

METHODS OF DEVELOPING SUSTAINABLE PSYCHOLOGICAL PREPARATION IN MODERN FIGURE SKATING

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Annotation: The article analysis the problems of psychological preparation of athletes participating in figure skating. Successful participation in modern sports depends not only on physical preparation, but also on a system of psychological preparation that ensures a stable mental state. As part of the research, methods for developing such components as stress resistance, emotional stability, internal motivation and self-control for figure skaters were tested in practice.

Key words: figure skating, sports psychology, psychological preparation, emotional stability, stress, attention, motivation, mental state, self-confidence in sports

Introduction: Among modern sports, figure skating stands out for its complex technique and aesthetic requirements. Any uncertainty in competitions can negatively affect the overall assessment of an athlete. Especially young athletes cannot achieve success due to insufficient psychological pressure. Therefore, the issue of developing stress resistance, mental strength, positive thinking and emotional balance in athletes is urgent. Developing psychological preparation not only improves an athlete's performance in competitions, but also serves to extend his/her longevity in sports. The aim of this study is to identify effective psychological methods aimed at ensuring psychological stability in figure skating athletes, to implement them in practice, and thereby improve the competitive performance of athletes. It is also aimed to develop modern approaches by integrating theoretical knowledge in the field of sports psychology with practical training.

Visualization techniques: (mental imagery, mental visualization) - in psychology and neuroscience, it is the process of creating clear and meaningful images in the human mind that are not actually observed through the senses, but are imagined. Scientifically, it is a cognitive process in which the visual, auditory, kinesthetic or multisensory neural networks in the brain are activated as during real perception.

Progressiv mushak relaksatsiyasi: This is a psychophysiological relaxation technique, the essence of which is to reduce physiological arousal in the body by

sequentially contracting (creating tension) various muscle groups and then consciously relaxing them.

Self-referral (autosugessiya): It is a cognitive-metacognitive process related to a person's conscious analysis, evaluation, and direction of their thoughts, feelings, actions, or decisions through their inner speech.

Concentration techniques: It is a set of psychological and neurocognitive techniques aimed at directing attention resources to a specific goal, reducing distractions, and enhancing selective activity of the mind by controlling cognitive processes. Scientifically, these techniques activate executive functions, selective attention, sustained attention, and cognitive control systems. They work by regulating the activity of the prefrontal cortex, parietal attention networks, and default mode network.

Motivational interviews and psychological training: It is an empathy-based, collaborative, client-centered psychological intervention that aims to activate the individual's intrinsic motivation, resolve ambivalence (the presence of two opposing desires), and promote positive behavioral change.

Mathematical and statistical comparison of figure skaters' pre- and post-study performance

Table-1

Psychological indicators	Score at the beginning of study	End of research points	Growth (%)
Self-confidence	5.9	8.6	+45.8%
Resistance to stress	5.3	7.8	+47.2%
Emotional stability	5.6	8.2	+46.4%
Attention management ability	6.0	8.3	+38.3%
Motivational readiness level	6.2	8.5	+37.1%

Note: The control group continued their usual sports training and saw almost no changes.

If we consider the discussion of the research, it is clear that when athletes have a high ability to manage their mental state, their accuracy and confidence in performing technical elements increases. In particular, a decrease in stress levels was observed before the competition. This ensured their mental stability at the start. In

many cases, unsuccessful performances of athletes are due to a lack of psychological preparation. Also, in figure skating, the internal emotional state is directly reflected in the manifestation of artistry, facial expressions, and aesthetics of movement. A positive emotional background also has a positive effect on the athlete's ability to express themselves creatively.

In conclusion: The results of the study show that the introduction of effective psychological training programs in figure skating significantly improves not only the mental state of athletes, but also their competitive results. Through techniques such as visualization, relaxation, and motivational training, it is possible to reduce stress, manage attention, and build self-confidence. The continuous use of these approaches by athletes will lead to stability and high results in their professional activities. It is recommended that these techniques be introduced into sports schools throughout the republic.

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