

TYPES OF TEMPERAMENT IN SPORTS AND THEIR FEATURES.

Khalikova Sevara Turdialievna

Fergana State University Student

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Abstract: This article takes into account that temperament plays an important role in sports activities, and an athlete must be ready not only physically but also psychologically. Each athlete reacts differently during competitions or training depending on their internal state, that is, temperament. Temperament is a relatively stable personality trait that undergoes certain changes under the influence of upbringing and living conditions. People have different characteristics depending on the situation.

Keywords: human, individual, psychophysiological, physical strength, technical skills, psychological preparation, motivation, emotional control, volitional qualities.

Entrance

In today's conditions of globalization and competitiveness, every country pays special attention to the development of the sports sphere, the upbringing of a physically healthy, spiritually stable, strong-willed, and purposeful young generation. In particular, in recent years, the President of the Republic of Uzbekistan SH.M. Mirziyoyev has adopted a number of important resolutions and decrees on popularizing sports and a healthy lifestyle. In particular, the Presidential Decree "On the Concept for the Wide Promotion of a Healthy Lifestyle and Increased Physical Activity in the Republic of Uzbekistan for 2021-2025" (PP-5005 dated March 30, 2021) defines systemic approaches to the physical and psychological training of athletes, their sports specialization, and achieving high results.

Success in sports depends not only on physical strength and technical skills, but also on the psychological state of the person, the type of temperament, and the stability of the nervous system. Individual differences inherent in the nervous system and temperament of each person are an important factor in choosing a sport, developing training style, and preparing for competitions.

In psychology, personality temperament types (choleric, sanguine, phlegmatic, melancholic) and their influence on activity have been studied for many years. At the same time, factors such as strength, mobility, and the balance of the nervous system play an important role in determining the level of psychological stability and stress resistance in sports. This is directly related to the athletes' attitude towards training, their behavior in competitions, and their place in the team.

The success of athletes' activities depends on many factors, among which psychological factors, especially temperament and nervous system type, hold a special place. The individual psychophysiological characteristics of each person determine the level of sports success, endurance, competitiveness, and stress resistance. It is especially important to consider the types of temperament when training high-level athletes. The relevance of this topic lies in the fact that in selecting athletes, preparing them based on individual training plans, and ensuring psychological stability, temperament and the type of nervous system play a significant role.

Today, when sports psychology is developing as a scientific field, studying the types of athletes' temperament and connecting it with sports results is one of the urgent tasks of modern sports pedagogy and psychology. In the process of training athletes, not only physical potential but also psychological stability, stress resistance, motivation, emotional control, and volitional qualities are of great importance. The psychological preparation and temperament type of an athlete play a particularly important role in winning major competitions. Therefore, this study is aimed at a deep psychological study of athletes' activities, developing necessary methodological guidelines for their preparation based on an individual approach.

The interaction of temperament and nervous system is an important factor in the activities of athletes. How a person perceives physical activity, their behavior during training, the level of self-confidence in a competitive environment, psychological readiness - all this depends on the harmony of temperament and the nervous system.

Below are the main measurements of the Eiesen test:

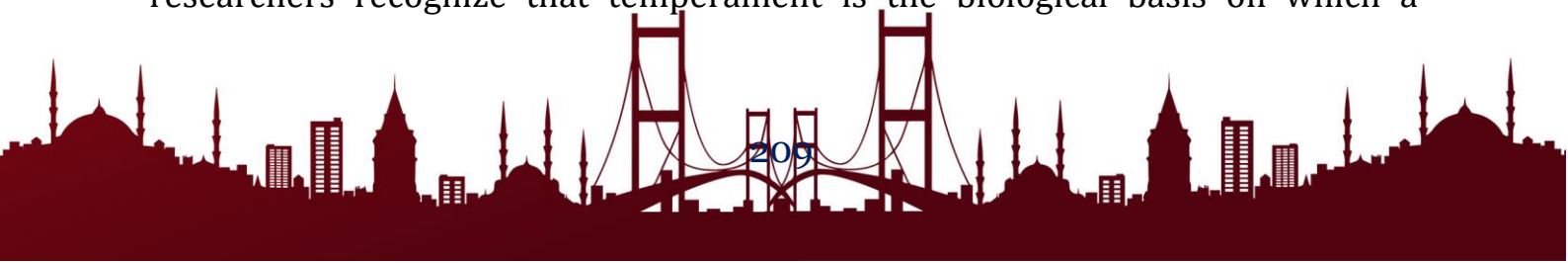
Extraversion (E) - determines the direction of personality from introvert to extrovert.

Neuroticism (N) - indicates the degree of emotional stability.

Psychoticism (P) - the degree of decisiveness and intolerance of the individual.

- L (Lying scale) - shows how close the answers are to the truth.

Despite repeated and constant attempts to study the problem of temperament, it still belongs to the category of controversial and not fully resolved problems of modern psychological science. There are many approaches to studying temperament. However, despite all the diversity of approaches, most researchers recognize that temperament is the biological basis on which a

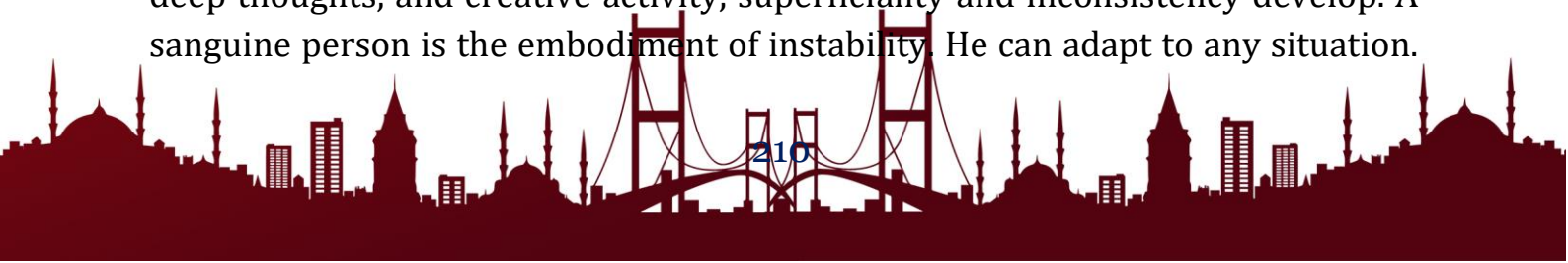


person is formed as a social being, and that the personal qualities determined by temperament are the most stable and long-lasting.

