

SOCIAL-PSYCHOLOGICAL FEATURES OF PROVIDING PSYCHOLOGICAL SERVICES THROUGH SPORTS GAMES

<https://doi.org/10.5281/zenodo.15353901>

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Abstract: The article examines the socio-psychological features of providing psychological assistance in sports games. It also highlights theoretical knowledge about the popularization of sports games, bringing them to the modern stage and training competitive athletes and increasing their effectiveness.

Keywords: sports games, psychological service, emotional experiences, psychodiagnostic program, methodological basis, objective and subjective reflection.

INTRODUCTION

The popularization of sports in the countries of the world, its promotion to the modern level and the training of competitive athletes are one of the priorities of social policy. It is worth noting that the development of team sports in the world, the wide involvement of talented youth in sports, the formation of sports skills and qualifications in them, special attention to the psychological training of athletes, the correct Organization of psychological service in sports activities and determining its effectiveness, preventing factors that negatively affect it for the successful organization of sports teams,, the competition received numerous scientific research work on the organization of training on a scientific basis. One of the urgent issues in the world is to pay special attention to the psychological training of athletes, as well as their physical capabilities, in order to train them in accordance with the requirements of today.

LITERATURE ANALYSIS AND METHODOLOGY

The psychological service methodology and its scientific interpretation, the organization of psychological service in the field of sports, the assessment of its effectiveness and the role of psychological service in the psychological training of athletes are discussed by foreign researchers A.Bandura, R.B.Catell, X.Heckhausen, Z.Freud, A.Maslau, E.Fromm, R.S.Wensberg, A.Ts.Puni, R.S.It was widely reflected in the wensbergs ' scientific research.

The issue of modern social psychological research, especially its practical tasks, is being solved on the basis of the directions of the psychological and sociological approach that stand at the heart of Social Psychology. In the American and Western states, there are two types of Social Psychology: “psychological social psychology” and “sociological Social Psychology”. While these routes are similar, they also have different aspects. That is, psychological social psychology aims to carry out research on such problems as personality and activity, treatment, interpersonal relationships in a team, socio-psychological structure of a person, social Masters that include cognitive, conative, behavioral capabilities of a person, socio-mental experiences of an individual and a team, while in sociological Social Psychology, special attention is often paid to such as the psychology of peoples. And the methodology of Psychological Service is more contained in the framework of the first direction- “psychological social psychology”.

It should be noted that the development of each discipline is directly related to the structure of methodological devices that reveal a scientific direction based on new evidence. Because even practical results are not visible in an area without a clear methodology. After all, another important new task of the science of social psychology is to analyze how much the definition of the scope of research in the theoretical, practical and empirical direction associated with the methodology of Psychological Service is solved to this day.

The game is such a stage for readers in which they begin independent activities aimed at acquiring new knowledge and concepts. In addition to working on the school experience plot and working profitably at home, children spend part of their free time on various games and pastimes. Doing so will allow them to meet their needs and have a good rest. Action games include exercises such as walking, running, jumping, irking or throwing something, crawling on something, which are of great importance in the growth and improvement of the child's movements.

Along with the improvement of movements, physical abilities also progress, the functioning of the heart and respiratory system improves. In addition action games are important not only to physically raise children, but also to educate them mentally and morally. In games played as a team, Children are brought up with the qualities of showing ingenuity and determination to achieve the goal, to perceive responsibility in front of the team, not only for their own correspondence, but also for the behavior of their comrades.

Although it is known in this regard that the only scientific direction or concept in the world of psychology, clearly and perfectly developed and formally recognized to this day, has not been adopted, there are studies conducted and conducted by advanced Western psychologists, psychologists of the CIS and

Uzbekistan (giving way to experimental research), which, in an important aspect, are the model of psychological, it can serve as the basis for the formation of our scientific and practical ideas about importance and social prospects.

As it turned out from the scientific literature, the general directions of the methodology of Social Psychological Service can be explained by the research of Western manifestations of social psychology as follows: V.Wundt's major (ten-volume) epic, "The Psychology of Peoples", published in 1900, served to brighten the lines of Social Psychology, revealing the complex aspects of the study of human spirituality, culture and ideology. The theory of "social behavioural instincts" in the well-known English psychologist William McDougall's "introduction to Social Psychology", written in 1908, served as the first basis for illuminating the problem of ensuring the harmony of human instincts and activity, as opposed to Freudianism.

