

## PSYCHOLOGICAL FACTORS IN THE ADAPTATION OF ADOLESCENTS TO SPORTS

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**ABSTRACT:** In addition to being physically fit, playing sports helps to improve the morale of young people and increase their productivity. People who are mentally active, in particular, need to alternate their activities with exercise and movement. It is also useful from a psychological point of view. In order to shed light on the specifics of adolescent adaptation to sports sections, it is necessary to study in more depth the psychological characteristics of adolescent athletes. The adaptation of adolescent athletes to sports sections, the endurance of physical exercise, and the psychological strength to cope with them with perseverance and perseverance, positively affect the adolescent adaptation process. The role of the will in the process of adaptation is very important here. Willpower is manifested only in overcoming difficulties in achieving goals, physical and mental strength, and actions that require more or less various obstacles. I have tried to shed light on this in this article.

**KEY WORDS-** Adolescent, sports section, will, strength, endurance, adaptation, active and passive adaptation, physical fitness, temperament, character, motivation, discipline, confidence, initiative, independence, courage.

### INTRODUCTION

Sport is the face of every country and nation. In the field of sports, special work is being done to bring up the children of the native land, which can protect the honor of our country. It

should be the duty of everyone to involve young people in sports, to instill in them a positive attitude towards sports.

Indeed, a lot of work is being done in our country to increase the popularity of physical culture and sports, to revive the national games, to form a healthy lifestyle, to train talented athletes in modern sports and to improve their skills. The policy pursued by the President of our country Shavkat Mirziyoyev is invaluable behind the positive work carried out in the field of sports.

### THE MAIN FINDINGS AND RESULTS

It should be noted that our country has developed the following unique three-stage system, recognized by the world in the field of sports:

1. Annual "Sprouts of Hope" for schoolchildren;
2. "Harmoniously developed generation" for college students;
3. "At the University" for university students.

From the above, it is clear that a lot is being done in our country in the field of sports. As a result of this work, our athletes are leading in international competitions and raising their position in the world.

Athletes who are the subject of physical activity have their own individual and age characteristics, the dynamics of which can be determined and assessed by certain socio-psychological factors. Adolescents' adaptation to sports is likely to depend on their individual characteristics, emotional state, and behavior.

As for the concept of adaptation, it is the process of adaptation of the organism to the changing conditions of the environment. Adaptation maintains homeostasis stability in environmental conditions, ensuring maximum working life and production. However, not all people are able to fully and uniformly adapt to the same environmental conditions, depending on a person's gender, age, type of nervous system, level of health, physical fitness.

### RESULTS AND DISCUSSIONS

Adaptation of adolescent athletes to sports sections is divided into two depending on their temperament and behavior: rapid (imperfect) and long-term (improved).

The rapid adaptive response occurs as soon as the effect begins and takes place through a pre-formed physiological mechanism. For example, protection against pain, increased heat production and reduction of heat loss in the body under the influence of strong cold, increased heat loss in response to high ambient temperature, increased circulatory and respiratory system function, functional systems adapts to the influence of factors that occur in the body as a result of such changes, that is, prevents the disruption of the life process.

Long-term adaptation is the gradual formation of the organism over a long period of time or with repeated exposure to environmental factors, ie this type of adaptation does not have pre-formed ready-made mechanisms. The study of human adaptation allows us to identify effective measures for adaptation to living conditions. There are active and passive types of adaptation.

In active adaptation - the body actively adapts to a set of environmental changes, changes in atmospheric pressure, the effects of high temperatures and sunlight, and so on. In passive adaptation, the body adapts to the disturbances of the internal environment caused by external factors. For example, passive adaptation is observed in conditions of lack of movement, hypokinesia, weightlessness and so on. This adaptation of the organism to the harmful effects of dissimilar factors is called passive adaptation.

Adaptation of adolescent athletes to sports sections, physical endurance, and the psychological strength to cope with them with perseverance and perseverance positively influences the adolescent adaptation process. Exercise is a natural part of adolescence. The gravitational pull of the earth, created by nature, has always affected mankind. Muscle function is an important factor in human adaptation to the environment. It is through the activity of temperature that the interaction between the organism and the environment takes place, and it adapts to the living environment. Just because physical activity is an integral part of life does not mean that everyone can do strenuous muscle work for long periods of time. This ability to work is achieved as a result of long-term regular exercise, adaptation. This process is mainly observed in people who are involved in intense muscle activity, ie athletes. Adolescent athletes' adaptation to sports differs from that of a person in the field of multidisciplinary adaptation, and it places special demands on the adolescent's body.

The first stage is associated with increased activity in the functional system that ensures the performance of a given exercise.

The second stage is the stabilization of the functional system.

The third stage is characterized by a violation of the balance between the demand for training and its satisfaction. This is due to the fatigue of the centers that control the activities of the internal organs and other organs of the movement.

A number of studies have found that, in addition to the physical, technical and tactical aspects of adolescent athletes' participation in competitions, the need for their special psychological training is important. This training should be aimed at developing the willpower of the athlete, self-confidence, acquaintance with the nature of the upcoming competition, its scale, the characteristics of competitors.

It is very important to have high tactical skills in wrestling, boxing, fencing and other similar sports, and to adapt to this sport, that is, to quickly understand the problems in the situation and think about how to solve them quickly. Exercise and long-term exercise develop specialized perceptions. In addition, the willpower of the individual plays an important role in the adaptation of adolescents to sports. Strengthening the will of the adolescent athlete is part of psychological training.

So the will is the active side of the mind and the spiritual feeling. The will is a regulatory function of the brain. Willpower is a character trait that means consciously exerting a goal by setting a goal in advance and pre-determining the means to achieve that goal. Willpower is manifested only in overcoming difficulties in achieving goals, physical and mental strength, and actions that require more or less various obstacles. Nowadays, willpower factors are of great importance in the struggle of teenage athletes to win, as highly qualified athletes have a high level of physical, technical and tactical training.

The following can be included in the content of voluntary training of a teenager in adaptation to sports sections:

- goal-orientation;
- discipline;
- confidence;
- initiative;
- independence;
- courage;
- evidence;
- persistence.

Voluntary effort in the adaptation of adolescents to sports is associated with:

- voluntary exertion to relieve muscle tension;
- voluntary exertion during periods of increased attention;
- willpower related to overcoming fatigue and tiredness;
- voluntary coercion associated with obedience to the agenda;
- Voluntary coercion to overcome fear, etc.

All of the above should be well-developed in adolescence, otherwise the process of adaptation to the sport may be difficult or not at all.

In sports, as in any other field, the will of the adolescent sports sections greatly contributes to the process of exercise, as well as to overcoming all the difficulties of sports activities and adapting to these activities.

### **CONCLUSION**

Based on the above, the following conclusions can be drawn. In the adaptation of adolescent athletes to sports sections, first of all, the psychological and physiological health of the adolescent is the basis of adaptation to the sports club.

Nowadays, willpower factors are of great importance in the struggle of adolescent athletes to win, as a number of studies (A. A. Lalayan, P. A. Rudik) have found that adolescent athletes are more likely to compete in physical, technical and tactical aspects. In addition, the need for their special psychological training is important. This training should be aimed at developing the willpower of the athlete, self-confidence, acquaintance with the nature of the upcoming competition, its scale, the characteristics of competitors. This means that today we need to strengthen the will of the athlete and provide him with physiological and psychological support before adapting him to the sports sections. Because sport is one of the best ways to raise the country's flag even higher.

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