

Impact Factor:

ISRA (India) = 4.971
ISI (Dubai, UAE) = 0.829
GIF (Australia) = 0.564
JIF = 1.500

SIS (USA) = 0.912
PIHHI (Russia) = 0.126
ESJI (KZ) = 8.716
SJIF (Morocco) = 5.667

ICV (Poland) = 6.630
PIF (India) = 1.940
IBI (India) = 4.260
OAJI (USA) = 0.350

SOI: [1.1/TAS](#) DOI: [10.15863/TAS](#)

International Scientific Journal Theoretical & Applied Science

p-ISSN: 2308-4944 (print) e-ISSN: 2409-0085 (online)

Year: 2020 Issue: 01 Volume: 81

Published: 30.01.2020 <http://T-Science.org>

QR – Issue



QR – Article



Akmal Mardonovich Nazarov

Bukhara State University

Senior teacher in the Department of Psychology

a.m.nazarov@buxdu.uz

PSYCHOLOGICAL MECHANISM FOR IMPROVEMENT OF PSYCHOLOGICAL PROTECTION OF SPORTSMEN

Abstract: This article deals with on how to develop personal development through the development of athletes' physical and mental capabilities. The article also provides theoretical and analytical analyzes of world-renowned psychologists and professional athletes. There is information about ways of demonstrating mechanisms of psychological protection in modern athletes.

Key words: psychological protection, will, methodology, mechanism, individual, component, adequate, qualification, stability, adaptability, ability, psychoanalytic, phenomenological, theoretical model, strategy, stress, emotion, functional, cognitive, emotional, behavioral, adaptive, fear, unconscious, extreme, psychotherapy, consciousness, anxiety, emotional, stereotype, pathological, aggressive.

Language: English

Citation: Nazarov, A. M. (2020). Psychological mechanism for improvement of psychological protection of sportsmen. *ISJ Theoretical & Applied Science*, 01 (81), 435-438.

Soi: <http://s-o-i.org/1.1/TAS-01-81-76> **Doi:**  <https://dx.doi.org/10.15863/TAS.2020.01.81.76>

Scopus ASCC: 3200.

Introduction

The tasks of the Strategy for further development of the Republic of Uzbekistan are aimed at "raising the effectiveness of measures aimed at upbringing the younger generation, increasing its spiritual and cultural development in the priority directions of the social sphere development". From this point of view, the question of the formation of an athlete's personality is one of the pressing problems of psychology, especially sports psychology.

In our country, special attention is paid to improving the physical and psychological harmony of sportsmen through the development of sports and physical education, sports schools and hobby groups. The problem of psychological protection of the person has always been one of the most pressing problems facing humanity. Every aspect of a person's socio-psychological development, his activeness as a person and his or her development depends on many factors.

That is why our country pays special attention to the development of physical and spiritual potential of athletes. It is worth noting that if athletes have sufficient knowledge of their psychological capabilities, successes and failures, it will allow them

to better use their abilities to prepare for and compete against any failures that may arise during the competition.

We hope that the information in this article will also help to expand the range of psychological opportunities available to athletes. Analyzing the literature devoted to the study of this problem, we have to study some general aspects of the methodology of psychosocial protection in their social and psychological context. Analysis of the research shows that some theoretical and scientific aspects that are important for the psychological protection of the person have been studied.

According to A.P. Puni's study, the athlete defines preparation as a mental condition for the athlete, who in turn has self-confidence, a desire to win and a desire to win, significant emotional stability, ability to control his actions, moods and feelings, and to achieve goals. is a process of using their power and potential.

Psychological preparation of the athlete for the competition should follow the following:

✓ It is important to collect sufficient and accurate information about the competitors and the

Impact Factor:

ISRA (India)	= 4.971	SIS (USA)	= 0.912	ICV (Poland)	= 6.630
ISI (Dubai, UAE)	= 0.829	PIHHI (Russia)	= 0.126	PIF (India)	= 1.940
GIF (Australia)	= 0.564	ESJI (KZ)	= 8.716	IBI (India)	= 4.260
JIF	= 1.500	SJIF (Morocco)	= 5.667	OAJI (USA)	= 0.350

social conditions of future competitions.

