

SYNERGETIC EFFECT — AS AN INNOVATIVE APPROACH TO THE DEVELOPMENT OF THE WAY OF THINKING OF PHYSICAL CULTURE AND SPORTS SPECIALISTS

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ABSTRACT

Today, as a result of the acceleration of the globalization process and the increase in the flow of information, the social environment is changing and the way of thinking of specialists of all spheres is changing to a new one. In this case, problems with the development of the style of thinking also arise. This problem also applies to specialists in physical education and sports. This article shows that the “synergistic effect” is an innovative approach in the development of the style of thinking of physical education and sports specialists. There are also recommendations for the use and development of the "synergistic effect" in team sports.

Keywords: Thinking, style of thinking, society, specialists in physical culture and sports, globalization, synergistic effect, synergy, team sports, team defense tactics.

INTRODUCTION

Today, “the formation of a healthy lifestyle in our society, the creation of modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism. Extensive work is being done to develop a sense of loyalty, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports. [1]. Because in the development of any country, one of the important means of bringing up the young generation to be physically healthy and spiritually mature is sports.

Reforms in the field of physical culture and sports, in particular, the provision of sports facilities with the necessary facilities, the provision of qualified coaches and specialists, the wide range of conditions created for the worthy participation of young people in prestigious sports competitions are bearing achievement. However, our athletes do not achieve high results in team sports.

Our people and the wider sports community have been dreaming for years of developing a team that will participate in world championships in team sports such as football, volleyball, basketball, handball.

Individual sports and team sports are drastically different from each other. Team games are complex in many ways, requiring two or more athletes to fight for the same result. Each athlete in the team has his own individual characteristics, different abilities and speed. Therefore, the urgent task is to further develop team sports and develop ways for team athletes to achieve high results.

Materials and methods

In an interview with “Kun.uz”, Minister of Physical Culture and Sports Dilmurod Nabiyev commented on the slow development of team sports in Uzbekistan: “The development of team sports in Uzbekistan is slow. Frankly, this is a problem that worries us too. The main reason for our slow development in team sports is the lack of specialists. Indeed, we do not have enough professionals with knowledge of team approach, tactics, strategy” [2].

Indeed, today Uzbekistan's deepening penetration into the system of society based on a market economy and strengthening of pragmatic relations with the world community increases the need for competitive personnel in the system of training specialists in all fields. The reason is that the development of any country depends primarily on its personnel and their potential. In this regard, the ultimate goal is to teach physical education and sports specialists in team sports the principles of tactical, strategic organization of team play on the basis of a modern approach, and on this basis to improve their thinking.

The purpose of the research work. Development of ways to use the "synergetic effect" in the development of thinking of physical education and sports professionals on the basis of innovative approaches.

Results and discussions

At present, changes in the external environment are becoming more active, new modern innovations and innovative approaches are emerging in physical culture and sports. As a result, traditional standards of training sports professionals are losing their unique benchmark.

This requires new approaches and tools in the training of specialists in the field. In this regard, the "synergistic effect" can be an innovative approach to the development of thinking in physical education and sports.

The concept of “synergetic effect” is derived from the Greek term “synergy”, which means “acting together” [3]. Simply put, the positive result of a group of people working together is called a “synergistic effect”. We can see the “synergetic effect” in different areas of our lives. For example:

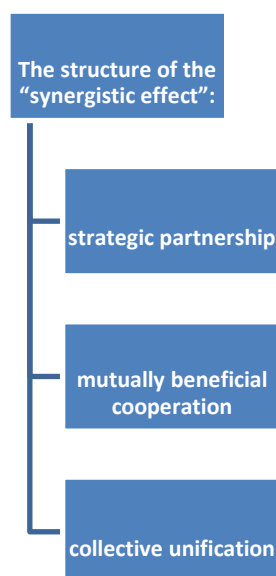
- Working together in the field of business gives good results. In this process, the "synergistic effect" unites professionals into a single mechanism and leads to success in a short time.

- Medicine cannot be imagined without a "synergistic effect". This requires the joint efforts of medical staff in the treatment of a particular disease or a sick person. That is, the combination of multiple options instead of a single option is effective in treatment.

- In the field of cinema or theater, as a result of the joint work of actors, directors, cameramen and other members of the team, great films and performances are created. If all the members of this team act alone, they will not succeed.

In other words, the use of a "synergetic effect" in any field where people work as a team leads to high results.

Table 1



In today's world, the use of "synergistic effect" in the field of physical culture and sports is an innovative and effective approach. In sports, the task of the athlete and the coach is to properly organize physical activity to achieve a balance between chaos and order. Proper development of the body helps the athlete to achieve good results. The "synergetic effect" can create collaborative team activities that are important in certain sports (team sports). That is, the result achieved due to the joint activity of several athletes will be higher than the sum of their individual successes.

If the "synergistic effect" is used to improve the performance of athletes in team sports, there is a good chance to achieve high results. Because team sport is a historically formed sport based on competition between two or more organized groups of athletes consisting of a certain number of participants.

The subject of team sports is a specific team (group, team) of athletes, each of which meets the interests of the team (group, team). In team sports, the clash of rivals requires the coordination of the actions of all members of the team, the unity of their thoughts, will and feelings, solidarity in the conduct of competition. Joint physical culture and sports affect the development of important qualities in athletes, such as teamwork, communication skills, moral and willpower, mutual understanding, stabilization of the socio-psychological environment in social groups. [4].

