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DIAGNOSTIC SIGNIFICANCE OF PSYCHODIAGNOSTIC **EXAMINATIONS OF TAEKWONDO PLAYERS**

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ABSTRACT

This article is devoted to the early detection of psychopathological changes, the study of temperament and character accentuation, as well as the identification and study of anxiety-phobic disorders which are observed in taekwondo athletes through psycho diagnostic examinations.

KEYWORDS

Psycho emotional state, anxiety-depressive disorder, psychodiagnostics, medical and psychological questionnaire, temperament, affective category, cyclic category, Spielberger- Khanin questionnaire.

Introduction

VOLUME 03 ISSUE 06 Pages: 19-27

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Today, in many sports, the physical and mental performance of athletes is of fundamental importance in achieving high sports results. In the next decade, the number of mental illnesses will increase worldwide, especially anxiety and depressive disorders due to psychoemotional disorders will continue to increase. This requires a deeper study of the psychology of athletes, diagnosis of their personality structure. temperament and character accentuation[1,3].

Every athlete dreams of achieving high results, but various physical and mental difficulties may the way to achieving them. arise on Psychopathological problems take a prominent place among any factors that have a negative impact on the athlete's performance. Without knowing the mental health, behavior, condition, characteristics of the nervous system, temperament, character, ability, motivation, etc. of athletes, it is impossible to draw conclusions from their physical condition alone. The introduction of psychodiagnostics to physical education and sports to know these indicators is connected with the high importance of the psychological factor in sports activities. It is necessary to carry out active research in the field of studying the psychological capabilities of

athletes, to conduct a psychopathological test and sort them for the future of the athlete, as well as to train a mentally healthy athlete at different age stages and in the course of training [2,3].

Based on the requirements sports psychodiagnostics, the main value of any technique is to adequately measure the important psychological characteristics of athletes and, based on this, to select the main practical tasks, to diagnose sports abilities and to assess the functional state of the athlete, it is recommended to determine the level of preparation [1,5].

Today, thanks to the improvement of medical psychology, the importance of medical psychodiagnostic research in providing practical opportunities is increasing more and more. In such conditions, medical psychodiagnostics works as a system of clinical diagnostics, auxiliary and rehabilitation, various processes, examinations, targeted practical training of analysts in the field of clinic and prevention. Modern sports training aimed at achieving high results requires the athlete to exert excessive stress on all physiological reserves of the body. In such conditions, the efficiency of human activity becomes more dependent on the individual characteristics of the nervous system. The limited

VOLUME 03 ISSUE 06 Pages: 19-27

SJIF IMPACT FACTOR (2021: 5.14) (2022: 5.605) (2023: 6.659)

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level of physical activity combined with high emotional stress often leads to overstressing of physiological systems, their displacement and a decrease in the functional state of the body as a whole [7,8]. Communication within sports teams or groups is also considered very important and their management requires special knowledge and skills, so sports psychology takes into account the rules of general psychological knowledge, but is mainly based on the results of its own research[6].

Psychodiagnostics is now firmly established in the field of sports, knowing psychology and its importance in the training of athletes carried out by highly rated sports psychologists and coaches in the selection process, competitions and training process, invites the athlete to explore hundreds of possibilities in specific conditions of sports activities. When conducting medical psychological examinations, it is appropriate to take into account the athlete's activities, environmental conditions, functional status and type of training, before and after the competition and many other situations[2,4].

According to the results of psychodiagnostics, psychological, psychohygienic, recommendations psychoprophylactic are

developed, which can be sent to coaches, sports managers, masseurs, doctors, parents, friends, etc., who are in contact with the athlete and can affect his mental state[3,5].

In general, it is natural for coaches and sports psychologists to diagnose the mental state of every athlete before and after training and competition. But such diagnostic tests are not always carried out. Therefore, it is necessary to prevent the mental experiences of athletes (depression, stress, depression, phobia) from remaining in hidden situations [4].

Therefore, if psycho-emotional disturbances in taekwondo players are identified in time and psychotherapeutic help is provided, not only their mental health, but also their sports activities will improve.

The purpose of the research: to identify psychopathological changes in athletes in the early stages by performing medical-psychological diagnostics and to positively affect the quality of life by correcting them.

Research materials and methods: For the purpose of research, 42 athletes participating in the National Taekwondo Association were selected.

VOLUME 03 ISSUE 06 Pages: 19-27

SJIF IMPACT FACTOR (2021: 5.14) (2022: 5.605) (2023: 6.659)

OCLC - 1272874727











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The average age of the subjects is 22±4.1 years. 28 of them are male and 14 female athletes.

To assess the psychoemotional status of athletes, K., who studies psychological interview, medicalpsychological questionnaire, temperament and accentuation. Leongard's character characterological questionnaire was used.

In order to determine the level of anxiety of athletes, the questionnaire (S.D. Spielberger Y.L. Khanin) was used. This survey C.D. Developed by Spielberger, it serves to determine the level of situational anxiety (VX) and personality anxiety (ShX) (the questionnaire is often referred to as the "Spilberger-Khanin questionnaire" due to its modification by Y.L. Khanin). Psychodiagnostic

examinations with athletes were conducted for 2 months. All participants of the study are considered masters and candidates of sports with a category in this sport.

