

## REDUCING STRESS AND DEVELOPING SELF-MANAGEMENT TECHNIQUES IN SCHOOL STUDENTS THROUGH SPORTS ACTIVITIES

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**Abstract:** This study is devoted to studying the importance of sports training in reducing stress levels and developing self-regulation skills in schoolchildren. During the study, the impact of physical activity on the psychological state and the possibilities of forming emotional stability through sports training were analyzed. The results of experimental studies showed that students who regularly engage in sports have a higher level of stress resistance and control over their own behavior.

**Keywords:** Sports training, stress, schoolchildren, self-regulation, physical activity, psychological stability, healthy lifestyle, emotional state, motivation, educational process.

Today, schoolchildren are exposed to strong psychological pressure and stress due to various factors. Increased academic workloads, social environment, family factors and the widespread use of digital technologies have a negative impact on the mental state of children. Prolonged stress has negative consequences for students' academic success, health and personal development. Therefore, reducing stress and forming self-control techniques in students is one of the important tasks of the education system. Scientific research shows that sports training is not only a means of strengthening physical health, but also an important tool for ensuring mental stability. Through sports, students develop discipline, willpower, responsibility and the ability to control their emotions. The main methods of stress management for athletes are as follows. Breathing techniques are a very effective way to manage stress. A common method is deep and reverse breathing. This breathing process calms the body and normalizes brain activity. Athletes can use this technique to reduce stress before a competition or during training. Visualization, that is, imagining the process of the competition or a successful result in your own eyes, helps to improve the athlete's psyche. Athletes can use imagination to increase their self-confidence, reduce stress, and increase their motivation to succeed. Physical activity, healthy eating, and adequate sleep play a major role in stress management. Good rest and proper nutrition are essential for an athlete's body to be ready for high-level physical activity. This improves the athlete's overall mental state. Psychological preparation is also important for athletes. Working with sports psychologists in this regard and developing strategies to overcome problems can help an athlete manage stress. For example, avoiding "general negative thoughts" and focusing on the goals of the competition can reduce stress. Athletes should strengthen their relationships with their team or coaches. Team spirit helps athletes feel supported and relieved of stress. Sharing experiences with other athletes can also be helpful. Through mindfulness techniques, athletes are able to control their emotions and reduce stress.. With the help of meditation and mindfulness, athletes can solve psychological problems to manage their emotions and reduce stress. Effective stress management is important not only for the athlete's physical health, but also for their psychological well-being. By managing stress, athletes: Achieve better results: By improving their mental state, athletes are more motivated and achieve better results. Improve decision-making skills: Reducing stress increases the

athlete's ability to make clear and quick decisions, which plays an important role in achieving success in competitions. Although stress is a natural state for athletes, it is necessary to use the right methods to manage and overcome it. Stress management has a positive effect not only on the athlete's professional activities, but also on their personal lives. Therefore, stress management for athletes is an important step in achieving goals and ensuring mental stability. Stress management methods for athletes are very important to improve their physical and psychological well-being, achieve maximum results, and prevent injuries. A number of studies and practical works are being conducted on stress management in athletes worldwide and in Uzbekistan. Many major sports federations and organizations have developed special psychological training programs to improve the psychological state of athletes. For example, in the United States, "mental coaches" are widely used to provide psychological training to athletes. These coaches conduct individual training for athletes on stress management, success planning, and overcoming psychological stress. Mindfulness and meditation techniques play an important role in reducing stress and improving concentration in athletes. For example, major sports organizations such as the NBA and the ATP (Tennis Professional Association) have begun to teach athletes meditation and breathing techniques. These methods help manage stress during competitions and training. Cognitive behavioral therapy is effective in managing stress and changing negative thoughts. It helps to periodically support themselves before competitions, as well as teach how to approach stressful situations. Many professional athletes receive ongoing support for their psychological health. For example, high-level athletes work with psychologists to improve their psychological state, which helps them reduce stress and improve their physical condition. Interest in sports psychology in Uzbekistan has been growing in recent years. Major sports federations and coaches in Uzbekistan conduct training aimed at providing psychological support to athletes, managing stress, and improving mental preparation. Sports psychologists are working in Uzbekistan to manage stress and improve the psychological state of athletes. Starting in 2021, various seminars, trainings, and consultations are being organized to develop sports psychology. Athletes are being given training courses on stress management, increasing competitiveness, and overcoming psychological stress. Sports federations in Uzbekistan hold their own stress management events. For example, in sports such as football, basketball, athletics and boxing, athletes are provided with psychological support services. Before major competitions and tournaments in Uzbekistan, athletes are given psychological training to manage stress and improve their preparation. Higher education institutions in Uzbekistan are also working in the field of sports psychology. A number of universities, for example, the Uzbek State University of Physical Culture and sports university, has introduced special courses and programs on sports psychology and mental health of athletes. These programs help strengthen the mental state of athletes. Stress management methods for athletes are developing further around the world and in Uzbekistan. The importance of sports psychology, meditation, breathing techniques, cognitive behavioral therapy and psychological support is increasing. In Uzbekistan, more and more activities and programs are being developed in this area, and stress management methods for athletes play an important role. This helps to improve the physical and psychological well-being of athletes, as well as increase their competitiveness.