It has been proven that there are no two people on Earth with identical fingerprint patterns, and no two completely identical leaves on a tree. Similarly, there are no absolutely identical human personalities in nature. However, a person is not born a ready-made personality. It gradually turns into one. However, from an early age, he has special psychological characteristics. Changing much slower than the characteristics known to us (views, beliefs, character traits), they, depending on their characteristics, subsequently form the type of soil on which certain individuals grow. Consequently, temperament primarily includes innate and individually specific (acquired) mental characteristics. In some people, mental activity proceeds uniformly, balanced, and even slowly. They change rarely, actions are rare and purposeful. In other people, mental activity is spasmodic. Such people, on the contrary, are very active and restless. Thus, the characteristics of temperament determine the dynamic aspect of a person's mental activity. In other words, the nature of mental activity depends on temperament.

Temperament is a relatively stable personal trait that undergoes certain changes under the influence of upbringing and living conditions. People can exhibit various characteristics depending on the situation. Thus, temperament itself characterizes the personality only in terms of reactivity and reveals the dynamic possibilities of a person's high nervous activity under certain conditions. There are four types of temperament. A type should be understood as a set of mental properties that are naturally and necessarily interconnected in people of a certain group. It can be determined using the proposed questionnaire.

A sanguine is a quick, active person who reacts emotionally to all impressions; his emotions are expressed directly in his external behavior, but they are not strong and easily replace each other. Such people quickly adapt to new conditions, quickly find common ground with people, and are polite. Feelings arise and change easily, sensory experiences are usually superficial. A little restless, needs new experience, does not regulate their impulses sufficiently, cannot strictly adhere to the developed order. In this regard, he will not be able to successfully complete a task that requires equal efforts, long and methodical actions, persistence, attention, and patience. Without serious goals, deep thoughts, and creative activity, superficiality and inconsistency develop. A sanguine person is the embodiment of instability. He can adapt to any situation.



He accepts harsh words with humor, and if he is sad, he tries to have a good time. He is an unpleasant person. For him, doing anything for a long time is a real torture: it becomes too soon boring and uninteresting. It is like a fish that seeks a deeper place and cannot hold it with its hand - it slips.

This type of temperament is strong, balanced, and mobile like mercury. If a choleric person can be compared to a car that flies at full speed without brakes, then a person with a brake is fine.

In sports, he prefers types that involve greater mobility. These people easily switch from one type of exercise to another, but they are not persistent enough and do not focus on monotonous activities. Athletes of this type are very effective, confident, and open. Their sports results are stable and, as a rule, higher in competitions than in training. Before the start, such athletes are often in a state of "fight readiness."

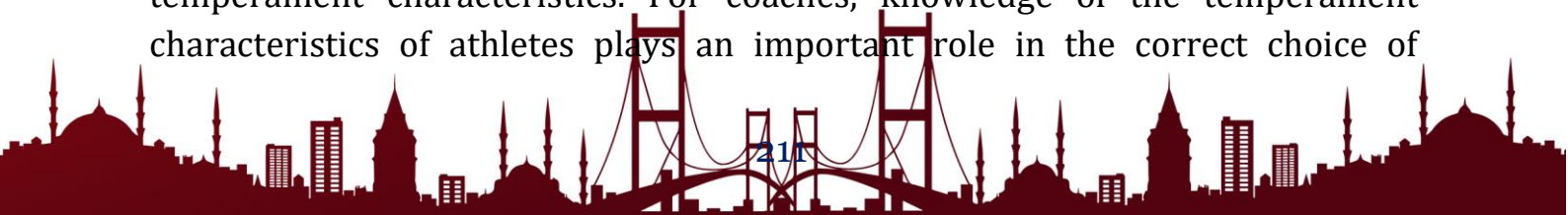
Temperament is the totality of innate and relatively stable mental properties that constitute a person's mental activity. It mainly depends on the physiological characteristics of the nervous system and determines how quickly and in what form a person reacts to external influences. Temperament manifests itself in many aspects of a person, such as emotions, speed of movement, adaptability to the external environment, resistance to stressful situations.

Temperament plays a very important role in sports activities. Because the athlete must be ready not only physically, but also psychologically. Each athlete reacts differently during competitions or training depending on their internal state, that is, temperament. Someone can move quickly under pressure, while another can move slower but consistently.

The athlete's temperament:

- Attitude towards the training process,
- motivation,
- behavior in competitions,
- competitiveness,
- emotional balance
- directly influences aspects such as teamwork ability.

Also, since temperament reflects the activity of the athlete's nervous system, it is a factor determining their psychological stability and the level of stress resistance. High results in sports are often closely related not only to physical potential but also to psychological preparation, particularly to temperament characteristics. For coaches, knowledge of the temperament characteristics of athletes plays an important role in the correct choice of



training methodology, individual determination of loads, and organization of psychological preparation before competitions.

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