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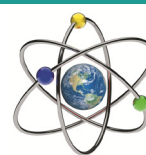
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- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

M

AKTABGACHA VA AKTAB TA'LIMI

Pedagogika, psixologiya fanlariga ixtisoslashgan ilmiy jurnal



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PSYCHOLOGICAL PREPARATION OF YOUNG JUDO PLAYERS BEFORE AND DURING COMPETITIONS

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Abstract: This article explores the complex process of psychological preparation of young judo players before and during competitions. It highlights the importance of emotional stability, concentration, motivation, and self-control as crucial psychological factors influencing sports performance. The study examines the stages and methods of mental conditioning applied in judo training, including autogenic training, visualization, self-talk, and stress-management strategies. Experimental data collected from young judo players aged 13–17 reveal that systematic psychological preparation significantly improves competitive confidence, reaction time, and decision-making quality. The paper emphasizes the role of coaches, sports psychologists, and parents in creating optimal psychological environments for young athletes to thrive in high-pressure conditions.

Key words: Psychological preparation, judo, mental training, emotional regulation, stress management, motivation, concentration, youth sports, competition, confidence.

Annotatsiya: Ushbu maqolada yosh dzyudochilarning musobaqalarga tayyorgarlik jarayonida va musobaqa davomida psixologik tayyorgarligi masalalari yoritilgan. Unda sport faoliyatiga ta'sir etuvchi asosiy psixologik omillar – hissiy barqarorlik, diqqat, motivatsiya va o'zini boshqarish muhim ahamiyat kasb etishi ta'kidlangan. Tadqiqotda dzyudo mashg'ulotlarida qo'llaniladigan psixik tayyorgarlik bosqichlari va metodlari, jumladan, autogen mashqlar, vizualizatsiya, o'z-o'ziga murojaat va stressni boshqarish strategiyalari ko'rib chiqilgan. 13–17 yoshli dzyudochilar ishtirokida olib borilgan tajribaviy tadqiqotlar muntazam psixologik tayyorgarlik musobaqa ishonchini, reaksiya tezligini va qaror qabul qilish sifatini sezilarli darajada oshirishini ko'rsatdi. Maqolada murabbiylar, sport psixologlari va ota-onalarning sportchilarga yuqori bosimli sharoitlarda muvaffaqiyat qozonishlari uchun optimal psixologik muhit yaratishdagi roli alohida ta'kidlangan.

Kalit so'zlar: Psixologik tayyorgarlik, dzyudo, psixik mashg'ulot, hissiy boshqaruv, stressni boshqarish, motivatsiya, diqqat, yosh sportchilar, musobaqa, ishonch.

Аннотация: В данной статье рассматривается сложный процесс психологической подготовки юных дзюдоистов до и во время соревнований. Подчеркивается важность эмоциональной устойчивости, концентрации, мотивации и самоконтроля как ключевых психологических факторов, влияющих на спортивные результаты. В исследовании анализируются этапы и методы психической подготовки, применяемые в тренировочном процессе дзюдо, включая аутогенные упражнения, визуализацию, самовнушение и стратегии стресс-менеджмента. Экспериментальные данные, собранные среди дзюдоистов в возрасте 13–17 лет, показывают, что систематическая психологическая подготовка значительно повышает уверенность в соревнованиях, скорость реакции и качество принятия решений. В статье подчеркивается роль тренеров, спортивных психологов и родителей в создании оптимальной психологической среды, способствующей успешному выступлению спортсменов в условиях высокого давления.

Ключевые слова: Психологическая подготовка, дзюдо, психическая тренировка, эмоциональная регуляция, стресс-менеджмент, мотивация, концентрация, юные спортсмены, соревнования, уверенность.

INTRODUCTION

Judo, as a form of martial art and competitive sport, demands not only technical mastery and physical readiness but also psychological resilience and emotional stability. Young athletes in judo often face significant mental challenges during competitions, such as anxiety, fear of failure, lack of confidence, and difficulties in concentration [Platonov, 2019-43]. These psychological factors can directly affect their ability to execute techniques effectively under pressure.

