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Реабилитация

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THE STUDY OF THE TEMPERAMENT OF ATHLETES IN FOOTBALL AND BASKETBALL

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ANNOTATION

Modern sport makes high and specific requirements for the mental qualities of athletes due to its inherent characteristics. Temperament determines: 1) the level of ability required for the highest achievements in big sports; 2) the qualitative uniqueness of the abilities required to achieve success in a narrow sports specialization; 3) dynamics, quality originality and individual style of sports activity with the same degree of perfection.

The level of stress during training depends in part on the personality type of a person: he is an extrovert or an introvert. One of the most pressing problems of training young basketball players is the need to improve the educational and training process aimed at increasing the effectiveness and quality of training. Introverts have restraint and endurance that instill confidence in the team.

Psychological peculiarities of football: the presence of hard physical contact together interrelated action partners, a variety of motor action and the variability of conditions for their implementation, make it attractive for persons with relatively high levels of aggressiveness, extroversion and plasticity.

This article discusses the temperament properties of athletes involved in football and basketball. The study involved 60 athletes (30 football players and 30 basketball players) of boys and youths aged 13-15 years. The testing technique assumed the identification of types of higher nervous activity, as well as the influence of temperamen on sports activities.

Since the temperament of a person is directly related to the features of the nervous system, the study of psychology in groups of athletes becomes necessary. Influence of typological features of manifestation of properties of nervous system on strong-willed qualities (patience, persistence) of athletes.

Key words: football, basketball, temperament, athletes, phlegmatic, choleric, sanguine.

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FUTBOL VA BASKETBOL BILAN SHUG'ULLANAYOTGAN SPORTCHILARNING TEMPERAMENTINI O'RGANISH

ANNOTATSIYA

Zamonaviy sport o'ziga xos xususiyatlariga ko'ra sportchilarning ruhiy fazilatlariga yuqori va o'ziga xos talablarni qo'yadi. Temperament quyidagilarni belgilaydi: 1) katta sportdagi eng yuqori yutuqlar uchun zarur bo'lgan qobiliyat darajasini 2) tor sport ixtisoslashuvida muvaffaqiyatga erishish uchun zarur bo'lgan qobiliyatlarning sifat jihatidan o'ziga xosligini. 3) dinamikasini, sifatli o'ziga xosligi va bir xil mukammallik darajasi bilan sport faoliyatining individual uslubini.

Mashg'ulotlar paytida stress darajasi qisman odamning shaxsiyat turiga bog'liq: u ekstrovert yoki introvert bo'lganligiga bog'liq. Yosh basketbolchilarni tayyorlashning eng dolzarb muammolaridan biri bu mashg'ulotlar samaradorligi va sifatini oshirishga qaratilgan o'quv-tarbiya jarayonini takomillashtirish zarurati.

Introvertslar jamoada ishonchni kuchaytiradigan o'zini tuta oladigan va o'zini tuta oladigan xususiyatga ega.

Futbolning psixologik xususiyatlari: qattiq jismoniy aloqaning mavjudligi, sheriklarning harakatlarining o'zaro bog'liqligi, motor harakatlarining xilma-xilligi va ularni bajarish shartlarining o'zgaruvchanligi - uni nisbatan yuqori ko'rsatkichlarga ega bo'lgan odamlar uchun jozibador qiladi.

Ushbu maqolada futbol va basketbol bilan shug'ullanadigan sportchilarning temperament xususiyatlari o'rganildi. Tadqiqotda 60 ta sportchilar (30 futbolchilar va 30 basketbolchilar) 13-15 yoshdagi o'g'il bolalar va o'smirlar ishtirok etishdi. Sinov metodikasi yuqori asabiy faoliyat turlarini, shuningdek temperamentning sport mashg'ulotlariga ta'sirini aniqlashga yordam beradi. Insonning fe'l a'tvori asab tizimining xususiyatlari bilan bevosita bog'liq bo'lganligi sababli, sportchilarning psixologiyasini o'rganish kerak bo'ladi.

