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Abstract

Everything begins with a relentless pursuit of perfection and a solid confidence in its ability. Winning athletes have mental stiffness, which allows them to maintain peace of mind under pressure and get back from setbacks and be stronger than ever before. They come to the sport with the idea of constant growth, seeing every challenge as an opportunity to learn and expand their reach.

Keywords: victory, athlete, human thinking, discussion, thought.

Introduction

Their daily activities are provided by internal motivation - it's not just a burning fire for external accolades. They set goals that seem overwhelming to them but are ultimately achievable, and encourage them to go beyond what is possible. When faced with difficulties, they will see each problem as an opportunity to solve the problem, reconstructing and adapting.

Methods or tools of knowledge are ways in which the process of knowing a scientific subject takes place. The uniqueness of scientific psychology is the use of a wide variety of scientific methods to collect its data.

There is a certain prerequisite between the facts obtained in the empirical study and the previous hypotheses, the preliminary knowledge of what is being studied, and so on.

Psychology methods developed in scientific (theoretical) research come to the service of practical psychology after determining their effectiveness and reliability.

Types of psychological research methods:

1) Non-experimental psychological methods:

a) observation;

b) conversation - dialogue between two people, in which one person reveals the psychological characteristics of the other;

c) Content analysis. - the method of analyzing documents. It can be used in practical psychology, advertising and communication psychology, analyzing the results of the use of projective tests, materials and conversations, etc. Advantages: the researcher has no influence on subjects' behavior, data reliability checked, this method can be recommended for historical document analysis, etc.

d) The monographic method is a synthetic method used to thoroughly, thoroughly, longitudinally study the age and individual characteristics of certain subjects, to record their behavior, activities, and relationships with others in all key areas of life. At the same time,



researchers, based on the study of specific situations, seek to determine the general principles of structure and development of certain psychological formations;

2) Diagnostic methods - methods aimed at identifying and measuring individual psychological characteristics of an individual:

a) Tests (English-language test - sample, test) - standardized tasks, the result of which allows you to measure the psychological characteristics of the subject. The objective of the test study is to test and diagnose a person's specific psychological characteristics, and its outcome is a quantitative indicator associated with previously set relevant standards and standards;

3) experimental methods - active intervention of a researcher in the activities of the subject in order to create conditions that clearly reveal the psychological fact;

4) Methods of formation - methods aimed at shaping certain psychological characteristics:

a) development methods are aimed at the formation of certain skills, opportunities, interests;

b) psychocorrective methods are aimed at correcting deficiencies in the development of certain psychological characteristics of an individual;

c) Psychotherapy methods are aimed at changing some of a person's personality traits.

Psychological research typically uses a complex of different methods that guide each other and complement each other.

Observation is a method of psychology.

Observation is one of the main methods of psychology, the essence of which is registration (with written or technical means), a scientific explanation of the reasons for the facts obtained and the establishment of unknown or little-studied laws. Observation has found widespread use, especially in children's psychology.

Observation is one of the oldest methods of knowledge and is widely used in everyday practice.

Requirements for scientific observation:

1) Focus - clearly explain the objectives and objectives of the study;

2) intent;

3) selectivity - the object of observation and the selection of certain characteristics of its behavior and activity;

4) systematicity - development of a clear tracking plan;

5) systematic;

6) the naturalness of observation conditions;

7) Photographic observation - the most complete and objective recording of what is being observed and the conditions of observation.

When it comes to achieving goals and having a championship opinion, Sean White, the most award-winning snoubordist in history, stresses the importance of mental robustness and points out that setting high goals is a process that involves taking the risk of failure and having the courage to move on. .

"Success is not just winning, it is putting your heart and heart into everything," he says. Even after his career, Sean said in an interview: "What excites me now is the feeling that I still have a lot of tricks that I want to learn and a lot of things that I can still do. I have goals that encourage me and motivate me to pursue more."

To awaken a champion inside you, you need to honestly evaluate your mental and physical abilities and strive to improve yourself on a regular basis.

The following are the winning strategies:

Setting a goal: start with clear, clearly defined goals. To stimulate a sense of success and progress, divide them into smaller stages.

Developing mental stability: regularly include endurance exercises. Practice maintaining calm under pressure using simulations and stress relievers.

In conclusion, the mentality of the winner is a gobelen wedged from strings of determination, focus, endurance and necromancy. By applying strategic mental exercises and learning from those who have reached the peak of sports, any athlete can develop a winning mind. As American football coach Vince Lombardi said, "Winning is not a one-off thing, it's something that goes on."

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