



**IMPROVING THE PSYCHOLOGICAL COMPETENCE OF  
PHYSICAL EDUCATION TEACHERS FERGANA STATE  
UNIVERSITY**  
**INSTRUCTOR OF THE DEPARTMENT OF METHODOLOGY  
OF PHYSICAL EDUCATION AND SPORTS GAMES**

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<https://doi.org/10.5281/zenodo.14177604>

**ARTICLE INFO**

Received: 12<sup>th</sup> November 2024

Accepted: 17<sup>th</sup> November 2024

Online: 18<sup>th</sup> November 2024

**KEYWORDS**

*Emotional intelligence, physical education, stress, motivation, competence, conflict.*

**ABSTRACT**

*This article discusses how improving the psychological competence of physical education teachers plays an important role in their effective communication with students, proper management of the learning process, and enhancing the quality of physical education lessons.*

The teaching profession requires not only the development of physical education skills but also the enhancement of psychological knowledge and expertise. The development of psychological competence strengthens the teacher mentally and helps them make correct decisions in various psychological situations during lessons. Below, the main aspects of this process are elaborated in detail.

**1. Expanded Explanation on Developing Emotional Intelligence for Physical Education Teachers.** Developing emotional intelligence is an essential component of a teacher's psychological competence, particularly in the context of physical education, where interactions often occur in dynamic and emotionally charged environments. Emotional intelligence refers to a teacher's ability to recognize, understand, and regulate their own emotions while effectively perceiving and responding to the emotions of others.

For a physical education teacher, emotional intelligence begins with self-awareness. Teachers must be attuned to their feelings and how these emotions influence their behavior in the classroom or on the field. For example, acknowledging feelings of frustration and consciously channeling that energy into constructive feedback for students fosters a positive environment. This ability to transform potentially negative emotions into actions that inspire and motivate students is a hallmark of emotional maturity.

Empathy forms another crucial dimension of emotional intelligence. Physical education teachers must be skilled at observing and interpreting students' emotional states—whether it is anxiety before a competition, frustration after a failed attempt, or the joy of achieving a milestone. Recognizing these emotions allows teachers to tailor their responses, providing



encouragement or support as needed. This not only nurtures a supportive and safe learning environment but also builds trust and rapport between the teacher and their students.

Guiding students to develop their own emotional intelligence is equally significant. Teachers play a pivotal role in helping students express their emotions constructively, manage stress effectively, and use their feelings as a driving force for achievement in sports and beyond. For instance, a teacher might teach relaxation techniques to a nervous student before a big game or offer strategies for channeling competitive energy into focus and performance.

Additionally, the ability of a teacher to maintain their psychological stability under challenging conditions sets a powerful example for students. Whether dealing with competitive pressures, mediating conflicts among students, or managing personal stressors, a teacher who remains composed and solution-oriented demonstrates the practical application of emotional intelligence in real-world scenarios.

By fostering emotional intelligence, physical education teachers not only enhance their professional effectiveness but also contribute to the holistic development of their students. This process helps cultivate resilience, confidence, and a sense of emotional balance that students can carry into other areas of their lives.

**2. Expanded Explanation: Developing Communication Skills.** Effective communication is a cornerstone of establishing meaningful interactions between teachers and students. For physical education teachers, this skill is vital for organizing successful lessons, ensuring active participation, and fostering a positive learning environment. Additionally, communication skills play an essential role in interacting with parents, colleagues, and administrative teams, highlighting their importance beyond the classroom.

**Active Listening and Emotional Responsiveness.** Teachers must master active listening techniques to understand and respond effectively to their students' needs. This involves giving full attention to what students are saying, asking clarifying questions, and interpreting their emotional states. For instance, if a student faces difficulty during a lesson, the teacher should listen attentively to their concerns and respond with supportive and encouraging words.

**Clear Expression of Ideas.** Physical education teachers should be able to articulate instructions and feedback clearly and concisely. This ensures that students fully understand lesson objectives, exercise techniques, and game rules. For example, when explaining a new activity, the teacher should break down each step into simple, easy-to-understand language, ensuring that all students, regardless of skill level, can follow along.

**Providing Motivational Feedback.** Effective communication includes offering motivational and constructive feedback. Teachers can use phrases like "You're making great progress!" or "Excellent effort, keep it up!" to boost students' confidence and encourage continuous improvement. This approach helps students stay engaged and motivated throughout lessons.

**Individualized Approaches.** Every student has unique needs and learning styles, requiring teachers to adopt tailored communication strategies. Some students might benefit from praise and encouragement, while others may need constructive criticism and specific



instructions to improve. By addressing individual needs, teachers can inspire personal and collective growth in their students.

**Managing Complex Situations.** Teachers must be prepared to handle challenging scenarios with composure and effective communication. For example, if a conflict arises among students during a group activity, the teacher should mediate the situation calmly, ensuring that each student feels heard and understood. Such an approach helps build mutual respect and teamwork among students.

Developing strong communication skills enables teachers to create a supportive and motivating environment for students. By actively listening, expressing ideas clearly, providing individualized feedback, and handling challenging situations effectively, teachers can enhance the quality of education and positively influence students' overall development. These skills not only improve lesson outcomes but also prepare students for success beyond the classroom.

**3. Managing Stress and Making Decisions in Difficult Situations:** Physical education teachers often face stressful situations, such as increased competition among students or unexpected challenges during lessons. A psychologically prepared teacher should be able to effectively manage such situations and make quick decisions. It is also crucial for the teacher to teach students how to act appropriately in stressful situations and manage their emotions. This positively influences their success in sports and overall mental well-being. Stress management techniques such as deep breathing, concentration exercises, and autogenic training can be used when working with students.

**4. Motivating and Encouraging Students:** Physical education teachers play a significant role in motivating students to remain active, maintain interest, and strive for personal development. Motivational competence helps keep students engaged and increases their self-confidence. Teachers can teach students resilience and determination in achieving their goals despite challenges. Through encouragement, teachers can boost students' interest in sports and inspire them to achieve higher results. Developing intrinsic motivation among students and explaining the benefits of success in sports and a healthy lifestyle are essential for goal achievement.

**5. Psychological Stability and Conflict Resolution:** A teacher encounters various situations during lessons, such as conflicts among students or difficulties arising during games. A teacher with well-developed psychological competence should maintain balance in such situations, resolve conflicts quickly, and encourage mutual understanding among students. In conflict resolution, the teacher needs to listen to each side, eliminate misunderstandings, and foster an environment of mutual respect and collaboration among students. Additionally, it is essential to teach students to respect one another and work as a team, creating a spirit of camaraderie.

**6. Developing Teamwork Skills:** A physical education teacher must teach teamwork skills, especially in sports games. Each student should learn to cooperate with their peers and strive toward a common goal. These skills are beneficial not only in sports but also in other aspects of life. Through team games and exercises, students can learn to trust one another, distribute responsibilities, and achieve success collectively. Such experiences also enhance their social development and adaptability.



**7. A Teacher's Aspiration for Self-Development:** A physical education teacher should continuously work on improving their psychological competence. The desire for self-development, along with a readiness to acquire new knowledge and skills, sets a positive example for students. To achieve this, a teacher should participate in various seminars and stay updated with modern research in psychology and pedagogy. By engaging in self-development, the teacher can refine and adapt their lessons to meet the needs of their students.

**Conclusion:** The psychological competence of physical education teachers plays a decisive role in their success with students. It involves developing skills such as emotional intelligence, effective communication, stress management, motivation, and conflict resolution. These competencies not only enhance the teaching process but also contribute significantly to students' personal growth and achievements.

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