

THE INFLUENCE OF THE SOCIAL ENVIRONMENT ON THE TRAINING OF ATHLETES

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Abstract: the article shows the influence of external and social environmental conditions on the athletic performance of track and field athletes. An obvious fact in the activities of athletes is that representatives of sports whose competitions take place outside are susceptible to the influence of environmental conditions. This could be heat, wind, rain, snow, etc. In this regard, it is worth stating that these natural moments certainly have an impact on the level and sustainability of the athletes' sports results, no matter how the athlete is ready for competition.

Keywords: competitions, athletes, running, sports results, external environment, wind direction and speed, rating points, athletics.

Аннотация: в статье показано влияние условий внешней и социальной среды на спортивный результат легкоатлетов. Очевидным фактом в деятельности спортсменов является то, что представители видов спорта, чьи состязания проходят вне помещения, подвержены влиянию условий внешней среды. Это может быть жара, ветер, дождь, снег и др. В этой связи стоит констатировать, что указанные природные моменты, безусловно, оказывают воздействие на уровень и устойчивость спортивных результатов атлетов как бы атлет не был готов к соревнованиям.

Ключевые слова: соревнования, легкоатлеты, бег, спортивные результаты, внешняя среда, направление и скорость ветра, рейтинговые очки, лёгкая атлетика.

Annotatsiya: maqolada yengil atletikachilarning sport ko'rsatkichlariga tashqi va ijtimoiy muhit sharoitlarining ta'siri ko'rsatilgan. Sportchilar faoliyatida yaqqol ko'rinish turibdiki, musobaqalari tashqarida o'tkaziladigan sport vakillari atrof-muhit sharoitlarining ta'siriga moyil. Bu issiqlik, shamol, yomg'ir, qor va boshqalar bo'lishi mumkin. Shu munosabat bilan shuni ta'kidlash kerakki, bu tabiiy

daqiqalar sportchining musobaqaga qanchalik tayyor bo'lishidan qat'i nazar, sportchilarning sport natijalari darajasi va barqarorligiga ta'sir qiladi.

Kalit so'zlar: musobaqalar, sportchilar, yugurish, sport natijalari, tashqi muhit, shamol yo'nalishi va tezligi, reyting, yengil atletika.

Today, sport plays an important role in human life. Some do it for themselves, for some sports is a hobby, and some devote their whole lives to sports and try to achieve high results by working and working, some succeed in everything at once, but there are people who are looking for all possibilities, improving the result. An athlete's performance is influenced not only by physical preparation, but also by the training process as a whole, but external environmental factors also play an important role.

In modern systems of physical education, sport occupies an increasingly prominent place. This is explained by a number of reasons, first of all, the special effectiveness of sport as a means and method of physical education, its popularity, the widest development of international sports relations in the last decade, the steadily increasing general cultural and prestigious significance of sport in the modern world. As a product of social development, it forms an organic part of the culture of society and, depending on specific social conditions, acquires various features and forms.

The core of sport, the basis of its features, is specific competitive activity, i.e. activity, the characteristic form of which is a system of competitions, which historically developed primarily in the field of physical culture of society as a special sphere of identification, development and unified comparison of human capabilities (strengths, abilities, the ability to use them rationally). Unlike other forms of activity, which include competition only as one of their moments or methods (in the field of production, art, etc.), competitive activity in sports is built, first of all, according to the logic of competition, in the form of competition. At the same time, it is characterized by a special type of competitive relationship, free in principle from antagonism, a clear regulation of the interactions of competitors, as

well as the unification of the composition of actions, the conditions for their implementation and methods for assessing achievements according to established rules, which have now acquired the meaning of international or relatively local, but quite widely accepted norms of competition.

The immediate goal of competitive activity in sports is to achieve the highest possible result, expressed in the conditional indicators of victory over an opponent or in other indicators conventionally accepted as an achievement criterion. But its essence is never reduced to achieving purely sporting results. As an activity that affects the person himself, and as a sphere of unique interhuman contacts, it also has a deeper meaning, determined, ultimately, by the totality of the basic social relations in which it is included and which determine its social orientation in the specific conditions of a particular society. In its life embodiment, sport is a person's steady desire to expand the "boundaries" of his capabilities, realized through special training and systematic participation in competitions associated with overcoming increasing difficulties, and a whole world of emotions continued by successes and failures along this path, and a complex a complex of interhuman relations, and the most popular spectacle, and one of the most massive social movements of our time, and much more.

However, sport cannot be reduced only to competitive activity; it also has a deeper meaning. This is due to the social essence and purpose of sport in our society. Achieving high sports results is impossible without a fairly well-established system of training an athlete, carried out in the field of diverse interpersonal contacts that develop between coaches, athletes and judges, organizers, spectators, etc. They are carried out at different levels, from sports teams to competitions at various international levels.

Thus, special preparation for it, specific interpersonal relationships and institutions in the sphere of this activity, its socially significant results, taken as a whole. The social value of sport lies most of all in the fact that it represents a set of the most effective means and methods of physical education, one of the main forms of preparing a person for work and other socially necessary activities, and

along with this, one of the important means of ethical and aesthetic education, satisfying the spiritual needs of society, strengthening and expanding international ties that promote mutual understanding, cooperation and friendship between peoples.

