

**ТЕХНИКА ФАНЛАРИ**

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# ТЕХНИКА ФАНЛАРИ ТЕХНИЧЕСКИЕ НАУКИ TECHNICAL SCIENCES

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## THE FEATURES OF THE PSYCHOLOGICAL PREPARATION PROCESS OF TURON FIGHTERS TO COMPETITIONS



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### ANNOTATION

This article deals with the features and advantages of the psychological preparation process in the forthcoming competition in the field of physical training, general and special psychological training of the participants of the single fighting.

**Key words:** equipment(aid), quality, psychology, sportsman, representation, sense, intellectual, master(coach), global, power, tactics, turonist.

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## ОСОБЕННОСТИ ПРОЦЕССА ПСИХОЛОГИЧЕСКОЙ ПОДГОТОВКИ БОРЦОВ ТУРОНА К СОРЕВНОВАНИЯМ

### АННОТАЦИЯ

В данной статье рассматриваются особенности и преимущества процесса психологической подготовки на предстоящих соревнованиях в области физической культуры общей и специальной психологической подготовки участников единоборства.

**Ключевые слова:** метод, качество, сорт, психология, спортсмен, изображение, образ, интуиция, интеллект, магистр, общей, сила, искусство тактики стратегии

**I**ntroduction. Nowadays it is being used spiritual and psychological means and ways of teaching in the sphere of sports. It tends to improve not only physical feature and knowledge but inner world of students. Intellectual freedom of students is based on the development of teaching methods of trainers. Kreyt Bran said: "Trainers ought to pay attention to the development of sportsmen's skills and abilities in order to enhance every

sportsmen's good features. Psychological preparation depend on psycho-pedagogical events and competitions". The sportman who trained psychologically could win the competitions at sports events. Sports trainers prepare sportsmen to sports competitions and events. Psychological training helps experienced sportsmen to win at all sports competitions and events.(1,2,3). In order to improve every sportsmen's good features trainers should pay attention to develop sportsmen's skills and abilities according to psychological preparation-psycho-pedagogical events. The sportsman who trained psychologically could win the competitions at sports events. Sport specialties and trainers should pay attention to the psychological preparation of participants. Because, psychological training helps experienced sportsmen to win at all sporting competitions and events.

To create psychological prearrange of of person, his activities depends not only on outside but inner impacts either [4].

Main Part: To improve every skilled sportsmen's preparation process based on psychological preparation. Psychological preparation consists of taking part of sportsman in competitions, to gain a good result from creating possession of psychological preparation and carry out during the sport activities. To create a psychological preparation process is a trouble of master and sportsman and active energies subject. According to the pedagogical meaning, this trouble consists of to find and organize psychological preparation processes, to resources, methods, and systematic style. To solve effectively this matter's circle demand from masters and sportsmen to understand the meaning of psychological events. From points of future sport conditions to improve the psychic preparation process consist of direct and organizing sportsmen's consciousness and attempts.

Today's psychology want to demonstrate the whole environment in the people mind and to show their attitudes. To demonstrate the environment and own appear in the people's mind as the characters, ideas and feelings. This attitude take part as the every improving history of people's individual choice of peculiarity and connect with the environment's social education and experiment base on another emotional view [V.N. Myasishev].

The ability to reflect and respond to him in his or her relationship with the social and natural environment in which he lives and his attitudes always go together and act in a certain way and his attitude always takes place together and is realized by certain actions reflects and displays one or more objects in relationship but one time relationships have a known impact on the subject's repetition of single object or similar object. The interaction of the individual with the social and natural environment in which it is acquired, and the attitude towards it always involves the participation and the specific action. The behavior of a person and his peculiar actions are determined not only by the external environment, but also by the system of relationships or attitudes that have arisen in the past, not in the direct influence of the internal environment of the body and its changes. At the same time, occur and change athlete's mind - oriented competitions the behavior of a person and his particular actions are determined not only by the external environment, but also by the Yurasov and Yegorov can easily be used to describe sports psychology with the following words: I can do it - want to do it, the rational, spiritual emotional basis of the interconnected competition that has been created by the athlete in the mind - set organization of psychic training moderation the knowledge of the athlete's mind is to create an imagination of the contingent conditions for the competition, which can create a positive attitude to the athlete to take

part in competitions all this done in the conditions of preparation for the competition. The advertiser finds expression in the concrete actions of the coaches.

That is why it is prepared for competitions but also in the context of jointly planned and modeled events in the training process, are considered as a targeted process sporting activities. This is not only about sporting achievements, but also the training process for the formation of personality with the well-developed physical and spiritual strength in the mass sports, thus simultaneously preparing sportsman for competitions the pressing issues facing the comprehensive development of well-developed person in the mass sports are deeply reflected in the sporting activities.

