

**THE ROLE OF REACTION IN THE FORMATION OF COMPETITION  
MOTIVATION IN ATHLETES**

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**Annotation:** *This article describes the structural structure of a reaction. The perception of a known conditional stimulus prior to the reaction process and a complete description of the events that represent any reaction are described.*

**Keywords:** *latent, sensor, motor and neutral types, reaction measurement methods, motion analyzers.*

Deciding on a healthy lifestyle in our society has risen to the level of state policy, and at the same time fundamental reforms in raising a physically mature, healthy generation are being implemented step by step in our Republic. In fact, sport is a powerful force that unites and unites the country regardless of religion, nationality, race, gender, strengthens inter-citizen harmony and internal stability in the society, ensures a healthy lifestyle, and most importantly, it is the main tool for the future of the country's children. Sports improves everyone both physically and mentally, improves physical health, mental health, refreshes the soul, and helps to get to know the country and make friends.

The reaction process can be started. As the athlete prepares for the start, he not only imagines his goal, but also imagines the means to achieve it. A characteristic feature of the reaction process is that it takes place in a short period of time. Measured by sigma. Sigma is one thousandth of a second.

The structure (decomposition) of the reaction. The reaction process consists of perceiving a previously known conditioned stimulus, understanding this stimulus and reacting accordingly. There are 3 periods of reaction:

Initial period - this includes the time from the initial signal to the start, for example the start. The initial period is limited to waiting for a signal and preparing for a response.

The central or hidden (latent) period is the period from the presentation of the signal to the response action. This period is very short, but it plays a big role in the reaction process. During this period, the athlete remains motionless, but in the shell of the cerebral hemispheres, a strong nervous process develops, which is the preparation of the response movement.

Completion period is the period from response action to completion.

Reactions are divided into sensor, motor and neutral types.

Sensory-type athletes in the initial stage of signal perception mainly have auditory analyzers excited and focus on signal transmission.

Motor (muscle) movement analyzers are somewhat inhibited. The reaction time is 160-175 sigma. In the motor (muscle-movement) type reaction, in the initial period, the athlete's muscle-movement analyzers are actively excited, and attention is characterized by preparation for the response movement. And the auditory analyzers are somewhat sluggish or completely inhibited. The reaction time is 100-125 sigma.

In athletes of the neutral type, in the initial period, the excitation in the auditory and muscle-motor analyzers is in a state of balance. The reaction time is 140-150 sigma.

The reaction is divided into 2 reactions: simple and complex:

In a normal reaction, a previously learned response to a known stimulus is followed by a response to this signal.

In a complex reaction, a movement with an unknown response to an unknown stimulus is called a complex reaction (for example, the movement of a goalkeeper in football).

Normal reaction and its measurement.

Tasks of training. The purpose of this lesson is: a) to introduce students to the following:

1) the concept of reaction and its psychological importance, the difference from the concept of physiological reaction in the body and the concept of reaction of substances;

2) introduction to the structural (decomposition) of the reaction process;

3) with the characteristic of simple reaction;

4) with the characteristic of a complex reaction;

5) to introduce the characteristics of speed and accuracy of reaction in various types of sports;

6) to introduce the method of measuring a simple reaction.

Students master the methods of practical application (achievement) of simple reaction rate measurement in laboratory conditions.

For this purpose, the lesson is organized according to the schedule: theoretical explanation to the students, lectures on interviews and individual tasks are discussed, laboratory experiments are conducted with the participation of all students.

Athletes use self-reassurance training to reduce their subsequent nervousness. For example, at the Olympics in Tokyo, Polish weightlifters use self-confidence training very extensively, and it has led to good results.

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