

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PSYCHOLOGICAL ASPECTS OF IMPROVING THE PHYSICAL AND COMBAT
READINESS OF CADETS DURING HAND-TO-HAND COMBAT TRAINING****M. Urolov***Independent Researcher**Tashkent, Uzbekistan***ABOUT ARTICLE**

Key words: cadets, hand-to-hand combat, physical training, combat training, psychological preparation, psychological stability, stress tolerance, attention, motivation, volitional qualities, self-control, combat performance.

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Abstract: This article presents information on the psychological aspects of improving the physical and combat readiness of cadets during hand-to-hand combat training, as well as the importance of developing psychological stability, stress tolerance, concentration, self-control, motivation, and volitional qualities in the training process. It also examines the potential for improving the effectiveness of cadets' combat performance by integrating psychological preparation with physical and combat exercises, thereby contributing to appropriate decision-making in complex and rapidly changing situations, accurate execution of movements, and enhanced combat performance.

Introduction. Globally, the issue of improving the personnel training system in military and special formations is being extensively researched based on a comprehensive, modern approach. This indicates that psychological factors are of decisive importance in improving the combat readiness of cadets. It shows that psychological factors are of decisive importance in improving the combat readiness of cadets. It shows that psychological factors are of decisive importance in improving the combat readiness of cadets. The need to develop not only the physical qualities but also the psychological functions of cadets in an integrated manner during hand-to-hand combat training is being scientifically substantiated. In the preparation of cadets for hand-to-hand combat and close-range combat situations, a unified and comprehensive scientific and methodological approach aimed at systematically developing physical and

combat readiness based on psychological aspects during hand-to-hand combat training has not yet been sufficiently developed. Therefore, there is a need to scientifically substantiate methodologies aimed at improving the psychological aspects of cadets' physical and combat readiness during hand-to-hand combat training.

Research Objective. The aim of the study is to scientifically substantiate methodologies aimed at improving the physical and combat readiness of cadets during hand-to-hand combat training, based on psychological aspects.

Research Tasks. To assess the physical and combat readiness of cadets during hand-to-hand combat training based on their psychological characteristics;

To develop a methodology aimed at improving the physical and combat readiness of cadets during hand-to-hand combat training, taking into account their psychological characteristics.

Research Results and Discussion. In our country, a number of researchers, including A.N. Abdiyev, X.Z. Gapparov, A.A. Atashayxov, Z.G. Gapparov, J.M. Ishtayev, O.X. Khasanov, A.G. Mirzakulov, N. Nurmedov, and R.A. Matchanov, have conducted studies and developed approaches in the field. Their research has focused on applying technologies for improving cadets' physical fitness through modern CrossFit fitness programs, enhancing the technical preparation of hand-to-hand combat practitioners for competitions, improving methods of integrated training for hand-to-hand combat practitioners, and developing individualized training methods based on the strengths and weaknesses of opponents to improve physical fitness. They have also conducted conceptual research related to the field.

On the day of the competition, a short, individualized 15-minute training session tailored to the athlete's temperament was recommended. For sanguine athletes, attention and tactical planning were emphasized; for choleric athletes, breathing control and emotional regulation were prioritized; for phlegmatic athletes, activation and rapid reaction were identified as the main focus; and for melancholic athletes, self-confidence and relaxation were designated as the primary components (see Table 1).

1- table

15-Minute Individual Training Session Used on the Day of Competition

Stage	Sangvinik	Choleric	Phlegmatic	Melancholic
1. Determination of psychological state 2 minutes	Attention status	Degree of excitation	Activity level	Anxiety level

2. Breathing exercise 3 minutes	Peaceful and rhythmic breathing	Extended exhalation	Activating breathing	Slow and deep breathing
3. Special exercise 5 minutes	"Focus Point"	"Wait for command"	Quick Start	"Successful Battle"
4. Battle plan 3 minutes	3 main tactics	Supervised actions	First attack/counterattack	Simple and specific tasks
5. Pre-start formula 2 minutes	Focus	Calm and in control	"Fast and active"	"I'm ready"