✓ It is necessary to study, analyze the data of the sportsman's abilities, their level of training, and their development before the start of the competition.

✓ It is also important to determine the purpose of the exporters to participate in the competition.

It is important for athletes to be self-confident and mentally and physically prepared for the training process. For a persistent, initiative-less athlete, it is useful to train with a weaker or less powerful and sophisticated partner or an athlete who is well trained and highly trained in a training session and who is instructed by the coach to "work" for his or her partner. It is also necessary to create some uneven conditions for partners at times in contested contests. A strong athlete is more likely to take on another athlete.

Spiritual and physical education is an integral part of the personality formation system. Caring about the mental and physical health of the younger generation, integrating them into a healthy lifestyle, integrating the skills of regular, independent engagement in physical culture and sports is an integral part of the educational process.

Observations and experience show that most sports coaches do not teach athletes the distraction, self-control, excitement, willpower for hard work, the feeling of calm, relaxation and self-control.

As a mechanism to protect each person against failures in sports, it is important to develop and apply the criteria for individual behavior that are specific to each individual. The problem of individual identity as an important component of psychological protection has been scientifically explored in the studies of Russian psychologist K.K. Platonov. He has scientifically justified the inevitability of maturity by creating the conditions underlying Platonov's self-assessment of psychological protection and self-development.

Rules of self-defense in athletes:

1. Psychological protection is essential for any activity. Ideas of failure of the psychological mechanism of personality protection, the manifestation of the "I" of the person activated in unexpected situations during the competition.

2. The manifestation of individual traits of psychological protection is shaped by the gender, age and socio-psychological qualities of qualified athletes and their cognitive processes.

3. Formation, stability, flexibility, volatility, and the effectiveness of psychological protection in athletes depends on the level of athletic skill and tactical thinking associated with them in pursuit of success or failure in competition.

The fact that the concept of psychological protection is scientifically proven is that it was first used by the famous psychologist Z. Freud. This

concept was scientifically studied in 1894 by representatives of psychoanalytic theory.

Psychological protection in person is a normal, daily functioning mechanism. In recent years this psychological phenomenon has been manifested in athletes as a phenomenological feature of human beings. Psychological protection of athletes always moves their senses. Emotions in the athlete require an awareness of the need to protect the integrity of the "I", which is usually manifested in self-esteem.

The most successful research on the issue of psychological protection in person by American psychologist R. Plutchick's concept of psychological protection deserves special mention. A study of the psychological protection of athletes suggests that psychology is one of the most modern research. According to Plutczyk, depending on the emotional state, psychological mechanisms of protection can be used by both adults and children. Theoretical model of the psychological protection mechanism of R. Plutchik Developed in collaboration with Kellerman and H. Comte. As a result of the research conducted by R. Plutchik, a questionnaire was developed to diagnose the mechanisms of psychological protection of the individual. In the test created by R. Plutchik, he placed 8 basic psychological protection mechanisms.

R. Plutchik considers the mechanism of psychological protection as the emotional and emotional relief of depressive, anxiety-reducing situations that arise as a result of a person's real perception of the objective situation. At this point there are two conflicting views. The mechanism of psychological protection in the first place prevents the self-development and self-reconstruction of the person, because the person is transferred to peace, to adapt to the external conditions, to the situation; in the second case, the individual struggles to overcome and overcome internal and psychological barriers and conflicts. In this case, he agrees to experience a state of intense emotional tension in order to develop the image of "I am", he works on his own, seeking a solution. This method examines the mechanisms of psychological protection that prevail in the individual.

In our opinion, the stability of some of the mechanisms of psychological protection in the person may be the basis for their protection. For example, high or low psychological protection mechanisms, such as "Dispersal", "Regression", "Replacement", "Denial", "Projection", "Compensation", "Reactive", or "Reactive" image, are either positive or negative. may be adversely affected. In processing the results, 8 ego protection mechanisms create 8 scales, each of which has special emphasis.

