

PSYCHOLOGICAL CHARACTERISTICS OF AN ATHLETE'S CAREER

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Abstract. *This article has proven that the trend of satisfaction with a sports career according to motives for pursuing a sports career (health status, breadth of social contacts, the presence of friends in sports) has a dynamic nature of psychological factors that determine the level of sports achievements, such as "safety", "social recognition", "independence", "self-realization" and "maintaining social recognition".*

Keywords: *"independence", "security", arena, career, "leader", "leader", behavior.*

To convey to future generations the rich traditions and values of the sport of wrestling inherited from our great ancestors our national struggle, which is becoming a tradition in world arenas today, to further strengthen the sense of patriotism in them by applying and encouraging the interests of youth in national sports, to create the necessary conditions for the participation of all segments of the population,

In our republic, in recent years, a number of legislations have been adopted and effective work has been carried out to develop sports more intensively, to carry out the career of professional athletes in a long and continuous way, and to bring practical results to life. In particular, the definition of the tasks of the New Uzbekistan development strategy for 2022-2026 "popularization of National Sports among the youth of the Republic" and "development of national sports and people's games in order to increase the popularity of sports in Uzbekistan" in accordance with the 67th goal, 2nd, 3rd points in the priority direction "the number of citizens who regularly engage in Physical Education and.

The professional career in which the formation of a specialist occurs is the main problem of Social Psychology. Therefore, we consider it possible to refer to the study of this scientific discipline.

The word career is derived from Latin (carriera - running, way of life; carrus - Carriage, Wagon), which represents the concepts of successful promotion in the field of service, social, scientific and other activities; promotion to the career ladder.

A career is the achievement of success, career, promotion.

In other words, it was associated with the professional growth of the individual the result of a certain behavior and position in labor activity. Each person builds a career on his own, and this is his desires, goals and depends on their relationship.

According to psychological dictionaries, a career is one of the indicators of a person's personal professional life, achieving the desired status and the level and quality of life corresponding to it, as well as achieving fame and glory.

Career – in a broad sense-conscious in relation to the professional activity of an individual social position and behavior. A career in a narrow sense is a professional activity the actual sequence of positions held by the subject.

Career is a chain of events that make up life, professional research and other life role sequences, together they are the commitment of a person to act according to a generalized model of self-development represents.

According to an analysis of a number of foreign literatures, the problem of "leader", "leader", "leader" in a word "leader" is usually traditionally studied without taking into account gender, that is, stewardship was considered characteristic of masculinity. Many phenomena, practical results and theories have been explained through the concept of "masculinity".

In the field of Education, several types of careers can be carried out:

Career 1 chief (from school principal to Minister.

Career 2 researcher (from muayan science exponent to interdisciplinary approach

Career 3 methodological teacher (able to convey different knowledge to different people)

Career 4 businessmen (able to organize demand for educational services)

The analysis of the considered career definitions allows us to carry out the following generalizations:

- * career is closely related to both individual and social foundations of personality;
- * career related to the activities of people;
- * career is associated with social mobility of the individual;
- * there is a career in any hierarchy (production, social, administrative, etc.);
- * a wide range of career activities: covers success in formal, scientific, social, etc.;
- * it is important to understand career as a process and the result of this process;
- * all definitions of the word have the concept of success:

"successful ascent", " road to success.

A professional career is your active efforts to achieve success in your professional career. It is closely related to professional growth and skill. This is not only the goal itself, but also the movement towards this goal.

Career typology, as a rule, is based on the following grounds:

- 1) type of training, profession;
- 2) sequence;
- 3) features of the lifestyle and culture of the middle class;
- 4) different ways to identify a person who is a professional;
- 5) in addition to the full or incomplete working day of the employee, received compliance with information and the current field of professional work;
- 6) career building paths at the beginning of the professional path and at the stage of decline;
- 7) established and unorganized career;
- 8) gender characteristics of career building

Identified four types of careers that depend on the characteristics, lifestyle, relationships, and human values of the Super personality. Of this classification the basis is an indicator of career stability.

1. A stable career is characterized by promotion, training, transfer to a single permanent professional activity.

2. Simple career-the most common - the life path of a person coincides with the regulatory stages, including crises

3. Unstable career-characterized by two or more tests, and changes in professional activity occur after a certain stable period of work in the previous professional field.

4. A multi-Test career-a change in professional directions occurs throughout life.

D.Mcclend6 identified three main motivations for choosing a personal career. First of all, this is the quest for power. Those who aspire to power are energetic, have their own thoughts and histrionics they express them openly, are not afraid of confrontation and have their own they defend their positions. They require attention, strive for leadership. People who have reached the highest level of management often have this orientation. The second main motivation for building a career is to strive for success.

