



Research Article

PSYCHOLOGICAL HEALTH AS A FACTOR OF PERSONAL SPORTS RESULTS

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Abdumadjidova Dildora Rakhmatullayevna

PhD, Psychologist Of The Sports Psychology Department Republican Scientific And Practical Center Of Sports Medicine At The National Olympic Committee Of The Republic Of Uzbekistan

ABSTRACT

One of the key issues in modern sports psychology is the value attitude to the psychological health of an athlete. The search for an answer to this question is expressed as psychological health for a person is not as a means of achieving other vital goals, but promoting the self-value.

KEYWORDS

psychological health, tension, activity, distress, life criteria.

INTRODUCTION

Due to a high level of change in modern human lifestyle the priority is given to the study of a person's psychological health as an attitude value in the world psychological research. The importance of learning the social and psychological factors of the human life is to prevent or reduce the risk of various diseases and danger of death by changing human behavior [2].

Psychological health is a state of psychological and social welfare in which a person realizes his capabilities, is able to resolve difficult tasks and effectively resist life stresses, and contributes to the development of society as a result of conscious activity. Psychological health is stable, adequate functioning of the human psyche which depends on the main cognitive processes (perception, memory, attention, and thinking).

According to the definition of V.A. Ananov, the concept of psychological health includes the elements of human self-awareness and self-knowledge in a health environment, the knowledge acquired by a person throughout his life, their capabilities, and the ability and potential to use their internal reserves" [1].

Proposed by the World Health Organization (1948), the definition states that "health is not

only a denial of illness or weakness but also means that physical, mental, and social well-being are reflected in full condition" [3]. This definition reflects the phenomenon's systemic and integrity, embodies the phenomenon's single physical, mental, and social health, as adopted in medicine, psychology, and sociology. Any success requires the experience of having certain knowledge and skills from the person and applying them into practice. It is also an important factor in this process formed in the person or the current psychological capacity, in which human being is psychologically talented to fulfill the psychological tasks, such as motivation, desire, installation skills. It also depends on the factors of the individual's health: spiritual; physical, mental, and social. The factors of psychological health of the person are:

- 1) sensation - having self-control;
- 2) contemplation - adequate, healthy thinking;
- 3) memory - remember, remind, take into mind;
- 4) character - a system of behavior and values.

The automatic formation of the state of psychological readiness, special action for this state, the absence of external influence or the

need for help, can be an indicator of an individual's psychological health and also create the likelihood that the person will be able to cope with the task at hand without psychological problems.

According to socio-psychological studies conducted among 186 Canadian athletes preparing for the Tokyo 2020 Summer Olympic Games, 42% of athletes had various psychological health problems, including 31.7% with depression symptoms, 18.8% hangover, and 9% who had psychological problems with eating. Stephens Vakschal, the psychologist and scientist who conducted the research, admits that having more than average stresses among elite athletes was normal [10]. From this, it can be implied that athletes' psychological health needs to be checked regularly.

Of course, the implementation of this psychological training and support will be the basis for maintaining the athlete's high sports results, further improving them, ensuring the athlete's psychological health and future happy life. In 2020, the Starva social network that connects more than 70 million athletes worldwide and a program that monitors athletes' activity in collaboration with Stanford university

conducted a research in which 131 professional athletes participated showed that most athletes had acute psychological health problems. Those featured problems expressed in number, character, and affect to the athlete's personality. For example, the serious impact of the COVID-19 pandemic on the psychological health of athletes is highlighted. According to the findings of the study, one in every five athletes had complaints about their psychological health: despondency and depression after the pandemic increased by 5.8 times (from 3.9% to 22.5%), while nervousness and anxiety increased by 5.9 times (from 4.7% to 27.9%) [4].

The figures presented indicate that sports managers and coaches must be more cautious and must take care on athletes' psychological health more seriously than before, and must take an appropriate preventive measure. It is worth to note that at the last Olympic Games in Tokyo, everyone's focus was not on gold, silver, or bronze medals, but on the fact that famous athletes Simona Bayles and Naomi Osaka began to openly talk about their psychological health. This situation led to increased and relevant research on the psychological health of Olympic level athletes due to the widespread occurrence of such

problems as depression and anxiety among them [5].

