



PLACE AND ROLE OF PSYCHOLOGICAL AND VOLITIONAL TRAINING IN THE TRAINING PROCESS OF STUDENTS-BOXERS

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Article history:	Abstract:
Received: January 20 th 2022 Accepted: February 20 th 2022 Published: March 30 th 2022	Psychological and volitional training of boxers is an essential component of an athlete's training, which ensures the achievement of high results. The article discusses the factors influencing the process of this training of a boxer.
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MAIN PART.

The foundations of a boxer's future sports success are laid by initial training, starting with the development and improvement of physical qualities. Physical training expands the functionality of a boxer, necessary for the manifestation of such qualities as strength, speed, endurance, agility and psycho-emotional stability.

Along with this, the psychological and volitional training of an athlete is an important component of training, which ensures the achievement of high results. Let us designate a number of factors that essentially characterize the significance of this type of training of a boxer:

- the specifics of boxing determine the nature of the corresponding psychological states and experiences of athletes;
- the conditions of trainings and competitions make increased, and often extreme demands on the activity of the boxer's senses, speed and clarity of thinking, his volitional qualities, attention, speed and accuracy of reaction and movements.

Long-term training of boxers in the mode of increasing and intensifying training loads, exacerbating competition and increasing psychological stress require targeted psychological training at all periods and stages of the training and competitive processes.

In the process of psychological and volitional preparation, it is necessary to highlight:

- development of attitude (attitude towards a partner, one's behavior in the ring) and motivation for training;
- development of psychophysiological functions and qualities, complex specialized perceptions (sense of distance, impact, time, etc.), the ability to quickly transition from tension to relaxation and vice versa, etc.;
- purposeful formation and improvement of the qualities necessary to achieve the goal, to overcome obstacles, difficulties not only in sports, but also in

everyday life. For example, the opportunity to get hit forces a beginner to show willpower and psychological resilience to continue training.

In psychological preparation, it is reasonable to single out general preparation for training and competitive activity and special preparation for a certain competition.

The basis of psychological training is the formation of the personality of a boxer, who is able to constantly show outstanding fighting qualities, has significant psychophysical potential, is able to work creatively and with a desire to reach a higher level of skill, and, as a result, to achieve the intended goal.

General psychological preparation solves the problems of mental influence on the athlete, aimed at the formation and development of sports-important mental qualities, and also contributes to the training of special methods of mental self-regulation to adapt to extreme conditions. It serves the purposes of improving the ability to manage oneself, increasing competitive reliability, and hence achieving stable, high results.

Special psychological training is aimed at the formation and improvement of a boxer's holistic readiness to participate in each competition. Its main tasks:

- improvement of mental qualities and properties necessary for the successful formation of various components of a boxer's training;
- formation, improvement and correction of an individual style of boxing, taking into account the personal characteristics of specific opponents, the level of their technical preparedness.

It is known that a high result can be achieved by including the reserve capabilities of a person - mental, sports-technical, functional and others. Mental reserves are determined by strong-willed character traits, concentration of a boxer's abilities, skills and forces to achieve the goal, the ability to implement the intended program, avoiding various kinds of interference, and a conscious desire to fight until the



victorious gong. It is especially important to be in a state of mental readiness for the start of the competition and to maintain neuro-psychic freshness throughout the tournament. The use of various equipment in the training process, exercises of the "school of boxing" in the hall in front of the mirror, exercises of "work on the road" in a pine forest or birch grove at different times of the year, in any weather, contribute, in our opinion, to increasing the interest of students in boxing, overcoming their indecision and weak will, developing their perseverance, perseverance, courage and purposefulness - exactly those volitional qualities that ultimately determine, along with physical and technical preparedness, the effectiveness of a boxer's competitive activity.

The creative attitude to the training process of the coach and the athlete makes it possible to use various kinds of obstacles for the development of psychological and physical qualities. An athlete, overcoming different levels of influences of an external and internal nature, shows will, perseverance, initiative, increases the level of self-awareness, being brought up as a person.