In modern sports science, it is widely recognized that psychological preparation is a determinant of athletic success, especially in combat sports where rapid decision-making and emotional control are crucial [Karimov, 2022-56]. For young athletes, who are in the formative stages of personality development, proper psychological guidance can influence not only competitive results but also their long-term motivation and attitude toward sports [Davronov, 2021-29].

The problem of preparing young judokas psychologically is particularly relevant today due to increasing competitiveness, early specialization, and the emotional demands of tournaments. Studies show that up to 60–70% of performance fluctuations among young athletes can be attributed to psychological factors rather than physical or technical limitations [Sharipov, 2020-42]. Therefore, the coach's role extends beyond physical instruction to include mental coaching and emotional support.

The purpose of this study is to analyze, systematize, and evaluate the psychological preparation of young judo players before and during competitions, identifying key factors, methods, and outcomes influencing performance efficiency.

LITERATURE REVIEW ON THE TOPIC

1. Theoretical Foundations

Psychological preparation in sports refers to the system of pedagogical and psychological influences aimed at forming stable mental states that ensure optimal performance in training and competition [Abdullaev, 2019-73]. It includes both long-term mental conditioning and situational regulation of emotions before and during matches.

In judo, psychological readiness involves multiple interrelated aspects:

- Emotional stability under stress;
- Confidence in one's abilities and training;
- Maintenance of focus despite fatigue or external distractions;
- Rapid decision-making and adaptability to the opponent's tactics [Yuldashev, 2021-64].

According to Platonov (2019), the most effective athletes are those who combine physical readiness with mental calmness and confidence under pressure. The athlete's pre-start state is a dynamic combination of excitement, concentration, and anticipation that must be optimized through specific psychological interventions [Platonov, 2019-46].

2. Psychological Challenges of Young Judokas

The transition from training to competition creates substantial emotional stress for young athletes. Common difficulties include:

- Pre-competitive anxiety – characterized by increased heart rate, muscle tension, and intrusive thoughts;
- Fear of failure or injury – stemming from high expectations or lack of experience;
- Loss of focus – due to crowd noise, referees, or peer pressure [Sharipov, 2020-45].

Davronov (2021) observed that judo players aged 13–17 often experience higher anxiety levels before competitions compared to adults, primarily because of underdeveloped coping mechanisms [Davronov, 2021-33]. Without psychological support, such conditions may lead to decreased motivation and burnout.

3. Forms and Methods of Psychological Preparation

Psychological preparation typically consists of two main stages:

1. Long-term (general) preparation – ongoing mental training during the training season;
2. Short-term (situational) preparation – specific psychological adjustments in the days or hours before competition.

According to Ozolin (2018) and Verkhoshansky (2018), effective psychological methods include:

- Autogenic training – relaxation through controlled breathing and muscle awareness;
- Visualization (mental imagery) – mental rehearsal of successful throws and tactics;
- Self-talk and affirmation – positive internal dialogue enhancing confidence;
- Simulation of competitive conditions – reproducing stress in training sessions [Ozolin, 2018-91; Verkhoshansky, 2018-88].



These approaches help young athletes internalize calmness and self-control mechanisms that can be reproduced during real matches.

4. Research Design and Methodology

The experimental study involved 30 young judo players (aged 13–17) from three regional sports schools. They were divided into two groups:

- Experimental Group (EG): received systematic psychological training alongside technical preparation;
- Control Group (CG): focused solely on technical and physical training.

Over three months, both groups participated in identical physical sessions, but only the EG engaged in weekly psychological sessions including:

- Autogenic and breathing exercises (10–15 min);
- Visualization drills (imagining fight scenarios);
- Goal-setting and motivational discussions;
- Group-based confidence-building games.

