

ASSESSMENT OF THE PSYCHO-EMOTIONAL STATE OF PLAYERS UNDER STRICT COMPETITIVE TIME CONSTRAINTS

Tairova Maprat Tairovna

Candidate of Biological Sciences, Professor,
Department of Physical Education and Sports
Nizami National Pedagogical University

Xojieva Ozoda Xamdam kizi

Master's Degree: Theory and Methodology of Physical Education and Sports
Nizami National Pedagogical University

Abstract

This article examines the assessment of athletes' psycho-emotional state under conditions of a strict competitive time limit. In team and game sports, time pressure increases responsibility, decision-making demands, emotional tension and the need for stable attention. The aim of the study is to summarize contemporary approaches to assessing players' psycho-emotional state and to identify the most informative indicators for rapid monitoring during competitive activity. Scientific literature on sport psychology, stress, anxiety, self-regulation and psychophysiological support of athletic performance was analyzed. The findings indicate that a comprehensive assessment should combine subjective state scales with indicators of anxiety, emotional tension, fatigue, attention and observable behavioral changes. Rapid assessment before, during and after competition, followed by individual analysis of indicator dynamics, can help identify signs of excessive psycho-emotional strain and support timely adjustment of psychological preparation.

Keywords: Psycho-emotional state, athletes, game sports, competitive stress, time pressure, anxiety, attention, self-regulation, psychological preparation.

Introduction

ОЦЕНКА ПСИХОЭМОЦИОНАЛЬНОГО СОСТОЯНИЯ ИГРОКОВ В УСЛОВИЯХ ЖЁСТКОГО СОРЕВНОВАТЕЛЬНОГО ЛИМИТА ВРЕМЕНИ

Таирова Мапрат Таировна

Кандидат биологических наук профессор кафедры: Физической культуры и спорта Национального педагогического университета имени Низами

Хожиева Озода Хамдам кизи

Магистр: Теории и методики Физического воспитания и спорта
Национального педагогического университета имени Низами

Аннотация

В статье рассматриваются особенности оценки психоэмоционального состояния спортсменов, выступающих в условиях жёсткого соревновательного лимита времени. В игровых видах спорта дефицит времени сопровождается повышением ответственности, интенсивности принятия решений, эмоционального напряжения и требований к устойчивости внимания. Цель исследования — обобщить современные подходы к оценке психоэмоционального состояния игроков и определить наиболее информативные показатели для оперативного контроля в соревновательной деятельности. Проанализированы научные публикации по спортивной психологии, стрессу, тревожности, саморегуляции и психофизиологическому обеспечению спортивной деятельности. Показано, что наиболее целесообразна комплексная оценка, включающая субъективные шкалы состояния, показатели тревожности, эмоциональной напряжённости, утомления, концентрации внимания и наблюдение за изменениями поведения спортсмена. Предлагается использовать экспресс-диагностику до, во время и после соревнования с последующим индивидуальным анализом динамики показателей. Такой подход позволяет своевременно выявлять признаки психоэмоционального перенапряжения и корректировать тактику психологической подготовки игроков.

Ключевые слова: психоэмоциональное состояние, спортсмены, игровой спорт, соревновательный стресс, лимит времени, тревожность, внимание, саморегуляция, психологическая подготовка.

Annotatsiya

Ushbu maqolada qat'iy vaqt cheklovi sharoitida musobaqada ishtirok etuvchi sportchilarning psixoemotsional holatini baholash masalalari ko'rib chiqiladi. Sport o'yinlarida vaqt tanqisligi qaror qabul qilish tezligi, mas'uliyat, emotsional zo'riqish va diqqat barqarorligiga bo'lgan talabni oshiradi. Tadqiqotning maqsadi — o'yinchilarning psixoemotsional holatini baholashning zamonaviy yondashuvlarini umumlashtirish va musobaqa faoliyatida tezkor nazorat uchun eng muhim ko'rsatkichlarni aniqlash. Sport psixologiyasi, stress, xavotir, o'zini boshqarish va sport faoliyatini psixofiziologik ta'minlashga oid ilmiy manbalar tahlil qilindi. Kompleks baholashda subyektiv holat shkalalari, xavotir, emotsional zo'riqish, charchoq, diqqat konsentratsiyasi hamda sportchining xulq-atvoridagi o'zgarishlarni hisobga olish maqsadga muvofiq ekani aniqlandi. Musobaqadan oldin, musobaqa jarayonida va undan keyin ekspress-dagnostikadan foydalanish hamda ko'rsatkichlar dinamikasini individual tahlil qilish tavsiya etiladi.

Kalit so'zlar: psixoemotsional holat, sportchilar, sport o'yinlari, musobaqa stressi, vaqt cheklovi, xavotir, diqqat, o'zini boshqarish, psixologik tayyorgarlik.

Introduction

Modern sports are characterized by a constant increase in the intensity of competitive activity. In team sports, athletes must execute technical and tactical actions under conditions of severe time constraints, high stakes, and rapidly changing game situations. The impact of strict competitive time limits is particularly pronounced, as players have virtually no opportunity to engage in prolonged analysis of the situation or to deliberate on the optimal course of action. Under such conditions, performance quality is determined not only by the level of physical and technical-tactical preparedness but also by the ability to maintain emotional stability, focus, and control over one's own reactions.

