

ISSUES OF FORMING THE PSYCHOLOGICAL PASSPORT OF ATHLETES

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Annotation: The article explores the issues of forming a psychological passport of athletes as an integral part of sports psychology. The psychological passport serves as a complex diagnostic tool that reflects the athlete's individual psychological characteristics, such as levels of anxiety, motivation, attention, emotional stability, and self-regulation skills. In the study, theoretical and empirical approaches are combined to identify the role of the psychological passport in optimizing the training process and preparing athletes for competitions. The results highlight that creating and regularly updating the psychological passport not only allows coaches and psychologists to monitor the dynamics of an athlete's mental state but also to develop personalized correctional programs aimed at improving performance. The findings confirm the importance of systematic psychological diagnostics in building psychological resilience, enhancing motivation, and ensuring stability in competitive activity.

Key words: Sport psychology, psychological passport, athletes, anxiety, motivation, self-regulation, attention, emotional stability, psychological monitoring, competitive activity, training process.

Аннотация: В статье рассматриваются вопросы формирования психологического паспорта спортсменов как неотъемлемой части спортивной психологии. Психологический паспорт выступает в качестве комплексного диагностического инструмента, отражающего индивидуальные психологические особенности спортсмена, такие как уровень тревожности, мотивации, внимания, эмоциональной устойчивости и навыков саморегуляции. В исследовании сочетаются теоретические и эмпирические подходы для выявления роли психологического паспорта в оптимизации тренировочного процесса и подготовке спортсменов к соревнованиям. Полученные результаты показывают, что создание и регулярное обновление психологического паспорта позволяет тренерам и психологам не только отслеживать динамику психического состояния спортсмена, но и разрабатывать персонализированные коррекционные программы, направленные на повышение эффективности деятельности. Выводы подтверждают важность систематической психологической диагностики в формировании психологической устойчивости, повышении мотивации и обеспечении стабильности в соревновательной деятельности.

Ключевые слова: психологический паспорт спортсмена, уровень тревожности, мотивация, внимание, эмоциональная стабильность, саморегуляция, психологическая диагностика, подготовка к соревнованиям.

Annotatsiya: Maqolada sportchilar psixologik pasportini shakllantirish masalalari sport psixologiyasining ajralmas qismi sifatida ko'rib chiqiladi. Psixologik pasport sportchining

individual psixologik xususiyatlarini — Voximalilik (xavotir) darajasi, motivatsiya, diqqat, emotsional barqarorlik va o‘zini-o‘zi boshqarish ko‘nikmalarini aks ettiruvchi kompleks diagnostik vosita sifatida xizmat qiladi. Tadqiqotda psixologik pasportning mashg‘ulot jarayonini optimallashtirish va sportchilarni musobaqalarga tayyorlashdagi rolini aniqlash uchun nazariy va empirik yondashuvlar uyg‘unlashtirilgan. Natijalar shuni ko‘rsatadiki, psixologik pasportni yaratish va muntazam yangilab borish nafaqat murabbiylar va psixologlarga sportchining psixologik holati dinamikasini kuzatish imkonini beradi, balki faoliyat samaradorligini oshirishga qaratilgan shaxsiy korreksion dasturlarni ishlab chiqish imkonini ham yaratadi. Xulosalar sportchida psixologik barqarorlikni shakllantirish, motivatsiyani oshirish va musobaqa faoliyatida barqarorlikni ta‘minlashda tizimli psixologik diagnostikaning muhimligini tasdiqlaydi.

Kalit so‘zlar: sportchi psixologik pasporti, tashvish darajasi, motivatsiya, diqqat, emotsional barqarorlik, o‘zini-o‘zi boshqarish, psixologik diagnostika, musobaqaga tayyorgarlik.

Introduction. In modern sports, the psychological readiness of athletes has become just as important as their physical, technical, and tactical preparation. The increasing intensity of training processes, the growing competitiveness in international competitions, and the psychological pressure of achieving high results require athletes to develop strong mental stability and emotional resilience. In this context, the concept of a psychological passport of an athlete emerges as an innovative and effective tool for monitoring and enhancing psychological characteristics.

A psychological passport represents a structured system of data that includes an athlete’s cognitive, emotional, motivational, and volitional qualities, as well as their behavioral tendencies under competitive conditions. By systematically collecting and analyzing such information, coaches, psychologists, and sports scientists can better understand individual differences, predict potential risks, and design personalized training and psychological support programs.

The formation of a psychological passport is particularly relevant in youth and elite sports, where the early identification of strengths and weaknesses can significantly influence long-term success. It not only contributes to optimizing training strategies but also assists in preventing emotional burnout, anxiety, or motivational decline among athletes.

