

Psychological Barriers in Youth Sports and Elite Sports

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Abstract: In the article the contradictions of elite sport from the point of view of the personality of an athlete are analyzed. In modern conditions of development of society and civilization the tasks of elite and mass sport significantly differ that leads to absolutely various requirements in the field of physical, technical and psychological training of athletes. The special part is assigned to psychological training of athletes in which the central place is taken by development of the motivational sphere and formation of special personal qualities of the athlete. The psychological barriers arising in high-class athletes can serve as an obstacle on the way to achieving high results.

Keywords: elite sport, contradictions of elite sport, crises of sports career, identity of the athlete, psychological barrier.

In the modern world, sport is an important sphere of public life, reflecting many areas of human activity and civilization: medicine, economics, politics, show business, high technologies in the manufacture of projectiles and equipment, etc. In order for an athlete to rise to the podium, the coordinated work of a whole team of specialists is necessary: a coach, doctors, massage therapists, equipment developers and, of course, the athlete and his social environment - family, loved ones, friends, teammates and sports colleagues. At the same time, the requirements for the physical and psychological preparation of an athlete are constantly increasing, the athlete is under enormous pressure from demands and all kinds of difficulties and obstacles that must be constantly overcome.

The process of overcoming oneself and the situation can be both evolutionary and revolutionary (crisis) in nature. From the point of view of G. Allport, "a crisis is a situation of emotional and mental stress that requires a significant change in ideas about the world and about oneself in a short period of time. Often, such a revision of ideas entails changes in the structure of the personality. These changes can be both positive and negative. By definition, a person in crisis cannot remain the same; in other words, she fails to comprehend her current traumatic experience in terms of familiar, stereotyped categories, or to use simple habitual models of adaptation" [8, p. 132].

The athlete lives in a certain "detachment" from the real world, the surrounding world is limited to the framework of the training process, the team acts as a substitute for the family, and coaches, psychologists, and massage therapists act as parents. This situation sometimes leads to the fact that an athlete feels very comfortable in a familiar training environment and shows fairly high performance in pre-start training and warm-up, but before the start he "breaks down" and shows a significantly lower result. This situation is quite common and is explained by the athlete's low psychological readiness, his personal characteristics and inability to overcome a sports crisis.

According to a number of researchers, a contradictory situation has developed in modern society in relation to high - performance sports: on the one hand, at most international competitions, " Big Sport " is highly appreciated in terms of humanistic values and ideals, and on the other – among a significant part of the youth and some of the intelligentsia, there is a " skeptical view of sports ", since professional sports forms a negative division of people into winners and losers, levels the spirit of cooperation, causes the development of such personality qualities as egocentrism, aggression, envy, the desire to win at any cost, even at the expense of violating moral norms, etc.. [1, 3, 9, 10, 11].

In this regard, E 's statement seems timely. A. Litinskaya, who believes that " an important role is played by the sport of higher achievements, the socio - philosophical study of which is especially informative from the standpoint of understanding human development as a subject of social progress. This focus of the analysis is justified in terms of reasoned answers to such questions as: is humanity moving towards a balanced development of personality or towards its increasingly narrow specialization ? Is civilization evolving towards strengthening human health or towards its destruction?"[6].

Currently, there are a number of contradictions in the development of high-performance sports:

- between the growth of sports results of high - level athletes (due to the introduction of the latest training technologies ; improvement of inventory, equipment, sports equipment ; increase in the volume of training work ; use of the latest pharmacological means to improve the performance and recovery of athletes ; high economic incentives for competitions) and a decrease in the total number of people involved in sports ;
- between the humanistic values of sport as a social institution and the presence of anti - humanistic sports phenomena (bias and political bias of judges, manifestations of chauvinism, subjectivity and friendliness of fans, severe health disorders of athletes as a result of heavy training loads and the use of pharmacological agents, a high degree of commercialization of sports) ;
- between solving the main task of mass sports – the balanced physical development of a person and the virtually merciless exploitation of their physical abilities by athletes of big sports in the name of victory at any cost ;
- between the increase in the availability of sports for the general population (due to the increase in sports facilities, the opening of sections, the emergence and popularization of new sports areas and disciplines – mountain biking, freestyle, workout, etc.) on the one hand, and a reduction in the contingent of potentially capable of achieving high results on the other [5].