The problem of increasing the level of physical fitness of students is becoming more acute every year - the volume of new information is growing rapidly, previous information is being reassessed, and therefore curricula become more complicated, the volume of studied materials and mental stress increase, which quite often leads to limitation of physical activity. Physical culture and sports activity expands the circle of communication, provides an opportunity for empathy, emotional and aesthetic perception, solving problems and problems of a general political, social, pedagogical and scientific nature. And in this aspect, no doubt, boxing has a significant impact on the personality and body of students. In boxing, as in any kind of activity, there is no productive work without mental stress. During intense periods of sports work, the athlete's sensitivity to various stimuli, the level of anxiety and uncertainty increase, and the number of reasons leading to conflict and crisis situations in a boxer increase.

These states are the result of many contradictions of activity that the athlete faces. It is very important to explain to students that such critical situations are necessary components of their sports development. Psychological training should include methods of socio-psychological training, built on the discussion of various kinds of critical situations, teaching the technique of their analysis. Modeling of communicative criticism, negative experiences, conflicts and crises should be a necessary part of the psychological preparation of an athlete. He must learn to be independent of criticism, must be able to effectively experience negative feelings, use stress and

conflict for his own development. In order to prepare a boxer to carry out loads of great volume and intensity, to meet difficult opponents, to form a desire for maximum mobilization of forces in training and competition, to overcome any obstacles, in order to prevent the occurrence of excessive tension in a fight, it is necessary to gradually and systematically adapt to the situation of the competition. . In the practice of pre-competitive preparation for this, modeling of the upcoming competitive situation with its inherent difficulties and surprises is used. To do this, appropriate conditions are created in training that reproduce the competitive environment, combat situations, the manner of various opponents, intensive special preparatory exercises and exercises with projectiles are used at a "torn" pace, with unexpected accelerations and jerks; training is carried out in the open air under adverse weather conditions, in poor lighting, etc.

As a result, athletes develop the appropriate mental processes and states, and the psyche of boxers adapts to competitive conditions and possible difficulties. In this aspect, the concept of the optimal combat state is very relevant as a stable state of the boxer's body (including its psycho-volitional component), in which the athlete is able to show the maximum result corresponding to the degree of the best readiness in a given training period of the optimal combat state, thus, it is the pinnacle of fitness that can last longer than a single competition requires. Observations suggest that novice student boxers do not have an accurate idea of their optimal fighting condition, so they cannot consciously find the best state of health during the competition. This is due to two main reasons.

The first is that boxers are not accustomed to everyday control over their condition, without which it is impossible to clarify the elements of physical and mental well-being that make up the essence of an individual optimal combat state.

The second reason is related to the fact that, being in an optimal combat state, a boxer often reaches the highest degree of automation of his actions, which goes beyond the control of consciousness. An athlete cannot give an exact description of his unconscious actions. Therefore, it is very important that at competitions the behavior of a boxer be observed by those people whose competence he trusts, and who could give him specific advice on the development of mental and volitional qualities based on a professional analysis of his competitive activity.

In order to be able to form an accurate picture of the physical and mental elements of his optimal fighting condition, a boxer must systematically keep a diary, scrupulously entering into it any details that need to be drawn from self-observation and comments from outside.



Since speech can be an important organizer of human behavior, all the leading elements of an optimal combat state must be enclosed in precise verbal formulas. They are supposed to be drawn up in a plan that programs the future desired behavior. So, the often encountered negative formulations such as "no need to strain", "do not reject the body" should be replaced by positive forms "you need to be relaxed", "tilt the body forward".

With the help of such self-tuning formulas, it is much easier to form an optimal combat state in a boxer. To make it easier to navigate the variety of elements that make up the optimal combat state, it is easier to conduct observation in three main directions.

The first is to identify elements of physical and mental well-being associated with specific sensations in the musculoskeletal system, lightness and elasticity of muscles, high joint mobility, etc.

