial, and there is no need to prove it in an additional way. Because players usually achieve their highest performance only during the competition. The setting of world records at the World Championships and Olympic Games is also proof of our above opinion.

Every task, every decision should be determined based on the level of the athlete's highest capabilities, and it is impossible to set tasks higher than these capabilities. However, this does not mean that before the competition, the coaches will not be able to make it a task for the players to win. The establishment of victory as a goal is the main condition of any sports performance. Without such a goal, the competitions would have lost their meaning. In this process, the goals and tasks set for the player should not deviate from their real basis and should be carefully worked out from a psychological point of view. An understandable, believable goal, a clearly expressed and carefully worked out task creates optimal conditions for the player to mobilize all his

strength and capabilities during the competition.

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