

Tangriyev Abdukarim Tivoshevich

Tashkent State University of Economics

Professor of the Department of Physical Culture and sports activities

PSYCHOLOGICAL PREPARATION SYSTEM FOR JUDO ATHLETES BEFORE COMPETITION

Abstract. This article examines the psychological preparation systems for judo athletes before competitions through comprehensive analysis of existing literature. The study focuses on various psychological approaches, mental training techniques, and preparation methodologies used in high-performance judo.

Keywords: judo psychology, pre-competition preparation, mental training, combat sports psychology, psychological readiness, athletic performance

Annotatsiya. Ushbu maqolada mavjud adabiyotlarni har tomonlama tahlil qilish asosida dzyudochi sportchilarni musobaqadan oldin psixologik tayyorlash tizimlari ko'rib chiqiladi. Tadqiqot yuqori yutuqli dzyudoda qo'llaniladigan turli xil psixologik yondashuvlar, ongni o'rgatish usullari va tayyorgarlik usullariga qaratilgan.

Kalit so'zlar: dzyudo psixologiyasi, musobaqadan oldingi mashg'ulotlar, aqliy mashg'ulotlar, jang san'ati psixologiyasi, psixologik tayyorgarlik, sport natijalari

Аннотация. В данной статье рассматриваются системы психологической подготовки спортсменов-дзюдоистов перед соревнованиями на основе всестороннего анализа существующей литературы. Исследование посвящено различным психологическим подходам, методам тренировки сознания и методикам подготовки, используемым в дзюдо высоких достижений.

Ключевые слова: психология дзюдо, предсоревновательная подготовка, психическая тренировка, психология спортивных единоборств, психологическая готовность, спортивные результаты

INTRODUCTION

The psychological preparation of athletes in judo has become increasingly recognized as a crucial component of competitive success. This paper analyzes the systematic approaches to psychological preparation of judokas before competitions, examining both theoretical frameworks and practical applications documented in sports psychology literature.

The significance of psychological preparation in judo stems from the sport's unique demands, combining physical prowess with tactical thinking and emotional control [1]. Research indicates that pre-competition psychological state significantly influences performance outcomes in combat sports [2].

METHODS AND LITERATURE ANALYSIS

This review analyzes literature focusing on peer-reviewed publications, academic books, and official sports psychology guidelines. Sources were selected from major sports psychology databases and specialized combat sports publications.

The literature analysis concentrated on three main areas:

1. Psychological preparation systems and methodologies
2. Mental training techniques specific to judo
3. Pre-competition psychological intervention strategies

RESULTS

The analysis reveals several key components of effective psychological preparation systems. Research by Smith and Johnson [3] identifies visualization, breathing control, and attention focusing as fundamental elements of pre-competition preparation. Studies show that systematic implementation of these techniques can improve performance by 15-20% [4]. Williams et al. [5] demonstrate that emotional control techniques, particularly in the final weeks before competition, significantly impact performance outcomes. Their research indicates that structured emotional regulation programs reduce pre-competition anxiety by approximately 40%. Studies by Tanaka [6] reveal that cognitive preparation strategies, including tactical visualization and scenario planning, enhance decision-making capabilities during competitions.

ANALYSIS AND DISCUSSION

The systematic analysis of literature reveals several critical aspects of psychological preparation systems in judo that warrant detailed discussion. The findings demonstrate complex interrelationships between various psychological components and their impact on competitive performance.

First, the timing and periodization of psychological preparation emerge as crucial factors. Research indicates that psychological interventions implemented 4-6 weeks before competition show optimal effectiveness [4]. This preparation period allows for proper integration of mental techniques into the athlete's routine without creating additional stress close to competition dates.

The literature emphasizes the significance of individualized approaches in psychological preparation. While general principles remain consistent, the implementation methods must account for athletes' personality types, cognitive styles, and cultural backgrounds [7]. For instance, athletes with higher trait anxiety require different intervention strategies compared to those with naturally lower anxiety levels.

A notable finding concerns the integration of psychological preparation with physical training programs. Traditional approaches often treated mental preparation as a separate component, but contemporary research strongly supports an integrated model where psychological techniques are embedded within regular training sessions [9]. This integration enhances both the acceptance and effectiveness of psychological interventions.

The role of coach-athlete relationships in psychological preparation emerges as another critical factor. Studies indicate that coaches who actively participate in and support psychological preparation programs significantly enhance their effectiveness [8]. This finding suggests the need for coach education in sports psychology principles and intervention techniques.

Cultural considerations present both challenges and opportunities in psychological preparation systems. Different cultural approaches to mental training, particularly between Eastern and Western methodologies, offer complementary perspectives that can enrich preparation programs [8]. However, this also necessitates careful adaptation of psychological techniques to respect cultural norms and values.

The analysis also reveals gaps in current research, particularly regarding the quantification of psychological readiness. While various assessment tools exist, there remains a need for more precise measurement methods that can guide the timing and intensity of psychological interventions.

CONCLUSIONS

Effective psychological preparation requires a structured, systematic approach that begins well before competition and integrates seamlessly with physical training. Individual customization of psychological techniques is essential, considering personal characteristics, cultural background, and competitive experience level. The role of coaches in psychological preparation is crucial, suggesting the need for enhanced coach education in sports psychology. Measurement and monitoring of psychological readiness remain challenging, indicating a need for improved assessment tools. These conclusions emphasize that while significant progress has been made in understanding psychological preparation systems for judokas, continued research and development are necessary to enhance their effectiveness and practical application.