An athlete's psycho-emotional state comprises a complex set of characteristics reflecting their emotional background, levels of tension, anxiety, fatigue, and confidence, as well as their readiness to perform. Fluctuations in this state can be short-lived, influenced by factors such as the score, the importance of the match, the opponent's behavior, and feedback from coaches or spectators. Therefore,

assessing the psycho-emotional state requires considering not only the baseline level of readiness but also the dynamics of the state during the actual competition. This issue is of particular importance for athletes in team sports. An error made under time pressure can lead to a rapid shift in the game situation, necessitating an immediate subsequent action. Consequently, psychological resilience emerges as a key factor determining the effectiveness of a player's performance.

Research Aim and Objectives

The aim of this study is to provide a theoretical rationale for and to systematize approaches to assessing the psycho-emotional state of players under conditions of strict competitive time constraints.

To achieve this aim, the following objectives were defined: 1) to analyze the impact of time constraints on athletes' emotional states; 2) to identify key psycho-emotional indicators relevant to game performance; 3) to examine methods for the real-time assessment of an athlete's state; and 4) to formulate practical recommendations for coaches and sports psychologists.

Materials and Methods

This work is based on an analysis of scientific literature regarding sports psychology, psychophysiology, stress, and self-regulation. Methods of theoretical analysis, comparison, and generalization of scientific data were employed.

Key areas for assessment include the levels of situational anxiety, emotional tension, subjective fatigue, confidence, attentional focus, and self-regulation capacity. Brief self-assessment scales, anxiety and state questionnaires, perceived tension scales, and coach observation of player behavior can be used for real-time monitoring.

A key principle is the use of repeated measurements. A single assessment prior to the match fails to capture the full dynamics of the athlete's psycho-emotional state. Therefore, it is recommended to monitor the state at a minimum of three time points: before the competition, immediately after the most intense segment of play or a break, and after the match concludes.

Results and Discussion

Strict time constraints create a situation where the athlete must simultaneously process information, anticipate how a play will unfold, select an action, and

execute it. As emotional tension rises, attentional resources may shift toward monitoring one's own errors and their potential consequences, which can impair the quality of game-related information processing.

State anxiety is one of the most important indicators. While moderate levels can accompany a state of mobilization, excessive anxiety can impair concentration, increase physical tension, and hinder decision-making. Consequently, assessment must consider not only the absolute value of the indicator but also the athlete's individual dynamics.

Emotional tension is another significant parameter. It manifests as rapid speech, irritability, excessive motor activity, disrupted action rhythms, and a reduced ability to recover quickly after an error. In football, such signs may appear as unnecessarily risky passes, delayed decision-making, or, conversely, excessive caution.

Attention plays a crucial role. Under time pressure, a player must rapidly identify the most relevant information while ignoring secondary stimuli. Therefore, attentional stability and the ability to shift attention should be viewed as key components of psycho-emotional readiness. Under high tension, an athlete may remain physically active, yet the quality of perception and decision-making may gradually decline.

Assessing subjective fatigue is equally important. Mental and physical fatigue are interconnected; prolonged, intense activity diminishes the ability to regulate emotions and maintain a high level of concentration. Thus, it is advisable to combine psychological monitoring with data regarding workload, subjective well-being, and recovery. It is practically advantageous to use an individual player profile. A typical range of anxiety, tension, fatigue, and confidence levels can be established for each athlete. In subsequent competitions, deviations from this baseline become more informative than comparisons against averaged norms. A key benefit of such monitoring is the opportunity for timely psychological intervention. If excessive tension is observed before a game, measures such as breathing exercises, brief relaxation techniques, personalized coaching instructions, and pre-prepared mental cues can be employed. During breaks, one should avoid overloading the athlete with information; given the limited time available, it is more effective to provide a few specific instructions.

Thus, assessing the psycho-emotional state should not be a standalone procedure but rather part of the support system for competitive performance. Its primary

objective is not merely to assign a formal rating, but to identify changes that could impact the quality of game actions.

Practical Recommendations

For real-time monitoring of players' psycho-emotional states, a brief, time-efficient procedure is recommended. Before the competition, the athlete rates their levels of anxiety, tension, fatigue, and confidence using a simple scale. After the game, a follow-up assessment is conducted, and the most stressful game episodes are briefly noted.

Coaches should pay attention to the following signs: sudden behavioral changes following an error; reduced communication with teammates; unwarranted aggression; loss of concentration; slowed decision-making; repetition of similar errors; and visible anxiety before critical moments.

Psychological preparation must be individualized. Some players benefit more from breathing regulation techniques, while others respond better to brief verbal cues, visualization, or pre-rehearsed action algorithms. Crucially, any intervention should not increase cognitive load during the most critical moments of the match.

Conclusion

Assessing players' psycho-emotional states under the tight time constraints of competition is a vital component of modern sports support. Time pressure intensifies the demands on concentration, decision-making speed, emotional stability, and the ability to recover quickly from errors.

A comprehensive, dynamic approach—incorporating assessments of anxiety, emotional tension, fatigue, confidence, and attention, alongside behavioral observation—yields the most valuable insights. An individual profile enables more accurate detection of adverse changes in state and the timely application of psychological interventions.

In summary, psycho-emotional readiness should be viewed as a key factor in player performance, alongside physical, technical, and tactical preparedness. Regular monitoring and personalized psychological support can enhance an athlete's stress resilience and improve performance during the most high-pressure game situations.

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