

DECREASE IN PRE-TRAINING ANXIETY IN ROWERS DUE TO MASTERING THE BASIC TECHNICAL ELEMENTS ON LAND

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ABSTRACT

The article reveals the effectiveness of the means and methods used to develop the balance stability of kayakers at the initial stage of training, affecting a number of psychological conditions in children, which in turn leads to a decrease in anxiety.

Keywords: balance, simulator, rowers, initial training stage, anxiety , training.

Introduction

At present, the popularization of physical culture and sports has been identified by the world community as one of the important areas of social policy. The role of sport in educating a physically healthy, mentally mature, strong, strong-willed, persistent person is incomparable. In this regard, rowing is one of the most popular and developed sports in the world. It should be noted that in the development of kayaking and canoeing in the world, it is important to attract talented children, improve their sportsmanship, and organize training on a scientific basis. Numerous scientific studies have been carried out in the world in the field of the theory and methodology of rowing on the use of means and methods used in the psychological, general and special physical, technical, tactical and functional training of young athletes in the training process. At present, the rapid growth of results in kayaking requires the improvement of the training system in this area that meets modern requirements.

In our country, it is important to increase and realize the creative and intellectual potential of the younger generation, " To form a healthy lifestyle in children and youth, to involve them in physical education and sports . " Currently, athletes represent the honor of Uzbekistan on the world stage, achieving high results in various competitions. It is advisable to pay special attention to the development of children's sports, its *scientific* support and the creation of an organizational basis. The role of youth sports is growing day by day, as it is the main base for the training of the sports reserve. The foundation for future sporting success and achievement will be laid in the early stages of training and will be ensured by the quality of reserve training. An analysis of the results of scientific work of the last decade showed us the need to create an



innovative device and a special set of physical exercises that help develop the balance stability of rowers. It is expedient and relevant to develop such a pedagogical system that can be used not only on water, but also on land, since it is recommended to train throughout the year to form and develop balance.

Research methodology

Classes for the development of balance were held 3 times a week using "BOSU", "Fitball", "Balance Cushion" and a special simulator. For each week, a "balance training plan" was drawn up. Each session consisted of a 10-minute warm-up, ten special balance exercises, and machine rowing. Balance exercises (each exercise is given 3 minutes, 30 seconds rest between exercises) are performed according to the circuit training method for 40 minutes. Exercises were performed from simple to complex, static exercises were performed in combination with dynamic ones, the pace of training gradually increased to the optimum.

Table 1

A set of exercises for the development of coordination abilities of rowers at the initial stage of training

Purposefulness of exercises	fixed assets	Guidelines	Part of the lesson
It is aimed at the formation and development of a sense of balance and stability of balance.	Holding various positions of the body in "Bosu" for a certain period of time	Exercises are performed on both legs, one leg in the "Swallow" position, with closed eyes and using dumbbells.	In the preparatory or main part of the lesson
It is aimed at the formation and development of a sense of balance and stability of balance.	Maintaining balance in "Fitball" in different positions of the body	Exercises are performed in a sitting position, lying on the stomach and lower back, kneeling, with closed eyes and dumbbells.	In the preparatory or main part of the lesson

Aimed at the formation and development of balance, balance, coordination abilities and the vestibular apparatus	Performing various movements in "Bosu" with increasing amplitude	Walking (on the spot, around its own axis), performing ORU exercises, rowing imitation	In the main part of the lesson
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Analysis and results

The results of the experiment in subjects aged 10–11 years to study anxiety in the pre-training the situations were as follows (see table 6, figure 6). And based on this, statistical differences between the indicators of situational anxiety of the subjects of the experimental and control groups at the beginning of the pedagogical experiment were not found [$p > 0.05$]. According to the results obtained in the course of the pedagogical experiment, differences in the level of situational anxiety were revealed between the subjects of the experimental and control groups [$P < 0.05$].

The data show that at the beginning of the experimental period (1-2 months), pre-workout situational anxiety of the subjects in the experimental group was "moderate", and in the control group "high". During the remaining four months of the trial period, the pre-training situational anxiety of the subjects in the experimental group was "low", and in the control group "moderate".

Studies have shown that the use of a pedagogical system of special exercises on land when teaching kayaking techniques affects a number of psychological conditions in children, which, in turn, leads to a decrease in anxiety. In the initial training group, it is very important to achieve such a result in the first months of training, because during this period there are more cases of leaving rowing due to such mental conditions as anxiety, fear.

Table 2

Indicators of situational anxiety of the subjects of the experimental and control groups before and during the study

No.	Kursatkichlar	score	EG		CG		t	p
			\bar{x}	$\pm\delta$	\bar{x}	$\pm\delta$		
1	Anxiety (before experiment)		23.7	3.1	24.6	2.3	1.79	>0.05
2	Anxiety (1 month)		43.8	2.5	57.9	3.7	2.09	<0.05
3	Anxiety (2 month)		33.4	2.3	54.0	2.9	2.10	<0.05
4	Anxiety (3 month)		29.9	3.2	46.7	3.1	2.19	<0.05
5	Anxiety (4 month)		27.3	3.0	40.8	3.8	2.11	<0.05

6	Anxiety (5 month)		24.4	3.1	36.2	2.9	2.21	<0.05
7	Anxiety (6 month)		22.9	3.6	30.8	3.4	2.15	<0.05

Conclusions

Teaching kayaking techniques using the KBTE simulator affects a number of psychological conditions in children, which in turn leads to a decrease in anxiety. The study of the results of situational anxiety in rowers 10-11 years old in the experimental and control groups showed: at the beginning of the experimental period (1-2 months), the pre-training anxiety of the subjects of the experimental group was expressed as "moderate", and in the control group it was set as "high". During the remaining four months of the trial period, pre-exercise anxiety was "low" in the experimental group and "moderate" in the control group.

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