

## THE IMPORTANCE OF PSYCHOLOGICAL PREPARATION IN IMPROVING THE METHODOLOGY OF USING GENERAL AND SPECIAL TRAINING TOOLS IN INCREASING THE PHYSICAL PREPARATION OF WEIGHTLIFTERS

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**Annotation:** Heavy athletics sports Olympic included in the program in our country intensity with developed a growing sport In such sports psychological unprepared in competitions participation to grow very big mistake is considered because to the athlete given from attempts use not getting their to the soul big impact does . This the article is about 13-17 year olds heavy of athletes competition and in training psychology place and to effectiveness the impact We are watching .

**Keywords:** Psychology, training, stress, motivation, weightlifting, training, general physical training, special physical training, load, sports improvement, systematic training.

**Login.** Today on the day all industries like social also widely in the field reforms take In particular , our country development on the way take going from reforms one growing coming young generation every one-sided mental , moral and physical from the point of view develop is considered . In this and physical upbringing and sports are important importance profession will reach .

In our country heavy athletics sports intensity with developed is going on . At Olympus in the program there is from this sport our athletes regular prize-winner to be with one in line four annual the most influential competition also breaking records are going . Ruslan Nuriddinov at the 2016 Rio Olympics at 105 kg with a gold medal one with 237 kg in the row Olympics also broke the record . At the Tokyo 2020 Olympics and Dear Nabiyeva hand in lifting Olympics record updated Akbar Juraev weighs 109 kg . Olympics championship with one in line flick on the rise also set a record . These results Continued at the Paris 2024 Olympics Akbar Jo'rayev silver medal caught entered .

These results through in our country heavy athletics sports with practitioner youth noticeable at the level increased . International heavy athletics federation by competitions officially three young in the category organization to be done by designating given :

**1. Teenagers** – 13-17 years old

**2. Youth** – 15-20 years old

### 3. Adults – 15 years old and from it adults ...

This young Categories we work in take going group this Girls 13-17 years old heavy athletes , this the group from choosing goal this young in the category teenagers Also participated in the Olympics that they may in consideration take them in the activity psychological preparation important importance profession will reach .

**Work purpose .** It's heavy. of athletes The goal is to improve the role of the psychological approach in improving competition performance by conducting psychological tests and interviews to improve their results .

Psychological preparation is an important factor in increasing self-confidence in athletes, developing stress and stress countermeasures, maintaining concentration and motivation, and improving results in competitions .

#### **Methods of organizing the research:**

1. Conduct a scientific and pedagogical analysis and study of literature related to the long-term training of weightlifters.

2. The importance of psychological changes in weightlifters aged 13-17 in organizing the structure and content of training from a scientific pedagogical perspective.

3. The training structure of weightlifters is young and to the sex circle psychological changes .

#### **Psychological training methods.**

1. Visualization : Observations

2. Stress Control : Breath

3. Motivation designation : Personal goals designation

4. Attention Management: Avoiding Distractions

**Analysis of scientific and methodological literature .** During the work on scientific and methodological literature, more than 40 local and 15 foreign literature sources on the topic were analyzed. The structure and content of weightlifters' training during the many years of training were studied, and special attention was paid to the issues of the many years of training and its impact on the body of children, adolescents and adult weightlifters.

ShKS - barbell lift number ;

- US - attempts number ;

- UTS - in the attempt repetitions number ;

- MS - training number ;

- NSh - relative intensity ( of the barbell) this in practice the most good to the result relatively in percentages average weight );

