

## Study and Application of Mental Self-Regulation on Independent Physical Exercises

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**Annotation:** Formation of a conscious and responsible student youth attitude to one's health serves as a leading educational event in the formation of a comprehensively and harmoniously developed personality for conducting future professional activities.

**Key words:** Autogenic training, self-regulation, auto-training, special exercises.

At present, the protection and strengthening of human health is one of the main tasks of the social program of our state. Various aspects of this problem are dealt with by specialists in the field of medicine, psychologists, teachers, sociologists, as well as specialists in physical culture and sports. Particular importance is attached to the pedagogical process, since the formation of student youth of a conscious and responsible attitude to their health serves as a leading educational event in the formation of a comprehensively and harmoniously developed personality for future professional activities. The problem of educating student youth in the spirit of a healthy lifestyle is always relevant, and for a teacher of physical education or a sports coach it is professionally significant, since their theoretical and practical activities are directly related to the protection and promotion of the health of students.

One of the most important factors of a healthy lifestyle is considered to be mental self-regulation, which is used to prevent and correct changes in the body after physical exercises or sports in case of neuro-emotional disorders. Stress under the influence of stress factors and is a psychophysiological the basis of self-education in the broad sense of the word. At present, there remains a generally recognized method of mental self-regulation - "autogenic training", used in medicine, psychology, sociology, pedagogy, physical culture and sports, as well as in other areas of human activity. One of the areas of work of the faculty of the department "Physical education and sports" for many years is the study of theory, mastering and applying the methodology of autogenic training for use by students on physical education or independent physical exercises, sports for the purpose of self-regulation before and after physical exercises or sports, as well as for further use in the practical activities of a teacher of physical education. The study and application of "autogenic training" begins with familiarization with the psychophysiological foundations of the method. The sources of the methodology are considered (self-hypnosis, self-persuasion, hypnosis, active regulation of muscle tone), physiological mechanisms of auto-training (neurohumoral regulation of body functions, arbitrary regulation of vital processes with the help of verbal self-influence, immersion in an autogenic state, formulas of the verbal principle of self-influence), self-study, the possibility of using the method, practical recommendations psychologists and specialists in the field of physical culture and sports Methods are studied and improved at academic physical education classes autogenic training, mastering basic exercises aimed at general calming, relaxation of skeletal muscles, expansion of peripheral vessels and blood vessels abdominal cavity, regulation of respiration and cardiac activity, mobilization of the entire organ ganism in general. Special exercises are studied that are used for neuro-emotional stress due to mental or physical activity, for sleep disorders, for mobilization or relaxation during physical exercises or sports, to maintain a

healthy lifestyle, in particular the fight against smoking and other types of substance abuse, in order to correct the emotional-volitional sphere and behavior.

Particular attention is paid to studying the possibilities of using the method during self-study, for the purpose of self-education and use in the future. Practical activities.

In order to learn and improve the use of "autogenic training", it is necessary to devote time in the classroom, 2-3 times a month, to conducting basic exercises. On independent physical exercises, "autogenic training" is carried out independently, it is necessary for good mastering and consolidating the exercises, and take place daily.

The success of students in mastering the basics of basic and special exercises of autogenic training depends on the motivation and systematic conduct of independent classes.

The possibilities of using auto-training in self-study for mental self-regulation, according to many experts, are very large. In particular, especially it is important to use it for the purpose of self-education, since under the influence of special autogenic training exercises increases faith in one's abilities, changes self-esteem of the individual, creative activity is stimulated, and that the main thing does not disappear desire to exercise or exercise.

The effectiveness of the method and the availability of its development allow us to state that the study of the psychophysiological foundations of "autogenic training" in academic physical education classes and independent physical exercises is relevant. And practically significant, since teaching students the basics of mental self-regulation seems to be very appropriate and promising, since it will first of all optimize the process of self-education, which contributes to the formation of a comprehensively developed personality, gives future specialists the theoretical knowledge and practical skills necessary in their future professional activities.

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