



MEANS AND METHODS FOR REGULATION OF ADVERSE MENTAL STATES

Tojimamatov Jamshidbek Iqboljon O'g'li
Student of Fergana State University

Abstract

This article discusses the means and methods of regulation of adverse mental states. The main approaches to its study are revealed.

Keywords: sport, psychology, psychoregulation, autoregulation, heteroregulation, autogenic training, ideomotor training.

The problem of psychoregulation in sports is presented today as an established scientific direction in sports psychology.

Psychoregulation - a set of measures aimed at the formation of an athlete's mental state, contributing to the most complete realization of his potential. Regulation implies not only the elimination of negative, but also the formation of positive states, i.e., the formation of an optimal combat state (OBS) [4]. Methods of psychoregulation are diverse and quite numerous. Traditionally, internal and external methods of psychoregulation are distinguished .

Autoregulation Methods (Internal):

- the simplest: control and change in the direction of consciousness (distraction, switching); control and regulation of external manifestations of emotions (intentional delay in the manifestation or change in the expressiveness of movement, regulation with the help of physical exercises, individualized warm-up, deliberate regulation of muscle tone, special breathing exercises), etc.;
- complex: autogenic, psychoregulatory and psychomuscular training (A. V. Alekseev, L. D. Gissen , A. V. Rodionov, etc.) , ideomotor training, self-control-self-regulation (V. L. Marishchuk etc.) .

Methods of Heteroregulation (External):

There are many effective external methods for regulating states: pharmacological, music therapy, aromatherapy , color exposure, reflexology (acupressure, acupuncture), physical means (massage, hydroprocedures), electrophysiological methods (electrosleep), external suggestion, hypnosuggestive (hypnosis, fractional suggestion, " reporting"), etc.



mental Athlete 's Self-Regulation

During the competition, situations often arise in which it is necessary to regulate your condition. In cases where mental and physical stress is too great, and the athlete poorly manages his condition, excessive mental stress occurs, which reduces the effectiveness of activity and can lead to its disorganization, psychological breakdowns, and loss of self-confidence.

Mental Self-Regulation - the impact of a person on himself with the help of words and the mental images corresponding to them (i.e., this is an independent, without outside help, a person's control of himself) .

are two main areas in mental self-regulation : self- persuasion (impact on oneself with the help of logical arguments) and self- hypnosis (unquestioning faith that can act on consciousness, as it were, bypassing logic).

The ability to manage oneself is an important component of readiness for any activity, including sports. In sports, there are a number of different methods of self-regulation of the mental state of an athlete before the start, which reduce excessive neuropsychic stress (for example, with pre-start fever) [17].

Among the methods of self-regulation allocate:

- **The simplest methods of self-regulation** (natural for the athlete and do not require special training). The mental state of an athlete is very clearly manifested externally: motor activity increases, fussiness manifests itself, gestures and facial expressions become more active, the intensity of communication increases, the intonation of the voice changes. Therefore, it is very important to learn how to use the methods of control and regulation of external manifestations of emotions. Techniques: deliberate delay in the manifestation or change in the expressiveness of movements, special physical exercises, individual warm-up, breathing exercises, deliberate regulation of muscle tone, self-massage, etc. [17]

Among the simplest methods, methods of changing the content of consciousness are also used, the essence of which is to overcome exciting and depressing ideas and thoughts caused by the obsessive force of pre-competitive states.

Techniques: a deliberate change in the direction and content of ideas and thoughts (this technique is often also called "distraction" or "switching"); a decrease in the significance of the upcoming activity or the result obtained, the development of voluntary attention, etc.



• **Comprehensive methods of self-regulation** require special training, training under the guidance of psychologists and psychotherapists who are well versed in them. Among them, autogenic, psychomuscular , psychoregulatory and their varieties, ideomotor training are used [17].

Autogenic training (from the Greek auto - itself; genero , āre - to generate) is self-hypnosis in a state of relaxation or hypnotic trance (self-hypnosis). At the heart of AT is the mechanism of self-hypnosis (mental self-influence).

Autogenic training was first used in medical practice by the German therapist I. Schultz (30s of the XX century), who laid the foundations of this method. The principles of autogenic training have also found application in sports in the development of psycho -regulatory techniques for purposeful independent influence on mental processes and vegetative functions. Autogenic training was first applied in the practice of domestic sports by LN Radchenko (60s of the XX century) in the preparation of wrestlers for competitions.

