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FEATURES OF PSYCHODYNAMICS AND INDIVIDUAL STYLE OF ACTIVITY OF HIGHLY QUALIFIED BOXERS IN COMPETITION CONDITIONS

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Abstract
This Article Presents the Results of Research on the Properties of the Nervous System of Highly Qualified Boxers, Analyzes the Patterns of Connections Between Psychophysiological Characteristics and The Individual Style of Activity of Boxers.

Keywords: Psychophysiological characteristics, Nervous system properties, Boxing athletes, Individual activity style, Psychodynamics, Training methodology, Physical and mental qualities, Sports results, Extreme conditions, Typological features.

Introduction

World practice shows that In modern top-level sports, the result is achieved at the expense ofA very high level of development of a wide range of various motor, sensorimotor and mental qualities that form the basis of sports and technical skills, due to the implementation of the deposits embedded in the athlete. These moments are realAre used as abilities that determine, on the one hand, a high level of development of physical and mental qualities, on the other hand, the stability of states in extreme conditions of training and competitive activities [2].

Most domestic and foreign researchers and experts in the field of boxing believe that psychophysiological characteristics determine the peculiarities of the adaptation of the athlete's body to the loads presented, his technical and tactStyle, ways and "price" of achieving a sports result [1,2,10]

Today, against the background of outstanding sports achievements of boxers of Uzbekistan, the practical task of developing new methods is essentialTraining, finding even more effective means of improving the performance of competitive Activities of boxers.

Having determined the ways of forming an individual style of activity, we reveal the ways of implementing important of the pedagogical principle- Principle Individual—Of the Approach. However, this is a very difficult task, because it requires not only good knowledge of the features of the modern training methodology, but alsoThe ability to correlate them with individual Psychophysiological Features of the athlete.

Purpose of the Study

To study Especially Sti Psychodynamics And individual style figure Boxers Highly qualified - members of the national team of Uzbekistan;

Research Methods

Study of the properties of the nervous system of highly qualified boxers - members of the Uzbek national teamWas carried out under a comprehensive program of psychophysiological research. The program included methods for studying the strength of the nervous system relative to the excitation process by measuring the latent period of reaction to stimuli of different intensity[8]; a motor method of studying the strength of the nervous system by measuring the latent period of motor reactions with repeated repetition of stimuli [2] , methodology Studies of nervous processesOwls for emergency remake of motor reaction [3]. The program of research on psychophysiological characteristics of athletes is described in detail Oh In the works V.D. NebylitsynOh and N.M. Peisakhova [8,9].

Results of the Study

In order to study the properties Psychodynamics, largely determining the behavior of an athlete in extremeUnder the conditions of competition, first of all, it is necessary to determine the mental manifestations of the main properties of the nervous system.

As the analysis of the literature showed, in any form of people of the eternal activity, especially if it takes place in Extreme conditions, individual style of form Based on the typological features of the properties Nervous system, prYoM in the process of activity There is compensation for those typological properties thatCan be considered "unfavorable" for this type of activity.

Previous studies show that for The vast majority Boxing The dit is characteristic Mobility of nervous processes, which allows ef Effectively change tactical decisions, rebuild From attack actions to defense actions, and vice versa, even change technical and tactical skills [10]. Results OurThe research is fully consistent with this on Lying. Only a small number BoxingHigh ditQualification (out of 36 Examined) turned out to be with Pronounced manifestations of inertia of nervous pro Cessov. Among the outstanding Boxing Dit, winners And a prizeYo Of the largest international tournaments are not There was no one who didn't have the property Mobility.

Boxers with Inert nervous system for Achieving high results find compensation For the accountYoT formation of individual style actively Sti. First of all, in the training process they are more Carefully treat the performance of each exercise, Perform technical actions with a large number of Repetitions. In battle, such boxers are attentive, prefer not to risk it, strictly keep the combat Distance, etc.Carefully prepare the situation for application Conceived actions. As a rule, these Actions wear Deliberate character.

Boxers with an inert nervous system in theirYo M BiggerThey prefer the positional style of activity. If, in addition to this property, they have Is given good physical fitness, and in the features Personalities are dominated by such as Ambition, I'm sureSelf, the desire for leadership, then such Boxing Ditch A positional-attacking style is formed; If the property

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of inertness is combined with the absence of such Physical quality, like speed, and in the features of character Ra and temperament prevail Introversion , Neuroticism, self-doubt, a positional and defensive style is formed.

The situation with the property of "siLa - weakness."

E.P. Ilyin [4] Believes that since Weak nervous system correlates with a high degree of Sensitivity or activity, and this is Quality, by FalseO influencing the formation of sportsmanship Athletes, the "weak" type should meetTo be among them more often. On the one hand, we'll add We are going to the opinion E.P. IlyinOh Regarding the frequency Observations of a weak nervous system among Masters of sports. In our study, athletes with a weak nervous system accounted for 31% of Of the total number of subjects, but half of them have propertiesIn "weakness", fixedExperimentally, not confirmed in observations of their behavior on the treCompetitions and competitions. On the other hand, among youWe didn't find any athletesGo, whichOnGo Can be categorically attributed to "weak".

Majority BoxingDitch with a weak nervous system Mine, are not much different from the representatives of the "strong" Type according to the individual style of activity. ExceptThe following differences are made up. Athletes with Weak nervous system is more often used by improvised Decisions, since the not hardy psyche is not enough Allows you to keep intense attention for a long time In siTuations of waiting for the moment to implement the preIntentional actions.

Contrary to expectations, such a property as lability in Boxing The dit is slightly expressed. It would seem, Property "responsible" for the occurrence of excitement, In BoxingE Should be bright. Maybe that's all It's about the procedure for measuring this property. For us It is important that the property of lability, as a rule, is not connectedWith the formation of an individual style of activityNess [6] . Some materials give us grounds To doubt this approach. In our study from 16 athletes of the main group 5 were with bright you Severe lability of nervous processes.These have Athletes have common features in individual style Activities. They are as follows : At Them An attacking manner of fighting was formed (positions Ion-attacking orManev Reno-attacking). Athletes with a labile nervous system especially often Attack with actions "on the guidance" and at the same time reach High results. Their actions in defense are much Are less effective, they are usually intentional,PrychYoM there is a tendency to tactically inadequate Counterattacks. It is the high efficiency of attacks "On management" the most pronounced feature of the individual Al style Boxing Ditch with high labilityNervous processes.

Thus, the studied psychophysiological indicators reflect the individual characteristics of boxing athletes and indicate insufficient psychophysiological training.

Summarizing all of the above, we can conclude that Identified Patterns of connections between especially Stya Psychodynamics And individual style figure Ness BoxingDits reveal opportunities for diag Nostics of prefSensitive signs in the formation of style and at the same time indicate the most optimal Ways in the formation of this style.

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