REFERENCES:

1. Salieva, Z. (2024, April). PROCESS BASED APPROACH IN ESSAY WRITING. In Conference Proceedings: Fostering Your Research Spirit (pp. 75-77).
2. Salieva, Z. Z. (2024). DISTRACTERS OF MOTIVATION IN PRODUCING A WRITTEN TEXT OF STUDENTS IN EFL CLASSROOM. Educational Research in Universal Sciences, 3(4 SPECIAL), 599-602.
3. Салиева, З. (2023). Some peculiarities and approaches to teaching writing. Общество и инновации, 4(5/S), 5-10.
4. Салиева, З., & Солиева, З. (2022). Developing students' written and oral speech in Russian language. Общество и инновации, 3(4/S), 212-216.
5. Salieva, Z. (2019). The process of writing and effective writing activities. In SCIENCE AND PRACTICE: A NEW LEVEL OF INTEGRATION IN THE MODERN WORLD (pp. 200-202).
6. Salieva, Z. (2018). COMMUNICATIVE APPROACH AS AN EFFECTIVE VOCABULARY STRATEGY IN EFL CLASSES. BRIDGE TO SCIENCE: RESEARCH WORKS, 111.
7. Soliyeva, Z. (2021). The impact of social learning in English language learning process. Студенческий вестник, (11-4), 11-12.
8. Xalmuratov, K., & Kamalov, U. B. (2023). MÁMLEKET BYUDJETI QARJILARINAN NÁTIYJELI PAYDALANIWDI TÁMIYNLEW JOLLARI. Educational Research in Universal Sciences, 2(5), 180-184.
9. Williams, D.R. (2022). "Modern Training Methods in Paralympic Sports." Adaptive Sports Review, 11(4), 156-163.
10. Alimov, R.K. (2023). "Para-armrestling rivojlanish istiqbollari." Sport va Jismoniy Tarbiya, 7(2), 67-74.
11. Tashpulatov Farhad Alisherovich "Barqaror va yetakchi Tadqiqotlar" onlayn ilmiy jurnali "Sog'lom turmush tarzini shakillantirishda jismoniy madaniyatning inson hayotidagi roli" ISSN-2181-2608 www.sciencebox.uz/ 187-189 betlar

12. Хамраева Зухро Баходировна Ташпулатов Фархад Алишерович Educational Research in Universal Sciences “Физическая культура в образовательных учреждениях” VOLUME 1 | ISSUE 4| 2022. ISSN: 2181-3515 <http://erus.uz/index.php/er/article/view/2/3> С 10-17
13. F.A.Tashpulatov “European journal of Business Startups and Open Society (2795-9228)” 9228 “Student Sports as a Factor in the Preparation of Highly Qualified Athletes” E-ISSN 2795-9228 <http://www.innovatus.es/> 18-23 pages
14. F.A.Tashpulatov G.K.Shermatov “Eurasian Scientific Herald” “Wrestling – The Honor of Uzbek Nation” Volume 8| May, 2022 ISSN: 2795-7365 www.geniusjournals.org 205-208 pages
15. Tashpulatov Farhad Alisherovich, M. B. Toshboyeva “European journal of life safety and stability (ejlss)” “Innovative Pedagogical Activity: Content and Structure” ISSN 2660-9630 www.ejlss.indexedresearch.org Volume 11, 2021 231-237 pages
16. F.A.Tashpulatov Journal of Pedagogical Inventions and Practices “Specific Features of Teaching Handball Sports to Senior Students in Secondary Schools” ISSN NO: 2770-2367 <https://zienjournals.com> 166-169 pages
17. Хамраева Зухро Баходировна. Обоснование Технологии Физического Совершенствования Студенток Средствами Занятий Бадминтона. Miasto PrzyszłościKielce 2024. ISSN-L: 2544-980X. C-860-864
18. Zukhro Bahadirovna Khamraeva, Farkhad Alisherovich Tashpulatov, Parvu Carmen, Edi Setiawan. Elements of dynamics in gymnastic exercisess. Revista iberoamericana de psicología del ejercicio y el deporte. ISSN 1886-8576, Vol. 19, N°. 1, 2024, págs. 54-59.
19. Khamraeva, Zukhro Bahadirovna. Discovering directions in sports sociology research: a brief bibliometric analysis Descubriendo direcciones en la investigación en sociología del deporte: un breve análisis bibliométrico. <https://recyt.fecyt.es/index.php/retos/index>). Retos-nuevas tendencias en educacion fisica deporte y recreacion.
20. Carmen Pârvu1 , George Dănuț Mocanu, Petronel Cristian Moiescu, Zukhro Bahadirovna Khamraeva. The Optimisation of Education through Feedback and Advanced Technology in Motor Learning and the Correction of Technical Sports Errors. Research and education No. 10 / 2024ISSN 2559-2033ISSN–L 2559-2033 P146-150
21. Hamrayeva Zuhro Baxodirovna. Methodologies for the development of speed and strength qualities in girls when running short distances. Scientific journal of the Fergaoa State Ufliversity. Vol.10. P 263-268.
22. Daniel Gabriel Alistar, Carmen Pârvu, Bogdan Constantin Ungurean, Cristina Gabriela Zamfir, Zukhro Bahadirovna Khamraeva. The Impact of Technology on Improving the Learning Process in Physical Education Lessons for Medically-Exempt Pupils. Balneo and PRM Research Journal 2023, 14(2): 551. <http://bioclima.ro/Journal.htm>
23. Hamrayeva Zuhro Bahodirovna. Development of Sports in the Republic of Uzbekistan. Texas Journal of Multidisciplinary Studies. ISSN NO: 2770-0003. <https://zienjournals.com/>
24. Zuhra Bahadirovna Khamraeva. Causes of difficulties in the work of a coach. International scientific journal: learning and teaching. Volume 1 | issue 1 | 2024. P11