It is found that 98% of athletes believe in the formation of psychological protection, and that this development of psychological protection is important for the further activity of the athletes. As a result of our research, we have found that the analysis of foreign and domestic scientific literature shows that

Impact Factor:

ISRA (India)	= 4.971	SIS (USA)	= 0.912	ICV (Poland)	= 6.630
ISI (Dubai, UAE)	= 0.829	PIHHI (Russia)	= 0.126	PIF (India)	= 1.940
GIF (Australia)	= 0.564	ESJI (KZ)	= 8.716	IBI (India)	= 4.260
JIF	= 1.500	SJIF (Morocco)	= 5.667	OAJI (USA)	= 0.350

psychological protection in the athlete's activities is a psychological phenomenon.

The phenomenon of psychological protection is such a form of an athlete's mental process that it is multifaceted and, by its nature, multi-functional, with specific structural-dynamics. Depending on a variety of factors, psychological protection can perform various functions in the athlete's life. For example: an athlete can adapt to conditions negatively or positively.

Psychological protection prevents the runner from being uncomfortable. The development of psychological protection is a process that occurs when it is impossible to find an adequate and constructive way to solve athletes' problems. Psychological protection of modern professional athletes is one of the most effective ways to get rid of stresses in the context of stress. In today's environment, sporting activity is an opportunity for a healthy person to develop the ability of the body to adapt to extreme conditions with severe physical and mental and emotional stress. Restrictions on handling possible but insignificant factors end the athlete's career.

In all the major areas of modern psychotherapy and psychology, mechanisms of psychological protection are important and fundamental. The mechanisms of psychological protection are adaptable and can be directed at protecting the mind from negative memories and emotions, impeding the processing of problems in athletes, or creating internal psychological resistance. Mechanisms of psychological protection are specific unconscious processes that aim to reduce anxiety in athletes, and try to maintain the integrity and flexibility of the individual "I".

At the heart of contemporary ideas about mechanisms for psychological protection are reassessments of emotional risk factors, characterized by changes in individual psychological characteristics and values.

Most scientists understand psychological protection as a system of adaptive personality reactions to protect the importance of fragmented components of relationships - cognitive, emotional, and behavioral - to undermine psycho-traumatic effects. Negative emotions such as anxiety, fear, anger and shame adapt the person to the processes of reassessment of the importance of status, relationships, self-esteem to relieve psychological discomfort and maintain appropriate dignity. This process, as a rule, occurs through a number of psychological mechanisms in the unconscious activity of the psyche.

Stability, rigidity, and frequent use of stereotypes of thinking, emotions, and behaviors make these protective mechanisms pathological. A common feature of pathological protective mechanisms is the refusal of activities to effectively address a situation or problem that results in a negative or painful

experience of shame, aggression or anxiety. Thus, defense mechanisms are also an example of how people construct unique life experiences that reflect a particular position of the worldview and the way they are in this world.

The most common mechanisms of psychological protection can be demonstrated in several ways. One method of psychological defense is psychological protection, which combines a lack of processing of rejected or abandoned items. Sensitive protective methods, which include automatic reactions to painful differences between adjacent and available data, will be considered. Psychological protection is the process of changing (distorting) the contents of thoughts, feelings, or actions. Another method of psychological protection is coping mechanisms for negative emotional stress. These include a mechanism to act on which the affective behavior is the basis of the psychological dependence on alcohol, drugs and drugs. Methods of psychological protection include manipulative mechanisms of psychological protection, such as moving to illness, imagination, or disease to reduce anxiety and avoid real-world demands. The purpose of this study is to develop new scientific methods for the formation of psychological protection in athletes.

The psychological protection of an athlete is a system of methods. It involves mental adjustment or self-regulation in unexpected situations in the athlete's life. Psychological protection is essential to protect an athlete. Because it protects athletes from the damaging effects of various unexpected (failure, defeat, injury, stress, conflict and crisis) situations.

Scientific research has revealed that psychological protection is an important role not only in sports, but also in social and psychological relationships.

