

PSYCHOPHYSIOLOGICAL ASPECTS OF THE SELECTION OF FOOTBALL PLAYERS

*Ilyasova Firuzakhon Fusuli kizi**Master's degree from Tashkent State Pedagogical University named after Nizami*

Abstract. The article examines the psycho-physiological aspects of the selection of female football players. We also highlighted indicators of sports important qualities that were selected by us based on several criteria.

Key words: neurodynamic, sensory, motor sensitivity, visual sensitivity, perceptual, emotional stability, cognitive, cognitive style, regulatory, concentration, characterological.

Аннотация: В статье рассматриваются психо-физиологические аспекты отбора футболисток. А также выделены показатели спортивно важные качества были отобраны нами на основании нескольких критериев.

Ключевые слова: нейродинамический, сенсорный, двигательная чувствительность, зрительная чувствительность, перцептивные, эмоциональная устойчивость, когнитивные, когнитивный стиль, регуляторные, концентрация внимания, характерологические.

The problem of studying the physical, psychophysiological, and personal qualities of athletes, as well as their specifics depending on specific sports, is one of the most significant in modern sports science. Just as in any other type of activity, primarily professional, in order to select athletes and predict their success, it is necessary to take into account those properties that determine the propensity for this type of activity, determine the possibilities of achieving high levels of skill. At the same time, the term "sports-related qualities" is quite new in the psychology of sports, and needs a deeper theoretical justification. Since there are virtually no definitions of this concept in the sports and psychological literature, let us turn to the consideration of approaches to the study of a related category - professionally important personality traits.

In the previous paragraph, we showed that sports, especially high-performance sports, can be classified as a special type of professional activity that has its own subject, goals, motives, conditions and results. In this regard, an analogy is possible in the study of professionally and athletically important qualities. Professionally important qualities in modern labor psychology are understood as a set of individual typological characteristics of a person that mediate the success of vocational training and professional activity in a particular field. The severity of professionally important qualities determines the speed and ease of mastering an activity, the speed of adaptation to the content and working conditions, and the effectiveness of performing professional tasks with the least effort. It should be noted that currently in psychology there is no common understanding of the structure and components of professionally important qualities (PVK) of a personality.

The structure of PVC includes both personal properties and anthropometric, psychophysiological characteristics, temperament and character properties, mental qualities, general and special abilities, skills, social and ideological attitudes, qualities of self-awareness, etc. Sometimes skills include skills - automated actions characterized by a high degree of mastery without conscious regulation of their performance. According to V.A. Bodrov, professionally important qualities are the totality of mental qualities, as well as physical and physiological characteristics that determine the success of a person's real activity.

Professionally important qualities are the internal psychophysiological and psychological characteristics of the labor subject, which express professional requirements. The study includes the features of the body's functional readiness for work; the level of development of analyzers and physical qualities necessary for successful work; the state of individual psychological functions of the body, other cognitive and psychomotor properties that determine work effectiveness, motivational and need characteristics, emotional, volitional, communicative and other personality traits. For each type of activity, the list of PVCs is specific, it is determined by the results of a psychological analysis of the content and nature of this activity. At the same time, in our opinion, it is impractical to include professional training as a result of training in the list of PVCs. Knowledge, skills and abilities are not the qualities of an individual or a personality, but are formed on the basis of personal development in the course of educational and work activities. Thus, A.A.Derkach and N.V.Kuzmina define professionally important qualities as a manifestation of psychological characteristics necessary for mastering a certain system of knowledge and skills, developing abilities, and achieving high efficiency in professional work.

The authors include the qualities of thinking, behavior, emotional manifestations, volitional regulation and self-regulation, and the development of mechanisms of activity in the structure of the PVK. The dependence of the success of sports activities on a certain set of individual and personal qualities is one of the key problems in the psychology of sports.

The psychological selection criteria are a system of sports-important personality traits of football players. The indicators of sports-related qualities were selected by us based on several criteria. At the first stage of the empirical study, the severity and variability of all qualities were studied, the list of which was compiled based on the results of a literature review and expert assessments.

These are the following personality traits: Neurodynamic: - strength of the nervous system, - mobility of the nervous system, - extraversion, - rigidity, - emotional excitability, - rate of reactions, - activity. Sensory: - motor sensitivity, - visual sensitivity. Perceptual: - accuracy of perception of space, - accuracy of perception of time. Emotional: - emotional stability, - anxiety, - confidence. Cognitive: - imaginative memory, - verbal memory, - involuntary memory, - operational thinking, - flexibility of thinking, - creativity, - quick thinking, cognitive style: - breadth - narrowness of the equivalence range, - smoothing - sharpening, - breadth of categorization. Regulatory: - concentration of attention, - distribution of attention, - stability of attention, - purposefulness, - self-control, - courage, - perseverance. Characterological: - organization, - hard work, - collectivism, - friendliness, - social normativity. Also, the following indicators remain on the list. Neurodynamic properties: extraversion, nervous system strength, activity, pace, plasticity, emotional excitability. Sensory, perceptual, cognitive properties: motor sensitivity, accuracy of space perception, accuracy of time perception, imaginative memory, involuntary memory, operational thinking, creativity, quick thinking, breadth — narrowness of the equivalence range, smoothing — sharpening, breadth of categorization. Emotional properties: emotional stability, anxiety, confidence.

