

## PSYCHO-EMOTIONAL STATES AND STRESS TOLERANCE IN SPORTSMEN

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### ABSTRACT

Forming a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy and spiritually rich young generation, creating conditions for citizens to seriously engage in physical education and sports are considered to be the most urgent issues of today. One of the main means of bringing up the younger generation is sport. In order to participate in sports competitions, it is necessary for athletes to have perfect preparation from a psychological point of view, in order to perform the technical elements correctly and to show a good result at the same time.

**Keywords:** Emotional states, victory, defeat, motives, recovery.

Sports competitions, as an extreme type of human activity, are associated with the presence of psycho-emotional stress that can affect the effectiveness of sports results. The effectiveness of human activity, including sports, is determined by complex mechanisms of various levels of regulation and organization of psychophysiological functions. Different mental behaviors can be characterized as specific effects on the internal processes of the athlete's body. There is a connection between the mental and physiological parameters that describe the psychophysiological states of a person. Every mental phenomenon is associated with physiological structures and can affect or cause physiological processes. Taking into account that psycho-physiological functions are the main link in the formation of psycho-emotional reactions in extreme conditions, it is logical to expect that there is a relationship between the athlete's age and the level of stress resistance, visual information perception and processing indicators.

## **So, how to get rid of psycho-emotional stress? What is the ways to relieve stress and psycho-emotional stress?**

Stress is a protective measure of the body against a difficult, uncomfortable situation. The situation is accompanied by feelings of inner tension, anxiety and fear. Stress is a condition consisting of a complex of negative internal processes. Stress is isolated moments that appear due to stress factors and have serious consequences for the further development of a person. These concepts indicate the psychological state of a person.

Psycho-emotional stress causes physical and mental stress, which is characterized by a partial loss of control: in this case, a person overcomes difficulties without believing in the result of his actions. Stress is the body's response to factors that the human mind considers to be unbearable challenges for a number of reasons.

In the conditions of sports activities, especially in the course of sports competitions, such unique emotions appear and are formed that in a certain sense express the specific aspects of the activity being performed. First of all, they appear under the influence of the conditions of the competition, because in such cases there is a competition typical of sports, processes of intense struggle to achieve victory or to achieve certain results, and exciting moments. • Fighting high spirit is a state in which the athlete has a unique increase in strength, feeling a great enthusiasm and activity, strengthening the sense of confidence in victory, exerting energy and enthusiasm. readiness for it is determined by the athlete's ability to control his behavior at a high level.

After the competitions, the athlete experiences extremely complex psychological conditions. Many factors influence the origin of these feelings, and we will consider some of them below:

- a) being affected by the achieved result, victory or defeat, its social significance;
- b) excitement from an unexpected result or the achievement of the same goal;
- being affected by whether the result corresponds to the athlete's level of aspiration;
- c) being affected by the intensity of the competition, the difficulty of the battle that ensured victory or defeat;
- g) as well the athlete's self qualities as a person, future plans in him, compliance of these plans with the achieved results, his willpower, moral and emotional stability, etc. also have an effect.

Sports competitions usually end with the athlete winning or losing. From a psychological point of view, victory is success, and defeat is failure. The victory achieved in sports usually creates positive emotional states in the athlete. These are: feeling of superiority in sports, satisfaction with the achieved result, cheerfulness, freshness, a sense of confidence in one's own strength, the desire to continue training

and participate in competitions again. The positive emotions that arise when a victory is achieved are sometimes very vivid and are also noticeable in the external reactions of the athlete. In such cases, the athlete jumps with excitement, hugs his friends with great joy and happiness. Usually, such strong and bright emotions are revealed when the victory is achieved in a really difficult battle, when the athlete competes with a very strong and worthy opponent. However, if the intensity of the fight is too intense, the athlete may not show his emotions immediately. He needs some time for this. During this time, he rests a little, perceives what has happened, and only after that he can enter a mental state in which he can really feel the result of victory. Victory can sometimes cause negative feelings in an athlete, for example: arrogance, overestimation of one's sports capabilities, excessive self-confidence, treatment for further training with indifference. That's why, after winning the competition, the athlete, together with his coach, should not miss the opportunity and make plans for the future. Losing in a competition can have both positive and negative effects on an athlete.

In most cases, in athletes following emotional states are observed:

1) a state of mental depression, lack of confidence in one's own strength, resentment and envy of friends who are lucky; feeling of apathy, apathy, indifference, loss of interest in sports, not even participating in training; But it should not be forgotten that losing the account to the opponent once does not mean a complete defeat. It is also possible to lose to him "With honor". In such cases, the defeat is also interpreted as a kind of sports victory and accordingly it is experienced with satisfying emotions. For this reason, sometimes even defeat causes active feelings in the athlete, in which he can eliminate his mistakes.

The psychology of sports competition can create a desire to improve sports skills and thus win in future competitions. The best way to console an athlete in case of defeat is to consciously analyze the mistakes and shortcomings he has made (of course, this should be done after the athlete has had a chance to rest), to start active training for future competitions.

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