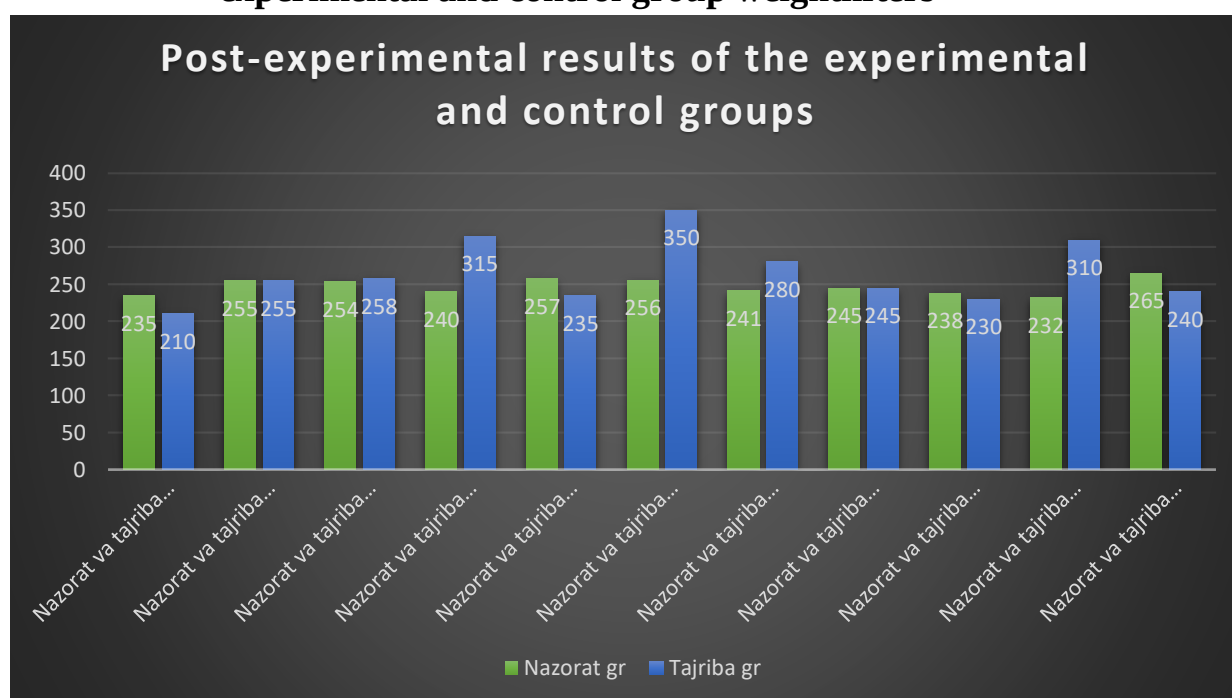
- hand lift and flick lift 90-100% of the weight in the exercises lift number - competition activity speed and effectiveness .

### Results of two weightlifting events in the pre-competition training of the experimental and control group weightlifters (n=12)

| No.       | Control group participants | Control group                                                   | Experimental group participants | Experiment group                                                |
|-----------|----------------------------|-----------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------|
|           |                            | Total weight of two lifts in the snatch and clean and jerk (kg) |                                 | Total weight of two lifts in the snatch and clean and jerk (kg) |
|           |                            | T/O                                                             |                                 | T/O                                                             |
| 1.        | A - ev. V.                 | 232                                                             | R - o v. S .                    | 190                                                             |
| 2.        | CH-ov. Ye.                 | 250                                                             | G' -ov. O .                     | 245                                                             |
| 3.        | SH-ov. P.                  | 250                                                             | SH - o v. V .                   | 240                                                             |
| 4.        | F-ev. N.                   | 235                                                             | T -ov. M .                      | 300                                                             |
| 5.        | J-ev. SH.                  | 250                                                             | R - o v. R .                    | 220                                                             |
| 6.        | O-ev. A.                   | 250                                                             | S -ov. U .                      | 200                                                             |
| 7.        | M-ov. A.                   | 234                                                             | M - e v. M .                    | 330                                                             |
| 8.        | R-ov. I.                   | 240                                                             | R -ov. M .                      | 260                                                             |
| 9.        | I-ov. B.                   | 230                                                             | R -ov. A .                      | 227                                                             |
| 10.       | M-ov. J.                   | 224                                                             | Q-ov . J .                      | 205                                                             |
| 11.       | M-ov. K.                   | 260                                                             | M - o v. Z .                    | 290                                                             |
| 12.       | I-ov. SH.                  | 240                                                             | N -ov. U .                      | 220                                                             |
| $\bar{x}$ |                            | 241.3                                                           | $\bar{x}$                       | 243.9                                                           |

**Note:** Before TO-research.

### Results of two weightlifting events in post-competition training of experimental and control group weightlifters



**Research results and discussion:** The above psychological methods were selected from many experiments practically applied by professional sports

psychologists during the research period and applied to the experimental group. The results showed that when the results of athletes, namely 13-17 year old weightlifters, were measured in two competitions, the athletes in the experimental group achieved a significant increase in results compared to those in the control group.

The psychological work carried out in this study resulted in significant improvements in results and increased athletes' ability to maximize their efforts during the competition, and it was emphasized that these methods can also be applied to other age groups.

**Conclusion.** From the indicators obtained from the control and experimental groups, it can be concluded that the psychological methods and tools that we selectively used in the experiment for weightlifters had a positive effect on improving sports results, and the results analyzed on the basis of control tests confirmed their effectiveness. It is hoped that in the future, the competition results of 13-17-year-old weightlifters will further improve in the international arena.

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