

PSYCHOTECHNOLOGIES IN PHYSICAL EDUCATION AND SPORTS

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Abstract: This article examines the issues of technological development of psychological preparation of athletes. The author highlighted general concepts, specific methods and technologies that reveal various aspects of psychological work with athletes. The possibility of using psychotechnology to improve the psychological training of athletes, as well as the effectiveness of training processes and improve the technical training of athletes is shown. The author explains the information about the PSI-10, SPORK, SYNCHRO, SLALOMIST, RTS-PV, TAKTIK, Reaksiomer, Biopotentiometry methods from the following psychotechnological methods on the use of technological methods and their content and essence in the psychological training of athletes.

Key words: psychological preparation, psychotechnology, development, improvement, PSI-10, SPORK, SYNXRO, SLALOMIST, RTS-PV, TACTICS.

Relevance. In the experience of world sports, in big sports, especially international sports, it is impossible to imagine success without purposeful psychological preparation of athletes. The research of psychologists (Z. Gapparov) shows that the youth of our country are very interested in sports. Sports trainers of our republic respond to this interest with their selfless, worthy work. Our observations show that insufficient attention is paid to the psychological preparation of athletes, young Olympians in sports training. There are many reasons for this: insufficient awareness of coaches about the psychological preparation of athletes, lack of special psychological literature, insufficient staff of psychologists in sports for some reasons, etc. determine the relevance of our work.

Applying various pedagogical and psychological methods of influence on the athlete's psyche, involving athletes in their mood and emotional state, methods of famous sports masters, and achieving high results, a sports trainer creates a climate of mutual creative interest.

Currently, in the world of sports psychology, any methods are being further improved with innovative technologies. In this regard, under the leadership of Professor Gapparov Zakhid Gapparovovich, Department of Sports Psychology and Pedagogy of the Uzbek State University of Physical Education and Sports, the following psychotechnologies used in sports are being created and improved.

1. PSI-10 computer program (in Uzbek and Russian)
2. RTS-PV computer program for high jumpers (Ishmuratov T.)

3. SYNXRO- Computer program for synchronized swimmers (Tagirova Z.)
4. SPORK- Device for measuring and developing explosive ability of athletes. (J. Ishtayev)
5. SLALOMIST- Formation of slalom movement memory (Sicheva K.)
6. TAKTIK- Computer program for developing quick thinking of football players.
7. Kettel Questionnaire
8. MUN- Motivation to achieve success and avoid defeat
9. Speed of thinking
10. Rainbow - the law of mixing colors
11. Tapping test
12. Triple method
13. Interval- a device for measuring and developing the sense of distance in boxers and fencers.

The above are methods of psychotechnologies in sports. We will cover their content separately below.

The PSI-10 computer program (in Uzbek and Russian) includes 10 psychological tests, which are as follows.

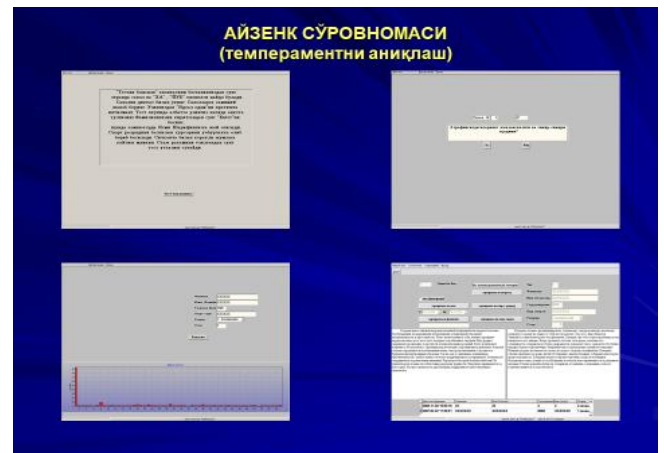
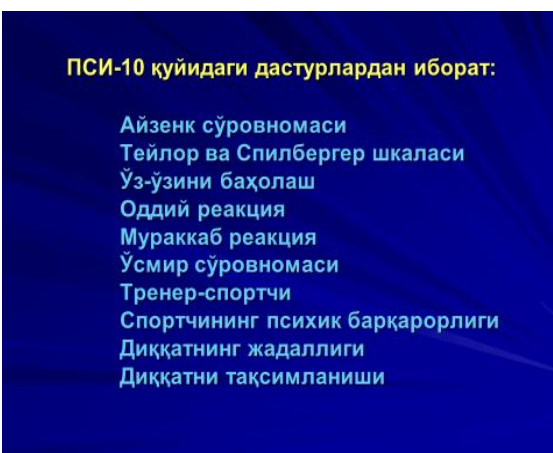
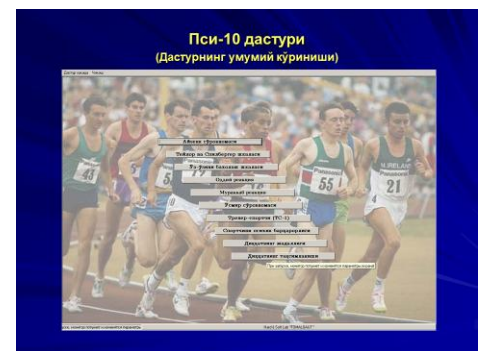
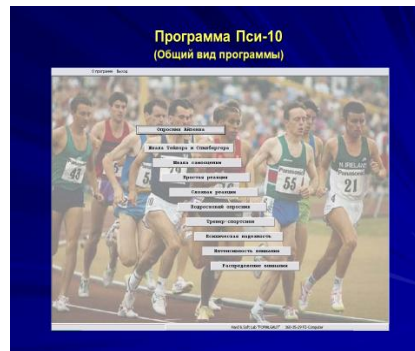


