

CHARACTERISTICS OF INTERPERSONAL RELATIONSHIPS IN PROFESSIONAL FOOTBALL TEAMS

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ABSTRACT

This article deals with the influence of interpersonal relations in professional football teams on personality formation. Also, the course of mutual relations in three football teams was studied and comparatively analyzed using the T. Leary-Sobchik method of diagnosing interpersonal relations.

Keywords: small group, professional football teams, mutual relations, teamwork, self-awareness, “Real “I”, “Ideal “I”.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Football, as a game of millions, is a popular sport. In this type of sport, the success of the individual is related to the success of the team, and it serves not only the individual formation of the athlete, but also provides an important stage of personality formation based on the acquisition of social experiences within the group, self-awareness, as well as the manifestation of one's abilities on the basis of activity.

As a team game, football not only improves the physical development indicators of a person, but also the development of individual abilities, the formation of voluntary qualities, the acquisition of important social experiences based on relationships with team members, the development of social consciousness, the formation of a sense of responsibility towards others, in a word, the formation of personality and plays an important role in finding content.

In sports psychology, the research conducted on the study of mutual relations in sports teams is becoming more active.

In recent research on this topic, the cohesion of sports teams as a small group, the psychological climate in the team, group interaction, group social perception, group communication, the preparation of athletes, especially the relationship between trainer and athlete are noteworthy. But at the same time, the problem of mutual relations in professional football teams is one of the less studied topics.

As part of our research, we obtained certain results using the T. Leary-Sobchik modified version of interpersonal relations diagnostics to study the psychological nature of interactions in professional football teams. A total of 66 athletes from professional football teams Zomin (25), Sogdiyona (24) from Jizzakh, Nasaf (17) from Karshi participated in the research. The age of the athletes was 17-27. The results of the study are presented in Table 1 below .

Table 1. Preliminary results of the T. Leary-Sobchik questionnaire

№	Octant	Football team	Mean	Std. Deviation	Minimum	Maximum
1	Authoritarian	Zomin	8,5600	3,13688	3,00	15,00
		Sogdiana	9,3750	3,07603	4,00	15,00
		Nasaf	10,2941	3,53137	3,00	15,00
2	Selfish	Zomin	7,0800	1,93477	3,00	11,00
		Sogdiana	7,2083	1,38247	4,00	10,00
		Nasaf	7,4118	1,62245	5,00	11,00
3	Aggressive	Zomin	7,2800	2,20832	3,00	11,00
		Sogdiana	7,0833	2,06243	2,00	10,00
		Nasaf	7,2353	2,75067	4,00	14,00
4	Suspicious	Zomin	6,0800	3,41467	1,00	13,00
		Sogdiana	5,2083	3,10650	1,00	10,00
		Nasaf	5,0588	2,98895	1,00	11,00
5	Slave	Zomin	8,3200	3,53223	2,00	14,00
		Sogdiana	8,0000	3,03602	3,00	13,00
		Nasaf	7,4706	2,67202	3,00	12,00
6	Dependent	Zomin	8,2400	3,11288	1,00	14,00
		Sogdiana	7,5000	3,00724	2,00	13,00
		Nasaf	7,2941	2,28486	4,00	11,00
7	Friendly	Zomin	10,6800	3,36303	1,00	16,00
		Sogdiana	9,5417	2,84344	4,00	16,00
		Nasaf	10,2941	2,86716	5,00	16,00
8	Altruistic	Zomin	11,1600	3,73809	3,00	15,00
		Sogdiana	10,7917	3,47637	4,00	16,00
		Nasaf	10,5882	4,00092	4,00	16,00

1. According to the authoritarian octant, the minimum score in the Zomin football team was 3 points, and the maximum score was 15 points. The average value was 8,56. Most of the test takers show personality traits such as inability to accept criticism in interpersonal relationships and high self-esteem. In the football team of Sogdiana, the minimum score was 4 points, the maximum score was 15 points. The average value was 9,37. The examinees show personality traits such as inability to accept criticism in interpersonal relationships, high self-esteem. In Nasaf football team athletes, the minimum score on this octant was 3 points, and the maximum score was 13 points. The average value was 10,29. In this team, most of the test takers show personal qualities such as inability to accept criticism in interpersonal relationships, high self-esteem. This scale the highest indicator was shown in the Nasaf team, and we can observe that the tendency of athletes to show intolerance towards criticism was shown.

