

### The Role of Values in the Psychological Preparation of Athletes for Competition

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#### ABSTRACT

*This article focuses on the role of values in the mental preparation of athletes for competition. The text of the article also details sports competitions and their psychological preparation, conditions of psychological training, personal psychology of the athlete.*

Relevance of the problem: Nowadays, the role of psychological preparation is becoming more and more evident in the factors of success in sports competitions, as well as in the factors that cause the athlete to fail. In team sports, mental preparation is primarily manifested in the form of the formation of the collective consciousness of players united by a single idea, a single goal and a motive of high social importance. Orientation in this way determines the mental preparation of the athlete. In the orientation of the athlete's consciousness, it is necessary to pay attention to the social values that are basic for the athlete. Because the athlete's attitudes, value orientations control the implementation of his needs in different competition conditions. Therefore, the scientific research of personal values and their role in sports activities, the harmony of life and professional values, is one of the urgent tasks facing today's sports field and some social sciences.

Professor Z.G. Gapparov emphasizes that in this situation, it is necessary to organize the mind of the athlete in a focused way by creating a fighting mood suitable for the competition ahead of the athlete and coordinating it with the capabilities of the athlete [1,35]. According to the psychologist R.A. Piloyan and V.Ya. Yadov, it unites all regulatory structures as dispositions, that is, "tendencies". The authors substantiated the hierarchical organization of the

system of dispositional structures in the "dispositional concept of managing the social behavior of a person" [1,85]. In the scheme developed by him, at the lower level of the system of dispositions, there are elementary registered institutions of an unconscious nature and related to the satisfaction of vital needs.

The degree of study of the problem: The issues of the athlete's personality values and their influence on sports motives and competitions have been widely studied by a number of foreign and domestic scientists. In particular, from foreign researchers V.E. Milman, B.A. Vyatkin, V.L. Marishuk, A.V. Malchikova, Yu.Ya. Kiselev, G.D. Gorbunov, S.E. Pavlov, T.N. Kuznetsova's research is a clear example of this. The researches of local scientists such as M.Mamatov, E.G'oziev, Z.Gapparov, U.Abdullaev, R.Yoldasheva, A.Atoev, F.Nasriddinov are very important in the study of this issue. A high level of personality dispositions embodies a system of value orientations of a person that corresponds to higher social needs and responds to a person's attitude towards life goals and means of their satisfaction. Each level of the dispositional system is involved in various areas of communication and corresponding situations: for example, a close family circle, a small contact group, a specific field of activity, and finally, a specific type of society as a whole. So, we can conclude that the levels of management of sportsman behavior in the dispositional concept differ from each other in their composition and the share of biological and social components in their occurrence. Unlike the above, V.N. According to Tropnikov, in this way, the athlete is fully connected to the values of the sports team that sees him in the competition ahead. It is self-evident that the levels of a person's dispositional system differ with the level of awareness of the described regulatory structures [3,19]. The value orientations that determine the life goals of the athlete reflect those that are considered the most important for him and that have personality content for him, respectively.

**Research results:** A surprising situation is revealed in the relationship between the target values of sports school students and family life spheres. According to the results, the family life of athletes is related to their goal values such as Creativity, Self-Work, Achievement Orientation, and Self-Preservation, but it is not related to their goal values such as High Prestige, High Material Security, Active Social Relations, and Spiritual Satisfaction. That is, as long as athletes realize these tasks and goals for themselves.

Value orientation in sports school students and its impact on the results related to professional activity indicators

**Schedule-4**

№	Professional activity	Educational field	Family life	The sphere of social life	A world of interests
1	,550**	,543**	,559**	,399*	,558**
2	,523**	,469**	,567**	,460**	,442**
3	,413*	,576**	,425*	,577**	,614**
4	,462**	,519**	,187	,603**	,428**

5	,699**	,589**	,500**	,650**	,650**
6	,661**	,606**	,541**	,572**	,554**
7	,505**	,518**	,400**	,617**	,427**
8	,656**	,619**	,575**	,675**	,684**

## YMY

\* $p < 0.05$

\*\*  $p < 0.01$

Based on this, it can be said that the students of the sports school are proud of their professional activity - sportsmen. That is, when choosing a sport, our athletes are interested in knowing what people think about their chosen sport. However, when the relationship between the educational field and the target values of athletes is checked (except for the target values of self-preservation), all the target values are not at the level of reliability (Table 3). . Therefore, they do not consider it necessary to be educated in the direction of the values of the student of the sports school, to expand his worldview. As an exception, only the objective value of self-preservation depends on the field of education. That is, ( $r=0.536$   $p < 0.01$ ), some of the athletes have their own direction in education and are distinguished by their desire to follow their life principles without doubt.

## Summary

While researching the issue of the system of personal values and its orientation and the attitude of sports school students to values, we can come to the following general conclusion based on the studied theoretical analyzes and the obtained practical evidence:

1. One of the most important features of the system of personal values is its versatility, which consists in the fact that the sign of the hierarchy of values - significance as a person - embodies diverse structural aspects expressed by the influence of various types and forms of social relations.

2. The system of value orientations of the person, occupying an intermediate position between the internal norms and the norms of the social environment, ensures the interaction of these elements with the more general "human" system. The two-sided nature of the value system conditioned by individual and social experience at the same time determines its double functional importance.

3. Judging from the mutual difference and correlation of the attitudes of sports school students and general school students to values, it can be said that the target values of athletes are more clearly directed in the same direction than general school students. Other non-athlete peers have different values.

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