

DYNAMICS OF THE FORMATION OF WILLFUL QUALITIES IN ADOLESCENT WRESTLERS

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Abstract

This article discusses the issues of self-regulation in adolescent wrestlers, as well as the development of primary volitional qualities in them, which are very important at the initial stage of sports training. Because this is a transitional period, it is necessary to take into account a person's interests, abilities in the field, and level of motivation. In adolescence, "determination" is recognized as one of the qualities that is just beginning to form. Moreover, such conclusions are recognized by many mature psychologists.

Keywords; Psychology, sports, basketball, physical education, preparation, competition, training, coach, victory, sports psychology.

Introduction

O‘SMIR KURASHCHILARDA IRODAVIY SIFATLAR SHAKLLANISHINING DINAMIKASI

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Annotatsiya

Ushbu maqolada o‘smir kurashchilarda o‘z-o‘zini ixtiyoriy tartibga solish, shuningdek, ularda birlamchi irodaviy sifatlarni rivojlantirish masalalari sport mashg‘ulotlarining dastlabki bosqichida juda muhimdir. Chunki bu o‘tish davri hisoblanib, unda insonning qiziqishlari, sohaga bo‘lgan qobiliyati, motivatsiya darajasi kabilar hisobga olinishi lozim. O‘smirlik yoshida irodaviy sifatlardan “qat’iyatlilik” endigina shakllanayotgan sifatlardan biri sifatida tan olinadi. Qolaversa, bunday xulosalar ko‘plab etuk psixologlar tomonidan e’tirof etilgan



Kalit soʻzlar; psixologiya, sport, basketbol, jismoniy tarbiya, chiniqish, musobaqa, mashgʻulot, murabbiy, gʻalaba, sport psixologiyasi

ДИНАМИКА ФОРМИРОВАНИЯ ВОЛЕВЫХ КАЧЕСТВ У ЮНЫХ БОРЦОВ

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Аннотация:

В данной статье рассматриваются вопросы саморегуляции у юных борцов, а также развития у них первичных волевых качеств, которые очень важны на начальном этапе спортивной подготовки. Поскольку это переходный период, необходимо учитывать интересы человека, его способности в данной области и уровень мотивации. В подростковом возрасте "решительность" признается одним из качеств, которое только начинает формироваться. Более того, подобные выводы признаются многими зрелыми психологами.

Ключевые слова; психология, спорт, баскетбол, физическое воспитание, подготовка, соревнование, тренировка, тренер, победа, спортивная психология

It is known that any sport is one of the main conditions for the improvement of the volitional sphere. Before understanding the dynamics of the formation of volitional qualities, it is necessary to answer the question of what voluntary actions are. Voluntary actions are one of the characteristics that manifest themselves in certain difficult conditions and serve to voluntarily regulate oneself. Voluntary actions are a system that encompasses the desires and wishes, motives and goals, and directions of a person. In addition, the manifestation of voluntary actions is also considered to be inextricably linked to anticipated situations. L.P.Matveev writes that voluntary actions in sports activities are manifested not only by the sum of motives, but also by failure, fear, the desire to win, as well as the characteristics of the nervous system. This reasoning implies that the characteristics of the nervous system and the adolescent's predisposition

to a particular sport are one of the psychological factors for achieving high results. B.G. According to the book "A Large Scientific Dictionary of Psychology" developed by Meshcheryakova, voluntary actions are considered voluntary functions of our body, which are regulated by brain activity. However, it is incorrect to call it automatic actions. Because when performing each task or assignment, a person is forced to comply with new requirements. And for this, he will have to overcome some difficulties and be able to overcome them. That is, nerve centers are arranged in such a way that certain stimuli cause activity in certain parts of the brain, and ultimately the person strives to adapt his actions to the new situation. The formation of volitional qualities is a dynamic process, and adolescence is one of the periods for addressing this issue. Ye.B.Kuzmin noted that the development of sports motivation is related to the structure of training and differs from one sport to another. According to the author, the dynamics of the formation of sports motives in adolescent athletes, including basketball players, occurs in two stages: – social approval of the adolescent's participation in sports; – acceptance of goals in sports and having one's own attitude towards this. The high level of manifestation of sports motives in adolescents, like in others, occurs after 2-3 years. In addition to these points, other scientists have also expressed their opinions on this matter. L.B.Kuznesova writes that after more than two years of playing sports, teenage wrestlers develop a desire for achievements, an emotional attitude to sports, pleasure in training, and a diet thinking for the future. The main goal of this is to prevent the formation of pragmatic (rigid) thoughts in adolescent wrestlers.

