

# PHYSIOLOGICAL METHODS OF STRESS PERFORMANCE IN SPORTS COMPETITIONS

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## **ФИЗИОЛОГИЧЕСКИЕ МЕТОДЫ ВЫПОЛНЕНИЯ СТРЕССА В СПОРТИВНЫХ СОРЕВНОВАНИЯХ**

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**АННОТАЦИЯ:** *В данной статье мы стремимся рассмотреть проблему негативного влияния стресса на соревновательную результативность спортсмена, а заодно определить содержание понятия «стресс» на основе теоретического анализа стресса. факторы внутренней и внешней спортивной деятельности, характеристики бытия, обеспечиваемые за счет использования комплекса психологических средств и средств, направленных на развитие психических процессов и качеств спортсмена, и изучение положительных результатов при оказании психологической помощи.*

**КЛЮЧЕВЫЕ СЛОВА:** *спортсмен, гомеостатические реакции, спортивные соревнования, стресс, стрессовые факторы, психологическая поддержка спортсменов.*

**ABSTRACT:** In this article, we aim to consider the problem of the negative impact of stress on the competitive performance of the athlete, and at the same time to determine the content of the concept of "stress" on the basis of theoretical analysis, stress factors of internal and external sports activities characteristics of being, provided through the use of a set of psychological aids and tools aimed at

developing the mental processes and qualities of the athlete, and examine the positive results in the provision of psychological assistance.

**KEYWORDS:** Athlete, homeostatic reactions, sports competitions, stress, stress factors, psychological support for athletes.

In contrast to training, the sole purpose of the athlete in competitions is to demonstrate his ability to do everything, to understand the training started in training, which is characterized by the level of development of physical and movement qualities necessary for the sport. However, the success of a performance in a competition depends not only on the level of preparation of the athlete, but also on what condition he is in. When an athlete is well-prepared and shows high results in training, there are many instances where he performs much worse in competitions due to stress, over-excitement, “stress” and so on. Later, stress begins to be associated not only with the non-specificity of the body's response to stimuli of different nature and character, but also with the concept of adaptation to these stimuli to maintain homeostasis, the specificity of body systems means of neuro-humoral and intracellular regulatory mechanisms combined at different levels of the organization to carry out adaptive remodeling, to provide specific homeostatic reactions and to mobilize the body's defenses, to protect or harm the body.

Sports competitions are a clearly stressful situation, and it is primarily related to the tasks that the athlete has set for himself in these competitions and what opportunities he currently has to accomplish them. At the same time, not only the objective difficulty of the problem being solved, but also, first of all, the approximate assessment of the athlete's ability to solve it is of particular importance. Accordingly, the main reason for the emergence of stress in competitive activity is the subjective sense of inconsistency between the tasks facing the athlete and his capabilities.

Accordingly, stress is, in this case, the result of the athlete's consciousness, his or her way of thinking and self-assessment, level of physical fitness, training and

willingness to regulate behavior in extreme competition. This allows us to think of it as mental stress, as opposed to a direct load that can be defined as physiological stress and the body's reactions immediately after its end. Thus, mental stress is a state of extreme mental stress and behavioral imbalance that develops under the influence of extreme stressors of a real threat or indeed sports activity.

The mental (competitive) stress that occurs in athletes in connection with participation in sports is a complex psychophysiological condition of an individual that is determined by several systems of conditions at different hierarchical levels. The specific features and strength of this stress effect on the athlete's activity are related to its various individual characteristics: socio-psychological, personal psychological, psycho-dynamic, physiological, that is, their relationship with the whole system of interactions and interdependence.

No matter what the stressor feels and fatigue, fatigue, pain, fear, anger, etc., the reaction will be similar: the activity of the endocrine system increases, hormonal activity increases sharply rises, steroid hormones are released, which in turn leads to changes in many functional systems: increased pulse and respiratory rate, increased blood pressure and muscle tone, tremor occurs, kinesthetic sensitivity worsens, actions are less coordinated and less economical [8]. In addition, "intellectual" control over behavior deteriorates, attention becomes difficult to distribute and replace, the criticality of evaluating one's own behavior decreases, and inadequate decisions can be made. Personal difficulties arise in cases of emotional tension, the dominance of the struggle of motives. They indirectly complicate the athlete's movement due to the deterioration of his or her mood and can lead to depression or excitement. Difficulties in depression reduce motivation (fatigue, fear, etc.); excited - reduces the effectiveness of cognitive processes (very anxious, hurried, angry).

It is known that athletes with great experience and qualifications are more successful in a competitive stress situation. Clearly, in the course of these many formal competitions, qualifying starts, "assessments," and they adapt to the effects

of certain stressors and learn the self-management techniques needed in stressful situations. I think the following should be used to overcome stress in sports practice:

- Psychological support of the athlete (sports team), i.e. improving the mental characteristics, processes and conditions of the psychologist to increase the effectiveness of the training process, preparation for competitions and performances;
- Psychological assistance to the athlete in solving problems and difficulties inherent in different stages of the sports career,
- Advising the athlete, the coach (organizing confidential communication with athletes and coaches, focusing on the analysis of stressful situations, offering options, showing the results of this or that competition, as well as helping the athlete to find "internal help" self-overcoming, as well as advising coaches on issues that concern athletes in their psychological preparation).

Psychological support of athletes to cope with stress is carried out in two directions: all work to help the athlete is carried out by a psychologist, coordinates the goals of work with the coach and organizational issues (primarily working with athletes, training time and so on); psychological and pedagogical effects are performed by the trainer in accordance with the diagnostic data and recommendations of the psychologist.

Many coaches communicate effectively with athletes and successfully address issues that arise. However, it should be borne in mind that the coach's ability to provide psychological assistance is limited, he cannot fully assess the results of psychological diagnostics, conduct trainings to improve relationships, engage in psychotechnical games, etc. practice shows that psychological support is the most effective in overcoming stressful situations where the psychologist himself works with athletes at the same time and gives the necessary advice to the coach.

Psychological support for athletes to cope with stress includes psychodiagnostics, psychoprophylaxis and psychoregulatory measures.

At the end of the article I can say that the use of various tools, methods and psychological exercises based on taking into account the individual psychosomatic and personal characteristics of athletes, the specifics of their competitive activities and the dominant stressors of internal and external nature helps to success. How to provide timely and qualified psychological assistance to the athlete depend on his longevity, physical and mental well-being, success, satisfaction with himself and the results of the sport, self-confidence and ability in sports and beyond.

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