

Date: 25th October-2025

YENGIL ATLETIKACHILARNING CHIDAMLILIGINI OSHIRISH VA
CHIDAMLILIKNI RIVOJLANTIRISH BO'YICHA PSIXOLOGIK
KO'NIKMALARI

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“Psixologiya va jismoniy madaniyat” kafedrası o'qituvchisi

ПСИХОЛОГИЧЕСКИЕ НАВЫКИ ДЛЯ СПОРТСМЕНОВ ДЛЯ ПОВЫШЕНИЯ
ВЫНОСЛИВОСТИ И РАЗВИТИЯ ВЫНОСЛИВОСТИ

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Annotasiya: Yosh yengil atletikachilarning chidamliligini oshirish va psixologik ko'nikmalarini rivojlantirish haqida fikr-mulohazalar bayon etilgan.

Shuningdek, yengil atletikachilarni qanday psixologik usullar orqali chidamliligini oshirish masalalari keltirib o'tilgan.

Kalit so'zlar: yengil atletika, chidamlilik, tayyorgarlik, psixologik tayyorgarlik, psixologik chidamlilik, psixologik ko'nikmalar.

Аннотация: В статье представлены идеи по повышению выносливости и развитию психологических навыков юных спортсменов.

Также рассматриваются психологические методы, используемые для повышения выносливости спортсменов.

Ключевые слова: Легкая атлетика, выносливость, подготовка, психологическая подготовка, психологическая устойчивость, психологические навыки.

Abstract: The article presents ideas on increasing the endurance and developing the psychological skills of young athletes.

It also discusses the psychological methods used to increase the endurance of athletes.

Keywords: Athletics, endurance, preparation, psychological preparation, psychological resilience, psychological skills.

Athletics is one of the most fundamental and widespread types of sport, requiring a high level of physical preparation, psychological stability, concentration, and willpower from the athlete. **Endurance** is considered a leading quality in athletics training. Psychological factors play an important role in developing this quality, especially among **young athletes**. **Psychological skills** help strengthen the athlete's mental state, remain determined toward the goal, and overcome fatigue.

Endurance is the ability of an athlete to maintain physical and mental strength over a long period of time and to continue performing effectively despite fatigue, excitement, or external pressure. From a **psychological perspective**, endurance is closely related to such



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qualities as **willpower, motivation, emotional stability, attention control, and self-regulation**. According to research, the use of methods such as **self-talk, visualization, attention control, relaxation, and stress reduction** during psychological training significantly increases athletes' endurance.

During youth, the **psychological development** of athletes is not yet fully formed. They tend to rely more on **external factors** such as the evaluation of coaches, parents, and teammates. Therefore, a **special approach** is required to develop their mental readiness and endurance. Psychologists recommend fostering **positive forms of motivation**, increasing **self-confidence**, and developing **willpower** in young athletes. This process strengthens **perseverance, patience, concentration, and self-control** during sports training.

In developing endurance among **young track and field athletes**, the following **psychological skills** play a key role. Setting a **clear goal** for each training session motivates the athlete to stay active and committed. Achieving these goals step by step strengthens **internal motivation** and reinforces **willpower and stability**. The athlete must be able to **control their emotions** in order to overcome fatigue, difficulties, and failures. To strengthen willpower, it is important for the **coach to provide positive encouragement** and to recognize even small successes. Focusing **attention on the goal** during training and competitions helps improve athletic performance. **Breathing control, relaxation, and visualization exercises** help improve concentration. Experiencing **stress before competitions** is a natural state. To manage it, athletes use techniques such as **deep breathing, visualization, and mentally rehearsing** the competition in advance. **Psychological preparation** helps the athlete to stay calm, increase self-confidence, and improve performance. Developing **intrinsic motivation** means learning to value one's own efforts and to take pride in personal achievements. Compared to **external motivation** (such as rewards or encouragement), intrinsic motivation helps maintain endurance over a longer period of time. Focusing **attention on the goal** during training and competitions improves sports results. Breathing control, relaxation, and visualization exercises help athletes stay focused. **Psychological exercises and training sessions** play an important role in developing endurance. The following exercises are considered effective:

-**"Goal Map"** – the athlete writes down their goal and defines the steps needed to achieve it

-**"Positive Self-Talk"** – the athlete repeats encouraging phrases to provide themselves with mental support.