A 15-minute individualized training session was conducted for cadets engaged in hand-to-hand combat on the day of the competition, taking into account the specific competitive situation. During the first 2 minutes, their psychological state was assessed according to their temperament. For sanguine athletes, the level of attention was assessed; for choleric athletes, the level of arousal; for phlegmatic athletes, the level of activity; and for melancholic athletes, the level of anxiety was determined. During the following 3 minutes, breathing exercises were applied according to the characteristics of each temperament. Sanguine athletes were recommended to use calm and rhythmic breathing; choleric athletes, prolonged exhalation; phlegmatic athletes, activating breathing exercises; and melancholic athletes, slow and deep breathing. In addition, special exercises were performed for 5 minutes as part of the individualized training session. Psychological training exercises were conducted, including "Focus of Attention" for sanguine athletes, "Wait for the Command" for choleric athletes, "Rapid Start" for phlegmatic athletes, and "Successful Combat" for melancholic athletes. For 3 minutes, an individualized combat plan was implemented. Sanguine athletes were instructed to apply three main tactical approaches; choleric athletes focused on controlled movements; phlegmatic athletes performed initial and counterattacks; and melancholic athletes followed simple and clearly defined tasks. A pre-start mental formula was then applied for 2 minutes. Sanguine cadets were instructed to use the mental cue "Stay focused," choleric cadets "Stay calm and in control," phlegmatic cadets "Be quick and active," and melancholic cadets "I am ready" during this stage of the training. These psychological techniques contributed to maintaining concentration, regulating emotions, and improving performance during the competition.

During the study, particular attention was paid to the management of psychological loads during hand-to-hand combat training sessions. Based on the athletes' temperament, the main pre-competition state to be achieved, the direction of psychological influence, and the magnitude of the psychological load were determined (see Table 2).

2- table

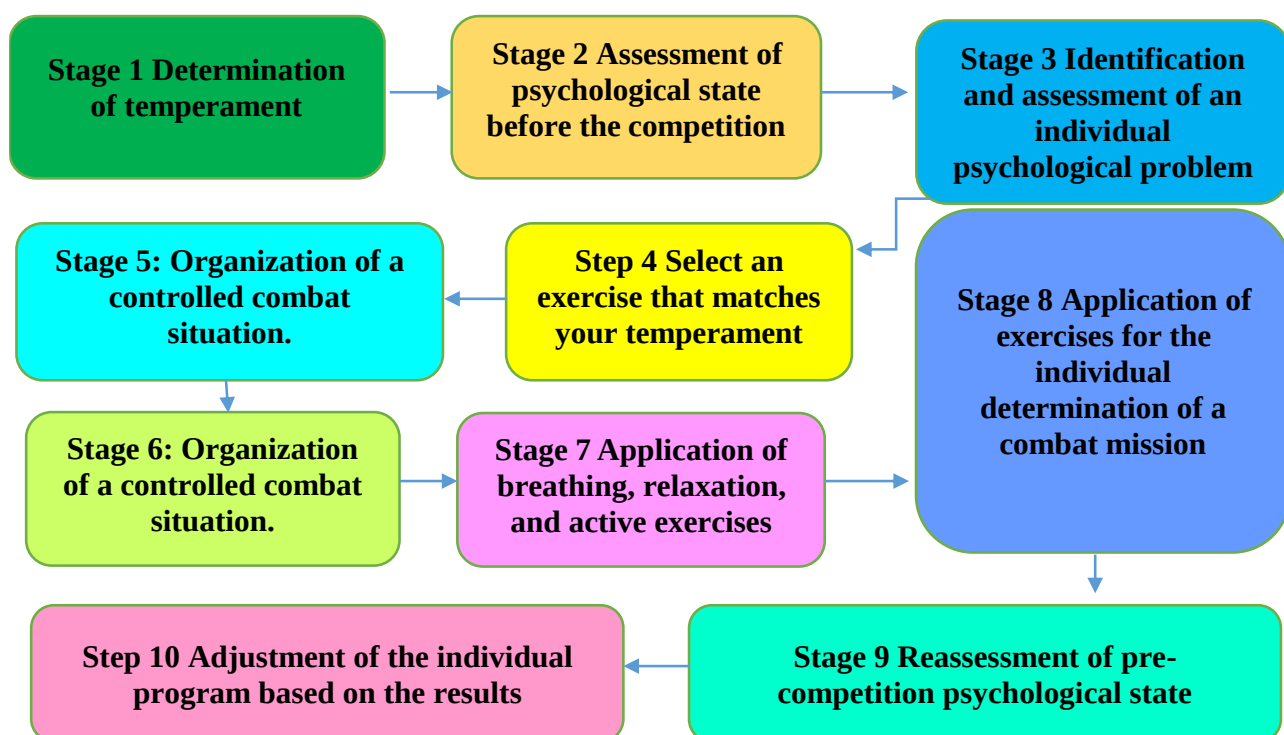
Management of Psychological Load During Training Sessions