Figure 1. PSI-10 computer program

The advantage of this computer program is that when the athlete clicks the "Finish" button after completing the test, the screen not only determines the athlete's current psychological state, but also provides recommendations for the psychologist and trainer on how to work with the athlete.

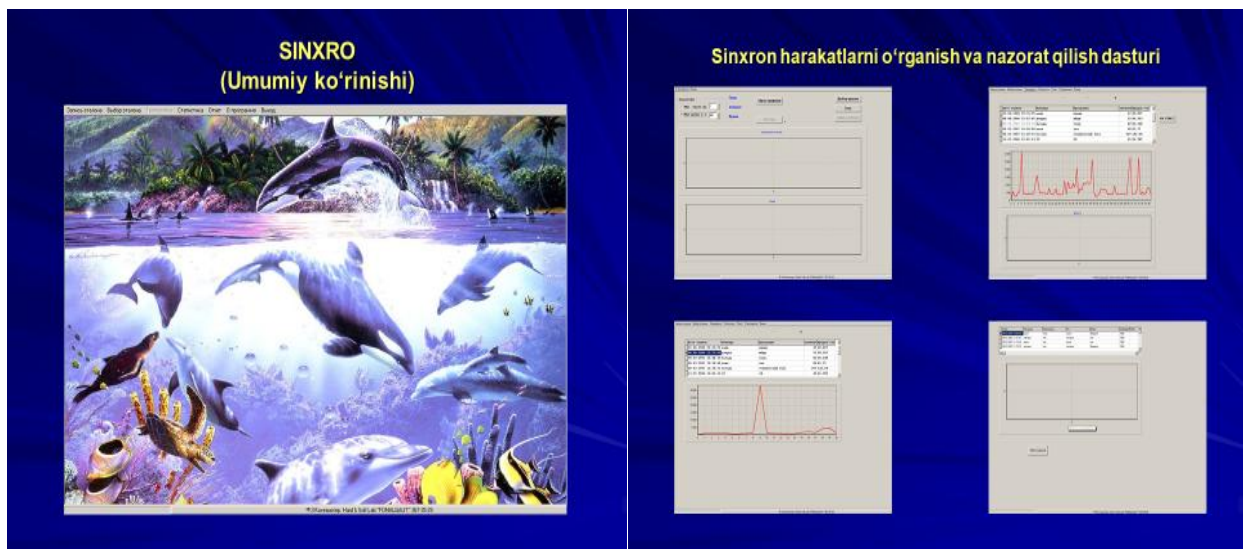


Figure 2. SINXRO computer program

Helps synchronized swimmers to determine and remember the rhythm and tempo. Controls the execution of movements in the water at a uniform tempo and rhythm.