Asab tizimi xususiyatlarini namoyon bo'lishining tipologik xususiyatlarini sportchilarning ixtiyoriy fazilatlariga (sabr toqat, qat'iyatlilik) ta'sirini o'rganadi.

Kalit so'zlar: futbol, basketbol, temperament, sportsmen, flegmatik, xolerik, sangvinik.

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ИЗУЧЕНИЕ ТЕМПЕРАМЕНТА СПОРТСМЕНОВ ЗАНИМАЮЩИХСЯ ФУТБОЛОМ И БАСКЕТБОЛОМ

АННОТАЦИЯ

Современный спорт предъявляет высокие и специфичные требования к психическим качествам спортсменов благодаря присущим ему особенностям. Темперамент определяет: 1) уровень способностей, необходимый для наиболее высоких достижений в большом спорте; 2) качественное своеобразие способностей, требуемых для достижения успеха в узкой спортивной специализации; 3) динамику, качественное своеобразие и индивидуальный стиль спортивной деятельности при одной и той же степени совершенства.

Уровень нагрузки во время тренировки отчасти зависит от типа личности человека: экстраверт он или интроверт. Одной из наиболее актуальных проблем подготовки юных баскетболистов является необходимость совершенствования учебно-тренировочного процесса направленного на повышение эффективности и качества обучения. Интроверты обладают сдержанностью и выдержкой, которые вселяют в команду уверенность в своих силах.

Психологические особенности футбола: наличие жесткого физического контакта, совместно взаимосвязанный характер действий партнеров, разнообразие двигательных действий и вариативность условий их выполнения – делают его привлекательным для лиц с относительно высокими показателями агрессивности, экстраверсии и пластичности.

В данной статье рассмотрены свойства темперамента спортсменов, занимающихся футболом и баскетболом. В исследовании приняли участие 60 спортсменов (30 футболистов и 30 баскетболистов) мальчиков и юношей в возрасте 13-15 лет. Методика тестирования предполагала выявление типов высшей нервной деятельности, а также влияние темперамента на спортивную деятельность.

Так как темперамент человека связан непосредственно с особенностями нервной системы, то изучение психологии в группах спортсменов становится необходимым. Влияние типологических особенностей проявления свойств нервной системы на волевые качества (терпеливость, упорство, настойчивость) спортсменов.

Ключевые слова: футбол, баскетбол, темперамент, спортсмены, флегматик, холерик, сангвиник.

The purpose of the study. Study of temperament types of athletes engaged in football and basketball.

Material and research methods. A group was formed for the study, in which 60 athletes involved in football and basketball took part. All athletes train for at least 2 years. Participants have sports qualifications (arresters, CMS, MS). The students are athletes of the children's and youth school of the Olympic reserve No. 3, the higher school of sportsmanship, the preparatory school of the Olympic reserve of the city of Samarkand. To achieve this goal, the Eisenka questionnaire was tested [2].

Using this test, separate psychological indicators were revealed, indicating the functioning of the central nervous system, as well as the interaction of the nervous processes of athletes of certain qualifications.

The characteristics of athletes' physical readiness were given in terms of speed, speed-strength, strength, coordination abilities, speed-strength endurance, hand dynamometry, general motor maturity and physical performance. The functional state of organs and systems included an assessment of the activity of the cardiorespiratory system, functional tests of Martine-Kushelevsky, Shtange and Genche, measurement of blood pressure, heart rate, and respiratory movements.

The testing methodology involved the identification of the following factors characterizing the personality structure: type of higher nervous activity, introversion – extroversion [1].

Results of the study and their discussion. Eisenk's test showed that children with a choleric type of temperament predominate in the group of football players. Choleric footballers are characterized by: increased excitability, discontinuous actions.

They are characterized by sharpness and swiftness of movements, strength, impulsiveness, vivid expression of emotional experiences. Football players with choleric temperament have high indicators in terms of energy, pace and emotionality. At basketball players with temperament of the sanguine person strong-willed qualities, such as persistence, persistence are more developed, he sees a definite purpose, goes all the way the planned task, is capable to act expediently, keeping at the same time technology of movements [3].

