

**CHARACTERISTICS OF TAEKWONDO PLAYERS' BEHAVIOR IN
COMPETITIONS**

Nuritdinova Sh. N.

Associate Professor of Taekwondo Fencing Theory and
Methodology Department, Faculty of Martial Arts,
Uzbekistan State University of Physical Education and Sports.
E-mail:Sa_mihi_90@mail.ru

Abstract

Forming a healthy lifestyle in our society, creating conditions suitable for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, courage and patriotism, to the motherland Wide-scale work is being carried out aimed at developing feelings of loyalty, as well as systematic organization of selection of talented athletes from among young people, as well as further development of physical education and mass sports.

Keywords: Psychological preparation, self-assessment, adolescent taekwondo players, behavioral assessment, expert assessment, self-control.

Introduction

In the decision PQ-3031 of the President of the Republic of Uzbekistan dated June 3, 2017 "On measures for the further development of physical education and mass sports", the development of mass sports and the Olympic movement in our country and the decision of the President of the Republic of Uzbekistan dated March 9, 2017 "To promote the athletes of Uzbekistan to Tokyo 2020 (In the decision PQ-2821 on preparation for the XXXII Summer Olympic and XVI Paralympic Games, which will be held in Japan), wide promotion of the ideas of the Olympic Games, further improvement of the Olympic sports in our republic, as well as the formation of a healthy lifestyle in society, physical education of a large segment of the population, especially young people. A number of activities are being carried out in order to engage in education and sports, to prepare the country's athletes for the Olympic and Asian Games, world and Asian championships and other major international sports competitions, and to ensure their successful participation in these games.

The purpose of the research is to study the problems of developing the quality of self-control in taekwondo players at the stage of initial sports training.

The purpose of the research is to study the characteristics of the behavior of various qualified taekwondo players in competitions, taking into account the formation of the quality of self-control.

Methods of Research

Problem analysis of sources in the literature, expert assessment, questionnaire survey, mathematical and statistical methods.

These studies were conducted with the participation of taekwondo players and trainers with preliminary sports training at the base of the Republican Olympic Reserve College and UzDJTSU.

We developed a special questionnaire to survey taekwondo players in order to determine the correlation between self-control and behavior in competitions.

A comparative analysis of self-assessment and expert assessment showed that there is a violation of harmony between athletes when assessing certain characteristics of behavior. Such a tradition shows that taekwondo players do not adequately understand their position in competitions. If for teenage taekwondo players this is understandable, for older (experienced) taekwondo players it is a mistake in their theoretical and psychological preparation. Therefore, when working with young taekwondo players, it is important to form an adequate perception of their own situation and behavior in them.

We consider the characteristic features of the behavior of taekwondo players in competitions, in connection with the level of development of self-control in them. The fact that the self-assessment of the adolescent taekwondo players does not match with the assessment of the trainers, according to some indicators, indicates that they have an inadequate idea of their situation and behavior in competitions, do not understand the changes occurring in the body and cannot describe them.

The general assessment of the behavior of taekwondo players in competitions is presented in the table (in points).

As can be seen from the table, in general, the assessment of the behavior of the adolescent taekwondo players does not correspond to the assessment of the trainers $R < 0.05$. Adolescent taekwondo players do not accurately assess their own behavior in competitions.

SUMMARY

A study of manifestations of the quality of self-control in taekwondo players of various sports skills and ages revealed that its development is at a low level. Most of them cannot control their condition. This phenomenon is also observed when the athlete enters the optimal fighting position. This is explained by the weakly developed skills of self-control and by the fact that they do not have clear imaginary images corresponding to the tasks of the test (especially teenage taekwondo players).

Discrepancies between taekwondo players' self-assessment of their state and behavior and the assessment of their behavior by trainers indicate the inadequacy of taekwondo players' assessment of their state and behavior in competitions (especially in adolescent taekwondo players).

References

1. Decree of the President of the Republic of Uzbekistan dated March 9, 2017 Decision No. PQ-2821 "On preparing athletes of Uzbekistan for the XXXII Summer Olympic and XVI Paralympic Games to be held in Tokyo (Japan) in 2020."
2. Decree of the President of the Republic of Uzbekistan on June 3, 2017 Decision No. PQ-3031 "On measures for the further development of physical education and mass sports".
3. Decision PQ-4877 of the President of the Republic of Uzbekistan dated November 3, 2020 "On measures to improve the personnel training system and increase scientific potential in the field of physical education and sports".
4. Decree No. PF-6099 of the President of the Republic of Uzbekistan dated October 30, 2020 "On measures for the wide implementation of a healthy lifestyle and further development of mass sports".
5. Abdurasulova G.B., Nuritdinova Sh.N., Tajibayev S.S., Rakhmatov B.Sh., Theory and Methodology of Taekwondo". Textbook. -. Tashkent-2018. - 563 pages.
6. G.B. Abdurasulova., Sh.N. Nuritdinova., S.S. Tajibayev., "Taekwondo Theory and Methodology" Textbook. Tashkent "Turon-Iqbal" 2015 u. 563 p.
7. Salomov R.S. Theoretical foundations of sports training. Study guide. T.:UzDJTI publishing house, 2005. – 261 pages.
8. Frolov, O.P. Methodology of study of sorevnovatelnoy deyatelnosti boxerov: Method, recommendations / O.P. Frolov, G.M. Vartanov, M.I. Ispandiarov. - M.: VNIIFK, 1986. - 33 p.
9. Yu.M. Babak, e. Konstantinova Taekwondo: Metodicheskoe posobie Kiev: 2010. 88 p.
10. <http://m.worldtaekwondo.org/rules-wt/rules.html>