

## **PSYCHOLOGY AND STRUCTURE OF AN ATHLETE PERSONALITY**

Tojimamatov Jamshidbek Iqboljon O'g'li  
Student of Fergana State University

### **ANNOTATION**

This article discusses the psychology of the athlete's personality. Revealed main approaches to its study. The features of activity in sports, the structure of the athlete's personality, psychological professional qualities are considered.

**Keywords:** sport, psychology, athlete's personality, behavioral component, motivational component, intellectual component, emotional component, communicative component, gender component.

### **INTRODUCTION**

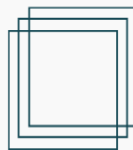
At the present stage of development of sports psychology, the development of effective methods of sports improvement is impossible without studying the psychological characteristics of sports activities, on the one hand, and the personality of an athlete as a complex dynamic system, the subject of activity, on the other. Knowledge of the laws of personality formation can serve as a necessary prerequisite for improving the training of an athlete, individualizing his training and competitive activities.

G. D. Gorbunov described sport as a specific social sphere that acts as a factor influencing the personality of an athlete, especially during his formation, and sport of the highest achievements as the best model for realizing a person's aspirations for self-improvement, self-affirmation and experiencing his significance [12]. Also, the personality, being a product of social development, determines many features of sports activities: the choice of a sport, an individual style of activity, the level of achievement, resistance to stress factors, etc. The study of an athlete's personality has not only theoretical, but also practical significance.

The formation of such a field of research as the psychology of the personality of an athlete refers to the period of 50–60 years. XX century, associated with attempts to create theories, holistic concepts and personality structures, methodological approaches and psychodiagnostic techniques. The formulation and development of the psychological and pedagogical foundations for the formation of an athlete's personality is associated with the works of Petr Antonovich Rudik and Auxenty Tsezarevich Puni.

Athlete personality structure

The mental properties necessary for an athlete for successful activity, as noted by L. K. Serova, should be presented in a complex that would reflect all aspects of the mental activity of athletes. When these properties are manifested in practical, labor activity, they act as professional qualities .



Psychological professional qualities are individual psychological properties of a person that actually express the potential capabilities of a person in a certain activity and are the basis for acquiring special knowledge, skills and abilities [10]. This concept is applicable to all types of labor activity, including sports.

The model proposed by L. K. Serova in the form of a diagram reflects the structure of the psychological professional qualities of an athlete.

The model of the athlete's personality consists of six main components that show the main directions of the study of the athlete's personality: behavioral, motivational, intellectual, emotional-volitional, communicative, gender. Each of the components, in turn, has three model characteristics representing specific psychological qualities.

The behavioral component characterizes the external conditions of mental activity. It includes: type of nervous activity, temperament and character.

The motivational component characterizes the internal conditions of mental activity that encourage the athlete to achieve. It consists of interest in the type of activity, the level of claims and value orientations.

The intellectual component provides an understanding of one's sport, these qualities contribute to the mastery of its technique and tactics. It contains the following model characteristics: psychomotor, specialized perceptions, working memory, attention, thinking.

The emotional component provides self-regulation, self-control of sports activities. Includes model characteristics: emotional stability, mental self-regulation, volitional qualities.

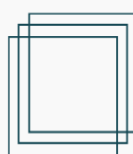
The communicative component characterizes the attitude of people in sports: attitude towards the coach, attitude towards partners, towards rivals.

The gender component shows how athletes express their individuality. Includes the following qualities: masculinity, femininity, androgyny.

The presented model belongs to generalized models and allows studying the psychological professional qualities of athletes of various sports, comparing them with each other, identifying typical and peculiar ones.

## **LITERATURE**

1. Алешков И. А. Опыт психологического анализа спортивной деятельности. — В сб.: Психология спортивной деятельности. М., изд. ВНИИФК, 1978.
2. Акимова Л.Н. Психология спорта. Курс лекций. — Одесса: Студия «Негоциант», 2004.
3. Гогунев Е.Н., Мартыянов Б.И. Психология физического воспитания и спорта: Учеб. пособие для студ. высш. пед. учеб. заведений. — М.: Издательский центр «Академия», 2000.
4. Демин В.А. Методологические вопросы исследования спорта в аспекте теории деятельности; М; 1975.



5. Ильин Е. П. Психология физического воспитания. — М.: Просвещение, 1987.
6. Леонтьев А.Н. Деятельность. Сознание. Личность. - М., 1975.
7. Ломов Б.Ф., Коссов Б.Б., Конопкин О.А. «Теоретические проблемы самоконтроля и управления спортивной деятельностью //Познавательные процессы у спортсменов». Том 2. Самоконтроль в спорте; М; 1976.
8. Методики психодиагностики в спорте/ В.Л. Марищук, Ю.М. Блудов, В.А. Плахиенко, Л.К. Серова. — М., 1990.
9. Маклаков А. Г. «Общая психология»; Питер; 2007.
10. Психология: Учебник для студентов институтов физической культуры / Под ред. П.А. Рудика. — М. : ФиС, 1974.
11. Психология спорта высших достижений / Под ред. А.В. Родионова. — М. : ФиС, 1979.
12. Психология физического воспитания и спорта / Под ред. Т. Т. Джамгарова и А. Ц. Пунин. — М. : ФиС, 1979.
13. Психология « Учебник для студентов институтов физической культуры» П.А. Рудика; М; ФиС, 1974.
14. Пуни А.Ц. «Проблема личности в психологии спорта» М.,1980.
15. Родионов А.В. «Психология спортивного поединка» М; ФиС;1968.
16. Ханин Ю.Л. Психология общения в спорте. — М., ФиС, 1980.
17. Чикова О.М. Психологические особенности спортивной деятельности и личности спортсмена: Учебное пособие для училищ Олимпийского резерва. — Мн.: ИПП Госэкономплана РБ. 1993.
18. Чиж В. Ф. Психология спорта; СПб; 1910
19. Шадриков «Психология деятельности и способности человека»; Логос; М; 1996.
20. Mukhtoralievna, Z. S. (2022). INFORMATION TECHNOLOGIES IN EDUCATION. БАҶҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ, 162-165.
21. Mukhtoralievna, Z. S., & G'aniyevna, M. (2022). TYPES OF SPEECH AND ITS CHARACTERISTICS. БАҶҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ, 184-189.
22. Valijonovna, K. I., Rakhmatjonovich, T. D., & Mukhtoralievna, Z. S. (2022). Informational Technology at Education. Spanish Journal of Innovation and Integrity, 6, 262-266.
23. Tojimatovich, J. V., & Alimdjanovna, X. M. (2022). Basic Concepts of the Smart Home System. International Journal of Culture and Modernity, 17, 7-13.