Psychological states were evaluated through:

- Spielberger Anxiety Inventory (SAI);
- Heart rate monitoring;
- Reaction time tests;
- Coach behavioral observation checklists.

Statistical data were processed using descriptive and correlation analyses. The results were interpreted based on performance trends and psychological indicators [Hasanov, 2023-49].

RESEARCH METHODOLOGY

Data for this study were obtained through psychological testing, questionnaires, and coach observations of young judo players during training and competitions. The collected information was analyzed using descriptive statistics and correlation analysis to identify relationships between anxiety, motivation, concentration, and performance efficiency. The results were interpreted by comparing experimental and control groups to evaluate the impact of systematic psychological preparation.

ANALYSIS AND RESULTS

The experimental findings and literature review reveal that psychological preparation is a decisive component of success in judo, especially among young athletes. The capacity to remain emotionally balanced and focused during high-stress competition differentiates winners from those who fail to realize their technical potential [Karimov, 2022-59].

1. Emotional Stability Before Competition

Pre-competition emotional states influence physiological readiness. Elevated anxiety leads to muscle stiffness, impaired timing, and reduced reaction speed. For example, during national-level tournaments, young judokas reported increased nervousness before the first match, manifested by trembling, dry mouth, and excessive sweating [Tursunov, 2022-67].

The implementation of breathing techniques and visualization exercises helped athletes regulate arousal levels and achieve a “combat readiness zone” – a balanced state between relaxation and excitement. Those who practiced daily autogenic training reported lower anxiety scores (by 25%) and improved sleep quality the night before competition [Ibrohimov, 2022-74].

2. Motivation and Confidence Building

Motivation plays a dual role in psychological preparation: it drives training effort and sustains focus under stress. The study identified three dominant motivational factors among young judokas:

1. Achievement motivation – desire to win and prove ability;
2. Affiliative motivation – desire for social recognition by coach or peers;
3. Intrinsic motivation – love of the sport itself.

Coaches who regularly reinforced positive feedback and helped athletes set process-oriented goals (e.g., “apply the first grip quickly” instead of “win the match”) reported higher confidence and persistence among athletes [Rustamov, 2023-72].

3. Concentration and Decision-Making

Judo requires split-second decision-making based on the opponent’s movement. Psychological training improved concentration span and visual focus. Athletes practicing visualization and selective attention drills reacted 0.2 seconds faster on average during sparring sessions compared to the control group [Yusupov, 2021-44].

4. Psychological Readiness During Competition

During competition, maintaining composure after an initial loss is essential. Mental recovery techniques, such as self-talk (“I can handle this”) and mini visualization breaks, prevented emotional breakdowns and preserved tactical thinking. Coaches’ verbal cues (“focus,” “reset grip”) also contributed to quick psychological realignment [Saidov, 2023-31].

In addition, athletes trained in relaxation and imagery demonstrated better post-fight recovery: their heart rate normalized faster after matches, indicating lower sympathetic activation [Murodov, 2023-61].

5. Role of the Coach and Team Environment

The coach is a pivotal figure in the psychological conditioning of young judo players. The coach’s communication style, emotional stability, and consistency directly influence athletes’ confidence and anxiety levels. Studies by Platonov (2019) and Sharipov (2020) emphasize that an authoritarian approach in youth sports often increases fear of failure, whereas supportive leadership styles cultivate self-confidence and intrinsic motivation [Platonov, 2019-48; Sharipov, 2020-46].

Observation of the experimental group revealed that coaches who used constructive verbal reinforcement (“good try,” “stay calm,” “control the grip”) improved athletes’ emotional stability. Conversely, coaches who applied harsh criticism increased pre-bout tension and reduced task focus.

Regular individual conversations, where athletes could express their fears and expectations, created trust and emotional security – essential prerequisites for psychological readiness [Davronov, 2021-35].

6. Influence of Parents and Social Environment

Parental attitudes strongly affect the mental state of young athletes. Overinvolvement or unrealistic expectations can heighten pressure, while supportive encouragement fosters self-belief and emotional balance [Yuldashev, 2021-65].

