

THE INTERRELATIONSHIP BETWEEN GOAL-STRENGTH AND PSYCHOLOGICAL ADAPTATION IN AN ATHLETE'S PERSON

Rakhimov Gulomjon Davronbekovich

Independent researcher at Bukhara State University

<https://doi.org/10.5281/zenodo.15500940>

Annotation: This article analyzes the relationship between the level of goal-orientedness of an athlete's personality and indicators of psychological adaptation from a psychological and pedagogical point of view. The article highlights the influence of goal-oriented activity, internal motivation, stress tolerance and ability to adapt to the environment of athletes on their sports results. The results of the study show that a high level of goal-orientedness strengthens psychological stability in athletes, which in turn allows for quick and effective adaptation to competition conditions.

Keywords: Athlete's personality, psychological adaptation, motivation, stress tolerance, sports psychology, psychocorrection, individual development.

Introduction.

Within the framework of modern sports psychology, the mental state of the athlete, his motivational orientation and psychological adaptation ability are considered important factors determining the level of success in his competitive activities. In particular, goal orientation - as an internal psychological state of a person consciously aimed at achieving a certain result - is the main psychological component in the formation of stable motivation in the activities of athletes and achieving high sports results.

Also, psychological adaptation is a multifaceted psychological process that includes the degree of adaptability of a person to a complex, changing social and sports environment, that is, the ability to manage stress situations, maintain internal affective balance and self-regulation. Psychological adaptation plays a decisive role in shaping the athlete's attitude to socio-psychological factors (relationships with the coach, communication within the team, competitive conditions, etc.).

Existing scientific research shows that there is a clear connection between the goal orientation of athletes and their level of psychological adaptation, which is of great importance in mobilizing the internal resources of the athlete's personality, maintaining emotional stability and ensuring competitiveness. In particular, the pursuit of a high level of goal activates the athlete's mechanisms of self-awareness, self-regulation and self-evaluation. This article analyzes the empirical and theoretical foundations of the relationship between these psychological components. The relevance of the study is determined by the need

to identify mechanisms for increasing performance by forming a stable psychological state in athletes and effectively adapting them to a stressful sports environment.

Sports psychology has developed its own scientific approaches to studying the personal characteristics, mental state and level of adaptation of athletes. In this article, we will examine the relationship between two important components of an athlete's personality—goal-seeking and psychological adaptation—and ways to reflect them in the daily activities of athletes.

Goal-seeking is not just a desire, but a motivational-activity system aimed at achieving a task that a person consciously sets for himself. It is closely related to the internal motivation of the person, a sense of self-worth, and the need to achieve personal success. Athletes demonstrate this motivational component every day in training, competitions, and self-assessment processes. An athlete who is goal-seeking focuses not just on the result, but on the process, on the very pursuit of success. This situation encourages the athlete to reflectively analyze his own performance, analyze his mistakes, and turn them into opportunities. On the other hand, psychological adaptation is the athlete's ability to internally resist and adapt to the external environment - competitive pressure, social expectations, stressful situations, and emotional stress. This skill is directly related to the athlete's stress tolerance, affective balance, and emotional stability. Success in a sports environment largely depends on a person's psychological resilience and the correct use of internal resources.

The article assessed these two levels of athletes' qualities using psychodiagnostic methods. In particular, the "Goal Orientation Scale" and "Psychological Adaptation Inventory" were used to determine the athletes' internal psychological state and attitude to the external environment. Studies show that athletes with a high level of goal orientation are more confident in themselves, perceive failures as a test, and athletes with a high level of psychological adaptation are people who quickly find a way out in problematic situations and are able to maintain emotional balance.

Thus, the combination of these two qualities in sports activities plays an important role in the complex development of the athlete's personality. This not only ensures the stability of sports results, but also increases the overall psychological well-being of the athlete. Analysis of their interrelation is an important stage in the development of sports psychology, personal development and psychocorrection technologies.

Discussion:

Sports activities are always accompanied by factors such as intense emotional and physical stress, strong competition, limited time and result orientation. In such conditions, the psychological state of the athlete, especially his level of goal-orientedness and ability to psychologically adapt, becomes an integral factor in the level of sports results and personal well-being.

