



THE ROLE OF THE PSYCHOLOGICAL APPROACH IN THE DEVELOPMENT OF SPORTS ABILITIES IN YOUNG PEOPLE

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Abstract

This article highlights the role and importance of the psychological approach in the process of forming and developing sports abilities in young people. The author scientifically analyzed how the individual psychological characteristics of the student's personality, temperament, level of intelligence, interests, and inclinations influence the results of sports activities. The essence of the concepts of ability and talent, their general and special types, as well as the factors of their formation, are widely covered. At the same time, the significance of psychological diagnostics in the field of sports, the role of pedagogical activity in identifying and developing abilities and talents in young athletes is substantiated. The article also reveals the interdependence of an individual approach, social environment, and psychological support in revealing and improving human abilities.

Keywords: sports ability, psychological approach, ability, talent, temperament, intelligence, personal development, pedagogical activity, psychological diagnostics, creative thinking.

The process of determining the level of development of student youth in pedagogical activity and its effective formation requires, first of all, an assessment of their intellectual abilities, the level of upbringing, and the qualities of personal action through psychological diagnostics. It is difficult to effectively organize the educational process without determining the mental development, level of upbringing, and scope of thinking of students. In this regard, the importance of psychological diagnostics in the field of pedagogy is emphasized.

Psychological-pedagogical diagnostics makes it possible to determine the most optimal ways of managing a person's activity. Based on psychological diagnostics, a person's individual temperament, mental state, and abilities are studied. In this process, the natural and social sources of abilities and talents in the individual are identified, and optimal conditions for their development are created.

Ability is the totality of a person's individual potential and capabilities. It differs from knowledge, skills, and abilities, but manifests itself as a key factor in their development. Ability manifests itself in accordance with the requirements of a person's activity and ensures the achievement of high results. Its main characteristic is observation, that is, the ability to quickly and accurately perceive and analyze phenomena in the environment.

One of the leading features of a person's ability is the ability to creatively imagine the essence of events and phenomena, that is, to understand and recreate them. This state is connected with a natural source - intellect, which is a manifestation of a person's inner capabilities and interests.

Abilities are divided into general and special types. General abilities are manifested in all types of human activity, while special abilities represent specific skills and abilities in a particular field, in particular in sports.



The development of special abilities in sports activities is inextricably linked with natural inclinations, intelligence, inclinations, and interests.

The development of a person's talents and abilities depends on objective (social environment, educational conditions) and subjective (internal interests, aspirations, diligence) factors. In young people with a sharp mind, observation skills, and strong thinking, the manifestation of signs of talent occurs faster.

Talent is a high level of ability that allows achieving high results in a certain type of activity. It is connected with perception, imagination, thinking, memory, and creative activity and determines a person's ability to create new ideas and apply them in practice.

Thus, in the process of forming abilities and talents in young people in the field of sports, a psychological approach is of great importance. If teachers and coaches organize activities taking into account the individual characteristics of the individual, then the development of young people in the field of sports will be more effective. This, in turn, serves the aspiration of young people not only for physical, but also for spiritual and intellectual perfection.

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