The special effectiveness of sport as a means and method of physical education is due to the competitive nature of sports activity, its inherent focus on the highest possible results and the objective laws of their achievement in the process of special training (the need for in-depth specialization associated with the use of functional loads, increasing up to the limit, etc.) , as well as the peculiarities of the organization and stimulation of sports in society (a specific system of rewards for sports achievements). Because of this, sport, in comparison with other means and methods of physical education, allows us to ensure the highest degree of specialized development of certain abilities, skills and abilities.

In the interests of concretizing ideas about the relationship between physical education and sports, it is important, along with the above, to take into account that sport is not limited to physical education. As already noted, it is a multifaceted social phenomenon that has independent general cultural, pedagogical, aesthetic, prestigious and other significance. This especially applies to elite sport (the so-called “big sport”). In addition, a number of sports are not an effective means of physical education at all or are indirectly related to it (chess, aircraft modeling and some other sports that are not directly related to highly active physical activity).

Athletics is a combination of several sports, including such disciplines as running events, race walking, technical events (jumping and throwing), all-around events, runs (road running) and cross-country running (cross-country running). One of the main and most popular sports.

In athletics, where competitions take place not only indoors, but also in stadium conditions, weather conditions influence the running and jumping disciplines to a greater extent, where the manifestation of maximum speed in the process of performing a complete exercise is of undeniable importance in realizing one’s potential capabilities. Athletes use running as a means to improve

performance year-round, regardless of training conditions - at the stadium or indoors. If, in indoor conditions, the athlete is not affected by, for example, weather conditions, then training conducted in a stadium, as noted above, has various effects - positive and negative.

In the chain of listed environmental factors, let us pay attention to the wind. It is the "obstinacy" of the wind, especially at competitions, that creates "special conditions" for track and field athletes that do not allow or, on the contrary, allow them to achieve the desired result.

It is worth noting that in athletics, according to the competition rules, two indicators related to the wind are determined - direction and speed. If a tailwind (characterized in the protocols by the "+" sign) quite suits the athlete, then a headwind (characterized in the protocols by the "-" sign), on the contrary, causes negative feelings. With a headwind, regardless of its speed, the energy expenditure for performing a competitive exercise increases and, on the contrary, with a tailwind, it decreases.

A healthy lifestyle is a prerequisite for the development of various aspects of human life, the achievement of active longevity and the full performance of social functions. The relevance of a healthy lifestyle is caused by an increase and change in the nature of stress on the human body due to the complication of social life, increasing risks of a man-made, environmental, psychological, political and military nature, provoking negative changes in health.

Athletics is one of the most popular sports, which together consists of specific means and methods of harmonious physical education of people. The variety of exercises and their high efficiency, ample opportunities for regulating physical activity, simple equipment - all this has allowed athletics to become a mass sport accessible to every person. It is no coincidence that athletics is called the "queen of sports."

External (abiotic) factors are factors of inanimate nature that directly or indirectly act on the body - light, temperature, humidity, the chemical composition of the air, water and soil environment, etc. (i.e., properties of the environment, the

occurrence and impact of which is not directly dependent from the activities of living organisms). The effectiveness of playing sports depends on the process of interaction between the athlete and the coach, on the one hand, and on the other, with external environmental factors: temperature and humidity, noise, visual, auditory and tactile stimuli coming from teammates, opponents, spectators. By influencing a person, these factors force him to react to them, that is, they control his behavior, actions, actions, and cause a change in state.

Based on this, we conclude that external factors are directly related to increasing the athlete's performance during the training process.

According to the rules, non-mechanical devices should be used at international competitions. The device for measuring wind speed can be turned off automatically or by remote control, and the information can be transmitted directly, for example, to a computer used for competitions. Against this background, it is worth noting an important aspect that if the tailwind speed exceeds the digital indicators (+ 2.0 m/s), then the record, for example, of the country, Europe, the world, etc. is not counted. The demonstrated sports result in this case, that is, with the help of the wind, including exceeding the specified numbers, allows the athlete to still become a winner and/or prize-winner of specific competitions and nothing more.

From all of the above it follows that according to the competition rules, aspects of the influence of the external environment, in particular wind, are fully defined.

For several decades now, among specialists, and mostly among coaches and athletes, there have been discussions about the influence of speed and, in particular, wind direction on the level and sustainability of sports results. We are talking about those running and jumping types of athletics mentioned above, where, according to the rules of the competition, measurements of these indicators are carried out. Of course, environmental factors have a positive or negative impact on the practical activities of an athlete, in particular, they perceive this "painfully" in competition conditions.

Various discussions boil down to the fact that, for example, in the 100-meter race, a tailwind (+) equal to 1 m/ s can “help” the sprinter improve his performance by almost 0.10 s (depending on the athlete’s skill level) compared to its absence (0 m/s). In jumping events (long jump and triple jump), this will contribute to the distance of the jump.

In this case, a comparative analysis of several performances of the same athlete in natural conditions and within the same competition, and on the same day, can serve as an argument. It is not possible to provide any other evidence base, since it is impossible to conduct or conduct experimental research on this issue in reality.

Wind “fluctuations” encountered during competitions put athletes in unequal conditions. For some, the wind can contribute to achieving a worthy result and a place on the podium, while for others, among whom there may be obvious contenders, for example for victory, on the contrary, it can have a negative impact on the final result. At the same time, athletes can perform in the same jumping sector, or start in the same event, but in different races, etc. It turns out that, being at the same competitions, at first glance in equal conditions, athletes, due to environmental influences, can find yourself in unequal conditions.

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