-**"Focus Point"** – during training, attention is concentrated only on the current action.

-**"Breathing Control"** – relaxation exercises are performed before and after training.

These methods help strengthen the **willpower** of young athletes and enable them to achieve **stable results** in competitions.



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A **coach working with young athletes** should pay attention not only to their **physical preparation** but also to their **mental development**. When the coach provides constant support and instills confidence, the athlete is able to fully demonstrate their potential.

A **sports psychologist** conducts individual training sessions aimed at **reducing stress, improving concentration, and enhancing motivation**. This process strengthens the athlete's **mental stability** and increases **endurance**. **Athletics** is a sport that requires **physical strength, speed, coordination**, and above all, **mental resilience**. The athlete's **psychological readiness** is just as important as their physical abilities. Especially during competitions, an athlete must be able to control not only their **body**, but also their **mind, emotions, and concentration**. Therefore, it is essential to provide **regular psychological guidance** for track and field athletes. First of all, it is important to **strengthen the athlete's self-confidence**, as **belief in one's own abilities** is the foundation of every success. The athlete should be able to **evaluate their capabilities realistically**, have faith in their own efforts, and set **clear and achievable goals**. The **coach** should teach the athlete to **appreciate every small achievement** and to regard **failures as valuable experiences**. As psychologists emphasize, **self-confidence** increases an athlete's **resistance to stress**, reduces **fatigue**, and helps them **maintain an optimal mental state** during competitions.

In addition, it is important to **develop proper motivation** in the athlete. **Motivation** is the inner force that drives a person to take action. Some athletes are motivated by **external rewards**, such as prizes or praise, while others are inspired by the **desire to improve their own achievements**. The most effective type of motivation is **intrinsic motivation**. An athlete should learn to **continuously improve**, to **enhance personal results**, and to **find satisfaction in self-development**. Coaches should instill in athletes the principle of **"focusing on the process rather than the outcome."** This approach helps athletes remain **mentally calmer and more stable**, leading to better long-term performance. **Attention control** is also one of the most important psychological skills. Athletics includes various disciplines such as running at different distances, jumping, and throwing — all of which require **maximum concentration** from the athlete. To maintain focus during training or competition, techniques such as **breathing control, visualization** (mentally imagining the competition), and **relaxation exercises** are very useful. For example, when an athlete mentally visualizes the running track and rehearses every movement from the start to the finish, they feel more **confident and prepared** during the actual competition. For track and field athletes, **stress management** is another crucial aspect. Feelings of excitement, fear, or uncertainty before a competition are **natural**, but if not managed properly, they can **negatively affect performance**. To reduce stress, athletes can use **meditation, autogenic training, positive thinking**, and **self-talk** techniques. For instance, repeating encouraging phrases such as *"I can do it"* or *"Today I will break my own record"* helps strengthen the athlete's **mental resilience** and maintain a positive mindset.

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Maintaining **emotional stability** is also essential. In athletics, athletes often work with **individual results**, meaning that their performance depends primarily on themselves. Sometimes even a small mistake or poor result can **negatively affect the athlete's emotional state**. Therefore, coaches and sports psychologists must teach athletes to **accept failure correctly**. An athlete should understand that every defeat is an **opportunity for growth and improvement**. For track and field athletes, a **supportive team environment** and **positive communication** also play a major role. Mutual **respect, trust, and encouragement** between the coach and team members strengthen the athlete's mental well-being. When a **positive team atmosphere** is created, athletes feel **safe, valued, and motivated**, which increases their enthusiasm for training and improves competition results. Developing **endurance in young track and field athletes** is a complex but highly important process. Alongside physical training, the formation of **psychological skills** helps stabilize the athlete's mental state, strengthen willpower, and foster a strong sense of determination toward achieving goals. Through **psychological preparation**, athletes learn to **overcome fatigue**, manage **anxiety and stress**, and develop **self-confidence**. Thus, the **mental aspect of endurance**, together with its physical component, ensures the **stability and consistency of athletic performance**.

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