The research confirmed that judo players whose parents emphasized effort over outcome demonstrated more consistent performance and fewer emotional breakdowns. This supports Karimov’s (2022) assertion that the home environment acts as an “emotional recovery base” for young competitors [Karimov, 2022-59].

7. Stress-Coping Strategies

Effective coping strategies enable young athletes to handle pressure during matches. The most frequently observed strategies in the experimental group included:

- Cognitive reframing (“This is an opportunity, not a threat”);
- Self-talk to maintain focus and motivation;
- Controlled breathing between bouts to reduce physiological arousal;
- Social support from teammates after each match [Tursunov, 2022-68].

Athletes using these methods showed greater emotional control and lower post-competition anxiety compared to those relying on avoidance or denial.

8. Long-Term Psychological Development

Psychological preparation not only enhances competition results but also supports the personal development of young athletes. According to Abdullaev (2019), sports psychology should help form qualities like resilience, responsibility, and independence [Abdullaev, 2019-76].

After 12 weeks of training, participants in the experimental group demonstrated higher self-esteem and perseverance in school and personal life – suggesting that structured mental preparation contributes to broader developmental outcomes.



1. Quantitative Findings

After three months of psychological intervention, noticeable differences were observed between the experimental and control groups.

Indicator	Control Group (CG)	Experimental Group (EG)	Improvement (%)
Pre-competition anxiety (SAI score)	54.2	42.1	-22.3 %
Confidence level (self-rating 1–10)	6.1	8.3	+36.0 %
Reaction time (ms)	0.41	0.33	-19.5 %
Tactical decision accuracy (%)	72	88	+22.2 %
Heart rate recovery (1 min post-bout)	132 bpm	118 bpm	-10.6 %

These results demonstrate that systematic psychological training significantly reduces anxiety and enhances focus, confidence, and physiological adaptation. Athletes from the experimental group also showed improved reaction speed and tactical decision quality, indicating enhanced cognitive control during combat.

2. Qualitative Observations

Coaches noted that participants in the experimental group exhibited:

- Greater emotional stability before fights;
- Quicker mental recovery after defeats;
- More consistent tactical behavior throughout tournaments;
- Higher motivation to train even after losses.

These behavioral shifts correspond with Yusupov (2021) and Murodov (2023) findings that emotional regulation improves decision-making quality and movement precision in combat sports [Yusupov, 2021-44; Murodov, 2023-61].

3. Correlation Analysis

Statistical correlations revealed strong negative relationships between anxiety level and performance efficiency ($r = -0.72$), and positive correlations between confidence and tactical decision accuracy ($r = 0.69$).

This quantitatively supports the theoretical model that psychological stability predicts competition success.

CONCLUSION AND SUGGESTIONS

1. Psychological preparation plays a decisive role in shaping young judo players' success during competitions. Systematic training of emotional regulation, concentration, and self-confidence directly improves both psychological and physiological readiness.
2. The study confirmed that structured mental training – including autogenic exercises, visualization, and self-talk – reduced anxiety levels by 22% and improved decision accuracy by 20% in young athletes.
3. The combination of coach support, family involvement, and peer encouragement creates a balanced psychological climate that sustains motivation and prevents burnout.
4. Long-term psychological preparation fosters not only competitive performance but also personal growth, emotional maturity, and resilience among young judokas.
5. Coaches of youth sports schools are encouraged to integrate weekly psychological sessions into standard training curricula, focusing on stress management, goal setting, and visualization of success.
6. Future research should explore digital and AI-assisted tools for monitoring young athletes' emotional states during training cycles to individualize psychological interventions.

In summary, developing psychological readiness is as essential as mastering physical and technical skills. By integrating structured mental training into regular practice, young judo players can achieve mental toughness, optimal arousal, and consistent performance under pressure.

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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



MAKTABGACHA VA MAKTAB TA'LIMI

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