



**PSYCHOLOGICAL FEATURES OF DEVELOPING EMOTIONAL-VOLUME
READINESS FOR TRAINING IN SPORTS STUDENTS**

Rakhimova Gulmira Kambul kizi

Annotation: This article analyzes the psychological aspects of the formation and development of emotional-volitional readiness of students studying in sports during training. The student period is a stage of active development of a person, self-awareness and independent decision-making, and this process is even more complicated for young people who are actively involved in sports. This article highlights such problems as stress, emotional instability, and lack of internal motivation that are widespread among athletes, and considers ways to overcome them. The importance of psychological training, motivational techniques, self-management strategies, and positive thinking methods in the development of emotional-volitional readiness is emphasized. It also reveals how this preparation affects the athlete's approach to competitions, adaptation to a team environment, and personal growth.

Keywords: emotional-volitional preparation, sports psychology, student-athletes, emotional stability, psychological training, motivation, self-management

Modern sports require not only physical strength and technical skills, but also a high level of psychological stability. Especially for students studying in sports, these two factors - the process of self-awareness and professional sports activities - are important stages that occur simultaneously. Student age is a psychologically volatile, emotionally uneven period, during which a person's life views, social position and professional orientation are formed. Sports training, on the other hand, requires constant mental pressure, competition, public speaking and responsibility for the result.

Therefore, the formation of emotional-volitional readiness in student athletes and its targeted development is important not only in terms of sports achievements, but also in terms of personal stability and self-expression. Emotional-volitional readiness is understood as the ability of an athlete to manage his emotions in different situations, make volitional decisions, maintain motivation and mobilize internal resources.

The Law of the Republic of Uzbekistan dated January 14, 1992 "On Physical Education and Sports", the Decree of the President of the Republic of Uzbekistan dated February 7, 2017 No. PF-4947 "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan", the Resolution of the President of the Republic of Uzbekistan dated March 16, 2018 No. PQ-3610 "On Measures for the Further Development of Football", the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No. PF-5368 "On Measures to Radically Improve the State Administration System in the Field of Physical Education and Sports", the Decree of the President of the Republic of Uzbekistan dated December 4, 2019 No. PF5887 "On Measures to Bring the Development of Football in Uzbekistan to a Completely New Level" This study serves to a certain extent in the implementation of the tasks set out in the Decree1 and other regulatory legal documents on the subject.

This article analyzes the psychological aspects of emotional-volitional preparation, factors affecting it, problems that arise and ways to solve them on the example of students in the

sports field. The relevance of developing mental endurance in student athletes using psychological training, motivational approaches, self-management techniques is substantiated. The theoretical and practical significance of the topic is useful for sports educators, psychologists and athletes themselves.

Along with physical and technical preparation, emotional-volitional preparation of a person is also important for achieving success in sports activities. Emotional-volitional preparation is the ability of an athlete to manage his emotional state during training and competitions, to overcome internal and external difficulties through willpower.

For student athletes, this preparation is doubly important. They face various pressures not only in sports, but also in their studies, personal lives and social environments. In such conditions, emotional and volitional preparation helps them manage stress, properly allocate time, adapt to the competitive environment and develop themselves.

In athletes, this preparation is manifested through the following components:

1. Emotional stability: The ability to maintain balance in difficult and unexpected situations, manage excitement in a positive direction.
2. Motivational preparation: Internal motivation to move towards the goal, the formation of a positive attitude towards sports.
3. Willpower: Continuing to move despite fatigue, failure or difficulties in training.
4. Self-control: The ability to consciously regulate emotions, thoughts and actions.

These elements are interconnected and ensure the overall psychological stability of the athlete.

The following psychological problems are often observed in young people involved in sports during their student years:

1. Excitement and stress: Exams, competitions, and social pressure can disrupt the athlete's emotional balance.
2. Decreased motivation: Long training and fruitless work mentally exhaust the student athlete.
3. Lack of self-confidence: The competitive environment, pressure from the coach or team can sometimes lead to low self-esteem.
4. Weak willpower: Lack of willpower appears under constant discipline, physical and mental pressure.

These problems can be overcome through psychological approaches.

The following methods are effective for developing emotional and volitional readiness:

- Psychological training: Through group or individual training, athletes are taught exercises to overcome stress, increase self-confidence, and restore motivation.

- Visualization techniques: The athlete mentally imagines a competition or a difficult situation and prepares for it psychologically.
- Autogenic training and breathing exercises: Used to calm down, control emotions, and manage mood.
- Motivational interviews and goal setting: The student is taught to set realistic and inspiring goals.
- Reflection and thinking: Through self-analysis, the athlete identifies his strengths and weaknesses.

For students studying in the sports field, the formation of emotional and volitional readiness for training is an important factor in ensuring not only their success in sports, but also their overall personal development. Research shows that emotional stability, internal motivation, willpower, and self-control skills effectively adapt the student-athlete to complex training processes and a competitive environment.

The psychological methods and approaches considered in this article — including psychological training, visualization, autogenic exercises, motivational support and reflection — are of practical importance in strengthening emotional-volitional stability. Cooperation between a coach and a sports psychologist further enhances the effectiveness of this process.

On this basis, it can be said that the purposeful and systematic development of emotional-volitional preparation for sports students is the key not only to achieving individual sports achievements, but also to forming a strong, resilient and socially active personality. This creates the basis for student-athletes to achieve success in other areas of life.

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