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ROLE OF PHYSICAL CULTURE AND SPORT IN PSYCHOLOGICAL TRAINING LAW ENFORCEMENT STAFF

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Annotation. This article reveals the main psychological aspects of physical training of law enforcement officers. The article also provides the main provisions of physical training, discloses the goals and objectives of physical training.

Key words: physical training, psychological training, physical culture and sports, law enforcement agencies.

Physical culture provides each member of society with the broadest opportunities for the development, affirmation and expression of their own "I", for empathy and participation in sports action as a creative process, makes you rejoice at victory, grieve at defeat, reflecting the whole gamut of human emotions, and evokes a sense of pride in the infinity of potential human capabilities. In this paper, we want to consider a psychological approach to physical training of law enforcement officers.

The development of physical qualities is an external result of physical culture. However, there is also an equally important internal - psychological result, the existence of which in practice is not yet fully realized. When training law enforcement officers, as well as in the process of their labor activity, physical culture and sports are considered as one of the most important means of their education, harmoniously combining spiritual wealth, moral purity and physical perfection. Therefore, the influence of such training on the formation of personality is not unambiguous.

Physical training of employees is aimed at acquiring skills and abilities, physical and mental qualities that contribute

to the successful fulfillment of operational and service tasks, maintaining high performance and includes general physical exercises (for strength, speed, endurance) and service and applied exercises (fighting techniques, overcoming the obstacle course).

Sport, undoubtedly, is one of the main means of training movements, improving their fine and precise coordination, developing the motor physical qualities necessary for a person. In the process of playing sports, the will, character is tempered, the ability to manage oneself, quickly and correctly navigate in a variety of difficult situations, make decisions in a timely manner, take reasonable risks or refrain from taking risks is improved.

Among these components, I would especially like to highlight the culture of performing movements and mastering any new motor action. The formation and development of the psychological mechanisms of this component should be one of the main psychological tasks of physical education.

Psychological aspects of physical training. Let's dwell on two psychological aspects of physical fitness; the first reflects the activating influence of physical culture

lessons on the course of various mental processes of a person, the second is associated with the formation of the psychological foundations of motor development. Let's consider in more detail the first psychological aspect of physical education. It is well known what an important role physical activity plays in creating favorable conditions for the implementation of human mental activity.

It acts as a means of removing negative emotional influences and mental fatigue and, therefore, as a factor in stimulating intellectual activity. As a result of physical exercises, cerebral blood circulation improves, mental processes are activated, which provide the perception, processing and reproduction of information. Thus, there are numerous data that under the influence of physical exercises the volume of memory increases, the stability of attention increases, the solution of intellectual tasks is accelerated, the visual-motor reactions are accelerated, which is important in the specifics of professional activity.

As a result of psychological examinations conducted before and after physical training classes, it was found that under the influence of physical exercises, mental processes are activated, which has a positive effect on the implementation of mental activity in general.

The tasks of physical training of law enforcement officers are:

- the formation of their physical and psychological readiness for the successful implementation of operational and service activities, the skillful use of physical force, combat techniques and special means in the suppression of illegal actions, as well as ensuring their high performance in the process of official activities;

- preparation for the prosecution of offenders for long-term accelerated movement on the ground;
- mastering the system of practical skills and abilities of self-defense and personal safety in extreme situations of official activity;
- the formation of the necessary intellectual and professional psychological qualities of a person (courage, decisiveness, humanity, self-discipline, vigilance, attention, self-control, perseverance, and others);
- the formation of their conscious need for physical exercises, all applied sports;
- health promotion, development of their physical and volitional qualities;
- their practical participation in the work of sports sections, sports competitions and sports events.

To train perfectly physically developed, coordinated, with a high degree of mental stability, courageous, decisive, self-confident and proactive law enforcement officers who are able to operate successfully in a complex, rapidly changing, saturated with dangerous and critical situations during the arrest and neutralization of armed criminals - this is the main physical fitness task.

Physical training classes with the personnel of special-purpose units are conducted by instructors who have passed the training at a service and specially equipped training and material base.

The main content of the program consists of exercises, techniques and actions, practiced with all personnel. At the same time, based on the purpose of these units, the main attention in training is drawn to the fact that, on the basis of the versatile physical readiness of soldiers, to teach them to master hand-to-hand combat techniques masterfully.

