

*Sultamuratov Adilbay Oserbaevich**Asian International University Faculty of Pedagogy and Psychology**Master's student***PSYCHOLOGICAL SUPPORT OF THE ATHLETE DURING THE COMPETITION -
ENCOURAGEMENT MECHANISMS**

Abstract: This article aims to ensure the physical and mental stability of athletes by developing psychological support mechanisms during the competition. Developing effective psychological support mechanisms during competition is critical to maximizing mental health maintenance for athletes.

Key words: psychological support, mechanisms, stability, development, ability, stress, psychoanalytic, flexibility, exercise

Introduction: Success in sports depends on many factors, one of which is the athlete's psychological state. Ensuring the athlete's psychological preparation at an optimal level has a great impact on the results of the competition. The development of psychological support methods on the basis of scientific and practical research helps to effectively solve problems in this field. In order to win sports competitions, it is important to maintain a stable mental state in addition to good physical preparation. This article talks about the psychological support mechanisms of athletes and their effectiveness.

Athletes should participate in the competition in a calm and reliable environment in order to fully demonstrate their abilities. Psychological preparation not only helps the athlete to overcome internal fear and stress, but also improves their ability to concentrate, make decisions and think strategically. These factors can be decisive in the course of the competition.

Psychological preparation of athletes before the competition is carried out by the following methods:

- Positive motivation: Instill confidence in the athlete by reminding them of their successes and talking about their achievements.
- Relaxation and breathing exercises: Use meditation and special exercises to reduce stress.
- Goal setting exercises: Setting short and long-term goals and discussing ways to achieve them.
- Cognitive-behavioral methods: replacing negative thoughts of athletes with positive ones.
- Visualization: Recommended visualization exercises help athletes achieve their goals.

It is important to manage stress and increase motivation during the competition. The following mechanisms are used for this.

- Maintaining concentration: ensuring that the athlete focuses on the process, not the result.
- Motivational speeches: Lively and enthusiastic support of the coach raises the spirit of the athlete.
- Positive notes: recognition of the athlete's achievements at least once during the competition.

The supporting role of the coach and team members is highly effective. They are:

- Showing confidence in the athlete and believing in his abilities.
- Encouragement in bad situations, do not criticize mistakes.
- Providing positive energy to maintain mental stability during the competition.

Various mechanisms and methods of psychological support are as follows:

1. Psychological training during training: For example, conducting simulated competitions to increase stress resistance.
2. Visualization technique: Exercises to visualize victory.
3. Use of time-out: to calm down the athlete for a short period of time and review the strategy.
4. Empathy: Understanding the problems from the athlete's point of view and helping him.
5. Goal setting methodology: Promotion of effective management mechanisms for a targeted approach.

Summary

Psychological support to the athlete during the competition is one of the decisive factors in increasing his stability and success. When coaches, psychologists and team members work together, the confidence of athletes is ensured. It is very effective to work based on scientific methods in the provision of psychological assistance.

References:

1. Dweck C S. Mindset: The New Psychology of Success; 2012 year.
2. Vaez Mousavi M, Mosayebi F. Sports Psychology. 3rd edition. Tehran: Samt; 2011. Persian
3. Gould D., Wells M R. Coaching behavior in sport; 1981.
4. Freud S, Strachey J. ego and id. The Complete Works of Sigmund Freud. 1st. Norton & Company; 1976.
5. Locke E A., Latham G P. Theory of goal setting and task performance; 1990 year.
6. Vaillant GE. Adaptive mental mechanisms. The role of their performance in psychology. Am Psychol 2000; 55(1):89-98.
7. Lazarus R S., Folkman S. Stress assessment and coping; 1984.