

THE ROLE AND IMPORTANCE OF INDIVIDUAL PSYCHOLOGICAL CHARACTERISTICS OF A PERSON IN SPORTS PSYCHOLOGY LESSON

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Abstract:

The article deals with the role of importance of individual psychological characteristics of a person in sports psychology lesson. In particular, the problem of abilities is first of all related to the quality of human intelligence, the presence of skills, abilities and knowledge in it.

Keywords: Individuality, ability, temperament, character, volitional qualities, emotions, talent, talent, ability, sanguine, choleric, phlegmatic, melancholic.

Introduction

In order to explain the uniqueness of people in their educational, working and creative activities, the science of psychology first of all addresses the issue of abilities and talents. Because the society is primarily interested in a talented person, moreover, he benefits from every action he does. Individual psychological characteristics of a person are of great importance in the lesson of sports psychology. Also, since the mind and intellectual potential of every young person who wants to become the owner of a profession guarantees that he will become a qualified specialist, the concept of ability is studied in psychology in connection with the concept of intelligence.

The natural condition of ability, the fact that ability is part of the properties of the structure and functions of the nervous system, proves the validity of the hypothesis that this phenomenon, like all morphological and physiological qualities, obeys the laws of general genetics. F. Galton's (England) idea of the laws of heredity cannot reveal the description of natural conditioned properties of abilities, because there are many places in it that need evidence. Therefore, it is appropriate to look for the nature of abilities not from biological heredity, but from the transmission of the living environment from generation to generation. If it is recognized that the development of a person is controlled by social and historical laws, then there can be no question of the development of abilities being subject to the laws of biological heredity. Based on the above considerations, abilities and talents depend on a certain natural background, but they are not only a gift of nature, but an invaluable (valuable) product of the historical development of mankind. For the same reason, the manifestation of abilities directly depends on the obvious methods of acquiring socially conditioned knowledge and skills by



individuals in the course of meeting their social needs. Therefore, it is important to emphasize that the development of abilities depends on the continuous education system. [1. 78]

Sometimes, when talking about a very gifted and talented child, they point out that this quality is innate. The same applies to a talented, brilliant scientist, artist or expert. In general, the question of whether abilities are innate or acquired is one of the problems that scientists focus on. In psychology, individual qualities with innate symptoms were called abilities, and there are two types of it: natural ability and social ability. The first comes from the innate characteristics of a person - the characteristics of the higher nervous system, how the hemispheres of the brain work, the biological and physiological qualities of the hands and feet, the sensory organs that provide cognitive processes - the eyes, ears, nose, skin, etc. (these are passed genetically from parents), social competence - the environment surrounding a child at birth, communication styles, speech culture, necessary conditions for the development of abilities (they are created by parents) is A sign of competence is associated with that individual who readily accepts both environments of competence.

One of the reasons for incompetence and low intelligence is that there can be a gap between these two abilities. For example, let's say that a child was born in the family of a genius athlete. Let's say that he was born with the genetic traits for sportsmanship from his father. But the child's mother may not want her child to be an athlete, she wants to be a singer like her. A woman brings up a child from a young age only in the environment of music. Because there is no environment of social competence for the development of natural ability, and there is no natural, innate ability for the growth of social competence, a child does not show any talent, he is simply a musician or a singer. can be limited to lish. This is the psychological significance of intelligence tests and the study of innate and acquired characteristics of ability. It is necessary to create the conditions for the development of the child's existing capabilities from an early age. The acquired quality is that even the strongest innate ability will remain as an ability and it will not become a talent unless the child makes efforts to develop knowledge, skills and abilities.

The greatest achievements of the most talented and famous people are partly based on talent and mainly on tireless work, aspiration, creativity and thirst for knowledge. That's why every conscious person knows his abilities and intelligence from an early age, engages in the work he loves and "heart beats", and gets satisfaction from it and finds an opportunity to grow his abilities. if he achieves, we call him gifted. Talent is a person's subjective attitude towards his/her actions, knowledge, capabilities, and skills.