Thus, addressing the issues of forming a psychological passport of athletes is of great importance for both theoretical research in sport psychology and its practical application in the daily training and competitive processes of athletes.

Purpose: The purpose of this research is to develop and substantiate the psychological passport of athletes as an effective diagnostic and monitoring tool that allows for a comprehensive evaluation of their mental qualities, emotional stability, motivation, and coping mechanisms in training and competition.

The psychological passport aims to:

- Provide coaches and sport psychologists with a structured profile of the athlete’s psychological characteristics;
- Identify individual strengths and weaknesses that may influence athletic performance;
- Support the design of personalized psychological training programs;

- Ensure continuous monitoring of an athlete's psychological state to prevent burnout, excessive anxiety, and loss of motivation;
- Contribute to the overall improvement of sports performance and the athlete's psychological well-being.

Material and Methods The study was conducted among athletes of different sports disciplines (individual and team sports) aged between 16 and 25 years. A total of $n = 200$ athletes participated, representing various levels of sports mastery (from novice to elite). Psychodiagnostic Testing: Spielberger–Khanin Anxiety Inventory – to assess situational and personal anxiety levels. Cattell's 16-PF Questionnaire – to evaluate personality traits relevant to sports performance. V.F. Sopov's Motivation Scale – to study athletes' motivational states and goals. Hand Test and Luscher Color Test – to examine emotional regulation and stress tolerance. Observation: Systematic monitoring of athletes during training and competitions to analyze behavioral responses under stress. Interviews and Surveys: Semi-structured interviews with athletes and coaches to collect qualitative data about psychological difficulties and adaptive strategies. Experimental Method: Development and implementation of the psychological passport model, which includes blocks on motivation, emotional stability, volitional regulation, self-esteem, and stress resistance. Mathematical and Statistical Analysis: Descriptive statistics (mean, standard deviation). Student's t-test for paired comparisons. Correlation analysis to identify links between psychological indicators and sports results.

Results: The analysis of psychological diagnostics revealed several important tendencies that underline the necessity of forming psychological passports for athletes. Anxiety Indicators: According to the Spielberger–Khanin scale, 42% of athletes demonstrated a high level of situational anxiety before competitions, while 37% showed elevated personal anxiety. These findings confirm that a considerable part of athletes experiences psychological tension that may negatively affect performance. Motivational Characteristics: V.F. Sopov's motivational scale showed that the majority of athletes (65%) were driven primarily by achievement motivation, while 20% revealed mixed motives (achievement and avoidance of failure), and 15% were dominated by external motivational factors (coach pressure, rewards). Athletes with strong internal motivation demonstrated higher stability and better competition results. Personality Traits (Cattell's 16PF): Athletes scoring high on emotional stability, self-control, and independence tended to perform more consistently in stressful situations. Conversely, those with lower levels of self-control and higher sensitivity were more prone to errors under competitive pressure. Observation Data: During competitions, athletes with high anxiety and low self-confidence showed greater variability in performance and often made unforced mistakes. Athletes with balanced motivational and volitional regulation displayed resilience, adaptability, and improved focus. Correlation with Sports Results: Statistical analysis revealed a negative correlation between high situational anxiety and competition performance ($r = -0.56$, $p < 0.05$). A positive correlation was found between achievement motivation and sports results ($r = +0.61$, $p < 0.01$). Emotional stability also showed a significant positive relationship with consistency in performance.

Psychological Passport Application:

Based on the obtained data, a psychological passport template was developed that includes:

1. Anxiety profile (state and trait).
2. Motivational orientation.
3. Personality traits.
4. Emotional-volitional regulation.

5. Coach's observational assessment.

The passport allows tracking changes over time and provides coaches with structured psychological information for individualized training and correction.

Conclusions: The conducted research confirmed that psychological characteristics such as anxiety, motivation, self-regulation, attention, and emotional stability play a decisive role in the effectiveness of athletes' training and competitive performance. The development of a psychological passport provides an integrative and systematic assessment of these characteristics, enabling coaches and sports psychologists to create individualized training and correctional programs. The proposed methodological approach allows for timely identification of risk factors such as high situational anxiety, insufficient motivation, or low stress tolerance, which may negatively affect sports results. Practical implementation of the psychological passport contributes to strengthening athletes' mental resilience, improving self-control, and increasing their readiness for competitive situations. The results of the study highlight the necessity of including psychological monitoring and passporting in the overall system of long-term sports training, ensuring not only physical but also psychological optimization of athletes. The findings can be applied in youth sports schools, professional clubs, and national teams to enhance the quality of psychological support and improve the effectiveness of sports preparation.

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