The following is characteristic of modern high -performance sports: huge loads, fierce competition, high psychological tension and responsibility. All these features of big-time sports require the athlete to have specific qualities and special personal characteristics. In the psychology of sports, the problem of sports career crises has emerged as a priority relatively recently – in the early 90s of the last century. In the works of R. M. Zagainova, N. B. Stambulova and others. A number of career crises were highlighted:

1. The crisis of the beginning of sports specialization.
2. The crisis of transition to in-depth training in your chosen sport.
3. The crisis of transition from mass sports to high-performance sports.
4. The crisis of transition from youth sports to adult sports.
5. The crisis of transition from amateur sports of the highest achievements to professional sports.
6. The crisis of transition from the culmination to the finish of a sports career.
7. The crisis of ending a sports career and moving on to another career [13].

Two types of crises deserve special attention, which are the most severe for most athletes – the crisis of transition from mass sports to high-performance sports and the crisis of transition from youth sports to adult sports. These two types of crisis are interconnected with each other and are determined by a number of problems facing the athlete.:

- the need to develop life goals (choice of profession, life partner, etc.) and coordinate them with sports goals, which become a priority in this life span ;
- the need to restructure the entire lifestyle, subordinating it to the goals and objectives of a sports career ;
- the need to abandon following the already existing authorities in sports and the creative search for one 's own individual path, generalizing one 's own experience of achievements and forming an individual strategy of sports activity on this basis ;
- the need to form a specific skill to overcome a stressful situation of the " selection press " in preparation for important starts ;
- the need to distribute forces taking into account all performances in the season ;
- the need to pass the test of fame and develop an adequate attitude towards it, the need to gain one 's own prestige in the sports environment: among rivals, within the team, among the judiciary, the audience ;
- the possibility of crisis and conflict relationships with the coach and between team members.

The passage of these crises takes an athlete to a new level of athletic and personal maturity and allows for the transition from the group of " middle-level achievers" to the group of " sports elite "

If in Soviet society sport was for young athletes a school of character training, a model of fair play, a way of physical and spiritual improvement, then in modern conditions there have been significant changes, both in relation to sports competitions and records, and in the personal characteristics of athletes.

The achieved level of achievements in sports requires special abilities from young athletes, the utmost intensification of the training process, the use of biological stimulation to achieve particularly high results. Increased physical and psychological stress leads to rapid exhaustion of physical strength, injuries, occupational diseases - in order to show consistently high results in such difficult conditions, a special personal and motivational readiness of an athlete is necessary. Often, young athletes cannot withstand the most difficult conditions of competitive activity, are not ready to selflessly fight not only with a stronger opponent, but also with their own failures and weaknesses, " break down " and leave the big sport.

Sports activities are classified as extreme types of human activity, which is difficult to accomplish and requires a person to exert extreme physical and mental strength. Extremity can be both objective, determined by the following factors: a high level of psychological and physical stress, dangerous conditions for performing activities, harsh selection conditions, high competition, etc., and subjective – determined by factors such as fear of pain, injury ; fear of an " inconvenient " opponent, feelings of overstrain during competitions and so on.

An athlete's ability to overcome largely depends on his personal characteristics: target orientations – the dominance of " self-orientation " or " task orientation ", dominant values, the level and degree of moral control of behavior, the degree of concentration.

