



WAYS TO ELIMINATE THE AGGRESSIVENESS OF THE ATHLETE

RECEIVED SPORTS TRAINING

Shomurotov Ulugbek Melikboboyevich

Denov Institute of entrepreneurship and pedagogy

Trainee-teacher

E-mail: ulugbek1986y@gmail.com

Tel: +998915107420

Yuldashev Tojiddin Abdukarimovich

Denov Institute of entrepreneurship and pedagogy

Senior-teacher

Email: tojiddinyuldashev1@gmail.com

Tel: +998919103003

Normamatov Jaloliddin Toshmamatovich

Denov Institute of entrepreneurship and pedagogy

Faculty of pedagogy

Department of Physical Culture

1st year JM-9-23 group student



Abstract: Sports training plays a vital role in shaping athletes, assisting them in achieving peak performance, and developing a competitive edge. However, sometimes athletes may become overly aggressive, hindering their progress and even causing harm to themselves and others. In this article, we will explore various strategies to eliminate the aggressiveness of athletes who have received sports training. By employing these techniques, coaches, trainers, and athletes themselves can create a safer and healthier sports environment.

Keywords: sport, hostility, teenagers, wellness, physiological qualities, secondary school

Introduction: Truly dynamic grown-ups have less ongoing infections and lower paces of unexpected passing contrasted with their dormant partners. The advancement of the referenced circumstances is as of now appeared in youth and puberty.

In this way, the advancement of a sound and dynamic way of life ought to begin in our initial life. It is likewise realized that adolescence and juvenile active work impact on grown-up grimness and mortality. Individuals make their adulthood way of life designs as they go through youth.

Other than actual idleness, forceful way of behaving is one of the vitally general wellbeing worries among teenagers. There are numerous speculations that could make sense of the event of forceful conduct in youngsters and teenagers.

As indicated by Bjorkly, forceful way of behaving ought to be inspected through three fundamental gatherings of animosity speculations: psychoanalytic, drive, and learning hypothesis. The most widely recognized is the social learning hypothesis that makes sense of forceful conduct in kids and youths by noticing other's way of behaving. One of the most involved instruments for estimating forceful conduct in teenagers has been developed by Buss and Perry.



This model of animosity addresses the propensity to answer forcefully while confronting dismissal, stress, or troubles. The creators assembled the animosity into four elements: actual hostility, verbal animosity, outrage, and aggression, consolidating mental, close to home, and social parts. Albeit each element made sense of novel fluctuation, this four-factor construction of the poll reveals insight into the particular signs of characteristic animosity.

Multitudinous endeavors have been made to diminish hostility in young people. School-based actual work mediations are viable, compelling, and generally relevant. They were demonstrated to emphatically affect actual wellness and wellbeing markers. Multiplying the recurrence of actual training meetings brought about actual wellness improvement, particularly high-impact wellness, which is connected to young people's cardiovascular wellbeing.

One semester of oxygen consuming activity classes showed huge improvement in cardiorespiratory wellness and a diminishing in systolic pulse in 10th grade young ladies. Moreover, research with respect to the mental advantages of activity based school mediations is restricted.

Group games (sports) have as of late been utilized to decide the effect on various actual wellness parts in the school populace. Little sided sporting football has been perceived as one of the most well known and successful group activity in young people.

As per the creators' information, cutting-edge, no review exists that examined the impacts of little sided games in volleyball on actual wellness in youngsters and teenagers. Besides, there are a couple of studies concerning the effect of game support on forceful conduct in teenagers. Animosity can happen in many structures, from verbal and social hostility to actual attack and viciousness.



Commonly, forceful ways of behaving increment their seriousness in juvenile turn of events. Along these lines, mediations that could diminish hostility in young people are exceptionally required. After-school actual work (e.g., b-ball, football, volleyball, combative techniques, capoeira) did five times each week, fundamentally diminished outrage, antagonistic considerations, actual animosity, and gloomy feelings in 8-12 years of age kids.

The execution of little sided sporting football into customary actual training classes demonstrated to be a valuable methodology for bringing down hostility and working on the actual wellness of secondary school understudies. Nonetheless, a few games of forceful nature showed the contrary outcomes. This was affirmed by Kreager (2007), who expressed that playing physical games (e.g., football and wrestling) could along these lines lead to savagery. Hence, it would be fascinating to check whether sports that have no direct actual contact could send their learned conduct on the field into off-sport circumstances.

Also, one review showed that support in brandishing action was related with an expansion in delinquent conduct in young people. Contribution in serious sporting events expanded kids' degrees of hostility, notwithstanding the end-product. Notwithstanding conflicting discoveries, active work is as yet suggested as a strategy for diminishing hostility.

One methodology that could associate game cooperation and hostility is through restraint abilities (SCS). The connection among sports and SCSs was made sense of before. The creators notice a few systems in sport that could add to better SCS. Sporting events require consideration, concentration, and focus due to the developments and activities that should be acted in a particular request with exact timing as well as in light of the consistence with regulations and guidelines.

Additionally, activities in group activities incorporate for the most part the critical thinking circumstances in light of the fact that while playing, youngsters should pursue fast



choices under tension and think deliberately, imaginatively, and rapidly. Furthermore, it was exhibited that sports exercises are decidedly connected with positive feelings.

Conclusion

Aggressiveness among athletes is a common challenge but can be mitigated through effective techniques. By encouraging open communication, incorporating mental training, emphasizing sportsmanship, providing role models, teaching conflict resolution, monitoring and intervening, as well as regulating training intensity, athletes can learn to eliminate their aggressiveness and achieve optimal performance in a healthy manner. Through these strategies, coaches, trainers, and athletes can foster a positive sports environment that promotes growth, camaraderie, and sportsmanship.

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