

## SPORT IS A RESEARCH MODEL AS ACCIDENT SITUATIONS

**Z. X. Fayziev**

Karshi State University /  
teacher of the department of Psychology / **UZBEKISTAN**  
independent.2017@inbox.ru

### ABSTRACT

This article covers major sports accident situations, special features of sports activities, crisis in sports activities, the main types of accident situations, the motivation of the athlete, professionalism and the methods of making the necessary impact on other person structures.

**Keywords:** Big sport, Accident situations, trainer, athlete.

### INTRODUCTION

One of the peculiarities of the life activity of modern man is the diversity and complexity of solving tasks and situations. It is inevitable that activities aimed at achieving the highest success will always be associated with the need to cope with crisis situations that are characteristic of this activity. As shown in the studies, the accident situations in sports activities are more likely to win and lose in terms of their character, to wait for the beginning of the struggle with tension, to win constantly over oneself and others, stagnation in the results, to leave activity, that is, the exchange of activity is closer to the typical types of activities. In this regard, sports activities can also be turned into a polygon, in which it is possible to consider accident situations and the problems of their coping.

"Big sport" as an activity has such complex and distinctive features that the highest, stable and long-term success is achieved only by its individual manifestations, which can meet its individual requirements. The high importance and responsiveness of the results of the activity at all times makes it possible to designate the activity as unique. A special peculiarity of the conditions is considered to be a source of significant experiences for the athlete, which changes the individual circumstances of the activity, including crisis situations, after which the entire life activity of the athlete, and this activity is required to be viewed as a model of win situations, that is, as a model of constant coping with it. Unlike other signs, significant sensations are considered an "early" sign of crisis situations and signal the occurrence of crisis, accident situations. In addition, scientists list the following among other special features of sports activities:

- result-oriented;
- extreme conditions (both in training and competitions);
- "convenient" to injury;
- The "shortness" of sports life.

As a result of performing such a complex activity, the athlete throughout his entire sporting life falls into different accident situations, the success of overcoming them is directly related to the success of the activity itself.

Experimental studies have shown that accident situations are a special extremely difficult situation in the performance of this activity, and its special conditions are reflected in the way

of significant sensations in the inner world of the athlete, for their correction, professional psychological assistance from the outside, such as behavioral correction, is necessary.

Scientists allocate 5 main types of crisis, accident situations in sports activities:

- after a significant loss;
- after a significant victory;
- before starting (before a very difficult and significant competition);
- stable periods in the process of sports results and activity;
- on the eve of the completion of sports activities and career.

Of the various variants of accident situations, these 5 types are extremely problematic for athletes, they are difficult to cope with without the help of other people and they have difficulty in getting out of it.

In sport, a person from an early age resolves complex and responsible tasks and, in order to create the best conditions for their solution, seeks, creates and then improves various forms of “psychological protection”, often without obtaining qualified assistance in this aspect of his activity, seeks “protection” from habits, signs, rituals to himself. Such “accident” forms of psychological protection can also provide the athlete with the necessary conditions for carrying out his activities, including overcoming accident situations, but in most cases they will not be enough. This “failure” is manifested in the fact that the role of the trainer in the “trainer-athlete” system is at a low level. The trainer, as a rule, is not a “leader”, in the best case it remains only an “assistant” of the athlete, who performs task or request of the athlete. In connection with this passive position, the trainer does not intend to penetrate into the inner world of the athlete and carry out his own “deep training”. Therefore, the trainer is practically not able to exert the necessary influence on the personality of the athlete, including his motivation, professionalism and other personality structures.

The deficiency of this spontaneous form again manifests in such a way that the athlete inadequately chooses his individual group of psychologically supportive people and is unable to manage it optimally. In addition, in connection with the presence of “superfluous” people in this group, not only cannot solve the task of providing psychological assistance, but also often provide an obstacle.

The above “mentioned” failure”, as well as the absence of an athlete trainer-leader or personal psychologist (ideally – spiritual mentor), does not teach each day to use such psychologically supportive practical tools as a system of self-control. But in the absence of such people (referring to the trainer-leader or personal psychologist) the athlete could not carry out such forms of joint activity as a diary of significant experiences, joint conduct of oral and written dialogues. In this way, the athlete can only perceive the presence of spontaneous forms in his psychological preparation as a catastrophe for him, and not as a fault.

Despite this, the athletes-champions have created a whole system of special practical methods, having gained experience with the help of the method of tests and errors in dealing with the main and typical situations of their activity, and according to which they have often successfully overcome these situations.

It is noted that each champion-athlete has his own system of individual, well-developed self-control, self-optimization, self-condition and behavior management in the accident situations of the main activity. Based on this, a champion athlete, unlike most other athletes, is able to take an active position in a crisis situation, which is an obligation to successfully overcome them.

