

PSYCHOLOGICAL APPROACH TO EDUCATION OF PHYSICAL QUALITIES OF HIGHER-GRADE STUDENTS

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Abstract: This article discusses modern methods used in the education of physical qualities of high-grade school students. Ideas and comments are given on what results can be achieved as a result of the use of methods.

Keywords: Sports, physical qualities, active games, school, modern education, physical education, methodology, strength, agility, endurance, competition.

INTRODUCTION

For the country's population to be healthy, it is necessary for young people to regularly engage in sports.

In the era of information technologies of the 21st century, as a result of the development of computers and mobile communication devices, the health indicators of the population have significantly decreased compared to previous years. According to the World Health Organization (WHO), a large proportion of students do not meet the minimum standards of physical activity. [1].

Physical education serves not only as a means of forming a healthy lifestyle for schoolchildren, but also as a means of developing volitional qualities, social adaptation and increasing mental stability.

Although the role of physical education in the modern educational process is increasing exponentially, the level of physical activity of the younger generation is still lower than in previous years.

The rapid development of modern information technologies, on the one hand, increases the international ranking of countries, but on the other hand, affects the general physical development of schoolchildren, reducing their health indicators and level of social activity.

Motivation plays an important role in increasing the physical activity of students in physical education and sports, improving their health indicators and developing their physical abilities, and achieving high results in sports. Psychological motivation in developing the physical qualities (strength, speed, endurance, agility and flexibility) of school-age children increases their enthusiasm for exercise and improves efficiency.

LITERATURE REVIEW

The process of developing the physical qualities of children and adolescents is directly related not only to their physical condition, but also to mental and psychological factors. Under the leadership of Professor Z.G. Gapparov of the Uzbek State Institute of Physical Education, R.D. Kholmukhammedov, F.K. Turdiyev, A.A. Shabanov, D.R. Rapidjonova and others, the scientific research and published scientific articles on improving the psychological characteristics of boxers and climbers and their special skills play a special role in the psychological preparation of athletes for sports competitions. Professors such as H. Rafiyev, J. Eshnazarov, and teachers such as Associate Professors Y. Masharipov, T. Hayitov, B. Haydarov, U. Do'sanov, and F. Qosimov have also been seriously engaged in the problems of using national and universal values in the psychological and physical preparation of athletes for sports competitions.[2.3-4b].

.R.A. Piloyan,[1984]; A.V. Radionav,[2008]; A.N. Bleyer,[2009]; Z.G. Gapparov,[2010]; S.S. Tajiboyev[2017] have done a lot of work on the development and formation of sports motivation[5. 35-b]. In the studies of our country's psychologists R.A. Abdurasulov, Sh.R. Baratov, D.Sh. Baratova, Z.G. Gapparov, Z.E. Gaziyeva, Z.Fayziyev, A.M. Jabborov, V.M. Karimova, D.G. Mukhamedova,

Z.T. Nishonova, A.M. Nazarov, N.S. Safojev, R.S. Samarov, G.B. Shoumarov, E.G. Gaziev and others, a certain level of research has been conducted on the scientific and theoretical study of psychological service and its development history, application in the field of sports, team cohesion of athletes, motivation for interpersonal relationships, and the level of mutual cooperation. [6. 6-b]. Modern research in the field of social psychology, sports psychology and psychological service by psychologists from the countries of the Commonwealth of Independent States, including K.A. Abulkhanova-Slavskaya, A.G. Asmolov, A.F. Bondarenko, V.A. Yadov, V.M. Rusalov, S.L. Rubinshteyn, A.V. Petrovsky, D.N. Uznadze, A.Y. Kharevskaya and others, focuses on the problems of providing psychological service in teams and its scientific and theoretical results, psychological interpretation of team relations, and studying the psychological state of sports team members. [6. 6-b]. The methodology of psychological service and its scientific interpretation, the organization of psychological service in the field of sports, the assessment of its effectiveness, and the role of psychological service in the psychological preparation of athletes are widely reflected in the scientific research of foreign researchers A. Bandura, R. B. Cattell, Z. Freud, E. Fromm, A. Maslow, A. S. Puni, H. Heckhausen, R. S. Wensberg and others [6. 6 -b].

Motivation plays an important role in increasing the effectiveness of physical education. Motivation is considered as a process that regulates behavior. [3. 54-b]. It is a set of internal and external factors that ensure a person's pursuit of his goal, and is also important in sports and physical education. Studies show that children with high motivation are more inclined to physical activity, regularly participate in training and achieve good results [Deci. Ryan]. The decline in physical activity among schoolchildren is one of the main problems in modern society, which also negatively affects the general health of the younger generation. According to the World Health Organization, only 20-30% of children aged 5-17 meet the recommended daily physical activity standards [1].

The importance of motivation in the development of physical qualities

The terms "physical qualities" and "physical fitness" are divided into sections in specialized literature. They determine certain aspects of a person's ability to move.[4].

Strength: Human strength is the ability to overcome external resistance through muscular strength.[4. 93-b].

Speed: The ability of a person to perform motor activity in a given situation with minimal time.[4. 101-b].

Agility: The ability to perform complex movements.

Endurance: The ability to resist fatigue in any activity. [4. 116-b].

Flexibility: The morphofunctional properties of the musculoskeletal system.[4. 123-b].

Motivation is a very important factor in achieving high results and forming physical qualities. The higher the motivation of schoolchildren, the stronger the level of achievement of their potential and the higher the level of positive results.

Motivation is divided into two main types:

1. Intrinsic motivation - motivation associated with the student's desire for self-development, liking sports and enjoying the training. People with intrinsic motivation have a very high level of achievement of their goals. If we look at some studies, the rate of achievement of results in people with intrinsic motivation is 65%.

2.Extrinsic motivation - motivation associated with the encouragement of a coach, parental support, awards or prestige in the team.Extrinsic motivation is a motivation that is effective for a person for a short time. If we look at some of the studies, the effectiveness of external motivation in showing results is 25%.

Methods and results of increasing psychological motivation in sports

1. The method of using competitions and game methods - Sports competitions increase children's enthusiasm for movement, raise their mood and strengthen their internal motivation. As a result, the level of development of lethargy in them significantly decreases.
2. Differential approach method - Organizing classes taking into account the individual abilities of each student increases their participation. As a result, the level of physical activity gradually increases.
3. Method of creating a team environment - When students feel important in their teams, their motivation is high. This, in turn, will contribute to the effectiveness of their subsequent work.
4. Method of encouragement and assessment - Students should be encouraged not only for their achieved results, but also for their efforts, aspirations and work. This will help to increase the level of their general physical activity.

The main goal of the physical training process is to develop the highest (maximum) physical qualities in an athlete. [2. 61-b].

Proper motivation and the right approach to school students will not only improve their physical qualities, physical activity, but also cause them to show high results in all areas.

CONCLUSION

To successfully develop the physical qualities of students, it is necessary to form and encourage them to have a positive attitude towards sports. Regular support from teachers, coaches, and parents, arousing interest through games and competitions, as well as creating a team atmosphere are effective ways to increase motivation. This in turn will contribute to the high performance of students in all areas.

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