

PSYCHOLOGICAL SIGNIFICANCE OF STUDYING THE PRIORITY QUALITIES OF TABLE TENNIS PLAYERS

Yo'ldoshaliyeva M. I.

ST-51-21 Group Student:

G'aniyeva M. Yu.

Scientific Supervisor

Abstract

This article reveals the psychological significance of the individual qualities of highly qualified table tennis players, which are important for ensuring victory in the competition process.

Keywords: personal qualities, striving for the goal, perseverance, perseverance, courage, courage, independence, initiative, introjection, projection, retroflexia, deflection.

Аннотация

В данной статье раскрывается психологическое значение индивидуальных качеств высококвалифицированных игроков в настольный теннис, которые важны для обеспечения победы в соревновательном процессе.

Ключевые слова: личные качества, стремление к цели, настойчивость, упорство, смелость, независимость, инициатива, интроекция, проекция, ретрофлексия, отклонение.

The problem of creating a full-fledged environment for young people to receive education, work and be physically and mentally healthy in order to ensure the sustainable development of mankind in the future is of serious concern to the world. On 18 October 2010, the United Nations General Assembly passed resolution 65/4 "as a means of promoting Sport – education, health, development and peace". This in its place set the stage for the widespread promotion of Table Tennis around the world once again, including the sports industry.

Today, Table Tennis is one of the most popular sports, and millions of people are involved in this sport. The process of developing personal qualities in the high degree of manifestation of their capabilities by athletes who are currently engaged in Table Tennis requires long-term and painstaking psychological training.

At the stage of psychological training of scientific research carried out in the field of table tennis in the world, psychological training aimed at normalizing negative qualities that cause defeat, psychological training aimed at normalizing psychocorrectional practices and external and internal factors affecting individual qualities as a psychological factor in the development of psychophysiological, volitional-motivational and emotional-

emotional sphere. Taking into account these factors, table tennis players are approached in-depth research in the world as an urgent scientific and practical issue due to the fact that psychological trainings aimed at improving personal qualities that are important in the process of training and competition, and the factor of the practice of psychocorrection of negative qualities are important.

In particular, in the field of modern psychology, a number of problems, such as the problem of personality and the role of the psychological preparation process in achieving high results in its activities, have been researched by educators and psychologists. In particular, from the scientists of the psychologist of our homeland: G'.B. Shoumarov, V.M. Karimova, N.S. Safaev, Z.T. In the scientific work of the nishanovas studied the psychological characteristics of personal qualities in the socialization of the individual; E.G'. Gaziev studied the development of the individual in ontogenesis; P.S. Ergashov identified the features of the connection of the sense of symmetry with Psychophysiology and individual psychology; A.I. Rasulov identified effective methods of obtaining information about the individual at different stages of professional training of psychologists; B.R. Kadyrov and K.B. The Kadyrov adapted the professional diagnostic methodologies of the individual to the local environment.

In the large-scale reforms carried out in the new history of our country, physical education and sports are considered as one of the priority areas, especially the development and popularization of children's sports. "It is important to increase and realize the creative and intellectual potential of the younger generation, the formation of a healthy lifestyle among children and young people, their wide involvement in physical education and sports." [1] In the strategy of action on the five priority areas of development of the Republic of Uzbekistan in 2017/2021, "To educate young people who are physically healthy, spiritually and mentally developed, independent-minded, loyal to the motherland, with a firm Life point of view", "To develop the creative and intellectual potential of the younger generation the fact that such important tasks as" support and realization, the formation of a healthy lifestyle among children and young people have been established is evidence of our opinion. [2]

Based on theoretical and practical data analysis and interpretation, we decided to draw the following substantive conclusions.

1. The relationship of positive (goal-seeking, independence, endurance, independence, Valor) qualities that affect the personal result of table tennis players to a high degree of manifestation of their capabilities in the process of training and competition is clarified within the framework of observations and literature analysis.
2. On the basis of developed socio-psychological trainings, it is possible to develop personal qualities that are considered a factor in ensuring the victory of table tennis players, namely the fields of volitional-motivational (purposefulness, independence and initiative, courage and courage, perseverance and perseverance, motivation to achieve relevance).

Based on the above points, it is necessary for coaches and sports psychologists to follow the following recommendations in order to develop positive personal qualities that are

important for table tennis players to achieve high results in the process of training and competition, as well as to normalize negative personal qualities.

General Recommendations:

- in order to raise the status of table tennis players in our country in the world arena, the cooperation of sports federations on the discovery of talented young people and the implementation of selection work at the level of demand;
- in order to improve the personal qualities of athletes on the coaching team, it is necessary to establish art book readings in their free time;
- to include in the agenda the need to use autogenic and relaxation exercises in the organization of physical loads correctly (i.e., full compliance with the training and rest time), in order to preserve the physical reserve of the team's athletes at the end of the training camp in the enhanced order [4];
- the coach aims to avoid negative motivation in team athletes, avoiding uniformity in the process of physical, technical and tactical training;
- giving athletes enough information about their opponent and the conditions of future competitions;
- athletes are directed to eliminate or reduce negative traumatic experiences associated with states of anxiety and discomfort that threaten their psyche during training and competition, internal and external conflicts, with the help of psychoanalytic correction (compression, departure, separation (isolation), rationalization, rejection, identification (exact analogy), sublimation, return to the appearance of previous behavior) to get rid [5];
- using analytical therapy ("16-word assumption" test (K.Yung), projective techniques, questionnaires, dreams, and fantasy) focusing on providing harmony in the world of unconsciousness and consciousness associated with bringing to a state of awareness of unrealized information in athletes;
- prevention of disorders that negatively affect the complete understanding of the goals and provisions set by athletes during their career through Gestalt therapy (introversion, projection, retroflexion, deflection, thinking-promoting exercise, attachment);
- planning the activities of the athlete in the future competition process, focusing on growing personal qualities, improving the tactical and technical mental preparation for the competition [6].

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