This is not only about sporting achievements, but also the training process for the formation of personalities the pressing issues facing the comprehensive development of a well-developed person in the mass sports are deeply reflected in the decision of President of the Republic of Uzbekistan SH. M. Mirziyoyev on PQ - 3031 of June 3, 2017 " On measures to further improve physical culture and mass sports " to build lifestyle in our society, to create conditions that will meet the needs of the population, especially for physical training and mass sports, to strengthen young people's and talent through sports competitions, courage and patriotism, fidelity to motherland as well as organizing the selection of talented athletes among the youth, and the development of physical culture and mass sports, and their comprehensive training in international competitions. Characteristics of the process of psychological preparation of the turon fighters in competition.

Turonic martial arts is one of the national kinds of Uzbek national sports, and nowadays our country become a favorite sport for young people in the former Uzbek kurash. This single sport competition continues uncompromising and requires a through preparation of athletes physical, technical, and tactical training of the major competitors, psychological training is crucial in solving the most important goals in the world.

The result is that most trainers train physical, technical and tactical training in daily workouts they believed that the results achieved in the competition are related to these factors, but nowadays psychological training of athletes is proven in scientific competitions, which is gaining momentum in competitions. General Psychological Trainings a special psychological training of the wrestler in each competition, if it solves the tasks of sports training, educational, educational tasks, and in particular, adaptation to the extreme conditions of the tournaments, is a component of the formulation of willingness to participate. General psychplogical training is carried out with physical, technical, and tactical training during the whole process of sporting, with the help of which the spesifictasks are solved.

### 1-schedul

<i>№</i>	<i>Tasks</i>
<i>1</i>	<i>To bring up wrestling behavior attitude</i>
<i>2</i>	<i>Forming circumstance among the sportsman's and team</i>
<i>3</i>	<i>To bring up attitude odetermination</i>
<i>4</i>	<i>To develop position of the notice aspecially " to feel competitor", "to feel time and places" to develop such kind of special types of the comprehend</i>
<i>5</i>	<i>To develop strong of the attention division and to pass one another</i>
<i>6</i>	<i>To develop tactic thought</i>
<i>7</i>	<i>To develop abilities of controlling the emotion</i>

Conclusion. It is crucial to train the physical qualities and develop tactical movement in the process of preparing the turon fighters, and contribute to the formation of side - by- side characteristics and personal qualities. The athlete needs to focus on working hard, cultivating and improving his thinking. It is necessary to eliminate the negative effects of the team by demonstrating a consistent impact on the formation of personal qualities during training and competitions, a high level of emotion of sports team, friendly relations, unity of tribal fighters are one of the necessary conditions for good psychological climate in training and competitions.

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## МУНДАРИЖА / СОДЕРЖАНИЕ / CONTENT

**M.Shukurova, T.Kenjaeva, M.Ruziyeva**

THE CONCEPT OF ICT COMPETENCE OF PERSONNEL.  
THE IMPORTANCE OF HAVING ICT COMPLEMENT AND  
INFORMATION CULTURE.....3

**M.Rahimov, Z.Xamidjonov**

ISSIQLIK ELEKTR MARKAZI TURBOGENERATORLARI  
SAMARADORLIGINI OSHIRISH.....10

**N.Rajabova**

SOME USEFUL INEQUALITIES FOR TRIANGLES.....14

**R.Shukurov**

THE FEATURES OF THE PSYCHOLOGICAL PREPARATION  
PROCESS OF TURON FIGHTERS TO COMPETITIONS.....18

**А.Нугманов, М.Хасанова, Н.Набиев**

ИЗУЧЕНИЕ ПРОЦЕССА КРАШЕНИЯ СМЕСЕВЫХ  
МАТЕРИАЛОВ СОВМЕЩЕННЫМ РАСТВОРОМ КРАСИТЕЛЕЙ.....22

**Р.С.Шукуров, Г.М.Акрамова**

ҲАРАКАТЛИ ЎЙИНЛАР ОРҚАЛИ МАКТАБ ЎҚУВЧИЛАРИДА  
СОҒЛОМ ТУРМУШ ТАРЗИНИ ШАКЛЛАНТИРИШ  
МУҲИМ ОМИЛ СИФАТИДА.....26

**У.Газиёв, Т.Шакиров, Б.Матёкубов**

ЕНГИЛ БЕТОНЛАР УЧУН ҒОВАКЛИ ТЎЛДИРУВЧИЛАР  
ИШЛАБ ЧИҚАРИШДАГИ ЗАМОНАВИЙ ТАСАВВУРЛАР.....32

**Ш.М. Музафаров, Л.А.Батырова, А.Г. Бабаев**

ЛИЧНОСТНО-ОРИЕНТИРОВАННЫЙ ПОДХОД К  
СОВРЕМЕННОМУ ОБУЧЕНИЮ И ВОСПИТАНИЮ КАК  
ФАКТОР РАЗВИТИЯ СТУДЕНТОВ.....37

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