Thus, from the graphs presented, it can be seen that choleric make up 58% in the group of football players, the remaining 42% are sanguines and phlegmatics, in the group of basketball players the percentage of choleric is lower - 21%, but sanguines prevail - 79%, phlegmatics and melancholics in the group are absent.

Temperament properties are hereditarily determined personal characteristics and change little under the influence of sports activities [10, 11].

This data can be represented graphically.

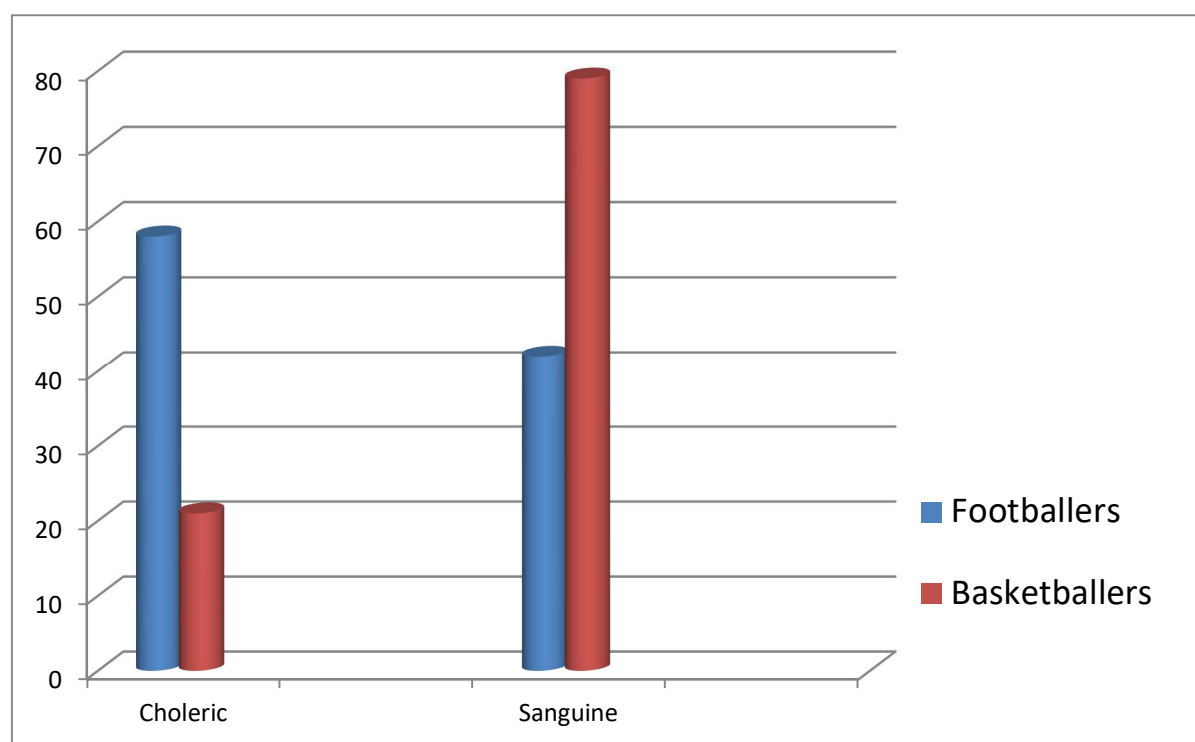


Figure.1 Relationship of choleric to phlegmatics in groups

Characteristic features of choleric are pronounced extroversion (sociability, impulsivity, flexibility of behavior, great initiative, but little perseverance and high social adaptability) and emotional stability or stability.

