



# IJTIMOIIY-GUMANITAR SOHADA ILMIY-INNOVATSION TADQIQOTLAR

ILMIY METODIK JURNALI

ISSN 3060-5059



**VOL.3 № 5**

**2026**

## **SPORTCHILARNING PSIXOLOGIK SALOMATLIGIGA IJTIMOYIY QADRIYATLARNING TA'SIRI**

**Abdumajidova Dildora Rahmatullayevna**  
O'zbekiston Milliy universiteti, o'qituvchi (DSc)

### **Annotatsiya**

Zamonaviy sport psixologiyasida muhim masalalardan biri — sportchining psixologik salomatligiga bo'lgan qadriyatli munosabatdir. Ushbu savolga javob izlash quyidagicha ifodalanadi: qanday qilib psixologik salomatlik inson uchun boshqa hayotiy maqsadlarga erishish vositasi emas, balki o'z-o'zidan qadriyatli ehtiyoj sifatida shakllanishiga erishish mumkin.

**Kalit so'zlar:** psixologik salomatlik, zo'riqish, faollik, distress, hayotiy mezonlar.

## **ВЛИЯНИЕ СОЦИАЛЬНЫХ ЦЕННОСТЕЙ НА ПСИХОЛОГИЧЕСКОЕ ЗДОРОВЬЕ СПОРТСМЕНОВ**

**Абдумаджидова Дилдора Рахматуллаевна**  
Национальный университет Узбекистана, преподаватель (DSc)

### **Аннотация**

Одним из ключевых вопросов в современной спортивной психологии является ценностное отношение к психологическому здоровью спортсмена. Поиск ответа на этот вопрос выражается в следующем: как способствовать тому, чтобы психологическое здоровье выступало для человека не средством достижения других жизненных целей, а как самоценная потребность.

**Ключевые слова:** психологическое здоровье, напряженность, активность, дистресс, жизненные критерии.

## **THE IMPACT OF SOCIAL VALUES ON THE PSYCHOLOGICAL HEALTH OF ATHLETES**

**Abdumajidova Dildora Rahmatullayevna**  
National University of Uzbekistan, Lecturer (DSc)

### **Abstract**

One of the key issues in modern sports psychology is the value-based attitude toward an athlete's psychological health. The search for an answer to this question can be formulated as follows: how to ensure that psychological health is not merely a means to achieve other life goals, but becomes a self-sufficient and intrinsic need for the individual.

**Keywords:** psychological health, tension, activity, distress, life criteria.

Due to a high level of change in the modern human lifestyle, priority is given to the study of a person's psychological health as a value-based attitude in global psychological research. The importance of studying the social and psychological factors of human life lies in preventing or reducing the risk of various diseases and the danger of death by changing human behavior [2].

Psychological health is a state of psychological and social well-being in which a person realizes their capabilities, is able to solve difficult tasks, effectively resist life stresses, and contributes to the development of society as a result of conscious activity. Psychological health is the stable and adequate functioning of the human psyche, which depends on the main cognitive processes: perception, memory, attention, and thinking.

According to the definition of V. A. Ananyev, the concept of psychological health includes the elements of human self-awareness and self-knowledge in a healthy environment, the knowledge acquired by a person throughout life, their capabilities, and the ability and potential to use their internal reserves [1].

According to the definition proposed by the World Health Organization in 1948, "health is not only the absence of illness or weakness, but also a state of complete physical, mental, and social well-being" [3]. This definition reflects the systemic and integral nature of the phenomenon and embodies the unity of physical, mental, and social health, as adopted in medicine, psychology, and sociology. Any success requires a person to have certain knowledge and skills and to apply them in practice. Another important factor in this process is the psychological capacity formed in the person or currently manifested by them, through which the human being becomes psychologically capable of fulfilling psychological tasks

such as motivation, desire, attitudes, and skills. It also depends on the factors of an individual's health: spiritual, physical, mental, and social. The factors of a person's psychological health are:

1. sensation — having self-control;
2. contemplation — adequate and healthy thinking;
3. memory — remembering, recalling, and keeping information in mind;
4. character — a system of behavior and values.

The automatic formation of the state of psychological readiness, the ability to perform special actions for this state, and the absence of external influence or the need for help can be indicators of an individual's psychological health. They also create the likelihood that the person will be able to cope with the task at hand without psychological problems.

