

DESCRIPTIONS OF EMOTIONAL STRESS AND CHARACTERISTICS OF INFLUENCE OF STRESS ON THE PHYSICAL AND TECHNICAL PREPARATION OF FOOTBALL PLAYERS

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***Abstract:** The article deals with the problem of the negative impact of stress on the athlete's competitive performance. Based on the theoretical analysis of literature data, the content of the concept of "stress" is determined, the internal and external stress factors of sports activities are specified and their manifestations, training of athletes with willpower to form resistance to stress, self-esteem it is recommended to increase the value, develop creative abilities and use various methods of mental self-management.*

***Key words:** football player; competitive activity; stress; stress factors, psychological support of athletes.*

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Any human activity is related to meeting needs. Emotional experiences are a way of expressing the need for knowledge.

Emotions are elementary experiences that appear in a person under the influence of the general state of the body and the process of meeting urgent needs. This definition of emotions is given in a large psychological dictionary.

Emotional states are one of the types of emotions that are distinguished by their long duration and are measured in hours and days.

With their modality, emotional states can be brought from nervousness, anxiety, calmness, different shades of mood - from depressive states to euphoria. However, often they are mixed conditions. Since emotional states are also emotions, they also reflect the relationship between the subject's needs and the objective or subjective possibilities of satisfying the situation.

Knowing the nature of psychological foundations and emotional states is one of the necessary factors for self-management of a person's behavior.

Emotions are elementary experiences that appear in a person under the influence of the general state of the body and the process of meeting emergency needs [1]. This definition of emotions is given in a large psychological dictionary.

In other words, "emotions are subjective psychological states, which are direct experiences, pleasant or unpleasant feelings, a person's attitude to the world and people, the process and result of his practical activity reflects"

A number of authors adhere to the following definition. Emotions are direct, unbiased experience, the vital meaning of events and situations, mental reflection conditioned by the connection of their objective properties with the subject's needs. According to the authors, this definition contains one of the main

features of emotions, for example, distinguishes them from cognitive processes - directly to the topic of the connection between the need in them and the possibility of its satisfaction representative A.L. According to Groisman, emotions are a form of mental reflection on the verge of physiological reflection (to the content of knowledge) and are a unique personal attitude of a person to the surrounding reality and to himself.

All emotions can be divided into emotional reactions, emotional states and emotional relationships, depending on the duration, intensity, objectivity or ambiguity of emotions, as well as their quality (V.N. Myasishchev).

Emotional reactions are characterized by a high degree of occurrence and transition. The last moments are distinguished by their more specific quality (modality) and sign (positive or negative emotions), intensity and objectivity. The objectivity of an emotional reaction means a more or less clear connection with the event or object that caused its appearance. An emotional reaction usually always arises about the events that happened to something or someone in a certain situation. This is fear of a sudden noise or shout, joy at hearing words or facial expressions, anger at an obstacle or someone's actions, etc. It should be remembered that these events not only trigger the emergence of emotion, but the reason is the biological significance or subjective significance of the event for the subject. The intensity of emotional reactions can be different - from almost imperceptible to overwhelming even for the subject [3].

Emotional reactions are often a frustrated reaction to expressed needs. Frustration (from the Latin *frustatio* - to deceive, destroy plans) is a mental state in psychology that arises in response to the appearance of an objectively or subjectively insurmountable obstacle to the satisfaction of this need, to achieve a goal or to solve a problem condition. The type of frustration reaction depends on many situations, but often it is a characteristic of a certain person. It can be anger, despair, hopelessness, guilt. Emotional sensitivity is a person's sensitivity to emotional situations, i.e. situations that can cause emotions. Since different people have different needs, each person has their own situations that trigger emotions. At the same time, there are some features of the situation that make them emotional for all people. These are: unusualness, novelty and suddenness (P. Fress). Unusualness differs from novelty because there are those types of impulses that are always new to the subject, because there are no "good answers" for them, it's loud noise, the loss of a supporter, darkness, loneliness, imaginary images, connections between familiar and unfamiliar. There are individual differences in the level of sensitivity to emotional situations common to everyone, as well as in the number of individual emotional situations.

Football is the most popular and favorite game in most countries of the world. Playing football, which is associated with the need to maintain high performance for a long time and perform work at maximum intensity against the background of significant general fatigue and stress, requires high stability in the interconnection of functional systems. Therefore, the technical and tactical skills of the players are shown in the game with the necessary efficiency only against the background of a high level of physical fitness.

