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**"EXPLORING THE PSYCHOLOGICAL BASIS OF TACTICAL THINKING IN WRESTLERS' ANXIETY REGULATION"  
(IN THE CASE OF ADOLESCENTS)**

Annotation

This study examines the psychological basis of tactical thinking as a mechanism for anxiety regulation in wrestlers. Competitive anxiety often hinders athletic performance, making effective psychological strategies essential. The research explores how tactical thinking enables wrestlers to anticipate challenges, make informed decisions, and maintain focus under pressure. A mixed-methods approach, combining qualitative interviews and quantitative surveys, analyzes the relationship between tactical thinking and anxiety management. Findings underscore the role of cognitive adaptability, strategic planning, and emotional control in improving performance. Practical recommendations are provided for coaches and sports psychologists to enhance resilience and optimize performance in wrestlers.

**Key words:** Tactical thinking, anxiety regulation, wrestlers, psychological strategies, competitive anxiety, cognitive adaptability, emotional control, sports psychology, performance enhancement, resilience.

**"KURASHCHILARNING XAVOTIRNI BOSHQARISHDA TAKTIK FIKRLASHNING PSIXOLOGIK ASOSLARINI  
O'RGANISH" (O'SMIRLAR MISOLIDA)**

Annotatsiya

Bu tadqiqot kurashchilarda xavotirni boshqarish mexanizmi sifatida taktik fikrlashning psixologik asoslarini o'rganadi. Musobaqa xavotiri sportchilarning natijalariga salbiy ta'sir ko'rsatishi mumkin, shuning uchun samarali psixologik strategiyalar muhim ahamiyat kasb etadi. Tadqiqot taktik fikrlash kurashchilarga muammolarni oldindan ko'ra bilish, ongli qarorlar qabul qilish va bosim ostida diqqatni jamlashda qanday yordam berishini o'rganadi. Aralash uslubdagi yondashuv, sifatli intervyular va miqdoriy so'rovlar yordamida taktik fikrlash va xavotirni boshqarish o'rtasidagi munosabatlar tahlil qilinadi. Natijalar kognitiv moslashuvchanlik, strategik rejalashtirish va hissiyotni boshqarish natijadorligini oshirishdagi rolini ta'kidlaydi. Ushbu xulosalar murabbiylar va sport psixologlari uchun chidamlilikni rivojlantirish va kurashchilarning optimal natijalarga erishishlari bo'yicha amaliy tavsiyalar beradi.

**Kalit so'zlar:** Taktik fikrlash, xavotirni boshqarish, kurashchilar, psixologik strategiyalar, musobaqa xavotiri, kognitiv moslashuvchanlik, hissiyotni boshqarish, sport psixologiyasi, natijalarni oshirish, chidamlilik.

**"ИЗУЧЕНИЕ ПСИХОЛОГИЧЕСКОЙ ОСНОВЫ ТАКТИЧЕСКОГО МЫШЛЕНИЯ В РЕГУЛИРОВАНИИ  
ТРЕВОЖНОСТИ У БОРЦОВ" (НА ПРИМЕРЕ ПОДРОСТКОВ)**

Аннотация

Данное исследование посвящено изучению психологических основ тактического мышления как механизма регулирования тревожности у борцов. Соревновательная тревожность может отрицательно сказываться на спортивных результатах, поэтому эффективные психологические стратегии имеют ключевое значение. Исследование анализирует, как тактическое мышление способствует предвидению трудностей, принятию обоснованных решений и сохранению концентрации в стрессовых условиях. Использован смешанный методологический подход, включающий качественные интервью и количественные опросы, для изучения связи между тактическим мышлением и управлением тревожностью. Результаты подчеркивают важность когнитивной адаптивности, стратегического планирования и управления эмоциями в повышении спортивной эффективности. Представленные рекомендации могут быть полезны тренерам и спортивным психологам для развития устойчивости и оптимизации результатов у борцов.

**Ключевые слова:** Тактическое мышление, управление тревожностью, борцы, психологические стратегии, соревновательная тревожность, когнитивная адаптивность, управление эмоциями, спортивная психология, повышение спортивных результатов, устойчивость.