It is important to educate employees of psychological stability, the ability to resist danger, to act successfully in the capture of armed criminals, while showing self-control and endurance, courage and determination, courage and courage. For this purpose, elements of tension and surprise, danger and risk characteristic of a real combat situation should be introduced into the training process, personnel should be repeatedly trained in performing the studied techniques and actions. This is achieved:

- performing acrobatic exercises and exercises on a trampoline, difficult dismounts from shells, exercises at a height and limited support, on a metal rectangular structure and unevenly high beam, diving from a height of 4–5 meters, as well as diving;
- overcoming various difficult obstacles in conditions of immediate physical danger, areas of destruction and obstacles, collectors, high horizontal cables; obstacles engulfed in fire or filled with water;
- training in storming a building and actions on its upper floors and on the roof;
- practicing hand-to-hand combat techniques on military weapons, conducting training fights with one and several partners, in a complex and rapidly changing environment, after great physical and nervous stress, in a confined space (in underground communications, narrow passages, on stairs, in the back of a car);
- the implementation of techniques and actions that require mutual assistance and mutual assistance;
- the use of imitation tools, light and sound stimuli (explosion packets, smoke bombs, blank shots, fire barriers and fires, flashes of light, broadcast sound recording of battle, music, etc.);

- training in crawling under the cover of small arms fire;
- making crosses and marches on difficult terrain, long ski crossings in unfavorable meteorological conditions;
- regular participation in competitions in military-applied sports.

The introduction of various kinds of difficulties and dangerous situations into the training environment should be carried out against a certain tactical background in relation to specific conditions that may arise during the capture of armed criminals and build up gradually as the military gains experience and emotional-volitional skills in suppressing fear.

It is necessary to start performing exercises, techniques and actions that require high coordination of movements and are associated with risk and danger only after firm mastery of the techniques of insurance and self-insurance, as well as the corresponding preparatory and leading exercises. At the same time, special attention should be paid to preparing the trainees' organism, warming up muscles and ligaments for performing intensive work in the main part of the lesson. The loads in the classroom and training should be increased gradually, taking into account the level of physical development of the trainees.

It is forbidden to force the physical training of newly arrived young soldiers. For each of them, it is recommended to assign one of the well-trained specialists who have completed a full training course.

The active introduction of elements of danger and risk into the practice of training presupposes a clear organization of classes, and strict observance of established rules and safety measures by all fighters. At the same time, strict adherence to safety measures in the classroom should be aimed

not at rejecting dangerous and risky situations, but at preventing and eliminating accidents and incidents associated with injury and death of people.

To increase the level of physical fitness, improve applied skills, special and mental qualities, the personnel of the subdivisions are systematically attracted to participate in competitions in the exercises of the curriculum and in military-applied sports.

CONCLUSION

The development of a person's vital physical and motor qualities, the improvement of mental processes, ranging from relatively simple, at the level of psychomotor, and ending with the most complex, intellectual, at the level of thinking and imagination, is taking care of a person, about his health and working capacity. Thus, physical culture can form in a person the self-confidence so necessary in his life, in his abilities, the prevailing positive and sthenic emotional background, optimism as a character trait.

Most of the forms of occupation adopted in the system of physical education and self-education can be used to one degree or another for the purposes of professional activity.

The effectiveness of many types of professional work significantly depends, among other things, on special physical fitness, acquired previously through systematic physical exercises, adequate in a certain respect to the requirements for the functional capabilities of the body by professional activity and its conditions.

This dependence receives a scientific explanation in the light of deepening ideas about the patterns of interaction between various aspects of the physical and general

development of an individual in the process of life.

The search for ways to increase the effectiveness of the physical training process in law enforcement agencies should lie within the existing organizational and time frame for training a specialist. In this case, it is necessary to pay special attention to the initial stage of professional development and the procedure for professional selection, including by means of physical education.

The level of physical fitness of candidates for study in specialized educational institutions and service in law enforcement agencies should be considered from the standpoint of physical abilities as a type of general human abilities. It should act as a specific criterion for professional selection, which has its own characteristics of the formation and development of physical abilities.

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