

## INDICATORS OF PSYCHOMOTOR STATE OF YOUNG ARCHERS IN PRE-COMPETITION AND PREPARATION STAGES

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**Annotation:** This article provides information on the study of psychomotor state indicators of young archers in the stages of pre-competition and preparation for the competition.

**Annotatsiya:** Ushbu maqolada yosh kamonchilarning musobaqadan oldingi va musobaqaga tayyorgarlik bosqichlarida psixoharakat holati ko'rsatkichlari o'rganish to'g'risida ma'lumotlar berilgan.

**Key words:** Normal visual-motor reaction; complex visual-motor reaction; decision making time; stability of visual-motor reaction, indicators of situational anxiety.

**Kalit so'zlar:** Oddiy vizual-harakat reaksiyasi; murakkab vizual-harakat reaksiyasi; qaror qabul qilish vaqti; vizual-harakat reaksiyasi barqarorligi, vaziyatli tashvish ko'rsatkichlari.

**Introduction:** An athlete's immunity to noise plays an important role in competitions. In order to achieve maximum immunity to noise, as one of the reliability criteria of the competition, the shooter must shoot without reducing performance when distractions of an objective and subjective nature cause technical errors.

Assessment of the psychomotor status of young archers during the pre-competition and competition periods of sports training reflects operational changes that occur under the influence of training and allows monitoring the current state of athletes. The study of the dynamics of the psychomotor state of the visual-motor reaction of archers is carried out at the pre-competition and preparation stage for the competition. All athletes undergo an examination, during which standard tests of indicators of simple and complex visual-motor reactions and computer tests are used.

As a result of studying the psychomotor state of archers during the competition compared to the pre-competition period, a significant decrease in visual-motor reaction time by 10% was noted ( $p < 0.05$ ). The decision-making time of young archers was significantly reduced by 1.5 times, which helped to reduce the time and increase the

stability of the visual-motor reaction. The situational anxiety index significantly increased by 1.3 times, which indicates an increase in the mobilization readiness of the athletes.

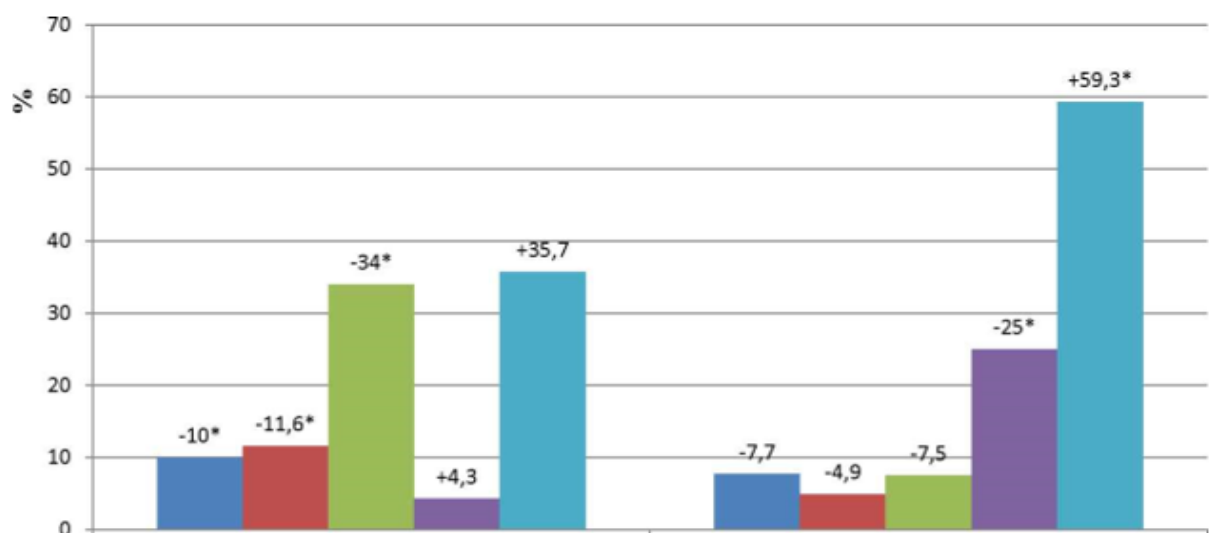
In the pre-competition period, young archers showed an average trend of 6.7% reduction in simple and complex visual-motor reaction time compared to these pre-competition values. At the same time, a 2.4-fold increase in situational anxiety and a  $\sim 1.3$ -fold decrease in the stability of the visual-motor reaction were noted, which indicates the importance of young athletes for the upcoming competitions, which should be adequately prepared.

Table-1

**Indicators of psychomotor state of young archers in pre-competition and preparation stages**

Indicators	Skilled archers, n=10		Young archers, n=10	
	The period before the competition, $M \pm m$	Competition period, $M \pm m$	The period before the competition, $M \pm m$	Competition period, $M \pm m$
<i>SVMR</i> , ms	$196,1 \pm 4,52$	$178,2 \pm 5,86$	$208,3 \pm 7,12$	$192,2 \pm 5,29$
<i>CVMR</i> , ms	$298,3 \pm 7,08$	$263,5 \pm 5,35$	$286,4 \pm 9,24$	$272,2 \pm 6,42$
<i>DMT</i> , ms	$138,7 \pm 6,18$	$91,43 \pm 7,21$	$129,6 \pm 8,17$	$119,8 \pm 9,31$
<i>SVMR</i> , ms	$2,86 \pm 0,12$	$2,99 \pm 0,10$	$2,53 \pm 0,11$	$1,89 \pm 0,09^*$
<i>SAI</i> , ms	$1,09 \pm 0,26$	$1,48 \pm 0,54$	$0,96 \pm 0,49$	$0,39 \pm 0,17^*$

**Explanation:** SVMR - simple visual-motor reaction; CVMR - complex visual-motor reaction; DMT - decision-making time; SVMR-stability of visual-motor reaction, SAI-situational anxiety indicators.



**1-picture. Note:** OVMR - simple visual-motor reaction; MVMR - complex visual-motor reaction; VAT - decision-making time; VMRB-stability of visual-motor reaction; VTK-situational anxiety indicators.

Based on the obtained data, the assessment of the psychomotor status of the shooting athletes was confirmed by the results of their performances at the championships and world championships, and 12 of the 30 athletes tested improved their personal results at almost all distances. The visual-motor reaction time is an indicator of the psychomotor state and with sufficient objectivity reflects the nature of mental processes in the stages of the pre-competition and competitive periods of sports training. The dynamics of the psychomotor state indicators of the visual-motor response of archery athletes reflect the operational state of young and skilled archers and can be used to optimize the psycho-emotional state during pre-competition sports training. constant monitoring.

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