According to socio-psychological studies conducted among 186 Canadian athletes preparing for the Tokyo 2020 Summer Olympic Games, 42% of athletes had various psychological health problems, including 31.7% with symptoms of depression, 18.8% with anxiety, and 9% with psychological problems related to eating. Stephen Vaksal, the psychologist and scientist who conducted the research, admits that having higher-than-average stress levels among elite athletes was normal [10]. From this, it can be inferred that athletes' psychological health needs to be checked regularly.

Of course, the implementation of psychological training and support will be the basis for maintaining athletes' high sports results, further improving them, ensuring their psychological health, and supporting their future happy lives. In 2020, Strava, a social network that connects more than 70 million athletes worldwide and a program that monitors athletes' activity, conducted research in collaboration with Stanford University. The study, in which 131 professional athletes participated, showed that most athletes had acute psychological health problems. These problems were expressed in number, character, and impact on the athlete's personality. For example, the serious impact of the pandemic on the psychological health of athletes was highlighted. According to the findings of the study, one in every five athletes had complaints about their psychological health: despondency and depression after the pandemic increased by 5.8 times [4].

The figures presented indicate that sports managers and coaches must be more cautious and must take care of athletes' psychological health more seriously than before, as well as take appropriate preventive measures. It is worth noting that at the last Olympic Games in Tokyo, everyone's focus was not only on gold, silver, or bronze medals, but also on the fact that famous athletes Simone Biles and Naomi Osaka began to openly talk about their psychological health. This situation led to increased and relevant research on the psychological health of Olympic-level athletes due to the widespread occurrence of such problems as depression and anxiety among them [5].

Several-time world and Olympic Games champion, swimmer Michael Phelps, also admitted that he had suffered from stress during this period, describing his condition as severe depression, like other athletes [10].

The issue of the psychological health of athletes has been studied by psychological scientists for a long time. In our opinion, to date, the need for and interest in improving high sports results have further increased the importance of these studies and their results, as well as scientific and practical experiments based on in-depth research, which emphasize the psychological training of athletes and the strengthening of their psychological health.

Speaking about the psychological health of athletes, it is necessary to take into account the fact that they have problems in this area not only during competitions but also after competitions. According to research conducted by British scientists S. Ranson, S. Leyland, and L. Board in 2021, about 24% of athletes who participated in the Olympic and Paralympic Games experienced complaints of high and very high levels of distress after competitions. Experts diagnose this condition as a "post-Olympic period of darkness" characteristic of athletes. Of course, scientists explained these processes by a variety of factors [6].

It should be noted that the pain of defeat, feelings of guilt, aimlessness, negative perceptions of one's own future in the field of sports, financial problems, frustration, psycho-emotional fatigue, the presence of a strong need to carry out recovery work, and the absence of conditions or opportunities can irritate the athlete. The inability to achieve the desired result, as well as the occurrence of undesirable situations, aggravates athletes' psychological states. Taking into account the aforementioned factors, on October 10, 2022, on the occasion of World Mental Health Day, the International Olympic Committee conducted large-scale psychological and educational propaganda on its Internet pages via social networks. In this campaign, the committee's call for athletes to seek help in the event of psychological problems was

covered through illustrative posters [9].

Also, in its advocacy for psychological health among athletes, the International Olympic Committee regularly directed athletes to Internet links on the topic of psychological health created for the general public by the World Health Organization. In one such link, the World Health Organization stated that “psychological health is important for our overall stable life and physical health; when we are psychologically healthy, we can carry out effective professional activities, enjoy our free time, and actively and positively influence the social environment in which we live” [5]. The above calls recommend that all athletes must receive professional help in the case of psychological problems. Based on this propaganda, we can say that, when experiencing distress, it is important for all athletes to recognize psychological difficulties and turn to a specialist.

When an in-depth psychological conversation is conducted with athletes who complain about a particular problem, it has been observed that most of them are simply psychologically minded, and when faced with psychological problems, they have personal coping strategies. Athletes who do not have personal coping strategies are taught elements of psychotechnics, such as the use of imagination, positive thinking, and conducting positive communication with oneself. In sports psychology, it is important to teach athletes the above two methods, which are recommended to improve their results and eliminate the problems of psychological training that arise in them and, in turn, are widely used by specialists. In our opinion, this should become a psychological minimum that athletes need to know.

