

THEORY OF INSTALLATION IN SPORTS ACTIVITY

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Abstract: The main goal of the reforms being carried out in Uzbekistan is to create a healthy and well-educated generation in our country with high spiritual and moral qualities. Because physical education and sports play an important role in the growth and healthy development of young people. A healthy person develops self-confidence, perseverance, skills and qualities of being able to finish what he has started. The article examines sports activities and the theory of installation.

Key words: wellness, training, mature generation, physical education, sport, human health, physical training, sports psychology.

On January 29, 2019, in order to actively develop physical education and sports in our republic, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, the Republic of Uzbekistan "On the wide promotion of a healthy lifestyle in Uzbekistan and the involvement of the population in physical education and mass sports" Decision No. 65 of the Cabinet of Ministers was adopted. This is to constantly take care of the health of the nation - the healthy worldview, physical and spiritual-intellectual health of the population of all ages, to contribute to their well-being and health, to train them with sports, to incorporate physical education and sports into their daily lifestyle[1,2,3,4,5,6,7,8].

As a result of fitness training, not only the strength of the body increases, but also the possibilities of its thinking expand. Physical and mental maturity is infinite and limitless, and slow or fast pace depends on everyone's aspiration, hard work, patience, and will. "There are processes that are considered important for the comprehensive development of sports training and for popularizing the important aspects of training. The main focus on sport and its popularization is being formed on the basis of humanity's responsibility to society. At the same time, special importance is attached to physical culture and "Peace of mind", which is one of its important stages. The fact that the main task of young athletes begins with paying attention to peace of mind is a vivid expression of this[9,10,11,12,13,14,15].

Sports training is a pedagogical phenomenon, aimed directly at achieving high sports results with the help of a system of training methods, and is a specialized process of physical education. It is important to note that sport is not a single goal from the point of view of pedagogy, but a means of education, health and preparation for life. "It is clear from the world experience that in the teaching of theoretical knowledge of any field, in the formation of practical skills and qualifications, the level of scientific development of the concepts and terms of this field and their appropriate and understandable use directly depends on the level of knowledge and literacy of the population in this field. The field of physical culture is no exception. Because physical culture is also very rich in its own concepts and terms. L. B. Bankevich stated that sport is one of the complex conversation topics in terms of its specific terms and their abundance[16,17,18,19,20,21].

In the development of sports, a coach in sports activities should have an understanding of the theory of installation. It is known that the theory of installation was elaborated by the Georgian scientist D.N. Uznadze. According to its definition, installation is the subject's readiness to perceive an upcoming event and perform an action in a certain direction, which is the basis of activity chosen for the purpose. There must be 2 elementary conditions for the origin of installation: that is, the need arises in the subject and the situation occurs to satisfy this need. Thus, the condition of coming together of the need and the situation leads to the formation of an institution in the subject. At the same time, it gathers the necessary mental processes and directs the activities performed by a person (including some actions) [22,23,24,25,26,27].

Installation includes a future action algorithm that predetermines the behavior of a person to be performed. installation is not the state of individual organs of a person, but the mental state of a whole person. The content of this mental state consists of certain knowledge about how to act in the situation[28,29,30,31].

D.N. Uznadze's teaching is based on the illusion of perception, that is, if balls of different sizes are applied to the examinee's two hands up to 15 times, and then they are replaced with balls of the same weight, it is emphasized in the studies that the perception of the balls will be disturbed, that is, the illusion will appear. D.N. Uznadze called this phenomenon installation and qualified this phenomenon as an unconscious mental process. It has been proven that such a phenomenon (installation phenomenon) is manifested in various other conditions. According to A.S. Prangishvili, installation appears as a generalized structure, which means installation's internal structure, dependence, sequence of behavior, stability of individual activity[32,33,34,35,36,37,38,39,40]. Installation is an integral part of the structure of the purposeful movement, without it activity.

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