**Introduction.** Carrying out large-scale activities aimed at further developing physical education and popular sports is one of today's urgent issues. In this regard, Uzbekistan's President issued Decrees No. PQ5279, dated November 5, 2021, on "Measures to improve the quality of forming reserves of athletes in Olympic and Paralympic sports by fundamentally reforming the sports education system," No. PQ5280 on "The Development Program for Sports and Education Institutions until 2025," No. PQ5281 on "Comprehensive preparation of Uzbek athletes for the XXXIII Summer Olympic and VII Paralympic Games in Paris (France) in 2024," and No. PQ5282 on "Measures to further develop walking, running, mini-football, badminton, streetball, and 'Workout' sports." These decrees outline the tasks of ensuring the implementation and organization of large-scale activities aimed at promoting physical education and sports in Uzbekistan, creating necessary conditions and infrastructure for a healthy lifestyle, especially among adolescents and youth, and ensuring Uzbekistan's participation in international arenas. The need for

systematic psychological services (consultations) and psychological corrections in sports is emphasized, as well as organizing universal (general) principles for preparing athletes for competitions, conducting technical preparations, and psychological interventions tailored to athletes' age characteristics and their subjective realities. This aims to activate the existing internal reserves of individuals and bring them to a state that aligns with global standards. Therefore, an approach focusing on enhancing the psychological qualities of athletes and shaping their thinking towards achieving success is required. The Concept of the Development of Physical Education and Sports in Uzbekistan until 2025 highlights the importance of training and retraining centers for coaches in understanding modern theories of sports training, comprehending sports psychology, and carrying out medical supervision during training. Thus, improving the psychological literacy of specialists in physical education and sports and broadening their worldview holds significant importance. This article highlights key issues of sports

psychology in preparing athletes tactically and emotionally for competitions.

**Literature review.** It is well-known that any sport requires tactical development as one of its essential conditions. Before understanding the dynamics of the formation of emotional qualities, it is necessary to find an answer to the question: what does tactical thinking actually mean? Tactical thinking refers to characteristics that emerge under specific challenging conditions and serve to self-regulate one's behavior voluntarily. Tactical thinking is a system encompassing a person's desires, motivations, goals, and orientations. In sports, voluntary actions are closely linked to anticipated situations. According to L.P. Matveev, voluntary actions in sports are not only a result of a combination of motivations but also influenced by fear of failure, the desire to achieve success, and the characteristics of the nervous system [1]. This implies that the characteristics of the nervous system and the individual's inclination toward a specific sport are psychological factors that contribute to achieving high results. According to B.G. Mesheryakova's "Big Scientific Dictionary of Psychology," tactical actions are functions of our body regulated by brain activity. However, it is incorrect to label them as automatic actions because each task or assignment requires the individual to adhere to new demands, overcoming certain challenges. The nervous system is organized in such a way that some stimuli activate specific parts of the brain, leading the individual to adjust their actions to new situations [2].

As Ye.B. Kuzmin points out, the development of sports motivations is linked to the structure of training sessions and varies across different sports. According to the author, among adolescents, including wrestlers, the development of sports motivation occurs in two stages [3]:

- The social acceptance of involvement in sports by adolescents.
- The acceptance of goals in sports and the formation of a personal attitude towards these goals.

For adolescents, like others, high levels of sports motivation appear around 2-3 years of practice. In addition, other scholars have also expressed similar views. However, after engaging in sports for more than two years, adolescent athletes develop desires for achievements, emotional engagement with sports, enjoyment from training, and rational thinking about the future. The main goal is to prevent the formation of rigid, pragmatic thinking in adolescent athletes. In the formation of tactical thinking, understanding goals plays an important role, leading to qualities such as persistence, systematic approach, and endurance among adolescent athletes.

Analysis and The term "psychological preparation" is often applied to coaches and athletes in the context of their broader activities. Psychological preparation refers to the use of psychological science's achievements, methods, and tools aimed at enhancing the effectiveness of sports activities. One of the conceptual components of psychological preparation in sports is the interaction of various training types (psychological, physical, special, technical, theoretical, tactical, emotional). In this context, psychological preparation plays a crucial role in planning both the educational and competitive processes.

Tactical thinking is related to solving specific tactical problems that arise during sports activity in conditions of extreme competition. During a competition, experienced athletes often address tactical problems, executing movements swiftly and

correctly without necessarily being fully aware of them. Understanding these actions occurs after the event, but intuition should not be viewed as a special, innate ability. Instead, intuitive actions are performed based on an athlete's rich, multifaceted experience—deep knowledge of tactics and mastery of techniques, ability to observe opponents and teammates, probability forecasting, and anticipation of opponents' movements.

When discussing tactics, it is important to understand and recall the role of anticipation in planning and executing tactical actions. Predicting opponents' actions is not only based on probability forecasting but also on direct, active responses during a competition. Anticipatory reactions play a critical role, meaning actions that predict the initiation of an opponent's movements. These anticipated reactions must be based on a combination of mental processes—perceiving moving objects (flying balls, moving players, etc.)—or on memory, thinking, and imagination.

