

PEDAGOGICAL FOUNDATIONS FOR THE FORMATION OF PSYCHOLOGICAL PREPARATION OF KURASH WRESTLERS

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Abstract. *The article examines the pedagogical foundations for the formation of psychological preparation of kurash wrestlers as an essential component of their athletic mastery. The significance of psychological stability, self-control, determination, and self-confidence in the process of preparing athletes for competitions is revealed. Special attention is given to the pedagogical conditions that ensure the development of wrestlers' volitional and motivational qualities, as well as to psychological training methods aimed at fostering readiness to overcome stressful and competitive situations. The role of the coach is highlighted as a key figure in managing emotional states and shaping stable sports motivation. Based on the analysis of theoretical and practical approaches, the study concludes that it is necessary to integrate psychological preparation into the pedagogical process of teaching and training kurash wrestlers.*

Keywords: *kurash wrestling, psychological preparation, pedagogical foundations, volitional qualities, emotional stability, sports motivation, psychological readiness, coach.*

Introduction. The Uzbek national wrestling kurash is an integral part of the rich cultural and spiritual heritage of the people of Uzbekistan. Originating many centuries ago as a means of physical education, fostering courage, and strengthening the spirit, kurash has over time evolved into a full-fledged sport recognized on the international stage and included in the UNESCO Register of the Intangible Cultural Heritage of Humanity [1, 4].

Modern kurash combines the traditional values of the Uzbek people — honesty, respect for the opponent, fairness, and the pursuit of excellence — with contemporary principles of athletic training. Unlike many other martial arts, kurash is based on the principles of humanism: strikes, painful, and choking techniques are prohibited, which emphasizes its educational and moral potential.

Within the development of the system of physical education and sports in the Republic of Uzbekistan, kurash holds a special place as an effective means of forming physical fitness, moral and volitional qualities, and national self-awareness among young people. Research in this area focuses on revealing the pedagogical, psychological, and methodological foundations of teaching and training wrestlers, as well as improving the system of training athletes of various ages and qualifications [2, 3, 5].

Thus, the study of Uzbek wrestling kurash has not only sporting but also significant pedagogical importance. This national sport contributes to the strengthening of health, the formation of moral values, and the development of discipline, determination, and self-confidence — qualities that are essential both in sports and in everyday life.

Character traits of an athlete do not always adequately predict the success of sports performance, whereas the set of psychological qualities is closely linked to the level of athletic achievement. Therefore, comprehensive psychological preparation plays a decisive role in achieving top sporting results [7, 8, 9].

In the kurash wrestlers' training system, the psychological component occupies a central place, since success in sports depends not only on the level of physical and technical readiness but also on the degree of psychological stability, self-regulation, and emotional control of the athlete.

The process of psychological preparation of kurash wrestlers should be integrated into all stages of the training cycle — from initial instruction to participation in competitions of various levels. It is important that the coach not only

develops the athlete's volitional qualities but also contributes to the development of such mental functions as attention, perception, decision-making speed, and tactical thinking. The development of these characteristics enables the wrestler to adequately assess situations, respond quickly to the opponent's actions, and select the most effective tactics for conducting a match [11, 13, 14].

A significant component of psychological preparation is the formation of a stable motivation for achievement among athletes. Motivation for success, self-confidence, and a sense of responsibility toward the team and the coach create the internal prerequisites for achieving high athletic performance. In this context, the creation of a favorable psychological climate within the sports team plays an important role, being based on mutual respect, support, and fair evaluation of each athlete's achievements [6, 10, 12].

Moreover, the effectiveness of psychological preparation among kurash wrestlers largely depends on the level of pedagogical competence of the coach. The coach serves not only as an organizer and mentor but also as a psychologist, capable of identifying the individual characteristics of athletes, selecting optimal psychoregulatory methods, and ensuring a balanced combination of physical and psychological loads [15, 16].

Thus, the psychological preparation of kurash wrestlers represents a systematic and multi-level process aimed at shaping the athlete's personality, readiness to compete under extreme conditions, and ability to maintain high performance in any competitive situation. The effective implementation of psychological techniques and psychotraining in athletes' preparation practice significantly improves the quality of the training process and contributes to the development of a psychologically mature, confident, and motivated wrestler.

The most important psychological qualities of a high-level athlete include volitional traits, resistance to stress, attentional stability, the ability to control emotional arousal, and others [17, 18].

The specific nature of competitive and training activities of kurash wrestlers determines the formation of a system of perceptual-intellectual and emotional-volitional qualities that ensure the perception and analysis of situations, as well as decision-making and execution in constantly changing conditions under active opposition from an opponent.

It has been revealed that during training and competitions, most athletes experience internal tension and emotional instability, which indicates a high level of anxiety. It has also been established that at the initial stage of their athletic career, representatives of martial arts demonstrate a low level of development of self-regulation mechanisms.

In the system of psychological preparation of an athlete, several key directions should be distinguished: the formation of motivation, volitional training, ideomotor exercises, improvement of specialized skills, regulation of mental tension, development of tolerance to emotional stress, and management of pre-competition states.

The foundation of psychological preparation for kurash wrestlers lies in comprehensive emotional and volitional training. Psychological preparation sessions should be conducted systematically, continuously, and with a targeted, specialized focus. Training sessions and psychological workshops serve as effective tools for implementing athletes' psychological preparation.

It has been experimentally proven that the system of emotional and volitional preparation has a positive effect on the athletic performance of kurash wrestlers, the efficiency of training activities, the overall atmosphere of interaction between athletes and the coach, as well as on the discipline and motivation of athletes toward active engagement.

The analysis of the experimental results allows us to conclude that the main principles of this study can be effectively applied by coaches to optimize the process of sports training for kurash wrestlers. Overall, the results obtained confirm the

effectiveness of the developed research program and demonstrate the expediency of using psychotraining in both training and competitive processes to achieve a high level of psychological readiness among athletes.

Conclusion. The psychological preparation of kurash wrestlers is a crucial component of their professional development and one of the key factors in achieving high athletic performance. The effectiveness of competitive activity is largely determined by the level of development of the athlete's volitional, emotional, and cognitive qualities, which are formed through systematic and purposeful pedagogical work.

A comprehensive approach to psychological preparation, which includes motivational, volitional, emotional, and cognitive aspects, contributes to the development of stable mental self-regulation, the ability to overcome stressful situations, and the maintenance of high combat readiness during competitions. Of particular importance is the professional competence of the coach, who not only manages the process of physical and technical preparation but also helps athletes develop psychological resilience, self-confidence, and a strong desire to achieve success.

Thus, the integration of scientifically grounded methods of psychological preparation into the system of training and education of kurash wrestlers ensures the harmonious development of the athlete's personality, enhances the effectiveness of the training process, and promotes the achievement of stable, high-level sports results.

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