Team members set goals to achieve their goals, make decisions, communicate, and resolve conflicts and problems in a supportive, trusting environment. This can be seen in sports such as football, basketball, volleyball, handball.

At the same time, participants in team sports must adhere to the following "synergetic principles":

- remember that the key to success depends on the strength of the team;
- not feeling superior to his teammates;
- adherence to strong discipline and order.

It is also important to take an active part in the practical activities of the team, to improve sports skills, to feel responsible to the team for their behavior in everyday life, to be selfish, not to neglect the work of the team. [5].

Thinking and understanding are also important in team sports. Because anticipating the actions of a teammate and creating a comfortable environment for him requires the athlete to use his mind.

Teams that use a "synergistic effect" in team sports will have unique interpersonal communication skills. They understand who they are and what opportunities they have, as well as their team members. In addition, they easily resolve disagreements. Diversity is valued in the team. In communities where the opposite is the case, the overall goal quickly lags behind the personal interest. The goals that are achieved in them allow anarchism in the community when there is a problem in the distributed positions. Consensus is almost non-existent.

For example, in a football sports team, "synergy" is lost if one player exceeds the team's result. That is, this athlete has achieved excellent individual statistics, but situations where the team loses at the end of the game are common in practice. For example, "Zlatan Ibrahimovich, who played as a superstar for the Swedish national team for several years, has had almost no success as a player. Zlatan behaves freely as a player coach of the Swedish national team, the players played almost exclusively for Zlatan in attack. Unfortunately, this style of play did not bring much benefit to the Sweden. After Ibrahimovic left the national team after an unsuccessful participation in "Euro 2016", many experts predicted that the team's game will weaken. Look at this, the Swedish team defeated the top teams of the Netherlands and Italy in the qualifiers for a team game and reached the quarterfinals of the World Cup. This is the result of a "synergistic effect".

In our research, we used the "synergetic effect" to develop the thinking of future professionals of physical culture and sports studying at the Faculty of Sports Games of the Uzbek State University of Physical Culture and Sports in "Football", "Volleyball", "Basketball", "Handball". The results are shown in tables 2-3-4-5:

Table 2

№	The name of a team sports game	Ways to explain synergy		Efficiency indicator
		Through mathematical expression	Through synergetic expression	
1	Football Group: 19-10	$11 \neq 11$	The strength of team members is not equal to the total strength	The knowledge of the group members about the role of each in enhancing the team's capacity has increased and their way of thinking has further developed.
		$1 \neq 10$	A talented player is not equal to a team	
		$11 < (1+1+1+1+1+1+1+1+1+1)$	The chances of eleven individual players on a team are less than the chances of eleven players on a combined team	
		$1+1+1+1+1+1+1+1+1+1+1+1+1=15;20;25;35....$	The result of the combined eleven	

			players will be higher and higher than expected	
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Table 3

№	The name of a team sports game	Ways to explain synergy		Efficiency indicator
		Through mathematical expression	Through synergetic expression	
2	Volleyball Group:19-02	$6 \neq 6$	The strength of team members is not equal to the total strength	According to a survey of team members, the team's combined efforts to ensure victory have improved.
		$1 \neq 5$	A talented volleyball player is not equal to a team	
		$6 < (1+1+1+1+1+1)$	The chances of six individual volleyball players on a team are less than the chances of six combined volleyball players on a combined team	
		$1+1+1+1+1+1=8;10;15$	The result of the combined six volleyball players will be higher and higher than expected	

Table 4

№	The name of a team sports game	Ways to explain synergy		Efficiency indicator
		Through mathematical expression	Through synergetic expression	
3	Basketball Group:19-03	$12 \neq 12$	The strength of team members is not equal to the total strength	The members of the group increased their knowledge about the strategic partnership of the team on the basis of "Synergetic effect".
		$1 \neq 11$	A talented basketball player is not equal to a team	
		$12 < (1+1+1+1+1+1+1+1+1+1+1+1)$	The chances of the twelve individual basketball players on the team are less than the chances of the twelve basketball players of the combined team	
		$1+1+1+1+1+1+1+1+1+1+1+1=15;20;25;35$	The result of the combined twelve basketball players will be higher and higher than expected	

Table 5

№	The name of a team sports game	Ways to explain synergy		Efficiency indicator
		Through mathematical expression	Through synergetic expression	
4	Handball Group:19-05	$11 \neq 11$	The strength of team members is not equal to the total strength	This group strictly adhered to the principles of "synergistic effect" in experimental sports. The result was a winner.
		$1 \neq 10$	A talented handball player is not equal to a team	
		$11 < (1+1+1+1+1+1+1+1+1+1+1)$	The chances of eleven individual handball players on a team are less than the chances of eleven handball players on a combined team	
		$1+1+1+1+1+1+1+1+1+1+1=15;20;25;35....$	The result of the combined eleven handball players will be higher and higher than expected	

CONCLUSION

In short, a “synergetic effect” is the sum of the individual parts of a team that is greater than the total. We need to develop the practical application of the "synergetic effect" to ensure teamwork in the training of future specialists in physical culture and sports. This leads to high results in team sports.

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