Yu.D. According to Jeleznyak, the formation of volitional qualities is also important in the process of understanding goals, which develops qualities such as determination, courage, and endurance in adolescent athletes. Understanding goals in sports is also considered a dynamic feature of will development, and its starting point is the realization of higher needs. However, the concept of will has a broad meaning in psychology, and there are many approaches to it. In our opinion, the volitional sphere formed in the personality of adolescent wrestlers is explained by the ability to overcome external and internal obstacles and achieve consciously set goals.

Yu.Ya. As Gorbunov notes in his next scientific article, volitional behavior of a dynamic nature is also characterized by the likes of this-purposefulness, self-control, ability to control oneself from certain actions, if necessary. A.S. As



Damadaeva explores the motivation inherent in sports activities through a gender approach, she believes that motives will be distributed for a particular gender based on their importance. The content of the training of male and female athletes differs significantly from each other. Correlation analysis of the data shows that as the time spent exercising increases, the motivation to exercise also increases in men.

S.G.Garnishev writes that in sports there are no single motives that satisfy all needs of a dynamic nature. Therefore, the manifestation of the type of motives in the dynamic growth of volitional qualities is divided into: – understanding the essence of sports activity – biological and social, external and internal, personal and social, ethnic, ideological and moral; – communication motives related to the type of activity, play, study, professional skills, sports and related social activities; – taking into account the temporary characteristics – situational and permanent, short-term and regular; – the process of understanding the motives in a primary and secondary way, understanding their importance. Contrary to the above views, the study of the volitional sphere of people is usually considered to be the study of high-level physical and psychological activity. Because high-level physical tasks serve to develop the volitional qualities that provide special movements. Adolescent interests may be influenced by a variety of factors, including participation in sports or activities, parental influence, and peer influence.

A.V.Goles writes that empathy for others is also important in sports, and this process begins to develop intensively during adolescence. However, as teenagers' interests turn into hobbies, most of them begin to exhibit negative moral qualities, such as lack of self-control and disrespect for others. Researcher A.N.Veraksa says that it is considered one of the complex qualities that lead adolescents to success. Not all teenagers realize this in time. The dynamic growth of volitional qualities in teenage wrestlers is also greatly influenced by the effective organization of training. This condition also affects complex physiological changes in the body. For teenage wrestlers, social status is of great importance, and it is through it that a sense of competition develops in teenagers. Therefore, sometimes frequent participation in competitions for adolescent wrestlers is not the main goal, but rather a means of improving their skills. In team sports, the role of those around them is also considered high in the development of the willpower of adolescents. Each team cheers on their teammate with positive emotions, which forms the basis for the development of self-control in

adolescents. V.F.Sopov argues that it is much more necessary for parents to reward their child for their success, which ensures their emotional support. Parents should even praise their children's achievements in front of their peers and the teenager's peers. This will help teenagers understand the feeling of encouragement. A.L. According to Popov, the dynamic formation of the volitional qualities and motivation of adolescent wrestlers will depend on: – the stability of interest in the chosen type of profession; – the effectiveness of the activity; – level of participation in competitions; – interpersonal relationships with the coach and the team; – a realistic and constructive attitude of a teenage athlete to success and failure; – a highly emotional organization of training sessions; – the ability of coaches to know the personal and individual characteristics of adolescent wrestlers, etc. In this regard, the intensive formation of sports motivation and the provision of dynamic growth of volitional qualities in adolescent athletes is an important aspect of the coach's work.

The dynamic characteristics of the formation of volitional qualities in adolescent wrestlers are explained, on the one hand, by external factors, and on the other hand, by age characteristics. However, we believe that adolescents regulate their behavior based on internal stimulation (self-stimulation). At the same time, the volitional sphere of adolescents is a very controversial sphere. This is due to the fact that as the overall activity of the adolescent increases significantly, there is a lack of experiments for his voluntary activity. Therefore, sometimes in teenage wrestlers, discipline decreases, stubbornness manifests itself. Neurodynamic changes are recognized as another reason. Timely supervision contributes to the formation of qualities such as courage, patriotism, and heroism in their behavior. D. from foreign researchers Gould said that 12-14 year olds overestimate some of their own willpower, including patience. Later, by the age of 15, these levels of assessment change in a clear direction. This is because qualities such as determination, independence, and goal orientation are well understood by teenage wrestlers by the age of 15.

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