

ABILITY TO WORK AND THE SCIENTIFIC BASIS FOR ITS THEORETICAL ANALYSIS

Koylibayev Bayrambay Dalibayevich

*Associate Professor of the Department of Theory and Methods of Physical Culture,
Karakalpak State University*

Abstract *"Working ability" is a certain activity that leads to a final result in the dominance of physical muscle work activity. It has been shown that work ability is related to physical qualities, especially endurance, functional capabilities, psychological factors, adaptation to loads, exercise, exhaustion, and body recovery. It has been revealed that work ability depends on functional training in the system of training athletes.*

Key words: *Work ability, athletes, annual training, functional training, psychological training, technical-tactical, physical qualities.*

In the long-term preparation process of training athletes, work ability is a comprehensive and comprehensive concept, which has been attracting the attention of specialists working in various sports as a scientific object since the beginning. Although a number of studies have been carried out by leading scientists in this regard, it is shown that the term "Workability" does not have a single interpretation of its essence, meaning and characteristics. Concepts such as "human physical work capacity", "mental work capacity", "sports work capacity", "aerobic and anaerobic work capacity", "professional work capacity" are often found in the field today. In addition, from the theory and methodology of sports training, physical, functional, psychological preparation and technical-tactical preparation specific to sports are considered as structural components of athletes' work ability.

But the authors expressed the logical essence of work ability in different ways, regardless of the type of activity it belongs to. N. I. Volkov, one of the leading scientists, believes that work ability means the ability to perform a specific work activity in the long or short term. According to the opinion of other scientists, work ability shows that the organism performs its specific activity to the maximum within the limits of its physical, psychofunctional and bioenergetic capabilities. These definitions, aimed at clarifying the logical meaning of work ability, reveal only some aspects of this ability. But, as noted above, the concept of work ability is ambiguous. Therefore, it cannot be evaluated by one or two "Units of Measurement", no matter how reliable.

In this regard, V.B. Bolisevic's description deserves special attention. In particular, he expresses the work ability specific to sports practice as follows.

"Working ability" is a certain activity that leads to a final result in the dominance of physical muscle work activity. He believes that the level of physical work ability should be expressed by the efficiency of the work performed. V. B. Bolisevych showed that work ability is related to physical qualities, especially endurance, functional capabilities, psychological factors, adaptation to loads, exercise, exhaustion, and body recovery.

According to A. V. Radionov, J. Eshtaev, Z. Gapparova, "Working ability" is not devoid of psychological components.

According to him. Work capacity is explained by the ability to maintain the required level of activity for a certain period of time. Such ability is determined, firstly, by the informational complexity of the work, the content, size, intensity and variability of the action, and secondly, it is believed to depend on the subject's level of training and emotional activity, as well as stability, motivation, and his individual characteristics. J.E. Eshtaev and A.V. Rodionv deepen their thoughts and draw attention to the fact that physical and mental work ability are two aspects of one activity. He even emphasizes that physical ability cannot be fully and qualitatively demonstrated without high mental performance. The author bases such a conclusion on the fact that before the athletes begin physical work (in pre-start situations), their mental "organs" (memory, attention, will, emotions, perception, etc.), negative influences in a reflective way (situation in the competition, spectators, opponent's potential and h), as a result of which negative (overexcitement, fear, trembling, depression, etc.) situations occur, which in turn does not affect their physical, functional and technical-tactical activities.

V. L. Utkin tried to explain the essence of the concept of "working ability" more broadly. In particular, in his opinion, "physical work ability" does not mean only performing as much "mechanical" work as possible, this ability depends on the available bioenergetic power, the ability to fully use it, efficient performance of movement, especially movement technique and its execution. emphasizes. Summarizing the above thoughts and considerations, the ability to work in the system of training athletes shows not only functional training. Moreover, it shows the organic connection with physical, technical, tactical and psychological components.

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