



Ensuring Victory In Judo Based On The Improvement Of Positive Personal Qualities

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ABSTRACT

This article explores and discusses the importance of personality traits that develop in judo to ensure victory. Article examines the psychological characteristics of the development of personal qualities of athletes involved in judo.

KEYWORDS

Psychology, personality, orientation, self-control, stress resistance, socialization, sports psychology, judo, athlete's personality, personal qualities.

INTRODUCTION

In our country, consistent measures are being taken to develop physical culture and sports, create the necessary conditions and infrastructure to promote a healthy lifestyle, especially among young people, to ensure the country's worthy participation in international sports arenas. Engaging young people in

sports and thus educating them so that they become fully mature and versatile is one of the pressing issues on the agenda.

The Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No. PD-5663 "On measures to radically improve the system of public administration in the field of physical

culture and sports” lists the following topical issues. [1]

In particular: the lack of an effective integrated system of physical culture and sports management in the field, the lack of popularization and promotion of healthy lifestyles; lack of a concept for the development of physical culture and sports in the medium and long term; lack of an effective and transparent system of selection of talented athletes among young people; production of quality local sports equipment and inventory that meets international standards has not been established, nor has an effective mechanism to support such production been envisaged.

As stated in the Decree No. PD-5924 of January 24, 2020 “On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan”, in recent years in the Republic of popularization of physical culture and sports Consistent measures are being taken to create the necessary conditions for physical rehabilitation and to ensure the country’s worthy participation in international sports arenas. As stated in the Decree No. PD-5924 of January 24, 2020 “On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan”, in recent years in the Republic of popularization of physical culture and sports Consistent measures are being taken to create the necessary conditions for physical rehabilitation and to ensure the country’s worthy participation in international sports arenas. [2]

THE MAIN FINDINGS AND RESULTS

In particular, much attention is paid to judo. The attractiveness of this sport, its positive influence on the human psyche, the formation of the quality of courage and a sense of

nobility, as well as the fact that it is a part of the Olympic Games, is different from other sports. In order for judo wrestlers to quickly adapt to the training process and achieve high results in competitions, it is important to improve their positive qualities and psychocorrection of negative ones.

The problem of personal qualities is widely studied and studied by a number of scientists around the world. In particular, in the social sphere Yu.N.Emilyanov, L.A.Petrovsky, Yu.M.Zhukov, V.G.Loos, G.A.Kovalev, N.V.Grishina, A.A.Kidron, Yu.F.Maysuradze, L.I. Berestova, A.V. Evseev and others, in the educational system Yu.V. Vardanyan, N.V. Kuzmina, E.V. Popova, A.K. Markova, M.I. Lukyanova and A.G.Asmolov, E.A.Klimov, L.A.Petrovskaya, L.M.Mitina, D.A.Leontev and others conducted research and collected scientific and practical data in the system of professional activity. [4]

About the formation of personality traits from our scientists M.G.Davletshin, E.Goziev, V.M.Karimova, G.B.Shoumarov, B.R.Kodirov, R.S.Samarov, Sh.R.Baratov, B.N.Sirliyev, A.I.Rasulov and P.S.Ergashev revealed the psychological aspects of the problems inherent in professional activity and its various stages of personal development.

In the field of sports, Uzbek psychologists R.Z. Gainutdinov [5], Z.G. Gapparov [6], D.N. Arzikulov [3], M. Mamatov [8], Kh.B. Tulenova [9], R. A. Abdurasulov [4], Z. Gozieva [7] and others carried out scientific research.

However, the problem of the influence of personal qualities on the achievement of high sports results by athletes engaged in judo wrestling has not been specifically studied as a separate object of study. Based on their research, we focus on the development of psychological characteristics of the judoka’s

personal qualities that affect the outcome of the sport.

In our opinion, the improvement of the following positive personal qualities is important in ensuring victory in judo: patriotism is a character trait characterized by a person's love for his homeland, boundless devotion; national pride - a positive quality, consisting of a sense of justified pride in the territory of its nation, its natural material and spiritual wealth, glorious past, positive traditions, traditions, heroes and prospects; Purposefulness - a characteristic of the character, which is expressed in the ability of a person to subdue his actions to sustainable life goals, always ready and determined in the pursuit of the goal; activity is an important quality of an individual aimed at changing reality to meet their own needs. Activity is involuntary and voluntary, and is manifested in one's activities - work, study, play, social life, sports, creativity, etc; Courage is a complex will and character trait, consisting of a unique combination of qualities such as courage, determination, perseverance; self-control - a positive quality of a person, consisting of conscious control of their physical and mental activity; stress tolerance is the physical and psychological endurance of the negative effects that occur in an athlete's personal life, training and competition processes. [10]

There are also negative qualities of judokas that affect sports results, including: asthenic sensations - negative sensations that weaken a person's activity, enthusiasm; arrogance - to overestimate oneself, to ignore or discriminate against one's opponent; instability of attention - the inability to concentrate on an object for a long time; low will - the inability of a person to force himself to perform a certain type of activity or to subordinate his actions to his goals;

indiscipline is a negative trait that consists of breaking the established rules between work, study, sports team and family members. [10]

The above positive qualities can be improved with the help of psychological preparation, education, psychological counseling, and negative qualities can be prevented with the help of psychocorrection. It is obvious that the development of applied psychology in the field of sports, as well as the conduct of scientific research will ensure the development of this direction.

CONCLUSION

In conclusion, it should be noted that the development of athletes who regularly go in for judo, personal qualities, such as courage, determination, self-control, general activity, conscientiousness, purposefulness, endurance, contributes to ensuring victory. The following recommendations have been developed to achieve high sports results based on the improvement of personal qualities of athletes who regularly practice judo:

- Cooperation of sports federations in identifying talented youth and establishing qualifying work at the required level in order to improve the status of judokas on the world stage in our country;
- Creation of a base of methods aimed at determining the personal qualities of judokas and thus conducting psychodiagnostic work;
- Improving the properties of psychotraining, psychoprophylaxis and psychological counseling through psychotherapy and psychocorrection, which lead to distraction from the activities of athletes;
- Development of a program aimed at scientific and practical study and development of psychological aspects of

improving the personal qualities of an athlete through the types of judo wrestling.

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