In addition to this active position, the champion athlete is faced with a whole set of personal qualities that affect accident situations and its extreme conditions, which allows him to successfully overcome any accident situations.

Knowing these specific personality traits allows each athlete to present himself as a program to overcome accident situations in his main activity.

This set includes:

- installation - motivation;
- professionalism;
- independence;
- "closed" ("masking");
- "Ritualism."

Thus, the athlete treats his personality as a "psychological protection" against the influence of accident situations. It can be said that often an athlete who does not receive timely help from the outside, other people, invokes his own system of psychological protection in an unfavorable environment and thus develops his own concept of overcoming the accident situation.

This spontaneous experiment is the result of the incomplete work of the trainer by the athlete, the completion of the "pedagogical-psychological vacuum" on the fact that the trainer did not teach his athlete to cope with timely the organization of accident situations.

Overcoming the accident situation as an organized and effective process, when all the "coping conditions" are brought into action, it is assessed as correct in the following cases:

- perform basic activities at a high professional level;
- availability of a complex of special qualities;
- knowing all the different factors of activity and, of course, taking into account (accident situations and the characterization of their signs, the conditions of competitions – competition in their own field or in an unfamiliar field, the relations of judges, spectators and the media);
- trainer-athlete, athlete-team, psychologist-athlete, trainer-athlete-psychologist system to ensure maximum effective activity;
- interaction and optimism of the activity of the environment around the sport (athlete – psychological support group).

Practical experience has shown that success-failure in overcoming accident situations is determined by a whole complex of actions, socio-psychological and personal. Their focused responsibility can optimize the process of preparing athletes (teams) to overcome accident situations and, in the end, lay the foundation for solving the complex problem of personality formation and ensuring its professional maturity. According to R. Zagaynov, the psychological and pedagogical concept of overcoming accident situations in sports activities consists of these. The application of this concept to practical life consists in the development of a purposeful program and technology of teaching to cope with each typical accident situation.

According to a number of scientists, the organization of psychological protection is the main task of psychological training, the earlier it is created, the more an athlete can easily cope with the tasks in his main activity.

In this regard, scientists propose to introduce the concept of "early psychological preparation" into the theory and practice of sports psychology and consider it to be the provision of the following conditions.

- 1) to teach to keep a "diary of recording significant experiences", which is a practical means of psychological protection (this diary is conducted with the purpose of teaching your own experiences, that is, self-struggle);

- 2) to train in the search for practical assistants (psychological support groups)
- 3) education of personality qualities: constant motivation, “closure”, “ritualism”.

Timely resolution of the issues of early psychological preparation makes the athlete armed with a system of psychological protection from the influence of unwanted factors of typical accident situations in his main activity.

The organization of preparation for the defeat of accident situations consists in the development and improvement of active forms of psychological protection, ensuring a stable and successful overcoming of casualty situations. They consist of:

- Keeping a diary of significant experience with a psychologist, the role of a psychologist is to correct notes, experience.
- use various forms of timely adjustment of the athlete’s perception and behavior (oral and written communication with a psychologist, indirect forms: letters, telegrams, phone calls, etc.);
- effective selection and management of psychosocial support team members' behavior.

The qualified use of these tools ensures the creation of conditions that are acceptable to overcome accident situations. On the example of sports, it is necessary to recognize that as the most important psychological and pedagogical task it is possible to show the implementation of real psychological assistance to a young athlete. Studies of scientists have shown that in the absence of such support for self-discipline, a “progressive effect” arises that often leads to “personal twisting” (the term of Kempinsky). This is manifested, in particular, in the athlete’s negative motivation, which is based on wrestling and negative feelings for the opponent, resentment and similar feelings, thereby enhancing personality traits such as negativity, individualism, mercantilism and hatred.

Thus, the coping with the organization of accident situations can not be done without professionals who are professionally trained, including a psychologist. As for the professional and human resources of a psychologist, a number of requirements are made. In particular, he must have the following qualifications:

- A) to gain the human and professional confidence of the athlete;
- B) to be able to maintain the established reliable connection with him and maintain constant development; to be able to carry out real both professional and human psychological support in all possible situations of life and activities of the athlete (especially in accident situations).

The conditional principle of directing the practical work of a psychologist is a personality-humanitarian approach to a person. The training of a practical psychologist covers two interrelated areas, the first is the direction of the general training of a psychologist, It is provided with a targeted program, which includes the formation of general practical skills, principles, approaches. The second refers to the preparation that allows the psychologist to act effectively in concrete accident situations.

## REFERENCE

1. Ilin E.P. Psychology in sports. – Publishing house "Piter", 2012.
2. Gogunov E. N., Martyanov B. I. Psychology Physics and Sports // М.: Academy. - 2000. - Т. 288.
3. Тоджибаева К. С. Формирование мотивационной сферы нравственных качеств учащихся //Проблемы педагогики. – 2017. – №. 4 (27).