Temperament	Main pre-competition state	Direction of psychological impact	Recommended load
Sangvinik	High activity	Braking, focusing	Medium
Choleric	Excitement high	Calming, self-control	Medium to low
Phlegmatic	Relatively low activity	Activation, speed	Medium to high
Melancholic	Concern may be high	Support, trust	Low to medium

The management of these psychological loads was carried out based on the athletes' temperament. A moderate psychological load was applied to cadets with a sanguine temperament, which helped reduce inhibition and improve concentration. In the pre-competition state, a high level of activity was observed. In cadets with a choleric temperament, a high level of arousal was observed, while techniques aimed at self-control and calming were applied. For this temperament, a moderate-to-low psychological load was used. In phlegmatic cadets, the level of activity is relatively low; therefore, activation and improvement of reaction speed are necessary. Accordingly, moderate-to-high psychological loads were applied. In melancholic cadets, anxiety levels tend to be high; therefore, supportive techniques aimed at increasing self-confidence were used. For these cadets, a low-to-moderate psychological load was applied.

When only a short period remains before the competition, rather than introducing new complex techniques or imposing a high psychological load, it is more appropriate for cadets to repeat previously mastered movements in a confident, brief, and controlled setting.

In the proposed algorithm, a sequence of training sessions consisting of nine consecutive stages was recommended to improve the psychological preparation of cadets engaged in hand-to-hand combat. At each stage, cadets were progressed to the next stage based on an assessment of their psychological state (see pic 1).



Picture 1. Algorithm for the Psychological Preparation of Cadets Engaged in Hand-to-Hand Combat

An algorithm for improving the psychological preparation of individuals engaged in hand-to-hand combat was developed. In the first stage, the cadets' temperament was identified. In the second stage, their pre-competition psychological state was assessed. In the third stage, particular attention was paid to the individual identification and assessment of psychological problems encountered by the cadets. By this stage, the psychological state of the cadets had been determined, and in the fourth stage, attention was focused on selecting exercises appropriate to their individual temperament. In the fifth stage, controlled combat situations were organized. Following these situations, cadets may experience physical and psychological fatigue. Taking this into account, the sixth stage focused on breathing exercises, relaxation, and active recovery. In the seventh stage, exercises were applied based on individually defined combat tasks. In the eighth stage, particular attention was paid to reassessing the cadets' pre-competition psychological state. In the ninth stage, all of the above factors were taken into account, with the main objective being to adjust the individual training program based on the results obtained. The implementation of these stages contributes to improving the psychological state of cadets engaged in hand-to-hand combat and expands their opportunities to achieve better performance in competitions.

Taking into account the temperament characteristics of cadets engaged in hand-to-hand combat, this algorithm is important for developing an optimal pre-competition psychological state, managing emotional tension, enhancing concentration and self-control, making rapid and rational decisions in combat situations, and improving competitive performance.

The most important aspect of this algorithm for improving the psychological preparation of individuals engaged in hand-to-hand combat is that the principle of calming choleric cadets, activating phlegmatic cadets, focusing sanguine cadets, and providing psychological support to melancholic cadets forms the foundation of the entire methodology.

In conclusion, psychological preparation is one of the important factors contributing to success in combat sports. Consistent application of the recommendations presented above can help cadets engaged in hand-to-hand combat manage pre-competition anxiety, strengthen self-confidence, and demonstrate improved athletic performance in competitions.

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