Consequently, E.Fromm, J.Saliwen, W.Shutts, G.Sheparde, W.The foundation was laid by scientists such as Bayonne to create a theory of the psychology of communities. In this case, the first indication of ways to mature the psychological climate associated with interpersonal relationships in teams through various social psychological trainings can serve as a certain level of empirical information to determine the tasks of Social Psychological Service in sports teams.

RESULT AND DISCUSSION

The issue of understanding, analyzing, seriously focusing on the development of human psychology has been one of the leading tasks of socio-economic development at all times and in many countries. At the beginning of the 20th century, scientists who made a huge contribution to the science of psychology and its development managed to theoretically - scientifically substantiate the inevitability of their next global scientific goal-the system of psychological service to man and society.

In general, the problem of Psychological Service has been viewed, in a certain sense, as one of the leading areas of scientific psychology, as an urgent issue at the center of debate. The space of early psychological visions about it ranges from India, China, Egypt, Vavilon, Central Asia, Greece, as well as Aristotle, the author of a book on the Soul (Soul), and Galen and Hippocrates, the founders of the doctrine of temperament (client), to this day psychologists have expressed their opinion. After all, about the need to approach the problem of scientific study of the individual and his activities on the basis of practical and applied areas of psychology, many scientists have noted in their research.

In Particular, I.V.Dubrovina, X.Y.Lyymets, Yu.L.As a result of many years of research by sierds, it can be noted separately that the introduction of psychological

service in sports teams is the first step taken in this regard in the CIS countries.

Psychological service began to develop in the United States from the 1800s. Practicing psychologists in the United States were the leading experts who conducted an expert study that studied the problem of self-control and formation. In American schools, it was common to determine the coefficient of mental progress, which later led to the development of the Gaidens service.

The father of Farnsuz school psychology was Alfred Bine, who began working in the field from 1894. In 1905, the French Ministry of Education issued a. The famous Bine-Simon test is created, which addresses bine with the problem of checking children who cannot study under the general program and identifies children who are backward from mental progress.

In 1990, the provision of psychological service in French educational institutions was established. In 1970, special teams providing psychological assistance began working activities in France and they developed a program providing psychological services. Such groups included a school psychology specialist, an educational psychology specialist, and psychomotor development specialists. These groups had the potential to provide psychological services to 800-1000 students.

In 1985, a mechanism was created that puts the functions of French psychologists in a specific direction. In most Eastern European countries, the provision of psychological service in educational institutions was carried out by psychological and pedagogical centers in the district or regional area. The main content of the psychological service was the maintenance of the growth of a healthy personality, psychodiagnostics and psychocorrection of various difficulties in the development of the personality, consisting of the problems of choosing a profession. In the Czechoslovak state, the main function of a psychologist consultant is to conduct psychodiagnostic activities.

"Team sports" as an activity has such complex and distinctive features that the highest, significant and long-term success in it is achieved only by sports teams that have gained a name and attention that can meet its specific important requirements. At all times, the high importance of the result of sports activities and responsiveness to it makes it possible to designate this activity as an activity that has practically no equal.

The special specificity of conditions is considered a source of a significant complex of experiences for athletes, changing individual situations of sports activity, including complex ones, and after that, the athlete's entire life activity as a whole, and assuming the consideration of this activity as a model of negative experiences, that is, a model of its constant elimination and fight against it. Unlike

other models, negative emotional experiences are an important sign of sports activity and signal the occurrence of negative experiences that have the opposite effect on success. In addition, scientists studied other criteria for sports activities and paid special attention to the following:

- its orientation towards collective attitude and success;
- the creation of conditions and opportunities (both in exercises and in competitions);
- the presence of the possibility of minor injuries in sports;
- “short life expectancy” of team sports activities (up to ten years).

CONCLUSION

As a result of performing such complex sports activities, athletes during their entire life in sports fall into various negative psychic States, while the success of their elimination and overcoming is directly related to the achievements of sports activities themselves.

The analysis of the literature on the problem under study and the results of our empirical analysis made it possible to design a personal space that conditionally expresses negative emotional experiences that affect the activities of sports teams. Based on the reliance on the design structure of this personal space, we have achieved the development of a socio-psychological model of the timely elimination and overcoming of negative emotional experiences in the activities of athletes.

The socio-psychological model of the timely elimination, combat and overcoming of negative emotional experiences in team sports activities is important for sports teams today, which includes the following four blocks: a) target Block; b) meaningful block; v) process Block; g) psiodiagnostic blocks. The Model provides the dynamics of overcoming, combating and eliminating negative emotional experiences that affect sports activities.

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