Several times World and Olympic Games champion, swimmer Michael Phelps, had also admitted that he had suffered stresses during this period, expressing his case as severe depression, like other athletes [10]. The issue of the psychological health of athletes has been studied by psychologist scientists for a long time. In our opinion, to date, the need and interest in increasing the results of higher sports are further increased by these studies and their results, scientific and practical experiments gained on the basis of deep research, which give importance to the psychological training of athletes and strengthen their psychological health.

Speaking about the psychological health of athletes, it is necessary to take into account the fact that they have problems in this area not only during the competition but also after the competitions. According to the research conducted by British scientists S. Rensan, S. Leyland, and L. Bord in 2021 about 24% of athletes who participated in the Olympic and Paralympic Games experienced complaints of high and very high levels of distress after competitions. Experts diagnose this condition as

a "post-Olympic period of darkness" characteristic of athletes. Of course, scientists explained these processes by a variety of factors [6]. It should be noted that the pain of defeat, feelings of guilt, aimlessness, negative perceptions of one's own future in the field of sports, financial problems, frustrations, psycho-emotional fatigue, the presence of a strong need to carry out recovery work, and the absence of conditions or opportunities can irritate the athlete. The inability to achieve the desired result, as well as the occurrence of undesirable situations, aggravate athletes' psychological states. Taking into account the aforementioned factors, on October 10, 2022, on the occasion of the "World Day of Mental Health," the International Olympic Committee conducted large-scale psychological educational propaganda on its Internet pages via social networks. In this, the committee's call to athletes that they should definitely get help in the event of psychological problems was covered on the basis of illustration posters [9]. Also, in his advocacy for psychological health for athletes, the International Olympic Committee regularly focused athletes on Internet links on the topic of psychological health, created for the general public by the World Health Organization. In one

such link, stated by the World Health Organization, "psychological health is important for our overall stable life and physical health; when we are psychologically healthy, we can carry out effective professional activities, enjoy our free time, and actively and positively influence the social environment in which we live" [5]. The above calls recommend that all athletes must receive professional help in the case of psychological problems. Based on this propaganda, we can say that, having felt distress, it is important that all athletes also recognize psychological difficulties and turn to a specialist. The Republican scientific and practical Center of Sports Medicine at the National Olympic Committee of the Republic of Uzbekistan conducts a systematic and in-depth medical examination of athletes of the national team every six months. Within the framework of this examination, psychological diagnostics and consultations are also included. It is worth to note that the conclusions to be drawn were formed on the basis of surveys of practicing psychologists in the Department of Sports Psychology of the Republican Scientific and Practical Center of Sports Medicine with athletes of more than 300 national team levels in 2021:

1. Athletes usually avoid the appointment of a psychologist, considering this process to be important but not relevant.
2. In the process of psychological diagnostics, athletes in most cases overestimate their maximum self-esteem, thereby compensating for their psychological problems.
3. The psychological problem has been identified, and athletes who admit it will receive the first psychological assistance here alone for one session. Athletes participating in subsequent ongoing psychological counseling and development activities turn to psychologists in their department or federation.

At the same time, in 2022, 242 athletes who entered the national teams in various sports were questioned in four different survey forms, such as "Is there a situation that worries you before the competition?" "Are you worried about the competition process?" "Does a situation bother you after the competition has passed?" "Is there a situation in your personal life that worries you?" According to the survey results of an experimental oral interview, 36% (87) of athletes answered "yes" to at least one of the questions, while 24% of respondents (60) complained about

the inability to concentrate during the pre-competition times, and 16% (46) complained of lack of concentration, anxiety, and excitement, 14% (35) admitted that when respondents lost the competition, it was difficult for them to come to their senses. This pushed them to the need of a special time, or that they walked sadly depressed for a while. About 21% of respondents said that they worry about their personal problems, which can negatively affect their sports results. It is necessary to take into account that the inclusion of all the athletes with certain anxious thoughts to the "safety group" does not provide evidence of their consideration as athletes with problems.