The psychological structure of sports activities includes the following blocks: motivation (needs, motives, goals); means of activity (methods, objective and subjective conditions, individual style of activity); results of sports activities in a narrow and broad sense (that is, real sports achievements and achievements in the development of an athlete). The results are, in fact, why all actions are performed. Therefore, the question of how they are achieved is the most important not only for theory, but also for sports practice.

To create a sports career model based on the psychological structure of sports activities, it was necessary to regulate the components of this structure by a certain criterion. In this model, when we talk about the manifestation and development of the psyche in activity, the most suitable criterion was the stability and dynamism of the components of this structure.

Based on the structural model of the sports career, the questionnaire “sports career – structural model” (“SK-STM”) was developed. In addition to the general information about the athlete, it consisted of 7 episodes.

Part 1-stages of a sports career and dynamics of sports results.

Part 2-emotional coloring to the stages of a sports career.

Part 3-motivation for a sports career. Here a list of 17 motifs was proposed, compiled on the basis of literary data and theses "my sports career".

Table 1.

Manifestation of personality qualities in achieving a sports career

Adjectives	Sports career milestones			
	1	1	1	1
purposefulness	2,5	2,5	2,5	2,5
persistence	2,9	2,9	2,9	2,9
initiative	1,9	1,9	1,9	1,9
activism	2,9	2,9	2,9	2,9
responsiveness	2,6	2,6	2,6	2,6
organization	2,0	2,0	2,0	2,0
independence	2,2	2,2	2,2	2,2
decision making	2,4	2,4	2,4	2,4
boldness	2,3	2,3	2,3	2,3
self-control	2,5	2,5	2,5	2,5
being able to analyze oneself	1,8	1,8	1,8	1,8
communication	2,6	2,6	2,6	2,6
goodwill	2,6	2,6	2,6	2,6
jizakkilik	1,0	1,0	1,0	1,0
optimism	2,9	2,9	2,9	2,9

Part 4-sports-important qualities. The first question contained a list of basic physical qualities (strength, speed, speed-strength qualities, endurance, agility and flexibility), and it was proposed to assess their importance in achieving sports results at each stage of a sports career.

Part 5-the individual style of activity. Based on the essays "my sports career", a list of 9 characteristics of the training style of athletes and the activities of the competition was compiled.

Part 6-individual psychological characteristics of the athlete and sports results. In accordance with the structural model of a sports career, three main groups of psychological determinants that determine the dynamics of sports results during a sports career were identified and presented for evaluation: motivation, sports important qualities and individual style of activity. Episode 7 - "acquisitions" of a sports career.

In a broad sense, the influence of a sports career (achievements in the development of an athlete) is determined not only by skill in sports activities, but also by the development of the social role of an athlete. Therefore, it is necessary to consider the features of the athlete's socialization in sports based on the analysis of identification with the role of the athlete and the dynamics of his sports career.

Identification with the role of an athlete can be defined as the degree of awareness of the belonging of an athlete to his world of sports and the social group of athletes with their specific norms, values and traditions.

Most often, such a motive is not with an announcement of success, but successful completion of work, with the process of bringing it to a certain goal is satisfied. In pursuing their careers, humans have a moderate risk do. The third major motif is the origin motif. It has a specific social and desire to join the professional environment, communicate, help others, it is formed under the influence of the need for social work.

Professor T.Yu.Bazarov noted that "a career is the result of a person's position or professional growth associated with his behavior in the process of labor activity and his chosen direction."

The trajectory to a career is built by the personal goals, desires, Masters that a person uses in the process of implementation of his labor behavior, and he is right inside or outside the organization forms in the characteristics of activity.

Our Belarusian colleagues E.A.Lupekin, O.N.Melnikova identified the following characteristics of a sports career:

- Early onset of the "preparatory" stage. Usually this is preschool or primary school age, but before that it happens, especially in sports families;
- start a sports career relatively early and choose a specific sport;
- relatively early culmination of a sports career;
- sex differences at the peak of the sports career and the time of its end; moving more towards birth than a professional labor career;
- in a sports career, the jumping nature of development is manifested; since sport is one of the most energy-intensive activities, it is associated with the attraction of human reserves;
- sport is characterized by tougher competitive conditions than other areas of activity;
- a sports career is not always professional in the sense of constant income, but always-in the sense of a professional attitude to business;

- a sports career is characterized by relative uncertainty at the moment of departure - it depends not on age, but on the dynamics of sports performance and many other reasons-in contrast to retirement, which is typical for most professions with age;

- the athlete has the option to extend the sc by changing the sports role or sport. In many professions, similar opportunities are very limited;

- "sport is a compressed life model".

The synthetic model of a sports career includes two subjective characteristics (satisfaction and success) to describe four objective and holistic careers. An integrated feature in the synthetic description is "satisfaction", which is defined by different criteria for different athletes, which made it possible to distinguish six types of "satisfied" athletes and nine types of "unsatisfactory" athletes.

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