Regulatory properties: distribution of attention, determination, perseverance, self-control, courage. Characterological properties: organization, collectivism, diligence, friendliness, social normativity. Thus, common sports-related personality traits include: a strong nervous system, average emotionality, high motor sensitivity, accuracy of perception of space and time, low anxiety, determination, perseverance, a high level of hard work and social normativity, high motivation to achieve, the importance of the values of health, interesting work, material success, fame.

Among the personality traits that serve as selection criteria, one can exclude a high level of diligence and social normality, high motivation for achievement, the importance of the values of health, interesting work, material success, fame. They develop naturally in football players. Thus, identifying the relationship between the listed indicators of the pedagogical aspect of the selection and training of

football players is an urgent task for women's football. With this in mind, it is necessary to develop, in the age aspect, the problem of the relationship between the content of the educational and training process and the specifics of the competitive activities of young football players, both of various ampoules and various pedagogical and psycho-physiological manifestations of the personality of a particular women's football. When selecting masters for women's football teams, preference should be given to women of athletic somatotype.

This is due to high morphological (body length, increased muscle mass and decreased body fat) and functional (physical performance) indicators, which provide them with increased athletic performance. In women's football, deviations in the sexual development of female athletes (underdevelopment of the breast, later menarche, menstrual dysfunction, male pattern of hair loss) can be used as additional selection criteria, indirectly indicating an increase in male sex hormones.

At the initial stage of selection for women's football, genetic markers can serve as its criteria: indicators of dermatoglyphics that acquire a male pattern type.

Literature:

1. Дамадаева А.С. Гендерные аспекты спортивной мотивации // Ученые записки университета имени П.Ф.Лесгафта. – 2010. – № 12 (70). – С. 58-63.
2. Дамадаева А.С. Специфика гендерной дифференциации личности в спорте // Ученые записки университета имени П.Ф.Лесгафта. – 2010. – № 10 (68). – С. 35-39.
3. Кузьмин Н.В. Динамика системообразующих свойств профессиональной ментальности педагога: Автореф. канд.пед наук. – Смоленск, 2002.
4. Цикунова Н.С. Гендерные характеристики личности спортсменов в маскулинных и фемининных видах спорта: автореф. дис. ... канд. психол. наук. -С.-Петерб. гос. акад. физ. культуры им. П.Ф.Лесгафта. – СПб., 2003. – 19 с.
5. Рустамов, Л. Х. (2013). Физическая культура и ее влияние на организм человека. In Актуальные вопросы современной науки (pp. 99-103).
6. Rustamov, L. (2022). IMPLEMENTATION OF A PERSON-ORIENTED APPROACH IN PROFESSIONAL ACTIVITIES OF STUDENTS. Science and Innovation, 1(8), 1259-1262.
7. Рустамов, Л. Х., & Зайниддинов, Т. Б. (2013). Основные средства физической культуры и классификация упражнений. Педагогика и современность, (5), 137-140.
8. Рустамов, Л. Х., & Набижанов, Ш. М. (2021). ФОРМИРОВАНИЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ СТУДЕНТОВ В ОБРАЗОВАТЕЛЬНОМ ПРОЦЕССЕ. POLISH SCIENCE JOURNAL, 441.
9. Махкамджонов, К. М., Иноземцева, Л. А., Нурматов, Ф., & Рустамов, Л. Спорт байрамларини ташкил қилиш ва ўтказиш методикаси. Toshkent:–2007.
10. Рустамов, Л. Х., & Талабаев, У. Р. (2021). ТЕХНОЛОГИЯ ДИФФЕРЕНЦИРОВАННОГО ФИЗКУЛЬТУРНОГО ОБРАЗОВАНИЯ. MODERN SCIENTIFIC CHALLENGES AND TRENDS, 245.
11. Рустамов, Л., & Турсунов, Ш. (2024). ИСПОЛЬЗОВАНИЕ ИННОВАЦИОННЫХ ПЕДАГОГИЧЕСКИХ ТЕХНОЛОГИЙ НА УРОКАХ ФИЗИЧЕСКОГО ВОСПИТАНИЯ. Академические исследования в современной науке, 3(28), 35-41.