2. According to the Selfish octant, the minimum score of the Zomin football team was 3 points, the maximum score was 11 points, and the average value was 7,08.

In the football team of Sogdiana, the minimum score was 4 points, the maximum score was 10 points, and the average value was 7,20.

The minimum score of the Nasaf football team's athletes on this octant was 5 points, the maximum score was 11 points, the average value was 7,41. The test subjects used a reliable, independent, competitive style of interpersonal relations. Therefore, the indicators on this octant were the same in all three football teams. appearing close to each other

3. According to the Aggressive octant, the minimum score of the Zomin football team was 3 points, the maximum score was 11 points, and the average value was 7,28.

In the Sogdiana football team, the minimum score was 3 points, the maximum score was 11 points, and the average value was 7,08.

The minimum score of Nasaf football team athletes on this octant was 4 points, the maximum score was 14 points, and the average value was 7,23. Therefore, the test subjects showed such qualities as sincerity, freedom, correctness, and determination in interpersonal relations. According to this, the test subjects showed personal qualities such as sincerity, freedom, correctness, determination to achieve the goal in interpersonal relations.

4. According to the Suspicious octant, the minimum score of Zomin football team was 1 point, the maximum score was 13 points, the average value was 6.08.

In the Sogdiana football team, the minimum score was 1 point and the maximum score was 10 points. The average value was 5,20.

According to this octant, the minimum score was 1 point and the maximum score was 11 points among the athletes of the Nasaf football team. The average value was 5,05. We can see that the examinees are realistic thinkers and have their own views in evaluating the situation.

5. According to the Slave octant, the minimum score in the Zomin football team was 2 points, the maximum score was 14 points, and the average value was 8.32.

In the Sogdiana football team, the minimum score was 3 points, the maximum score was 13 points, and the average value was 8 points.

The minimum score of the Nasaf football team on this octant was 3 points, and the maximum score was 12 points. The average value was 7,47. It can be seen from the analysis of the obtained results that in all three football teams, the athletes have a sense of responsibility towards others due to the fact that the football type of sport is a team game. We can see that it is showing. At the same time, the test subjects also show some characteristics of behavior, such as taking the blame.

6. According to the dependent octane, the minimum score in the Zomin football team was 1 point, the maximum score was 14 points, and the average value was 8,24.

In the Sogdiana football team, the minimum score was 2 points, the maximum score was 13 points, and the average value was 7,50.

The minimum score of the Nasaf football team on this octant was 4 points, the maximum score was 11 points, and the average value was 7,29.

Accordingly, we can observe that athletes need the help and trust of others, their attention. It should be noted that this feature of the sport, football, is a team game, and success depends on the harmony of many people's activities.

7. According to the friendly octane, the minimum score of the Zomin football team was 1 point, the maximum score was 16 points, and the average value was 10,68.

In the Sogdiana football team, the minimum score was 4 points, the maximum score was 16 points. The average value was 9,54.

The minimum score of Nasaf football team athletes on this octant was 6 points, the maximum score was 16 points. The average value was 10,29 points.

We can observe in the examinees the priority of close cooperation with the reference group, striving to establish friendly relations with others, and the use of compromise style in interpersonal relations. In turn, we can explain that in football, which is a team game, there are regulations regarding the responsibility of athletes to their teammates, as well as the fact that the results achieved are based on teamwork.

8. According to the altruistic octant, the minimum score of the Zomin football team was 3 points, the maximum score was 15 points, and the average value was 11.16.

In the Sogdiana football team, the minimum score was 4 points, the maximum score was 16 points. The average value was 10,79.

The minimum score of Nasaf football team athletes on this octant was 4 points, the maximum score was 16 points, and the average value was 10,58. Accordingly, we can see that athletes have a willingness to help others, a developed sense of responsibility, and high social standards. In general, we can see that in the next four octants of this methodology, the scores are higher than in the first four octants. This indicates that the athletes of this team are forming conforming tendencies.

In our study, we also analyzed the reliability and variance aspects of the data obtained by one-way analysis of variance (ANOVA). Accordingly, no differences were found in “Real “I”. However, significant differences were observed regarding “Ideal “I”. We can see this more clearly in Table 2 below.

