

SOCIAL PSYCHOLOGICAL CHARACTERISTICS OF PRE-COMPETITION EMOTIONAL INSTABILITY IN SPORTSMEN

Murodov Ulug‘bek O‘tkir o‘g‘li

*BuxSPI Teacher of the Department Pedagogy
ulugbekmuradov25@gmail.com +998997132002*

Annatation. *The article discusses the social psychological characteristics that contribute to pre-competition emotional instability in sportsmen. It highlights the importance of social support, self-efficacy, perfectionism, and coping strategies in managing emotions before a competition. Athletes who receive social support, have high self-efficacy, use effective coping strategies, and manage their perfectionism are less likely to experience negative emotions such as anxiety, stress, and tension before a competition. By focusing on these factors, athletes can improve their emotional stability and perform at their best.*

Key words: *social psychological characteristics, pre-competition emotional instability, sportsmen, social support, self-efficacy, perfectionism, coping strategies, negative emotions, anxiety, stress, tension, improve emotional stability, perform at their best.*

Sport occupies a large place in the life of modern society. He is not not only ensures the comprehensive physical development of a person, but also contributes to the education of his moral and volitional qualities. Sports psychology is a field of psychological science that studies the patterns of manifestation and development of the human psyche in the conditions of sports activities [3]. Negative emotions such as anxiety, stress, and tension can have a significant impact on athletes' performance. Learning to

manage these emotions effectively can help athletes improve their emotional stability and perform at their best. Modern research in the field of sports psychology suggests that low stress resistance of athletes not only leads to a decrease in athletic performance, but also becomes the main cause of sportsmen's injuries, leads to depression and impairment of psychological health . In the work of Wolanin, Gross and Hong pointed out the negative impact of training triathlon on mental health. The authors argued that in

sport there were risk factors that led to the depression of athletes - these were injuries, forced retirement, lack of desired results, overtraining. Athletes may exhibit atypical signs and symptoms of depression, such as anger and irritability, as well as the involvement of unhealthy coping mechanisms, such as psychoactive substance abuse. When analyzing approaches to solve negative problems in sports, two ways can be distinguished: the first is associated with conducting special psychological corrective work with athletes who find themselves in difficult life situations, and the second is focused on building a model of "safe sports" and positive practices of organizing athletes' lives positive psychology. In the works of the founders of the theory of selfdetermination and their followers, it is proved that when creating an environment that satisfies three psychological needs of a person: competence, autonomy and meaningful relationships, athletes develop qualities that improve control, reduce injury and recover faster after injuries. In our opinion, the second approach is more productive, since it is focused on the prevention of negative states of athletes, as well as on the

organization of the correct psychological and pedagogical work on the formation of qualities that contribute to the achievement of success in sports. The purpose of the study is to study coping strategy and psychological reliability of athletes as determinants of success and level of sportsmanship in sports. During the study, we proceeded from the fact that a person reacts to any discomfort in two ways: by building coping strategies or applying psychological defenses. Coping strategies are ways of activity that help to adapt in a difficult situation, maintain psychological balance and increase the level of psychological reliability of athletes . The development of adaptive coping strategies for entering sports activities will contribute to the formation of more flexible behavioral skills, including helping to increase the level of mental reliability in stress-competitive conditions, thereby increasing resistance to stress-competitive situations and, consequently, increasing the success of performances.

In the life of an athlete there is always a high level voltage. The specificity of this type of activity requires constant improvement of

skills. A person in sports can rarely be alone with himself and allow himself to relax. He constantly feels competition and pressure from coaches, and the very fact of the competition provokes anxious thoughts.

Sports performance is not just about physical ability; it also involves psychological factors that can affect an athlete's performance. One such factor is emotional instability, which refers to the degree to which an athlete experiences negative emotions such as anxiety, stress, and tension before a competition. In this article, we will explore the social psychological characteristics of pre-competition emotional instability in sportsmen. Negative emotions such as anxiety, stress, and tension can have a significant impact on athletes' performance. Learning to manage these emotions effectively can help athletes improve their emotional stability and perform at their best[5].

Emotional tone

Activation of the body's energy resources, which he spends on the implementation of emotional functions. Emotional tone affects the internal regulation of behavior. It enhances and weakening the urge to any

activity. Emotional tone directly depends on the situation (objective factors) in which the person, from the attitude of the individual to this situation (subjective factor) [2].