Successfully solving problems that arise during a competition requires prior planning of tactical actions. Planning should be based on the most complete and accurate information about the opponent and competition conditions. Key aspects of tactical planning include:

- Understanding the goals and tasks of the competition;
- Analyzing the strengths and weaknesses of the opponent's tactics, psychology, techniques, and physical preparation;
- Taking into account all conditions of the upcoming competition;
- Consciously forecasting potential difficulties and obstacles;
- Considering the means and methods necessary to achieve success;
- Creating a reserve tactical plan that accounts for potential changes during the competition.

Tactical planning always involves an element of uncertainty. During competitions, especially in combat sports, situations change at lightning speed, involving unpredictable and numerous scenarios, which makes continuous resolution of pressing tactical problems essential. Whether facing a team or an individual opponent, both athletes and teams pursue victory and have their own tactical plans for achieving it. Methods for enhancing tactical thinking include: - Transitioning from one tactical action to another based on pre-set signals (changing the rhythm of combat after executing a clear method); - Identifying specific segments within a general tactical task, or creating situations where athletes must independently, creatively, and effectively navigate conditions without external prompts;

- Applying special tasks to evaluate the speed and accuracy of selecting tactical decisions;
- Conducting sparring matches with opponents who differ significantly in terms of strength, style, and competition methods;
- Analyzing and critically evaluating tactical actions—not only identifying mistakes but also analyzing successful techniques and actions.
- Keeping a training diary, which helps track progress, independence, and determination, contributing to better preparation based on past experiences.
- Participating in competitions, which helps athletes gain valuable experience and further develop their tactical thinking.

Table-1: psychological factors influencing tactical thinking to overcome anxiety in adolescent athletes

Psychological Factors	Concepts	Detailed Description
1. Tactical Motivation	Adolescents' desire to overcome anxiety	Tactical motivation helps adolescents achieve success in sports despite anxiety.
2. Voluntary Actions	Voluntary actions for managing anxiety	Athletes engage in voluntary actions to manage anxiety and maintain focus.
3. Skills and Experience	Experience in handling complex situations	Tactical thinking is developed through experience and practice in handling stress.
4. Decision-Making Under Pressure	Decision-making under pressure	Accurate tactical decisions are crucial for managing anxiety during high-pressure situations.
5. Physical and Emotional Sensitivity	Emotional and sensory sensitivity	Developing emotional and physical sensitivity aids in reducing anxiety.
6. Tactical Planning	Strategic planning for competition	Tactical planning helps athletes prepare for competition and adapt to challenging situations.

This table reflects the psychological factors that contribute to shaping tactical thinking and managing anxiety in adolescent athletes.

**Conclusion.** It can be concluded that, alongside physical preparation, tactical preparation is crucial for wrestlers in their competition readiness since the unique feature of wrestling involves direct interaction with an opponent. Throughout the match, wrestlers remain in constant contact with each other. This direct interaction allows wrestlers to assess their opponent's position and movements by utilizing touch sensations. Muscle-motor sensations help wrestlers accurately perceive the characteristics of their opponent's movements, the strength and nature of the muscles involved, and understand tactical strategies and the technical methods used. Muscle-motor actions enable wrestlers to assess the degree of muscle tension or relaxation accurately, which is essential because in wrestling, specific muscle groups undergo varying levels of tension and relaxation (V.A. Gavrilenko, 1956).

In the face of high physical exertion, wrestlers must respond differently to even minor changes in muscle activity.

Therefore, systematic training helps develop athletes' emotional and muscle-motor sensitivity. The need to maintain stable balance is influenced by the vestibular apparatus. In freestyle wrestling, the ankle, knee, and hip joints bear significant loads. This highlights the importance of operational thinking, attention, perception, and increasing muscle sense in wrestlers. Cognitive functions in wrestlers also change according to the specific technical features of the sport, including those related to pain. The presence of clothing enhances attention and perception and trains operational thinking.

Judo wrestling stands out for its intense, explosive activity, marked by rapid, alternating bursts of effort and periods of rest, maintaining a high tempo throughout the match. During intense wrestling, wrestlers must be goal-oriented, proactive, self-controlled, resilient, and capable of responding immediately to their opponent's movements, with high levels of tactile, muscle-joint, and visual sensitivity. The components listed above play a vital role in helping wrestlers manage anxiety during competitions and serve as first-line support.

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