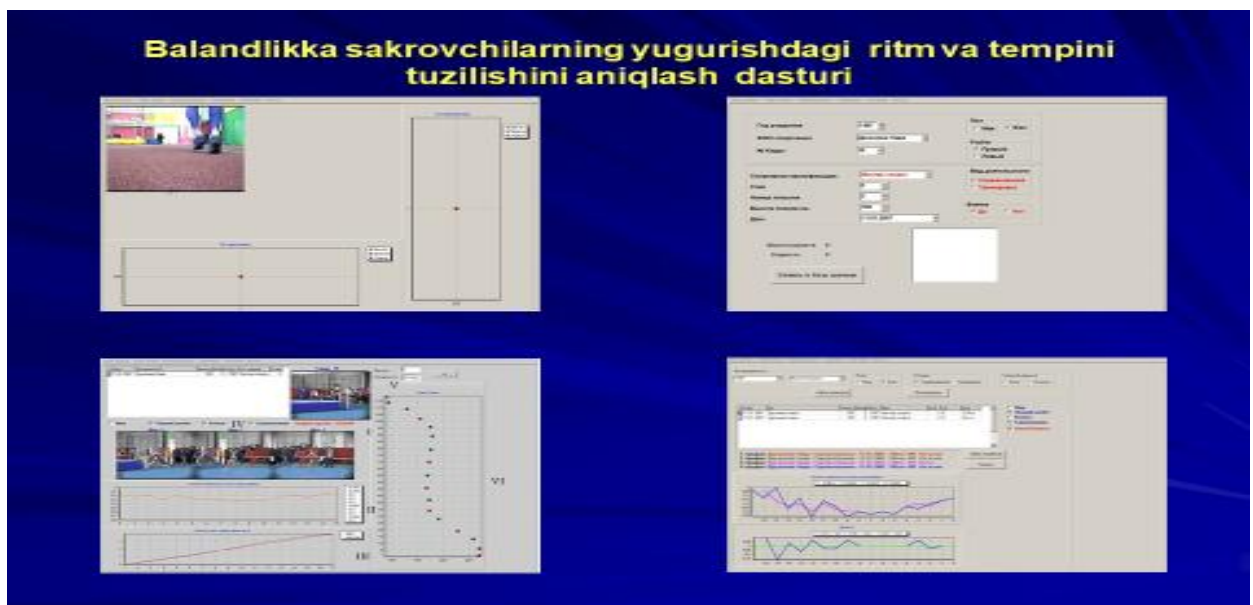


Figure 3. RTS-PV computer program for determining individual rhythm and tempo of high jumpers



Figure 4. Cattell Personality Questionnaire computer program

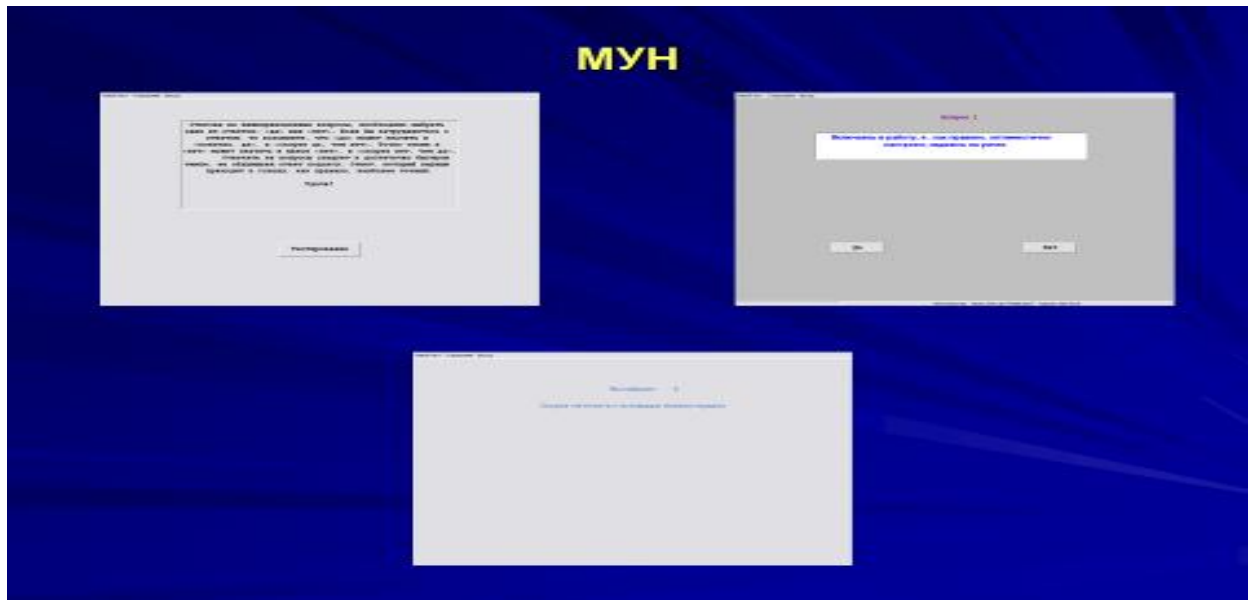


Figure 5. Motivation to achieve success and avoid failure



Figure 6. Rapid logical thinking program.