Because, when an in-depth psychological conversation is conducted with athletes who complain about a particular problem, it has been observed that most of them are simply psychologically minded, and when faced with psychological problems, they have personal coping strategies. And for athletes who do not have personal communication strategies, elements of psychotechnics such as the use of imagination, positive thinking, and conducting positive communication with oneself have been taught. In sports psychology, it is important to teach athletes the above two methods, which are

recommended to improve their results and eliminate the problems of psychological training that arise in them and, in turn, are widely used by specialists. In our opinion, it is necessary that this becomes a psychological minimum that athletes need to know.

Tact proves that athletes who regularly communicate positively with themselves, that is, who constantly think positively while accepting their internal contradictions with tolerance, improve their sports results. Being trapped in a whirlpool of negative thoughts, as well as an athlete's inability to think positively and communicate with himself, leads to a decrease in athletic performance [7].

On the one hand, this is a topic that we call "psychological health as a factor in a person's sports results" as well as thoughts that prove a hypothesis; after all, only a person with a stable psychological state of health can think positively, create potential, and use his imagination in the direction he needs.

Also, if we talk about the power of imagination, then in sports where competition prevails (for example, sprint running and academic rowing), the athlete can reflect in the imagination the

entire competition process from start to finish, bring to the eye that he successfully performs each sports movement, place each movement in the imagination in one system (an algorithm), and launch all individual sensory processes in [8].

This technique is also called "visualization" by specialists in developmental applied psychology. However, it must be said that in the process of visualization, a person brings only the result or success in front of his eyes, and in sports, an athlete can overcome the path leading to success or some result in full imagination, repeatedly turning every elementary tactical action on this path in his memory, up to a competition or a sports performance.

Today, we cannot say that all athletes from the national team of Uzbekistan are also aware of the above elementary psycho techniques and apply them in practical activities. For clear evidence, additional scientific research is required on this matter. It should be noted that at the Department of Sports Psychology of the Republican Scientific and Practical Center of Sports Medicine psychological trainings on the necessary topics within the framework of training sessions for athletes are being regularly conducted by practicing psychologists [9]. These activities help

to eliminate the psychological problems of athletes and form the necessary psychological knowledge and skills in athletes.

CONCLUSION

Following conclusions and recommendations have been arisen from above stated ideas:

Firstly, in connection with the importance of psychological training in sports, it is necessary to actively continue educational propaganda of appropriate sports psychological training among athletes and coaches, sports managers, relevant officials.

Secondly, for athletes of the national team level, it is necessary to introduce a minimum of necessary psychological knowledge and skills and to form and popularize propaganda materials, trainings that help to master them.

Thirdly, at a time when the presence of psychological problems in athletes is disclosed on the basis of scientific facts and statistics, it is advisable for the athletes themselves and those responsible for their sports activities to be attentive to this problem and to provide them with all the support of a specialist in order to

timely eliminate the psychological problems of athletes.

Fourth, in combination with the systematization of work on the formation of specific psychological immunity in athletes, it is important that the athlete should realize a psychological problem and must turn to the appropriate specialist to eliminate it. Measures must be taken to develop psychological culture.

Fifth, there is a need to prove the connection between the psychological health of the athlete's personality and his sports results by conducting in-depth scientific research with athletes at the national level, since this issue is a criterion not only for the achievements of the athlete but also for his further stable personal life and social well-being.

The above conclusions create the need to conduct additional scientific research and psychological educational propaganda. This work is being carried out effectively by the Department of Sports Psychology of the Republican Scientific and Practical Center of Sports Medicine. The manifestation of these factors is on the path to gradual positive change and effective results today. Because the issues relating to the

psychological health of the individual are of great practical importance, a person with knowledge of health psychology becomes a keeper of his own health, supporting the acquired knowledge and skills throughout his life.

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