A gifted person may not be a genius or talented, but he has qualities such as courage, endurance, self-control, and initiative in any work, and he does the work he is engaged in willingly and diligently.[2.112] By doing this, they will benefit society more than some highly talented but inactive people. A gifted person has the opportunity to be the owner of talent, because talent is a comprehensively developed, extremely strong and unique ability. It is obtained as a result of tireless work, overcoming all difficulties on the way to improving one's abilities and mobilizing all the capabilities of one's will. Individual characteristics of temperament and activity. (Insert types of temperament) Individual characteristics of a person are those characteristics of a person that allow them to be distinguished from each other: temperament, character, ability.



The set of dynamic manifestations of the psyche that are unique from an individual point of view and conditioned from a natural point of view is called a person's temperament.

Temperament is derived from the Latin word *temperament*, which means the appropriate proportion of things. Hippocrates, a doctor who lived in the fifth century BC, Galen, who lived in the second century BC, Ibn Sina, who lived in the tenth century, and others expressed their views about temperament. Galen was the first to give an extended classification of temperament, listing its 13 types. Later, our compatriot Ibn Sina called temperament and said that it depends on its hot and cold type, the color of the person, the amount of blood, whether it is thick or liquid.

Currently, it is accepted that there are 4 types of temperament based on the connection with the higher nervous system and its types. It is assumed that this temperament is similar in name to the ancient classification. Sanguine is related to the word blood, it means to be active, strongly influenced, unbalanced. Choleric-jaundice is based on the fact that there is a large amount of bile in the body, it is considered a characteristic of a person who is in a hurry to quickly accept impressions, strong vision, and can't fit into his skin. Phlegmatic - mucous substance in the body is represented by a large amount of phlegm. A person of this type accepts impressions a little slowly, does not rush to work, but is a type capable of completing the work carefully and to the end. Melancholy is considered to be related to the amount of black grass. This type of person is a "heavy caravan", "doesn't move when kicked", is indifferent to the events and people happening around him, "doesn't get out of his mouth when the world is flooded". These types in the psychology of antiquity were studied many times later, and the name of this type was preserved.

There are 4 types of temperament: Choleric - "combatant, aggressive, easily and quickly affected type". (I. P. Pavlov). He moves quickly, speaks harshly and quickly, is restrained, sometimes gives wrong answers. Sanguine - active, balanced type. He quickly adapts to new conditions, cools down quickly after starting work, quickly changes his position and role. ("A lot of walnuts"). Phlegmatic - symptoms appear slowly, but are stable and continuous. He is restrained and meek, take his anger out, but stop it if he gets angry, vengeful, and spiteful. Melancholic - his reactions often do not correspond to the power of the observer, he is slow, lazy, he quickly loses his temper, does not take the initiative in any work. Emotions appear very slowly. [3. 90]

Based on these, it is necessary to pay attention to them when choosing a person's working style and developing professional skills. For example, some people are curious and quick like choleric. If we observe his work in the labor process, if his activity and the ability to quickly complete the work are positive, his quality, the danger of leaving it unfinished, and his superficial look at some aspects make one think.

From this point of view, there is no such thing as pure temperament in life, and neither type of temperament is very good. each type has its own subtle, weak points, and at the same time strong, positive points. Characteristic features manifested in labor activity - diligence, initiative, ability to work, responsibility, laziness, dissatisfaction, etc. Characteristic qualities that are manifested in the relationship with people - politeness,



kindness, tact, cheerfulness, eagerness, openness to communication, altruism, care, compassion, etc.

Character is also a historical category. This means that each socio-economic period educates its own people, its own generation, and this difference is reflected in the characteristics of people. For example, the difference in the psychology of the Uzbeks of the last century, the Uzbeks of the 50s of the 20th century, and the Uzbeks living in the years of independence is primarily reflected in their character logical qualities. We believe that the young generation of the 21st century will be smarter, more willful, more enlightened and more spiritual. The efforts being made in our country today are creating a foundation for the mental and physical health of the generation of the new century.

The issues of what character traits are manifested and their signs are also important from a practical point of view. First of all, character is manifested in a person's actions and actions - conscious and purposeful actions of a person indicate who he is. The characteristics of speech (loud or slow, fast or low, emotionally rich or dull) also determine the direction of the character. External appearance - whether his face is light or dark, whether his eyes are sincere or ignorant, his steps - fast or slow, small steps or dignified, his posture - dignified or modest, all these are signs of studying the character from the outside.

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