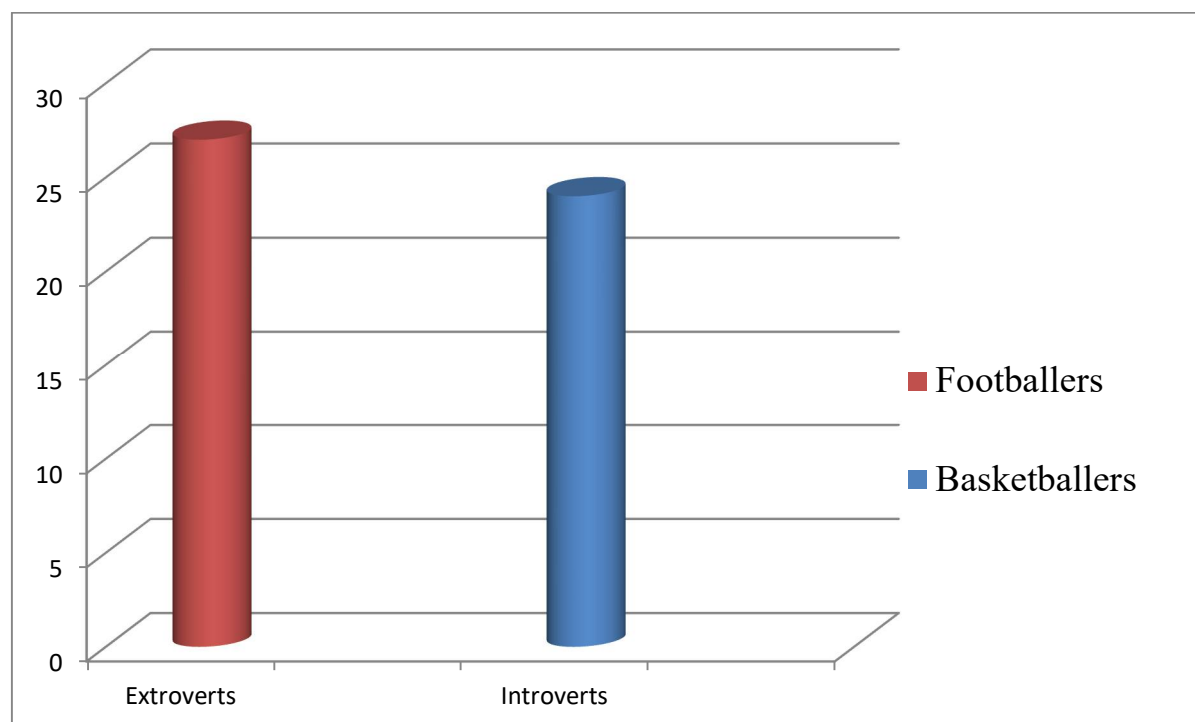


Figure. 2 Average indicators of extra- and introversion in groups.

Thus, from the graphs presented, it can be seen that children - extroverts prevail in the group of football players. In the percentage of such in the group 27%, introverts prevail in groups of basketball players (24%).

Conclusions: Temperament is one of the significant features of man. It defines the biological foundation on which the personality is formed as a social being, and the personality properties due to

temperament are the most stable and long-term. The basis of temperament is, first of all, not only innate qualities, but also individually peculiar (acquired) properties, which also play an important role in the typological belonging of a person. The obtained results can be used in practical work by trainers, sports doctors for individual training activities in order to improve the quality of preparation and performance in competitions [4].

Recently, the ideas of an individual and personal approaches to a teenager have been expressed in pedagogical and psychological practice. Monitoring of personal development, planning, regulation and control of physical activity during classes in sports sections will become a necessary and mandatory element of the educational process [5].

This work made it possible to evaluate the dominant types of temperament in groups of football players and basketball players. The main conclusion is that choleric prevail in the group of players, and sanguine players in the group of basketball players. In this regard, recommendations were made on individual work plans.

Knowledge of temperament, peculiarities of the inborn organization of the nervous system of their pupils, which influences the course of a person's mental activity, is necessary for every coach to understand the characteristics of the behavior and activities of his pupils. It is characterized by: 1) the mindset to achieve high competitive results; 2) the high importance of general and special intellectual abilities.

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