Autogenic training consists of two stages: the lowest - focused on relieving mental stress, calming; the highest - suggesting faith in the unlimited possibilities of the body in the formation of desirable mental states and personality traits.

The essence of autogenic training : through muscle relaxation, a person comes to mental calm. Muscle relaxation is achieved by consistent self-suggestion of a feeling of heaviness (achieving a subjective sensation of muscle heaviness, objectively - relaxation), "warmth", "calm heartbeat", "free breathing", "cool forehead".

In addition, being in a state close to hypnotic , an athlete can solve many problems related to self-tuning for the upcoming activity, overcoming uncertainty, fear, and concentrating on various elements of a sports competition. The degree of mastering the method of autogenic training depends on the development of a kind of ladder of verbal formulas, walking along the steps of which a person moves from the initial mental state to the one necessary for health, higher sports achievements, and mental development.

All formulas of autogenic training are divided into two groups: those that cause muscle relaxation and calmness , and those that cause vivid figurative representations that affect the mental state.



Autogenic training can be carried out in three positions: lying on your back, sitting in a comfortable chair or on the couch, sitting on a chair or bench. All of them create conditions for maximum muscle relaxation.

A complete complex of active self-regulation for athletes contains three main stages performed sequentially: a) relaxation and rest; b) exit from relaxation (as a transitional period); c) activation, preparing for the upcoming hard work (for participation in the competition, as well as before training).

Autogenic training can be recommended for athletes in order to recover from heavy physical and mental stress, to normalize sleep (combat insomnia) or self-regulate pre-start conditions [17].

Ideomotor training (IT) (from the Greek idea - concept, representation; moveo, ēre - movement) - mental (ideal) training using the representation of movement. A. V. Alekseev proposes to carry out a simple experiment. You need to take an ordinary thread about a meter long, tie a weight of 5-15 grams to one end of it (for example, a ring, a small key or a screw), and wind the other end around the last phalanx of the index finger of the leading hand (right - for right-handers, left - lefties). Wind so that the distance between the finger and the weight is approximately 70–80 centimeters.

After that, you need to stretch a straight arm in front of you at shoulder level and balance the load. And then, calmly concentrating on a hanging object, mentally imagine that it begins to swing like a pendulum: from left to right, from right to left.

And in just a few seconds, the load will really begin to move accordingly. It can be changed - imagine, for example, that the weight moves back and forth or rotates in a circle. And he will begin to move along the trajectory set by the thought.

By the scope of the swings, one can judge how pronounced the connections between the brain and muscles of a given athlete are. If the distance between the extreme points of the pendulum-like movements is about a meter, such a connection is evaluated as a “five” according to a five-point system. If this distance is about 5 centimeters, then the score is already “one”, etc. [4]

It has been established that when imagining movement, physiological changes occur in the athlete's body (i.e., microcontractions of muscles that are not noticeable to the eye, caused by images of movements and actions). These microcontractions can be recognized with the help of a device - a myograph. Moreover, only those muscles that are directly involved in the execution of the



movement are reduced. Therefore, the more accurately we represent the movement, the easier its correct execution. The ability of motor representations formed the basis for the use of IT in mastering individual motor skills and given actions in general. This method requires the ability to concentrate, mobilize the imagination, and concentrate throughout the training [4].

Before starting ideomotor training, it is important to know the rules for its use.

- Ideomotor training must precede actual training.
- The greatest effect is observed when alternating ideomotor training and real training, not only during the period of mastering the exercises, but also during the period of their performance on the result, especially in competition conditions.
- It is possible to replace a special warm-up (for example, in gymnastics) with ideomotor training (A. A. Belkin).
- The effectiveness of ideomotor training increases with verbalization, i.e. pronouncing mental elements, movements aloud, and then “to oneself” - in inner speech, with an emphasis on pivotal, difficult moments or insufficiently fixed ones.

Ideomotor training speeds up and improves the quality of actions. But there can also be a negative effect - with an insufficiently complete mode of action, with an erroneous idea [27].

Ideomotor training it is advisable to use:

1. When teaching new complex motor actions (for example, it is advisable to first explain, then imagine the movement ideomotor, and then combine ideomotor training with real training, in the process of which to make adjustments to the execution of actions, getting rid of unnecessary movements).
2. When correcting movement, correcting errors (for example, at the initial stage).
3. To master and improve technical and tactical combinations (for example, in team sports and martial arts, it is better to work out various combinations mentally first in order to know how and in what situation to react).
4. When real training is impossible (for example, injury, illness) [17].

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