According to statistics, only 0.004 % of physically gifted children and adolescents reach the level of an international master of sports. 70% of athletes who stopped playing sports at the pre-KMS level, the main reason for ending their sports career is the loss of interest in classes and complications in relations with the coach [12, p. 73]. Currently, there is an influx into sports of a large number of athletes with a poorly designed and unformed character, an unformed volitional

sphere, vague and unstable moral and ethical principles and norms. In this regard, there is a significant discrepancy between physical, athletic training and the upbringing of an athlete's personality, a contradiction is formed between physical abilities, the level of technical training of an athlete and his personal capabilities. Such a discrepancy generates a special mental state of the athlete, which can be characterized as a kind of psychological barrier of personality. Traditionally, barriers are perceived as something undesirable that creates interference, but it must be borne in mind that barriers are permanent attributes of life, its necessary companions. Any holistic system consisting of elements owes its existence to barriers that prevent its disintegration. A barrier is a psychological phenomenon (presented in the form of images, sensations, experiences, etc.), which reflects the properties of an object to limit the manifestations of human activity, to hinder the satisfaction of its needs. The absence of a barrier devalues the object of any need.

In. In. Stolin considered as factors ("barriers", barriers) that impede the implementation of one or another activity: the expectation of negative social sanctions; the expectation of negative family sanctions; conscience; timidity; pride, self-esteem, weak will; the need for freedom and creativity, the need for well-being; fearfulness. According to V. V. Obviously, the probability of overcoming an "obstacle" depends on two factors: the strength and severity of the obstacle in a given subject and the motivating force of the motive that requires overcoming this obstacle [15].

In the cognitive sphere of personality, such elements of the structure of consciousness and self-awareness as meanings, representations, knowledge, etc. can act as psychological barriers. In the affective sphere, psychological barriers manifest themselves in the form of emotional experiences and mental states (most often negative), such as anxiety, frustration, fear, etc. In the behavioral sphere, psychological barriers are expressed in the form of an inadequate decrease in the activity of the subject.

B. G. Ananyev was one of the first Russian psychologists to note the role of barriers as psychological formations that give rise to impulses significant for the performance of initial human activity, while in one case volitional manifestations of activity arise, and in the other - lack of will.

In the process of overcoming psychological barriers, the psychological structure of the personality is being rebuilt, deep internal work is being carried out to transform the resistance of the environment, the process of satisfying the needs of the individual. The most important factor determining the success of overcoming psychological barriers is the creative activity of the subject in understanding social status. The main direction of the subject's activity in the line of self-determination of the strategy for overcoming barriers consists in integration, internal coordination of the semantic sphere, elimination of contradictions in it, as well as checking the possibilities of emerging ways of overcoming.

It should be emphasized that psychological barriers "represent a kind of psychological reaction of a person to a difficulty that has arisen. Responding to an obstacle is characterized, first of all, by stopping activity, during which a special kind of internal work is carried out, aimed both at experiencing various emotional states and at eliminating the semantic mismatch of consciousness and being, restoring their correspondence and ensuring psychological stability" [2, p. 110].

According to some authors, the motivational basis for high-achievement sports is egocentrism. The external world exists for the athlete as if by itself, surrounding the athlete's specific own world, which in many ways differs significantly from the world of a non-athlete: this world has its own special rituals, hymns, clothes, symbols, rules of life and rules of relationships, its own values, the main of which is the highest result. For his sake, athletes make titanic physical efforts, give up many of the joys of the "big world", risk their health, do not realize themselves in any other, unsportsmanlike activity, are ready to cross certain moral boundaries. However, the achievement of records requires an athlete to exert a unity of physical and mental strength. On

this occasion, f. Champfl wrote: " Experience has convinced me that to achieve athletic greatness, you need to turn an athlete's body and soul into one dynamic force."

The implementation of this requirement depends to a large extent on certain structures of the athlete's personality, especially on its ideological and moral foundations, they determine the success of performance at competitions and the level of preparation for them, no measures for physical, technical and tactical training of an athlete will be effective if they are not based on an expedient and purposeful design of the formation of the athlete's personality.

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