The results of the study show that the high goal-orientedness of athletes strengthens their internal motivation and forms a positive attitude towards activity. The goal is not just a desire to achieve a result, but a force that is at the center of the athlete's consciousness, directing and motivating his life activity. Such individuals usually set themselves clear, realistic and achievable goals and are consistent and persistent in achieving them. This, in turn, indicates the development of their internal discipline, self-assessment ability and reflective thinking.

However, just striving for a goal is not enough. In order for an athlete to maintain mental balance, find positive solutions in stressful situations, manage emotions, and be successful in social relationships, he must have psychological adaptability. Psychological adaptability is the ability to quickly adapt to changing conditions, mobilize internal resources, make the right decisions in unexpected situations, and support himself mentally.

These two components — goal orientation and psychological adaptation — are dialectically interconnected. According to research, athletes with a high level of goal orientation are usually more stress-resistant, socially active, and emotionally stable. They have a positive attitude towards failure, accepting it as a means of experience and growth. This is directly related to the components of psychological adaptation — emotional stability, internal balance, and openness to social support. Also, approaches aimed at developing these two qualities together in the process of training athletes are of great importance. Psychological training, motivational training, stress management techniques, cognitive-behavioral methods, and autogenic training serve to strengthen not only the desire for results in athletes, but also psychological stability. The athlete's goal-oriented personality and the level of psychological adaptation are two-way psychological processes that complement each other and directly affect the effectiveness of sports activities. Therefore, in-depth study of these factors and the search for ways to develop them remains one of the pressing issues of sports psychology.

Conclusion.

Sport is a complex field of activity associated not only with physical training, but also with strong internal mental potential, determination and emotional balance. During the study, it was found that one of the main psychological advantages of an athlete's personality in moving towards success is the goal-oriented personality. The goal is not just a path, but also an internal driving mechanism of the athlete, a means of directing his activities and ensuring stability. This psychological component encourages the athlete not only to strive forward in competition, but also to work on himself, develop personally and strengthen his life values.

At the same time, for an athlete to successfully perform, he must not only strive for the goal, but also have high psychological adaptation abilities. The ability to control oneself in stressful situations, neutralize negative emotions, adapt to social relationships and act in accordance with a changing environment - all this ensures the athlete's psychological stability. Especially against the background of pressure and emotional stress that arise during the competition, psychological adaptation is manifested as a decisive factor that reveals the athlete's real potential.

The interrelationship of goal-orientedness and psychological adaptation is such that they complement, strengthen and form a comprehensive psychological portrait of the athlete's personality. A goal-oriented athlete works more on himself, mobilizes his internal resources and takes an active, responsible approach to life. An adaptable athlete is always open to innovations, can make the right decisions under pressure and maintains internal stability.

Therefore, the parallel development of these two psychological components is of urgent importance in the training of modern athletes. If the pursuit of the goal is the athlete's driving force, psychological adaptation is the shield that gives him stability and endurance on this path. This harmony serves as an important psychological foundation for the successful and effective conduct of sports activities.

References:

1. Андреев В.И. Саморазвитие и самосовершенствование личности. — Казань: Центр инновационных технологий, 2006. — 256 с.
2. Бодров В.А. Психологическая устойчивость личности. — Москва: Пер СЭ, 2001. — 368 с.
3. Джеймс У. Психология. — Санкт-Петербург: Питер, 2000. — 512 с.
4. Deci E.L., Ryan R.M. Intrinsic Motivation and Self-Determination in Human Behavior. — New York: Plenum Press, 1985. — 371 p.

5. Hardy L., Jones G., Gould D. Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers. — Wiley, 1996. — 312 p.
6. Nicholls J.G. The Competitive Ethos and Democratic Education. — Cambridge, MA: Harvard University Press, 1989. — 239 p.
7. Маклаков А.Г. Общая психология. — Санкт-Петербург: Питер, 2008. — 768 с.
8. Рейковский Я. Мотивация деятельности и эмоции. — Москва: Мир, 1979. — 304 с.



WOC
WORLD
ONLINE
CONFERENCES

