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Subject and tasks of sports psychology

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Abstract: This article provides information on the subject and tasks of sports psychology, the psychology of cognitive processes of athletes.

Keywords: athlete, process, psychology, emotional, psychological, technical, physical, mental, tactical

"Sports psychology" is a science that studies the mechanism of psychological activity of an athlete in the conditions of physical training and competitions. This discipline is closely related to other areas of psychology. For example, scientists working in the field of "Sports psychology" conduct scientific research based on the theoretical knowledge and practical experience gained in such fields as general psychology, pedagogy, medicine, social psychology, and the basics of physical culture theory. This discipline helps athletes to achieve high results in sports. Men's sports activities are different from other types of activities. The basis of sports activity is physical culture exercises and sports competitions. Therefore, one of the main tasks of the science of "Sports psychology" is to prepare athletes to participate in sports competitions. This training process requires the further improvement of physical and mental training styles, which appear in sportsmen's formation of special physical qualities, skills, abilities, increase their knowledge, and overcome physical and mental difficulties. Also, the science of "Sports psychology" shows athletes how to establish proper relationships with their teammates; also studies the athlete's physical, mental, tactical and technical preparation. The science of "Sports Psychology" studies each type of sport separately (for example, football psychology, swimming psychology, sports psychology, psychology of competitive activity). The science of "sports psychology" began to develop at the end of the 60s.

At the first stage of the emergence of the science of "Sports Psychology", the issues of influence on the mental processes of people engaged in physical exercise (mental, will) were studied, but gradually it affected other characteristics of the athlete, for example, sports movement skills, emotional and psychological qualities of the athlete before the start. mental state, forms of automation of skills, etc. have also been studied. In the second stage, "Sports psychology" as a discipline began to be used in pedagogical activities: it formed the psychology of athletes' cognitive processes; developed the mechanisms of training the athletes' willpower, psychologically preparing them for the competition. As a result, the fields of sports psychodiagnostics appeared. At this stage, a lot of dissertation work was carried out, that is, important scientific researches were carried out, issues of general psychological training of athletes were developed. Technical, physical, mental and tactical training of athletes; managed to solve the issues of personal education of the athlete and improvement of the sports team. Today, the science of "Sports psychology" has become a science



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that studies the aspects of the practical activity of athletes using new forms, tools and methods, and provides guidance for the proper organization of sports management on a scientific basis, providing athletes with new theoretical knowledge, and solving their personal problems.

The science of "sports psychology" covers all types of sports. This discipline studies the laws of further formation and training of physical and psychological skills that are visible in athletes during sports competitions and develops methods of quality organization of sports training. The science of "Sports Psychology" aims to solve the following tasks correctly in order to find a solution to the problem situations that arise in sports:

Studying the effect of sports activities on the athletes' mentality:

- a) psychological analysis of the sports competition (separate and general analysis of sports);
- b) studying the influence of sports training and competition on the athlete's character;
- c) studying the moral and moral qualities of athletes;
- d) psychological analysis of the conditions of the athlete's activity;
- e) formation of mutual relations and organizational abilities of athletes in the team with the help of experience.

At the present time, the science of "Sports psychology" has taken a strong place among the disciplines necessary for the organization and management of sports activities for athletes and coaches. At the end of the 19th century, teacher training schools were opened in America, physical education classes were organized as optional, and special courses on "Biomechanics" and "Physiology of Movement" were held. By the end of the 50s, sports psychology began to be used in sports activities, and was included in physical culture plans and programs. At the beginning of the 60s, interest in the science of "Sports Psychology" grew. New information on sports on a global scale as a result of his work, the science of "Sports psychology" developed rapidly: textbooks, training manuals, scientific books were published in English and Russian, and scientific research in the field of sports was launched. Franklin Henry and Arthur Slater Hemmel, specialists in sports psychology in the USA, defended their doctoral dissertations in this field, conducted scientific experiments, and developed special programs. Close contact was established with specialists from England, Italy, and Japan. In the 1960s, there were not enough scientists in the field of "Sports Psychology" in America, so there was a lack of theoretical knowledge. Because of this, most of the scientific researches were aimed at improving the sports movement skills. Gradually, expert scientists began to scientifically apply the situation, actions and situations related to the emotional states that appear in athletes before and during the competition. In recent years, specialists in the field of "Sports psychology" have conducted scientific research on all types of sports. In addition to sports training and competition, the influence of spectators, sportsmen's relatives and friends on the athlete's psyche during the sports competition began to be studied.

One of the important tasks of the science of "Sports Psychology" is the psychological preparation of athletes for sports activities, along with the training of coaching-pedagogical personnel. Sometimes "Can a coach be a psychologist?", "Does a coach know the sociality of sports, the physical ability of an athlete, or the psychological characteristics of team interactions?" such questions arise. It is very difficult to answer these questions clearly. For example, there is a big difference between a coach's work with 7- and 8-year-old children and working with highly skilled athletes. The main goal of a coach in sports activities is to make his student win. If a coach knows



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social sciences well in his pedagogical activities, he will achieve positive results in working with athletes.

In conclusion, it should be said that if the coach has mastered social sciences and "Sports psychology" well, if he is engaged in conducting scientific experiments in the process of sports, he will be able to find unknown information through the test. If a coach learns to provide clinical support to athletes, conducts conversations about the thoughts, feelings and experiences of athletes, can correctly analyze the sports process, he will have the opportunity to collect more information about athletes and use them wisely in the process of sports activities.

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