Table 2: Dispersion analysis of research results on T. Leary-Sobchik questionnaire (ANOVA)

№	Octant	Football team	Mean		Std. Deviation		F		Sig. p<0,05	
			“Real “I”	“Ideal “I”	“Real “I”	“Ideal “I”	“Real “I”	“Ideal “I”	“Real “I”	“Ideal “I”
1	Authoritarian	Zomin	8,5600	8,0000	3,13688	3,43996	1,477	3,238	,236	,046*
		Sogdiana	9,3750	10,4167	3,07603	3,10563				
		Nasaf	10,2941	8,1765	3,53137	4,43333				
2	Selfish	Zomin	7,0800	6,1600	1,93477	2,46103	,200	1,598	,820	,210
		Sogdiana	7,2083	7,1250	1,38247	2,40131				
		Nasaf	7,4118	5,5882	1,62245	3,69220				
3	Aggressive	Zomin	7,2800	6,8800	2,20832	2,74348	,048	2,699	,954	,075
		Sogdiana	7,0833	7,0833	2,06243	2,73332				
		Nasaf	7,2353	5,0588	2,75067	3,50839				
4	Suspicious	Zomin	6,0800	5,2800	3,41467	2,90861	,672	,687	,514	,507
		Sogdiana	5,2083	4,1667	3,10650	3,44733				
		Nasaf	5,0588	4,4118	2,98895	4,18418				
5	Slave	Zomin	8,3200	7,2000	3,53223	3,55903	,368	1,929	,694	,154
		Sogdiana	8,0000	6,4167	3,03602	4,14851				
		Nasaf	7,4706	4,8824	2,67202	3,47998				
6	Dependent	Zomin	8,2400	7,4000	3,11288	2,64575	,661	3,401	,520	,040*
		Sogdiana	7,5000	6,2083	3,00724	3,68285				
		Nasaf	7,2941	4,7647	2,28486	3,28880				
7	Friendly	Zomin	10,6800	9,3600	3,36303	4,28058	,869	1,552	,425	,220
		Sogdiana	9,5417	9,2500	2,84344	3,24707				
		Nasaf	10,2941	7,3529	2,86716	4,31482				
8	Altruistic	Zomin	11,1600	9,7600	3,73809	4,40908	,130	3,308	,878	,043*
		Sogdiana	10,7917	10,7083	3,47637	3,83892				
		Nasaf	10,5882	7,2353	4,00092	4,82868				

As can be seen from Table 2, differences were observed in the Authoritarian octant. That is, the average value of Zomin football team was 8 points, Sogdiana was 10,41 points, and Nasaf team was 8,17 points. Accordingly, we can observe that the athletes of Sogdiana and Nasaf

have intolerance to criticism and a desire to overestimate their capabilities. This represents the tendency of the sports team and the athletes in this team to form. We know that under the influence of the team, another quality of the individual is formed - a sense of criticism towards himself.

It is necessary to cultivate a moderate sense of criticism (self-evaluation) in the athlete, otherwise too much criticism will lead to insecurity, and too little criticism will lead to self-deprecation. Both forms of criticism lead to a negative emotional state in the athlete, i.e. frustration at failure. Teamwork fosters the athlete's best involvement in performing team duties.

A number of studies have shown that the team competitive motive in many cases leads to an improvement in performance compared to the individual motive. Sometimes there are athletes who achieve better results in fighting for the team than for themselves. Unfortunately, the psychological nature of this phenomenon has not been revealed [8].

Further differences were observed in the Dependent octant, which showed a moderate (up to 8 points) indicator in all three groups. Accordingly, we can see that athletes need the help and trust of others, their attention. So, it can be said that the athletes understand that they depend on each other under the influence of the team. These characteristics can pave the way for the development of athletes' personalities and teams in the future.

The next difference was observed in the Altruistic octant, the average value of Zomin football team was 9,76 points, Sogdiana was 10,7 points, and Nasaf team was 7,23 points. So, we can observe that Zomin Sogdiana athletes have a willingness to help others, a desire to develop a sense of responsibility. This indicates that the athletes' "Ideal self" is being formed under the influence of the team, and that they strive to have high social status (Table 2).

CONCLUSION

As can be seen from the above analysis, the trend of self-awareness among athletes is developing. In the "Ideal I" of athletes, he showed high octant performance in the next four. We can see from the fact that the athletes are in a certain team, they understand the moral standards established by this team, and the feeling of collectivism is being formed.

The feeling of collectivism, in turn, leads to the formation of conformism, and the influence of the individual on the team forms conscious and goal-oriented relationships in athletes, has an effect on the formation of moral qualities. The feeling of belonging to the group encourages the athlete to take responsibility and not to do things that will damage the reputation of the team or turn the team against him.

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