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May, June, 2021 Shawnee, USA
Conference Proceedings

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CULTUROLOGY

STRESS FACTORS AND CHARACTERISTICS OF STRESS IN SPORTS ACTIVITIES

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Unlike training, an athlete's only goal in competitions is to demonstrate his or her ability to do everything, to understand the training that begins in training, which is characterized by the level of development of physical and motor qualities necessary for the sport, and these mental features and functions. However, the success of the competition depends not only on the level of training of the athlete, but also on his condition. Athletes who train well and perform well in training often perform poorly in competitions due to stress, over-excitement, "mandrels," and so on. Darhaqiqat, sportchi o'zining jismoniy, texnik va taktik qobiliyatlarini, mahorat va ko'nikmalarini to'liq amalga oshirishi, musobaqaning majburiy elementi sifatida zaxira imkoniyatlarini ochib bera olishi uchun u psixologik jihatdan ma'lum stress omillariga tayyorlanishi kerak.

Thus, mental stress is a state of extreme mental strain and behavioral imbalance that develops under the influence of a real threat or, indeed, extreme stressors of sports activities.

Mental (competitive) stress that occurs in athletes in connection with participation in sports is a complex psychophysiological condition of an individual, which is determined by several systems of conditions at different hierarchical levels. The impact and strength of this stress on an athlete's performance depends on the ratio and interdependence of his or her various individual characteristics: socio-psychological, personal, psycho-logical, psycho-dynamic, physiological, that is, the whole system of their interaction [3].

No matter how you feel the stressor and fatigue, fatigue, pain, fear, anger, etc., the reaction will be similar: the activity of the endocrine system increases, hormonal activity increases sharply rises, steroid hormones are released, which in turn leads to changes in many functional systems: increased pulse and respiratory rate, increased blood pressure and muscle tone, tremors, kinesthetic sensitivity worsens, movements become less coordinated, and less economical [8]. In addition, "intellectual" control over behavior deteriorates, attention becomes difficult to distribute and shift, the criticality of evaluating one's own actions decreases, and inadequate decisions can be made.

Stress factors in sports activities include:

1. Competitive wrestling aimed at winning a match (competition) or defeating an opponent;
2. In wrestling, the maximum strength of all the physical and mental strength of the athlete, without which victory is impossible;
3. The process of long, regular, regular training, which significantly changes the lifestyle of the athlete. Qisqa muddatli stress omillariga
 - Fear (when performing exercises with a previous injury; when meeting a clear favorite; with an unfavorable prognosis, etc.);
 - Unpleasant physical sensations (pain, fatigue, etc.);
 - speed and velocity (unreasonably high rates for the result, information overload, the need for excessive force and speed of movement, etc.);
 - failures (error in movement technique, unsuccessful start, etc.).

Long-term stresses:

- the risks and dangers of competitive activities (moto and motorsport, skiing, etc.);

long-term load that causes fatigue (increased physical and mental fatigue, long-term exercise against the background of uniformity of conditions, etc.);

- struggle (competitive activity, the need to quickly change the mode of operation, etc.);
- isolation (impossibility of communication during the competition, non-compliance with team requirements, etc.)

Obstacles are the external environment and objective conditions of activity that prevent the achievement of the goal in the process of solving the task of the tool. These can include material barriers (load weight, distance, wind, etc.) that resist physical forces during exercise, and confusing factors (accidental failure, over-stimulation of the athlete, unfair refereeing, etc.).

threatening the movement of athletes and their identity in the successful execution of their safety.

Challenges are a specific internal barrier that results from an athlete's incompatibility between energy and (or) information resources (actually physiological and psychological) in relation to exercise requirements. They can be active and personal.

Difficulties in activity occur in a state of operational tension in overcoming the resistance of the athlete's body and physical forces acting directly on the body, and have two main types: physical, with the intensity required to perform the exercise over a long period of time. and speed (less power, not enough endurance, you need faster) and technical, impedes proper coordination of movements in time and space (I don't know, I have a bad idea, I don't feel I don't know).

Personal difficulties arise when emotional tension prevails over the struggle of motives. They indirectly complicate an athlete's movement through the deterioration of his or her mood and can lead to depression or excitement. Oppressive difficulties reduce the motivation of motives (tired, fearful, uncertain); Excited - reduces the effectiveness of cognitive processes (very anxious, hurried, angry)

It is a well-known fact that athletes with a lot of experience and skills are more successful in a competitive stress situation. Obviously, in many official competitions, there are qualifying starts, "evaluations" and so on. they adapt to the effects of certain stressors and learn the self-management techniques needed in stressful situations. It has been found that exposure to low-intensity stressors (irritants) enhances adaptation to the same high-intensity stressors. Based on this regularity, methods of psychological preparation for stress have been developed: stress-vaccination therapy D. Meichenbaum

Psychological support for athletes to cope with stress includes psychodiagnostics, psychoprophylaxis and psychoregulatory measures.

Conclusion. Thus, the use of various tools, methods and psychological exercises based on taking into account the individual psychosomatic and personal characteristics of athletes, the specifics of their competitive activities and the predominant stressors of internal and external nature. necessary personal characteristics that are responsible for successfully coping with stress in competitive sports activities. And how to provide psychological support to the athlete in a timely and qualified manner, his sports life, physical and mental well-being, success, satisfaction with himself and the results of the sport, self-confidence and ability in sports and beyond