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SPORTCHILARNING SPORT FAOLIYATIGA MOSLASHUVI IJTIMOIY PSIXOLOGIK MUAMMO SIFATIDA

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ANNOTATSIYA

Yosh sportchilarni vatanparvarlik ruhida tarbiyalash asosan, yoshlarning jamiyatga ijobiy moslashuvidan boshlanadi. Ushbu maqolada sport psixologiyasida sport faoliyatiga moslashuv muammosi haqida bayon qilingan.

Kalit so'zlar: moslashuv, kasbga moslashuv, ijtimoiy moslashuv, dezadaptasiya, readaptasiya, mashq.

ATHLETES' ADAPTATION TO SPORTS ACTIVITY AS A SOCIAL PSYCHOLOGICAL PROBLEM

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ABSTRACT

The upbringing of young athletes in the spirit of patriotism begins mainly from the positive adaptation of young people to society. This article describes the problem of adaptation to sports activities in sports psychology.

Keywords: adaptation, adaptation to the profession, social adaptation, decadence, reading, exercise.