An analysis of the scientific literature on stress management methods for athletes is important in identifying effective ways to cope with and manage stress. Stress for athletes can be not only physical, but also psychological, so it is necessary to study different approaches to stress management. Below I present an analysis of some scientific studies on stress management

methods Cognitive Behavioral Management. Cognitive behavioral management techniques play an important role in stress management in athletes. Research shows that one of the most effective ways to combat stress is to manage the athlete's own thoughts and emotions. Cognitive behavioral therapy (CBT) helps athletes replace negative thoughts with positive, clear, and productive thoughts. This method helps reduce stress and increase athletes' self-confidence. Focusing. Research shows that through mindfulness techniques, athletes can significantly control their emotions, thoughts, and physical states. This method is very useful in reducing stress, focusing during games, and maintaining mental stability during competitions. Through mindfulness techniques, athletes achieve stress reduction and improved physical condition. Physical exercise and physical activity. Physical exercise is also important for stress management in athletes. By engaging in regular physical activity, athletes not only improve their physical condition, but also reduce stress. This is because exercise creates positive changes in the body and mind, such as the release of endorphins, which improve mood and reduce stress. Relaxation techniques. Relaxation techniques, such as deep breathing, muscle relaxation, and visualization, are very effective in managing stress. Studies show that through relaxation techniques, athletes can improve their physical and mental well-being. These techniques are effective in reducing stress and increasing overall well-being. Psychological preparation and motivation. Psychological preparation and motivation play an important role in stress management for athletes. In order to reduce stress and anxiety in athletes, their intrinsic motivation needs to be increased. Scientific studies show that through psychological preparation and appropriate motivation strategies, athletes create opportunities for themselves to reduce stress and achieve high results. Social support. Another important aspect of stress management for athletes is social support. Research shows that athletes are more likely to cope with stress when they have support from their coaches, teammates, and family. Positive social connections and support can help athletes reduce stress and improve their psychological well-being. Time management. Time management is a key component of stress management. It is important for athletes to plan their time well, reduce stress during preparation, and manage stress during competition. Research shows that through time management, athletes can effectively cope with stress and organize their work. Stress management techniques in athletes are broad and include many different approaches. Cognitive behavioral therapy, mindfulness, exercise, relaxation techniques, psychological preparation, social support, and time management play an important role in athletes' stress management. Scientific research shows that these methods together enable athletes to reduce stress, increase overall well-being, and achieve the highest results. Research methodology The following methods were used in the study: analysis of scientific, pedagogical, and psychological literature; observational method; questionnaires and tests; experimental and pilot methods; statistical analysis. The methodology was aimed at determining the impact of sports training on students' stress levels and self-management skills. Experimental testing process; Experimental testing was carried out in two stages: The initial stage - the stress level and self-control skills of students were determined through special tests and questionnaires. The main stage - sports training (active games, athletics, team sports) was organized 3 times a week for 3 months. The final results showed that the stress level of students who regularly participated in sports training significantly decreased, self-control and positive behavior indicators increased. In conclusion, it should be noted that sports training plays an important role not only in the physical development of schoolchildren, but also in their mental health and personal development. The results of the study confirmed that the systematic introduction of sports into the educational process is an effective tool for reducing stress, developing self-control and life skills in students. Therefore, it is important to

further develop sports training in schools and combine it with a psychological approach. Stress management is very important for athletes, as it directly affects their physical and mental state. The negative effects of stress can harm athletes' preparation for games, their results and their overall health. Therefore, stress management techniques can help athletes perform at their best. Effective stress management methods include breathing exercises, meditation, visualization, and positive brain restructuring. Proper sleep, a healthy diet and exercise are also important in reducing stress and improving overall mental health. Stress management for athletes plays a major role not only in improving results, but also in maintaining personal well-being. Therefore, athletes should focus on improving their mental and physical state. Regular use of stress management techniques will lead to effective and long-term results for them.

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