The second direction is to determine the signs characterizing the level of excitation of the sympathetic nervous system: features of the pulse, respiration, sweating, etc. Studies show that each boxer, who is in an optimal combat state, can set his own pulse rate, breathing depth, peculiar sensations in different parts of the body. The third direction is to clarify the signs that characterize the high concentration of the boxer's psycho-volitional sphere, mainly attention, and find ways to achieve maximum concentration when solving the upcoming competitive task.

By using these three lines of training and competition, a boxer in one season can develop a fairly accurate picture of the mental and physical elements that make up the essence of his optimal fighting condition.

I would like to add that in achieving an optimal combat state, in the ability to consciously organize one's best state of health in the extreme conditions of a competition, the method of self-hypnosis, in particular, psycho-regulatory training, can provide significant assistance.

It should be noted that in recent years, the ability of young people to act with a high degree of mobilization of the resources of their body in extreme situations, in modern life, which often arise unpredictably, has become more and more pronounced. Boxing contributes to the formation of the necessary "reserve" of the functional and mental capabilities of the body during life in extreme situations that require urgent mobilization of the resources of one's body.

Of course, the coach and the boxer himself play a decisive role in the effectiveness of psychological and volitional training. A long study of the experience of leading coaches gives reason to say that outstanding results cannot be achieved without painstaking individual work, without psychological understanding and creating a psychologically comfortable atmosphere

in the extreme conditions of exhausting training and boxing matches. Boxers of Uzbekistan who have achieved remarkable victories in international competitions. Let us note some of them: Fazliddin Khasanbaevich Gaibnazarov - Champion of the 2016 Olympic Games in Rio de Janeiro, silver medalist of the 2015 World and Asian Championships, Shakhram Jamshedovich Giyasov - Silver medalist of the 2016 Olympics in Rio de Janeiro. World Champion 2017 and Asian Champion 2017, Hasanboy Marufjon ugli Dusmatov - Olympic champion in 2016, twice Asian champion, Shakhobiddin Shokirovich Zoirov - Olympic Champion (2016), world champion (2019), silver medalist of the Asian Games (2014), Asian champion (2021), two-time silver medalist of the Asian Championship, Rustam Tukhtasinovich Saidov -, bronze medalist of the Sydney Olympic Games, winner of the bronze medal of the World Championship, Abbas Abdurazzokovich Atoev - two-time world champion, bronze medalist of the 2012 Olympic Games., Rustam Tulaganov - Bronze medalist of the Olympic Games (2016), silver medalist of the Asian Championship (2015), Karim Alimshanovich Tulyaganov - Bronze medalist of the Summer Olympic Games in Atlanta, champion of the Central Asian Games, winner of the bronze medal of the Asian Championship, Utkirbek Abduzhalilovich Khaydarov - world champion in 1999, bronze medalist of the 2004 Olympic Games, Bakhodirjon Sultanov - champion of the Asian Games 2006, medalist of the 2004 Olympic Games Yes, and the 2003 World Cup, Sergey Egorovich Mikhailov - Olympic medalist, Asian champion, Abbas Abdurazzokovich Atoev - two-time world champion, bronze medalist of the 2012 Olympic Games. Undoubtedly, the problems of the psychological preparation of boxers require further development and better application in the educational and training process, during competitions, as well as after them.

CONCLUSIONS

1. Currently, the problem of psychological and volitional training of boxers, especially beginners (students, for example), is underdeveloped. This leads to its underestimation and ignoring, resulting in a slowdown in the growth of sports results.
2. For the development of the psychological and volitional sphere of the personality of boxer students, it is necessary to systematically and purposefully include special exercises in the content of the training process, the implementation of which requires the manifestation of such qualities as courage, determination, perseverance, perseverance, and initiative from those involved. These include elements of cross-country training in any weather with overcoming obstacles, performing exercises against the background of growing fatigue, creating problem-search situations in



the classroom, training fights with sparring partners of a higher level of preparedness, etc.

3. The means of controlling the level of psychological and volitional preparedness of student-boxers should be the dynamics of effectiveness in competitive activities in conjunction with a battery of special tests to identify the degree of formation of mental and volitional qualities (tapping test, determining the variability of the normal motor tempo, the time of simple and complex visual-motor response, etc.).

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