Research results Medical and analysis. psychological diagnosis of taekwondo athletes was carried out through psychological interview. psychological anamnesis and the following tests: Temperament and character accentuation of athletes K. It is studied according to 10 scales of the Leongard test. The temperament of taekwondo players was determined according to 4 types (choleric, sanguine, phlegmatic and melancholic), character actuation was determined. (Table Nº1)

Table №1

Temperament parameters identified in taekwondo players

No	Temperament	Athletes	Men (%)	Women(%)
		(n=42)		
1	Choleric	17-(40%)	11-(26%)	6-(14%)
2	Melancholic	12-(29%)	4-(10%)	8-(19%)
3	Phlegmatic	6-(14%)	2-(5%)	4-(11%)
4	Sanguine	9-(21 %)	4-(9.5%)	5-(11.9%)

VOLUME 03 ISSUE 06 Pages: 19-27

SJIF IMPACT FACTOR (2021: 5.14) (2022: 5.605) (2023: 6.659)

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The results of the test showed that 40% of our athletes had a choleric temperament, 26% of them were male and 14% were female athletes. Our melancholic type athletes made up 29% of them, with 19% female athletes dominated. It can be seen that among our athletes choleric and melancholic types of temperament make up 66% of the total. It is advisable to pay special attention to this type of sports.

Coaches, psychologists and doctors are required study the temperament and character

accentuation of athletes, and approach them taking into account their psycho-emotional state during training and competitions.

According to K. Leongard's questionnaire, character accentuation in athletes (n=42) was absent in the following categories. The highest rate on this test surface was 19% of the athletes with the unbalanced category, while the lowest rate was 2% of the athletes belonging to the pedantic category (Table № 2)

Table № 2 Character accentuation by 10 categories (%)

Nº	Character name	Athletes (n=42)	Men (%)	(%)
			O(N)	1 1 6
1	Hypertympans	7-(16%)	5-(12%)	2-(4%)
2	An impressive category	6-(14%)	2-(4.5%)	4-(9.2%)
3	Unbalanced	8-19%)	5-(12%)	4-(9%)
4	Affective category	4-(9%)	1-(2.5%)	3-(7%)
5	A risk taker	7-(16%)	3-(7%)	4-(9%)
6	Cyclotives	3-(7%)	3-(7%)	-
7	Demonstrative	2-(4.7%)	-	2-(4.7%)
8	Motivated	2-(4.7%)	1-(2.3%)	1-(2.3%)
9	Dysthymic category	3-(7%)	1-(2.2%)	2-(4.7%)
10	A pedantic category	1-(2%)	-	1-(2%)

VOLUME 03 ISSUE 06 Pages: 19-27

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From this questionnaire, it was found that choleric and melancholic type of temperament was found in 29 -(69)% of athletes. According to character accentuation, unbalanced 2-(4.7%), and dangerous 7-16%, owners of hypertympanic category constituted the majority. It would be appropriate to work with these athletes in separate groups, if their psychology is studied more deeply, and psychotherapeutic practices are carried out.

Determining the level of personal and reactive anxiety.

At this stage, objective and subjective signs of personal and reactive anxiety in taekwondo players are studied by means of the Spielberger-Khanin questionnaire. This requires studying the psycho-emotional condition of athletes from the initial stages and making the necessary psychotherapeutic and psychopharmacotherapeutic treatments. (Table Nº3).

Table №3

Subjective symptoms identified in tackwondo athletes.

Nº	Subjective	Patients (n=42)
	Symptoms	KINALS
1	Sleep disturbance	36 (85.7%)
2	Emotional lability	21 (50.1%)
3	A constant feeling of anxiety	38 (90.4%)
4	Mood swings	27 (64.2%)
5	Fixation on bad thoughts	13 (30.9%)

According to the "Spilberger-Khanin" scale, the level of reactive anxiety in athletes (n=42) is as follows; mild 52.3%, moderate 30.9%, severe reactive anxiety was equal to 16.6% (Table №4)

Table №4

Distribution of reactive anxiety level (%)

Volume 03 Issue 06-2023

VOLUME 03 ISSUE 06 Pages: 19-27

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Anxiety levels	Athletes n=42		
	Number	%	Points
Light	22	52.3%	To 30 points
Medium	13	30.9%	Between 31-45
Strong	7	16.6%	46 and above

According to the analysis of personal anxiety indicators on this scale, 66.6% of athletes had mild anxiety, 28.5% had moderate anxiety, and 4.7% had severe anxiety (Table №5).

Table №5 Distribution of personal anxiety level (%)

Personal anxiety		Беморлар n=42		
	T(Абс	%	Points
Light grade	0 0	28	66.6%	To 30 points
Intermediate level		12	28.5%	Between 31-45
Strong level		2	4.7%	46 and above

As can be seen from the above tables, the risk of mild and moderate reactive and personal anxiety was observed in athletes. This requires individual and group psychotherapeutic training with athletes. It does not have a negative impact on the

athlete's training and competitions only if it is detected and treated in time.

The conclusion. According to the results of the research, it is necessary to determine the temperament, accentuation of character, and

VOLUME 03 ISSUE 06 Pages: 19-27

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psychoemotional state of athletes in the taekwondo athletes through the medicalpsychological diagnosis indicated above at the early stages (during the medical examination). By performing the indicated psychodiagnostic steps in taekwondo athletes, their character type, temperament, subjective symptoms, anxiety and psychovegetative disorders can be identified early. This prevents psychoemotional disorders in athletes from progressing to severe levels and ensures that the quality of life of athletes does not decrease.

In addition, it indicates the need to identify reactive and personal anxiety disorders in the early stages and take psychotherapeutic measures for them in time. This, in turn, allows athletes to achieve high goals in training and competitions.

These psychodiagnostic examinations can be used for the prevention of medical psychological pathologies in the practice of athletes in all associations.

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VOLUME 03 ISSUE 06 Pages: 19-27

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Volume 03 Issue 06-2023