



PSYCHODIAGNOSTIC TOOLS FOR ASSESSING THE FORMATION OF WILLINGNESS IN ADOLESCENT WRESTLERS

Elmurod Soatov

Acting Associate Professor of the National Pedagogical
University of Uzbekistan Named After Nizami

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

O‘SMIR KURASHCHILARDA IRODAVIY SIFATLAR SHAKLLANISHINI TEKSHIRISHNING PSIXODIAGNOSTIK VOSITALARI

Soatov Elmurod – dotsent v.b.

Nizomiy nomidagi

O‘zbekiston milliy pedagogika universiteti

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 so'zlar; psixologiya, sport, basketbol, jismoniy tarbiya, chiniqish, musobaqa, mashg'ulot, murabbiy, g'alaba, sport psixologiyasi

ПСИХОДИАГНОСТИЧЕСКИЙ ИНСТРУМЕНТАРИЙ ДЛЯ ОЦЕНКИ СФОРМИРОВАННОСТИ ГОТОВНОСТИ У ЮНЫХ БОРЦОВ

Соатов Элмурод – доцент и.о.

Национальный педагогический университет

Узбекистана Имени Низами

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, basketbol, физическое воспитание, подготовка, соревнование, тренировка, тренер, победа, спортивная психология

Introduction

To date, the methodological support for studying research subjects in the field of sports psychology in the local environment is not sufficiently complete. Most methods and personality questionnaires are developed within the fields of developmental psychology and psychodiagnostics, and specialists mainly follow the rule of interdisciplinary data exchange. Although volitional qualities are



essentially of a universal psychological nature, it is not enough to study them only within this framework. This issue is recognized as a controversial topic not only in foreign psychology, but also in domestic psychology. However, there is a second aspect of the issue for the researcher. Selecting the most appropriate psychodiagnostic methods for the selected problem and describing the possibilities for further research is one of the most important issues. Thirdly, the study of the formation and development of volitional qualities in adolescent athletes in terms of pedagogical psychology also provides for an examination of the Mohite of psychological factors, voluntary actions, ability to success and factors of functional readiness that underlie volitional readiness. Because the word goes about the formation of sports-oriented volitional qualities in adolescence. Therefore, the methodological support for the practical study of the problem should also be considered appropriate for it.

That is, the research methods, along with the volitional qualities of adolescent athletes (basketball players), include: – motivational sphere; – intellectual sphere; – value sphere; – interpersonal relations sphere; – to the cognitive sphere; – to the functional state; – to the type of primary and secondary volitional qualities; – to the sphere of high feelings that inspire sports; - the possibility of cognitive processes; - to the state of technical and tactical training; – it is advisable to choose a suitable one, such as the state of Organization of sports training.

That is, when conducting any psychodiagnostic research related to the activities of athletes, there is a specific criterion, and the research is carried out through the following stages]: Stage 1 – identifying the problem situation, that is, choosing a research topic and justifying its relevance; 2.- stage-implementation of the analysis of scientific literature on the topic of selected research; Stage 3 - Promotion of the purpose and objectives of the study, as well as analysis of the situation of issues on the topic; Stage 4 – determining whether the concepts are analytically based – what exactly the concepts in the topic represent; Stage 5 – advancing scientific ideas; Stage 6 – developing a research project, etc. Selection of research methods, justification of the sample, development of instruments at the methodological level, preliminary organizational pilot study, data collection and mathematical processing of the results obtained, etc.



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The interpretation of the results, that is, the stage of processing, summarizing the results obtained, and writing comments on the results of the study, is also one of the main tasks. Considering the above, when organizing our research, we first selected a research object that was appropriate for the purpose of the problem posed. They are organized by student-athletes from the specialized children's and youth sports school for sports games and athletics in the Kashkadarya and Samarkand regions, specializing in basketball. A total of 320 participants took part in the study. We relied on 4 stages in conducting our empirical study.

We will discuss them in more detail below. The first stage is the preparatory stage. In this, theoretical materials of the study were collected and psychological approaches explaining volitional qualities were selected, and all information was systematized to highlight theoretical and methodological aspects. At the preparatory stage, the researcher established appropriate contacts with the testers. These connections, on the other hand, make it widely possible for researchers to generate, scientific hypotheses about psychological factors that serve the formation of volitional qualities. Our study aims to determine the extent to which psychological factors influencing the formation of volitional qualities in adolescent athletes are qualitative rather than quantitative. The second stage is the empirical stage, and the process of conducting selected methodologies for our research has been carried out. The third stage was the interpretation of the results obtained from the study, and the results were summarized and processed.

The fourth stage consists in interpreting the results obtained and interpreting them based on Psychological Laws. It was envisaged to prove and determine whether the scientific analysis that was finally put was correct or not. Taking into account the above, four psychodiagnostic methods were used to study the psychological factors influencing the formation of volitional qualities in adolescent athletes. These questionnaires; The "level of social frustration" methodology developed by Wasserman, Duboviskaya's survey "learning overcoming behavior", Chumakova's survey "learning volitional qualities of personality", and Elers-developed surveys such as "success and avoidance of failure" were widely used. In addition, in the organization of the study, psychodiagnostic possibilities of certain methodologies were studied, recognized as the most advanced methods that examine the volitional sphere of adolescent athletes. For example, the most



optimal methods are A.Khokhlova's questionnaire "Volitional control of the author's behavior", E.Fontalova's methodology "Determining the level of development of volitional qualities in a person", A. Puni and B.Survey "psychological analysis of volitional qualities of athletes", developed by smirnovs, A.V.Zverkova as well as Ye.V.Tests such as the Eidmanns' "Determination of the Level of Development of Volitional Self-Regulation" are being recognized.

These methods are universal and are able to assess many qualities of athletes that are close to willpower. However, our goal is not to study the volitional sphere of adult athletes, but to identify the factors that influence the formation of volitional qualities in adolescent athletes. Therefore, psychodiagnostic methods were selected that are appropriate for the purpose of the study. Below, we will try to briefly explain the research methodology based on the above points.

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