



## THE ROLE AND EFFECTIVENESS OF PSYCHOLOGICAL SERVICE IN TRAVELING STUDENTS TO PROFESSIONAL EDUCATION

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### ABSTRACT

This article discusses the problem of orientation of students to professional education, the stages of organization of psychological services in sports, the theoretical and practical significance of psychological support.

**KEYWORDS:-** Vocational training, psychological support, choice of sport, referral, diagnostics, psychological service, individual psychological feature, adaptation to the sport.

### INTRODUCTION

In recent years, a number of measures are being taken in our country to develop the field of physical culture and sports. Decree of the President of the Republic of Uzbekistan dated February 7, 2017 PF 4947 "Strategy for action on five priority areas of development of the Republic of Uzbekistan in 2017-2021", October 30, 2020 "Measures for the widespread implementation of a healthy lifestyle and further development of mass sports Decree "On PF-6099" is one of them.

Psychological service in Olympic reserve colleges is a necessary component of education. The need for this service stems from the needs of the

college. Ensuring the development of individual psychological characteristics in each athlete allows the conscious choice of the sport as a result of the correct, reasonable organization of psychological services. Among the issues of psychological analysis of sports activities, the psychological support of improving the technology of orientation of students to professional education plays an important role.

Consequently, the problem of ensuring continuity in the process of continuous psychological services in the orientation of students of children - adolescent sports schools, children specializing in sports - adolescent sports schools to vocational education is a topical issue today. This highlights the need to identify and develop psychological support for measures to



refer students to Olympic reserve colleges. It is also required in the tasks provided for in Resolution No. 480 of August 12, 2020 "On measures to organize the activities of colleges of the Olympic Reserve." Admission to the College of Olympic Reserve is from the 7th grade. The College of Olympic Reserve admits students who have completed the first year of training in the Children and Youth Sports Schools, Sports Clubs or other sports educational institutions specializing in sports and who wish to study at the College of Olympic Reserve on a competitive basis. However, the analysis shows that at the heart of these opportunities are the following problems in the orientation of students at the College of Olympic Reserve:

- Lack of development of methods of conducting sports orientation activities by colleges of Olympic reserve, in cooperation with children and youth sports schools and specialized children and youth sports schools;
- Lack of information and communication technologies by the College of Olympic Reserve, such as videos on the training of athletes in Olympic sports and its capabilities, various exhibition photo albums, stands, image mirrors;
- Lack of an improved theoretical and practical model of directing students to colleges of Olympic reserve;
- Ineffective use of psychodiagnostic methods in the transfer of students to colleges of the Olympic reserve requires the development of a mechanism for organizing and managing the work of psychological services in sports educational institutions.

Psychological services in physical education and sports are an integral part of the modern education system, ensuring the timely identification and full use of their mental and physical capabilities, abilities, interests, aspirations in the education and upbringing of

children.

The purpose of psychological services in directing students to vocational education is to create psychological and pedagogical conditions for the comprehensive formation, development, effective socialization and adaptation of the individual, the protection of psychological health at all ages of children's development. The difficult task of the psychological service in directing students of children-youth sports schools, specialized in sports, to professional education is to constantly monitor the training process in order to improve the quality of the athlete's activities. It is important that the direct participants of the pedagogical process: children, coaches, parents and sports psychologists have a practical impact.

The following main tasks of the psychological service in directing students to sports can be distinguished:

- Psychological monitoring of mental and physical development of children at different ages, identification of psychological defects in education, prevention of any negative deviations that may occur in their mental and social development;
- Creating a healthy psychological environment in sports teams;
- Acceleration of sports promotion and advocacy;
- Introduction of psychological and pedagogical diagnostic processes in sports;
- Monitoring the training, pre-competition, competition and post-competition processes of athletes;
- Psycho-correctional and developmental training with athletes;
- Psychological support of athletes' understanding of their professional identity on the basis of diagnosing their interests,



- aptitudes, abilities;
- support of a healthy psychological environment in pedagogical communities, correction of emotional states, interpersonal relationships and conflicting behaviors of team members, assistance in raising their psychological culture;
  - creating conditions for maintaining the psychological health of all subjects of the educational process, providing practical assistance in solving the problems of unhealthy psychological climate in the family, students and pedagogical communities, preventing potential conflicts and overcoming them by finding the most optimal solutions;
  - study of social institutions, attitudes, behavioral motives of children and adolescents with social problems and behavioral disorders, correction of their inability to adapt to school and social environment, organization and implementation of measures for their social rehabilitation;
  - It is advisable to increase efficiency through the organization and adaptation of psychoprophylaxis and psychological counseling.

Based on the above tasks, we found it necessary to organize the activities of psychological services in the transfer of students to the colleges of the Olympic reserve on the basis of the following stages:

- Psychological propaganda;
- Psychological and pedagogical diagnosis;
- psychological prevention;
- psychological correction;
- psychological counseling;

- Orientation to sports;
- Adaptation to sports

1) in the field of psychological propaganda:

give advice to students on interest in sports, family relationships, healthy living through an individual approach;

individual and group conversations with students, trainers, parents, consultations, seminars, trainings, presentations at various meetings, as well as the provision of psychological knowledge through the media.

2) in the field of psychological and pedagogical diagnosis:

- to study, analyze and give the necessary instructions on the basis of psychological and pedagogical diagnostic methods of students' motives, individual psychological characteristics, cognitive processes, physical qualities, mental states, attitudes to events and phenomena.

3) in the field of psychological prevention:

inability to make a firm decision in the choice and direction of a particular sport, inability to enter into interpersonal relationships in the team, to make recommendations on the prevention of negative situations and tendencies.

4) in the direction of psychological correction:

- Carrying out individual and collective correctional work to solve problems related to the achievement of sports results;
- Development of cognitive activity and interests of students in the classroom, correction of their intellectual passivity;

- organization of events in the form of games, communication, conversation, training, exercises and classes with the involvement of parents and teachers individually or in groups;

5) in the direction of psychological counseling:

- providing advice on the compatibility of the



chosen sport and the individual characteristics required by the person;

- educating students, to determine their future, to give advice on problematic situations in their relationships with peers and adults.

6) in the orientation to sports:

- Providing information about the chosen sport, profession, educational institution in which it is possible to acquire a specialty, as well as the requirements of the profession to the person, his physical, psychological and personal qualities, health;

- Identification and evaluation of the level and indicators of suitability for the sport, motives for choosing a career and future plans;

- Formation and development of interest in sports, diligence and responsibility.

7) in the field of sports adaptation:

- to form the student's interest in the chosen sport, training, to form a clear picture of the profession, to have information on the rules adopted in the field of sports;

- sports team is determined by the ability to adapt socially to the coach-teacher relationship.

In conclusion, today it can be seen that the role of psychological services in the field of sports is important in ensuring the harmony of society in the orientation of students to professional education in the above areas.

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