

THE IMPORTANCE OF A PSYCHOLOGICAL- PEDAGOGICAL APPROACH IN DEVELOPING THE SPORTS POTENTIAL OF YOUNG ATHLETES

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Abstract

This article scientifically analyzes the importance of a psychological-pedagogical approach in the formation and development of the sports potential of young athletes. The author substantiates how individual psychological characteristics of a person, such as temperament, intellectual ability, interests, and motivation, influence the effectiveness of sports activity. In addition, the content of the concepts of ability and talent, their general and specific types, and the factors of their formation are described. The article also analyzes the importance of psychological diagnostics in the field of sports, as well as the role of pedagogical activity in identifying and developing sports abilities among youth. The research results show that the interrelation of an individual approach, social environment, and psychological support in sports activities is an important factor in enhancing the sports potential of young people.

Keywords: Sports potential, psychological approach, ability, talent, temperament, motivation, personal development, pedagogical activity, psychological diagnostics, sports psychology.

Introduction

In the modern education and sports system, the development of the physical and intellectual capabilities of young people is considered one of the important tasks. In particular, achieving high results in sports activities depends not only on the physical preparedness of young people but also directly on their psychological characteristics. Therefore, a psychological-pedagogical approach plays a special role in identifying and developing the abilities and talents of young athletes.



During the pedagogical process, determining the level of development of young students and effectively shaping it requires assessing their intellectual capabilities, personal characteristics, and movement activity qualities through psychological diagnostics. Without identifying students' intellectual development, educational level, and thinking potential, it is difficult to effectively organize the educational and training process.

Main Part

Psychological-pedagogical diagnostics makes it possible to effectively manage a person's activity and determine directions for their development. In the process of psychological analysis, a person's temperament, mental state, level of abilities, and inclination toward certain activities are studied. This helps to identify the natural potential of young athletes and create appropriate conditions for their development.

Ability is a set of psychological characteristics that express a person's individual capabilities and potential. It differs from knowledge, skills, and competencies, but serves as an important basis for their formation and development. Abilities manifest themselves according to the requirements of a particular activity and ensure that an individual achieves high results in a specific field.

One of the important characteristics of abilities is observation and analytical thinking. These qualities allow a person to quickly and accurately perceive events and processes in the surrounding environment, analyze them, and make effective decisions.

Abilities in an individual are divided into general and special types. General abilities manifest themselves in various areas of activity, while special abilities represent skills and mastery specific to a particular type of activity, including sports. In sports activities, special abilities are closely related to natural inclination, coordination of movements, speed, and volitional qualities.

The development of sports abilities and talent in young people depends on a number of factors. These factors are conditionally divided into objective and subjective ones. Objective factors include the social environment, educational conditions, sports infrastructure, and pedagogical support. Subjective factors include the individual's internal motivation, interest, aspiration, and diligence.

Talent is considered a high level of ability that enables an individual to achieve outstanding results in a particular activity. It is closely connected with processes

such as perception, memory, imagination, and creative thinking, and provides opportunities to propose new ideas and apply them in practice.

In sports activities, coaches and teachers play a significant role in identifying and developing talented young athletes. If they organize the training process taking into account the individual psychological characteristics of athletes, sports results can increase significantly.

Conclusion

In conclusion, a psychological-pedagogical approach plays an important role in the development of sports potential among young athletes. Training and educational processes organized by considering the individual characteristics of a person contribute to achieving high results in sports activities. At the same time, the harmony of psychological diagnostics, social environment, and pedagogical support positively influences the physical, intellectual, and moral development of young people.

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