Practice proves that athletes who regularly communicate positively with themselves, that is, who constantly think positively while accepting their internal contradictions with tolerance, improve their sports results. Being trapped in a whirlpool of negative thoughts, as well as an athlete’s inability to think positively and communicate with himself or herself, leads to a decrease in athletic performance [7].

Psychological health is a factor in a person’s sports results. This idea also proves the hypothesis that only a person with a stable psychological state of health can think positively, create potential, and use imagination in the direction they need.

Also, if we talk about the power of imagination, then in sports where competition prevails, for example, sprint running and academic rowing, the athlete can reflect in imagination the entire competition process from start to finish, visualize successful performance of each sports movement, place each movement in the imagination in one system or algorithm, and activate all individual sensory processes [8].

This technique is also called “visualization” by specialists in developmental and applied psychology. However, it must be said that in the process of visualization, a person brings only the result or success before their eyes, whereas in sports, an athlete can fully imagine the path leading to success or a specific result, repeatedly replaying every elementary tactical action on this path in memory before a competition or sports performance.

**Conclusion.** The following conclusions and recommendations arise from the ideas stated above. Firstly, in connection with the importance of psychological training in sports, it is necessary to actively continue educational propaganda on appropriate sports psychological training among athletes, coaches, sports managers, and relevant officials. Secondly, for athletes at the national team level, it is necessary to introduce a minimum of necessary psychological knowledge and skills, as well as to form and popularize propaganda materials and trainings that help them master these skills. Thirdly, at a time when the presence of psychological problems in athletes is disclosed on the basis of scientific facts and statistics, it is advisable for the athletes themselves and those responsible for their sports activities to be attentive to this problem and to provide them with all the support of a specialist in order to eliminate athletes’ psychological problems in a timely manner. Fourthly, in combination with the systematization of work on the formation of specific psychological immunity in athletes, it is important that the athlete recognize a psychological problem and turn to the appropriate specialist to eliminate it. Measures must be taken to develop psychological culture.

Fifthly, there is a need to prove the connection between the psychological health of the athlete’s personality and their sports results by conducting in-depth scientific research with athletes at the national level, since this issue is a criterion not only for the achievements of the athlete but also for their further stable personal life and social well-being.

The above conclusions create the need to conduct additional scientific research and psychological educational propaganda. Since issues related to the psychological health of the individual are of great practical importance, a person with knowledge of health psychology becomes the guardian of their own health, supporting the acquired knowledge and skills throughout their life.

### REFERENCES

1. Ananyev V. A. Fundamentals of Health Psychology. Book 1: Conceptual Foundations of Health Psychology. – St. Petersburg: Speech, 2006. – 384 p.
2. Health issues [Electronic resource] // World Health Organization. – URL: <http://who.int/ru/>
3. Health Promotion Terms Glossary. – Geneva: World Health Organization, 1998.
4. Man in the World of Sports: Collection of Materials of the All-Russian Scientific and Practical Conference (April 4–12, 2022). – St. Petersburg: NSU Lesgaft, 2022. – 223 p.
5. Poucher Z. A., Tamminen K. A., Sabiston C. M., Cairney J., Kerr G. Prevalence of symptoms of common mental disorders among elite Canadian athletes // Psychology of Sport and Exercise. – 2021. – Vol. 57. – Article 102018. – DOI: 10.1016/j.psychsport.2021.102018.
6. Ranson C., Leyland S., Board L. Psychological distress and wellbeing in UK Olympic and Paralympic athletes // British Journal of Sports Medicine. – 2021. – Vol. 55. – P. A54–A55.
7. Hatzigeorgiadis A., Zourbanos N., Galanis E., Theodorakis Y. Self-talk and sports performance: a meta-analysis // Perspectives on Psychological Science. – 2011. – Vol. 6, No. 4. – P. 348–356.
8. Clarey C. Olympians use imagery as mental training // The New York Times. – 22 February 2014.
9. Olympic.uz [Electronic resource]. – URL: <https://olympic.uz/oz/news/2691>
10. Time.com [Electronic resource]. – URL: <https://time.com/6088078/mental-health-olympics-simone-biles/>