Figure 7. Computer program for studying the laws of color mixing

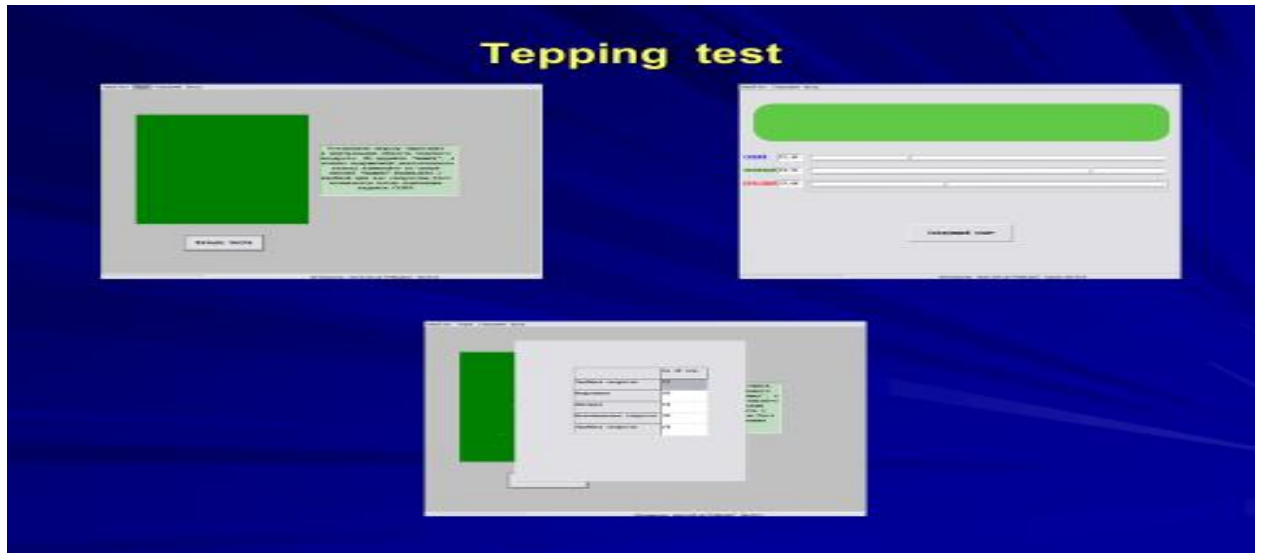


Figure 8. Tapping test computer program



Figure 9. Triplet methodology



Figure 10. INTERVAL - devices for measuring and developing the sense of distance in boxers and fencers, as well as the explosive ability of athletes.

All of the above-mentioned innovative psychotechnologies can dramatically increase sports results in the field of physical education and sports and achieve high performance with less effort and less time.

The use of these psychotechnological devices in training processes increases the possibility of increasing sports results and optimizing the state of psychological readiness in competitions.

Today, in an era of rapidly growing sports results, the possibilities of digitizing new methodologies in sports psychology are also expanding through innovative technologies.

At the same time, psychodiagnostic methods used in sports activities, methods for determining the structure of the personality and the mental state of the athlete are presented. Recommendations are given on using the results of these methods to correct and regulate the personal qualities and mental state of the athlete.

Ways to improve the athlete's psychological passport

The athlete's psychological passport is important in drawing up an individual training plan through a thorough analysis of his personal and psychological characteristics. To further improve the passport, it is recommended to pay attention to the following areas:

1. Assessment of psychophysiological indicators:

Stress tolerance test: Determining the athlete's tolerance and adaptability to stressful situations.

Reaction speed and coordination tests: Determining the athlete's psychomotor abilities by assessing speed and coordination of movements.

2. In-depth study of personal characteristics:

Leadership skills: Assessing the ability to lead within a team.

Emotional intelligence: Determining the ability to understand and manage one's own and others' emotions.

3. Analysis of motivational factors:

Identifying sources of internal and external motivation: Understanding the main motivating factors in the athlete's success.

Goal-setting ability: Determining short- and long-term goals and evaluating strategies for achieving them.

4. Development of psychological training programs:

Auto-training and relaxation techniques: Introducing special exercises to reduce stress and focus.

Visualization methods: Increasing self-confidence by imagining successful actions before the competition.

5. Continuous monitoring and analysis:

Periodic psychological tests: Periodically assess the athlete's psychological state and monitor changes. Analysis of training and competition results: Study the impact of psychological factors on sports results and make necessary adjustments.

These areas help to further improve the athlete's psychological passport and serve to increase his success in sports.

Psychomotor methods are important in the process of forming an athlete's psychological passport, as they help to assess the interrelationship between the athlete's movement and mental activity.

In conclusion, these methods allow for a deep analysis of the athlete's psychomotor abilities and help optimize the training process, taking into account his individual characteristics.

Sports psychology uses various modern tools to assess and develop the psychological state of athletes. These tools allow for a deep analysis of the mental processes, emotional states and motor activity of athletes.

The psychological passport of an athlete is an important tool for a deep analysis of his personal and psychological characteristics. This passport greatly helps coaches and sports psychologists in identifying the individual needs of an athlete and organizing the training process accordingly.

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