Tension

Tension is a mental state caused by anticipation unfavorable development of events for a person". Accompanied discomfort, anxiety, and even fear. Has the potential for in order not to get lost in the situation, but to mobilize internal resources and start the process of thinking about the situation, and then accept[8] responsibility for solving a difficult problem. Voltage can provide influence on the motivational-volitional sphere, value system, long-term memory (take into account past experience when tension arose), properties mental functional structures that take part in some specific activity. Voltage can be described as bright emotional coloring with changes in human behavior, as an altered hierarchy of activity motives, clash of opposing motives, sometimes leading to disorganization of human activity [1].

Social Support

Social support is a crucial factor that can affect an athlete's emotional stability. Social support

refers to the assistance and encouragement provided by family members, friends, coaches, and teammates. Athletes who receive social support are less likely to experience emotional instability before a competition than those who do not receive social support. Social support can help athletes manage their emotions and build their confidence, which can improve their performance. Sportsmen can benefit from social support, which can come from coaches, teammates, family, and friends. Social support can provide encouragement, motivation, and a sense of belonging, which can help athletes cope with stress and anxiety[1].

Self-Efficacy

Self-efficacy refers to an athlete's belief in their ability to perform well in a competition. Athletes with high self-efficacy are less likely to experience emotional instability before a competition than those with low self-efficacy. This is because athletes with high self-efficacy are more confident in their abilities, which reduces their anxiety and stress levels.

Perfectionism

Perfectionism is another factor that can contribute to pre-competition emotional instability

in sportsmen. Perfectionism refers to the tendency to set high standards for oneself and strive for perfection. Athletes who are perfectionists are more likely to experience anxiety, stress, and tension before a competition because they feel pressure to perform perfectly. This pressure can lead to negative emotions that can affect their performance. Perfectionism is a personality trait that can have both positive and negative effects on athletes. While striving for excellence can be beneficial, excessive perfectionism can lead to negative emotions and anxiety.

Coping Strategies

Coping strategies refer to the techniques that athletes use to manage their emotions before a competition. Effective coping strategies can help athletes reduce their emotional instability and improve their performance. Some common coping strategies include relaxation techniques, positive self-talk, visualization, and goal-setting. Athletes who use these strategies are more likely to experience positive emotions such as excitement and enthusiasm before a competition, which can improve their performance also. Coping strategies are the methods that athletes use to manage stress

and negative emotions. Effective coping strategies can help athletes maintain emotional stability and perform at their best. Pre-competition emotional instability is a common issue that affects many sportsmen. However, by understanding the social psychological characteristics that contribute to emotional instability, athletes can develop effective

strategies to manage their emotions and improve their performance. Social support, self-efficacy, perfectionism, and coping strategies are all important factors that can affect an athlete's emotional stability before a competition. By focusing on these factors, athletes can reduce their anxiety, stress, and tension and perform at their best [8]

Bibliography:

1. Marwat, N.. Effect of competition anxiety on athletes sports performance: implication for coach /N. Marwat, Z-U-I. Syed, M.S. Luqman, M. Manzoor // Humanities & Social Sciences Reviews. – 2021. – 1460-1464.
2. Ramolale, M./ Mediatonal Role of Mental Toughness on the Relationship Between Self-Efficacy and Prosocial/Antisocial Behavior in Elite Youth Sport / M. Ramolale, L. Maletе, U. Ju // Frontiers in Psychology. – 2021.
3. Лупекина.Е.А., Мельникова.О.Н.. Психология личности и спортивной карьеры гомель уо «ГГУ им. Ф. Скорины» -2010- 5 с.
4. Черникова, О.А.. Активная саморегуляция эмоциональных состояний спортсмена / О. А. Черникова, О. В. Дашкевич. –М.: Физкультура и спорт, 1971. – 47 с.
5. Varenikov N.A.. "Psychological difficulties of athletes and the problems of overcoming them," J. Physical Culture and Health, Voronezh state university, 2011, vol.11, pp. 15–17.
6. Wolanin A., Gross M. and Hong E.. "Depression in Athletes: Prevalence and Risk Factors." J. Current Sports Medicine Reports. Philadelphia: Lippincott W&W, vol. 14 (1), pp. 56–60. January, 2015.
7. Romanin A.N. and Romanina E.V.. "Holistic psychology and psychotherapy in sport." J. Sports psychologist, Moscow, 2013, vol. 2(29), pp. 90-92.
8. Brady A. and Grenville-CleaveB.. Positive psychology in sport and physical activity. London: Routledge, 2018.