All sports are associated with psychological stress of varying nature and intensity, and football is no exception. Players experience stress during the game, which is definitely reflected in their sportsmanship and technical skills. Therefore, this work is relevant, because it is important to know how the stressful situation affects the sports and technical skills of the football player and what consequences this can have. In connection with the above, the purpose of our study was to determine the effect of stress on the sports and technical skills of football players. We hypothesized that a stressful situation would have a negative effect on the sportsmanship and technical skills of football players; that's it. lowers mastery scores. The Spielberg-Hanin scale is currently used as a research tool, which is one of the most reliable and informative methods for assessing the level of anxiety (as a state of reactive anxiety) and personal anxiety (as a stable characteristic). Personality anxiety describes a persistent tendency to perceive various situations as worrying. Reactive anxiety is characterized by tension, worry and nervousness. Very high reactive anxiety causes impaired attention and sometimes poor coordination. Very high personal anxiety is directly related to the presence of neurotic conflict, emotional, neurotic disorders and psychosomatic diseases.. However, anxiety is not a negative phenomenon in itself

A certain level of anxiety is a natural and inevitable feature of an active person. At the same time, there is an optimal individual level of "useful anxiety". Ch.D.Spielberg and Yu.Khanin's self-assessment scale consists of two parts, which assesses reactive (RT) and personal (LT) anxiety separately. Personal anxiety is relatively stable and not situational because it is a personality trait. On the other hand, reactive anxiety can be triggered by a specific situation. The following exercises were used to assess the sports and technical skills of the players:

- passing the ball from a partner to a partner - the basic technique of the attack that allows the attackers to interact on the field, the basic requirements of passing. accuracy, quickness, timeliness and unexpectedness of the ball in various game situations;
- Free kick efficiency - free kicks from the 11-meter point, the probability of scoring a goal from this point is maximum, it is forbidden to throw the ball back during the free kick, the kick is only forward

attacking shot - demonstrates the quick qualities of the player, his dribbling technique and shooting skills, when talking about the game of attackers, they often focus on the instinct to score goals, i.e. the ability to predict the direction of attack and be in the right place at the right time;

- possession of the ball several times - (head or lower leg) this is the main exercise that teaches you to feel the ball and helps to improve coordination of movements;

- How many times to receive the ball - shows how many times the player can receive the ball passed from the partner, evaluates the coordination, reaction speed of the player;

- passing the ball several times - requires the player to have accurate calculations, quick reaction and precise interactions between partners;

- Accuracy of passing the ball - differs: according to the goal (on the move, under the impact, etc.), according to the distance (short - up to 10 m, medium - up to 25 m and long), direction (ylama, transverse). , diagonal - forward and backward) and the nature of the transfer (lower, upper and cross), the accuracy shows how the transfer corresponds to the model, the plan. 10 attempts at passing the ball from partner to partner, 5 free kicks awarded, 5 attempts awarded to the attacker, 35 possessions, 10 possessions awarded. several times, 10 times awarded for passing the ball in number of attempts, 10 times awarded for accuracy of passing the ball. All exercises were done in the evening.

In a study of the effects of stress on athleticism and technical skills in soccer, 30 physically fit male athletes aged 21 to 25 years, 3 to 7 years of age in soccer, average male age of 23, average performance in soccer 4.5 years of experience. 2 times a week, in addition to training and playing football, athletes are engaged in education and professional activities.

Analysis of the research results allows us to conclude the following.

Sports and technical skills are achieved through years of hard training. The level of achieving sportsmanship and technical skills in football is directly related to the speed and accuracy of performing various movements in constantly changing game conditions. A certain level of development of physical qualities is required to perform the technique quickly and accurately in football. The skill level of football players is mainly determined by the quality of technical and tactical training and personal characteristics that ensure high efficiency of activity.

Modern science has proven that there are many situations of a stressful nature in sports activities. Unexpected changes in activity tasks, lack of necessary knowledge and skills, lack of time, high importance of the performed actions, responsibility are typical reasons for the emergence of stress. Common stress symptoms in competitive athletes include palpitations, difficulty swallowing, dry

mouth, dilated pupils, increased blood pressure, nervous tension, sweating, obsessive negative thoughts, and inability to concentrate. Stress is often a result of lack of confidence or fear of failure. At the beginning of the study, we put forward the following hypothesis: the stressful situation has a negative effect on the sports and technical skills of football players; that's it. lowers mastery scores. After processing the obtained results, the hypothesis was confirmed - the state of stress reduces the indicators of sports and technical skills.

A group of athletes show superior results in the following exercises: passing the ball from partner to partner, penalty kick rate, attacking shot, possession of the ball, possession of the ball under normal training conditions rather than under stress conditions, how many times to pass, how many times to pass the ball, how many times to receive the ball. In a stressful situation, indicators of reactive anxiety increase significantly, and at the same time, sports performance decreases. Thus, athletes with a low level of reactive anxiety perform 53.3% of exercises in a normal state, and 47% in a stressful situation. Players with high levels of reactive anxiety perform 37.5% of the drills during regular practice and 29% during stressful situations. Thus, we can confidently state that the stressful situation has a negative effect on the performance of sports and technical skills.

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