Analysis of the research showed that the psychological protection of athletes is not only the psychological quality of the person, but also the quantitative and functional characteristics. Of course, the physical strength and psychological protection of male athletes is stronger than that of women. This advantage also depends on sport and age. If an athlete wants to achieve certain success, he or she should be protected from negative psychological traits. As a result of the study of the data, the formation of a mechanism for the psychological protection of athletes' denials contributes to the development of certain skills in the athlete.

The methods and characteristics of athletes' psychological protection are discussed in 6 sections. These are described as follows:

1. Protected behavior strategies,
2. Techniques of psychological protection,
3. Personal Features,
4. Special protection methods
5. Methods of physical protection,
6. Ways of protection, laughter, humor, smile.

Impact Factor:

ISRA (India) = 4.971
ISI (Dubai, UAE) = 0.829
GIF (Australia) = 0.564
JIF = 1.500

SIS (USA) = 0.912
PIHHI (Russia) = 0.126
ESJI (KZ) = 8.716
SJIF (Morocco) = 5.667

ICV (Poland) = 6.630
PIF (India) = 1.940
IBI (India) = 4.260
OAJI (USA) = 0.350

Psychologically protected athletes can influence others and plan their activities independently. An athlete with good psychological and physical well-being can reduce his or her stress, self-regulation, and stress.

The timely detection of factors that limit the physical activity of athletes, the correct use of these remedies and corrective measures can help to achieve good results in the sport and the health of the athlete.

When assigning various exercises to athletes, it is important to take into account individual characteristics, the level of intellectual processing and typological features of nervous stability.

This will help sprinklers to think about some of the current aspects of the psychological protection process, its problems and solutions, to reflect, and to set important future goals.

References:

1. Ageev, V. S., Dubova, T. F., & Ryzhonkin, Yu. Ya. (1987). Type of explanation of the causes of failure and the effectiveness of sports activities // *Bulletin of Moscow University*. - Series 14 "Psychology", № 3, pp. 42-49.
2. Antsyferova, L. I. (1994). Personality in difficult living conditions: rethinking, transformation of the situation and psychological defense // *Psychological Journal*, № 1, pp. 3-19.
3. Alexandrov, A. (1997). *Modern psychotherapy*. (pp.35-38). Moscow: Independent firm "Class".
4. Baturin, N. A. (1988). *Psychology of success and failure in sports activities*. (pp.25-40). Omsk.
5. Brown, D. (1998). *Introduction to psychotherapy* / D. Brown, D. Pedder. (p.236). Moscow: Independent firm "Class".
6. Fetiskin, N.P., Kozlov, V.V., & Manuilov, G.M. (2002). *Socio-psychological diagnosis of the development of personality and small groups*. (p.490). Moscow: Publishing House of the Institute of Psychotherapy.
7. (1996). *Human physiology*: in 3 vol. / Ed. R. Schmidt and G. Teus(Eds.); trans. from English (p.323). Moscow: Mir, - T. 1.
8. Ksenofontova, E.G. (1999). The study of the localization of personality control - a new version of the methodology "Level of subjective control" // *Psychol. Journal*, No. 2, pp.103-113.
9. Morosanova, V. I. (1998). *Individual style of self-regulation*. (p.192). Moscow: Nauka.
10. Morosanova, V. I., & Konoz, E. M. (2000). Style self-regulation of human behavior // *Psychology Issues*, No. 2, pp.118-128.
11. (1998). *Psychotherapeutic Encyclopedia* / Ed. B.D. Karvassarsky. (p.407). Peter. S.-P..
12. (1997). *Workshop on Psychology* / ed. prof. N. D. Tworogova(Eds.). MIA. (p.206). Moscow.
13. (1984). *Psychodiagnostics of functional states of a person* / ed. A.B. Leonova (Eds.). (p.469). Moscow.
14. Hyell, L. (1997). *Theory of personality* / L. Hyell, D. Ziegler. (p.206). Peter: St. Petersburg.
15. Chomskaya, E.D. (1987). *Neuropsychology* / E.D. Khomskaya. (p.288). Moscow: Publishing House of Moscow State University.