

IMPROVING THE METHODOLOGY FOR PREPARING 14–15-YEAR-OLD FEMALE VOLLEYBALL PLAYERS FOR COMPETITIONS WITH CONSIDERATION OF PSYCHOLOGICAL STABILITY

Khasanova Nafisa Zoyirovna

Asian International University

Master's Degree Student (1st year)

E-mail: n.m.xasanovoy1988@gmail.com

Abstract: *This scientific article examines the issues of improving the methodology for preparing 14–15-year-old female volleyball players for competitive activities with consideration of psychological stability. The research was conducted based on the regulatory and legal documents aimed at developing physical education and sports in the Republic of Uzbekistan, particularly presidential decrees and resolutions supporting children's, adolescents', and women's sports.*

During the research process, the psychological characteristics of adolescent female volleyball players, stress factors affecting competitive performance, and the influence of emotional states on game efficiency were analyzed. The scientific-pedagogical study employed methods such as pedagogical observation, psychological diagnostics, testing, and pedagogical experimentation.

Keywords: *volleyball, adolescent athletes, psychological stability, competition preparation, sports psychology, pedagogical methodology.*

Introduction

State policy in the field of physical education and sports is defined as a priority direction in the socio-economic development strategy of the Republic of Uzbekistan. In particular, the Law “On Physical Culture and Sports,” adopted on February 5, 2026, establishes new regulations for supporting sports, developing youth and mass sports, and strengthens the legal framework of state policy in this area.

In addition, Presidential Decree No. 443, signed on December 18, 2024, is aimed at the development of children's and youth sports. It declares every Thursday of the 2025/2026 academic year as “Physical Education and Sports Day” and outlines measures to modernize the system, including renaming children and youth sports schools as sports schools.

Previously adopted regulatory documents also demonstrate the continuity of this direction. According to the resolution dated April 11, 2022, a five-stage system for organizing youth competitions, including volleyball, was introduced nationwide to involve young people and parents in mass sports. Furthermore, the Presidential

Resolution of June 7, 2022, envisages improving the system of extracurricular sports education for children and youth by introducing mechanisms for identifying and selecting talented athletes.

These laws, decrees, and resolutions form the regulatory basis of state policy aimed at promoting sports, supporting youth sports, and developing team sports in the Republic of Uzbekistan. They highlight the necessity of developing and implementing methodological approaches that focus not only on physical and technical preparation but also on the formation of psychological stability among 14–15-year-old athletes.

Purpose and Objectives of the Research

The purpose of the research is to develop and experimentally test an effective methodology aimed at enhancing psychological stability in the process of preparing 14–15-year-old female volleyball players for competitive activities.

The objectives of the research are:

- to analyze the psychological characteristics of adolescent female volleyball players;
- to identify the main psychological factors influencing competitive performance;
- to integrate psychological preparation tools into the training process;
- to substantiate the effectiveness of the proposed methodology through experimental research.

Research Methods

The following scientific-pedagogical and psychological research methods were used in the study:

- analysis of scientific and methodological literature;
- pedagogical observation;
- interviews and questionnaires;
- psychological diagnostics (assessment of anxiety levels, motivation, and self-confidence);
- pedagogical experiment;
- mathematical and statistical analysis methods.

The research was conducted among 14–15-year-old female volleyball players, who were divided into experimental and control groups.

The Importance of Psychological Stability in the Training of Adolescent Volleyball Players

Psychological stability reflects an athlete's ability to effectively manage their performance under stressful conditions. In adolescent female volleyball players, this quality may not be sufficiently developed, as they tend to be emotionally sensitive and highly responsive to external evaluations.

During competitions, the following factors negatively affect athletes' psychological states:

- pressure from spectators and coaches;
- high expectations for victory;
- fear of making mistakes;
- the superiority of the opposing team.

If these factors are not properly managed, athletes may fail to fully demonstrate their technical and tactical preparedness. Therefore, exercises aimed at developing psychological stability should be systematically incorporated into the training process.

Ways to Improve the Methodology of Competition Preparation

The methodology developed during the research includes the following main components:

1. Psychological Preparation Tools

- breathing exercises aimed at reducing pre-competition anxiety;
- concentration and attention control exercises;
- positive thinking and visualization techniques.

2. Creating a Motivational Environment

- recognition of athletes' individual achievements;
- formation of a supportive team atmosphere;
- pedagogical approaches aimed at enhancing self-confidence.

3. Approximating the Training Process to Competition Conditions

- creating simulated competition situations;
- performing exercises under time and score pressure;
- encouraging independent decision-making during gameplay.

Results and Their Analysis

The results of the pedagogical experiment showed that female volleyball players in the experimental group demonstrated:

- a significant decrease in pre-competition anxiety levels;
- increased self-confidence and motivation;
- a reduction in technical and tactical errors;
- improved stability and active participation during games.

Compared to the control group, the experimental group showed statistically significant improvements in competitive performance, confirming the practical effectiveness of the proposed methodology.

Conclusion

Based on the results of the research, the following conclusions were drawn:

- psychological stability is a crucial factor in preparing 14–15-year-old female volleyball players for competitions;

- integrating psychological preparation tools into the training process enhances athletes' competitive stability;
- the proposed methodology improves not only psychological readiness but also technical and tactical performance indicators.

Therefore, it is recommended to implement this methodology in children's and youth sports schools as well as specialized volleyball training clubs.

REFERENCES

1. O'zbekiston Respublikasi Prezidenti Farmoni. "Jismoniy tarbiya va sportni yanada rivojlantirish chora-tadbirlari to'g'risida", PF-5924, 2020 yil 24 yanvar.

2. O'zbekiston Respublikasi Prezidenti Qarori. "Bolalar va o'smirlar sportini rivojlantirish tizimini takomillashtirish to'g'risida", PQ-4875, 2020 yil 3 noyabr.

3. O'zbekiston Respublikasi Prezidenti Qarori. "Aholi o'rtasida ommaviy sportni rivojlantirish va sog'lom turmush tarzini keng joriy etish chora-tadbirlari to'g'risida", PQ-5281, 2021 yil 30 oktyabr.

4. Sirojov O.O. "Bo'lajak jismoniy tarbiya o'qituvchilarining voleologik kompetentligini rivojlantirish metodologiyalari" pedagogika fanlari bo'yicha falsafa doktori (PhD) dissertatsiyasi. – Chirchiq. 2023. – 220 b.

5. Sirojov O.O. Physical education and sports – the basis of a healthy lifestyle // International Journal of Artificial Intelligence. — 2025. — T. 05, № 10. — B. xx-yy. — ISSN 2692-5206. 1232-1234 pp.

6. Sirojov O.O. The results of achievements in the field of sports today // International Journal of Artificial Intelligence. — 2025. — T. 05, № 10. — B. xx-yy. — ISSN 2692-5206. 2011-2013 pp