



The Process of Social Adaptation of Preschool Children in Sports Sections (Schools)

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Abstract: *The article examines the processes of social adaptation of preschool children during sports, the relationship and mutual understanding of children between coaches and parents during physical education, the influence of parents during the social adaptation of the child.*

Keywords: *preschoolers, social adaptation, coach, parents of sportsman*

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The expression "**social adaptation**" means the entry of a person into a collective (social group), the accepted norms in the collective; the rules of behavior existing in society; adaptation to the conditions by which behavior is formed, as well as the ability to self-control. Socialization begins with the birth of a child and continues throughout his or her human life. It is socialization that helps a child to become a cultured, educated and well-mannered person. As a rule, it is possible to distinguish the positive and negative sides of socialization. Everything that surrounds the child - society, nature, elements of life - all this affects the behavior of the child in the formation of his personal character. Every time something new happens in a child's life (behavior, psychological and physiological periodization, coming to kindergarten, growing up, transition to a new society (sports clubs, school, etc.), an early age crisis-requires a child to adapt to a new social environment, establish contacts with adults and peers).

The problem of adaptation of preschool children to the sports section in modern conditions is very relevant. One of the urgent problems are: the development and implementation of forms and methods of organization, as well as the adaptation of young children to the conditions of a sports school, the creation of a single favorable educational space during training and the training process, improving the information (formation of special knowledge about the current sport, the development of special interest and progress of sports skills in the sports activities of their children) culture of parents, improving the professional competence of coaches on the adaptation of young children. Social adaptation occurs in different ways and it depends on the age of the child, the state of health, the style of upbringing in the family, the level of development of the higher nervous system and psycho-emotional development.

Adaptation of the child in sports sections

The arrival of a child in any sports section (school) is considered a special period of life for the whole family: both for the child and for the parents. For a child, this is a strong stressful experience that needs to be mitigated. When a child first comes to the sports section, he does not know the rules of behavior and communication adopted in it. During the adaptation period, children are

distinguished by anxiety or inhibition: the child cries a lot, strives for physical contact with adults or vice versa, irritably refuses them, shuns peers. A coach can help a preschooler adapt to the sports section, who must study the character traits of his new student in advance and, having coordinated his actions with the child's parents, choose an individual approach to him. For a child to successfully get used to the conditions of a training session, it is necessary to form a positive attitude towards the sports section, a positive attitude towards him. It depends, first of all, on the coach, on his ability and desire to create an atmosphere of warmth, discipline and attention in the team. However, as they say, "the result is a matter of two hands", we must not forget about the parents of the young athlete. Adaptation includes a wide range of individual reactions, the nature of which depends on the psychophysiological and personal characteristics of the child, on the existing family relationships, on the conditions of stay in a sports institution. The fact is that in some cases, the difficulties of adaptation are associated precisely with the peculiarities of the child's family environment. Therefore, the pace of adaptation in different children will be different. The key to a successful visit by a child in sports is the joint contact of parents and coaches, the ability and desire to cooperate mutually. It is impossible to organize a good adaptation of a child to sports without close cooperation with parents.

Characteristics of the actions of the coach and the child in the training process of sports.

The process of a child's adaptation to sports depends not only on physical characteristics, motivation for classes, but also a predisposition to a particular sport and innate human characteristics play an important role here. After all, thanks to this, a child from the very beginning of his sports career can be sent to the sport that suits him in all respects, and in which he will be successful in the future.

The first training sessions bring the first impression to the child. From the very first days of training, the coach must immediately take into account and evaluate the attention and interest in this sport of the child, and to the section, as the child begins to get used to the new team. The child gets acquainted with the requirements of the coach, the conditions of behavior in the gym and compares at the initial stage the attitude to their own home and to classes, because each family has its own traditions and approaches to education. A change in the situation puts the child in such conditions that it becomes necessary to subordinate his motives to certain requirements and rules. The coach must state what is required in a language understandable to the child. It should be a kind of firm and clear instructions from the coach, from whom the child should understand who exactly these words are directed to, and understand that the words of the coach are the final decision and are no longer subject to discussion. In order for an athlete not to become inhibited and depressed, it is necessary that sports training is based on praise. It should be remembered that children can also be offended when they are scolded, so the coach needs to adhere to the norm between praise and condemnation.

On average, the period of adaptation of preschool and primary school children in sports sections is normally about one month. The duration of classes during the first month is no more than forty minutes. After forty minutes of classes, the child's body gets tired, and reflex defense mechanisms come into play at the subconscious level. A positive emotional background switches the child's attention and he can get carried away with training and work out more time. During the training, for more than forty minutes, at the first lessons, the child receives a negative reflex to the situation that has

arisen. Not understanding what is happening, the child is simply uncomfortable and he does not want to continue classes. Moreover, he cannot explain the reasons. Although, according to physical indicators and the performance of the coach's tasks, he is doing well. After a month of short training sessions, the athlete adapts to the loads and can continue training in the required motor mode.

During the review of the activities of teacher-trainers on the social adaptation of a preschool child to a sports institution, the following was revealed:

1. The successful adaptation of a child in the training process depends on his inner comfort (emotional satisfaction) and external adequacy of behavior (the ability to easily and accurately fulfill the requirements of the environment). Therefore, the coach needs to form a positive attitude towards the training process. The activity of the coach begins with the improvement of psychological education with the help of traditional and new teaching methods (pedagogical councils, seminars, trainings, holding demonstrations with more professional athletes, organizing meetings with celebrities of world sports).
2. The features of the training and pedagogical support of older preschool children during the period of social adaptation to the sports section are reduced to the comprehensive development of the child, the creation of a comfortable atmosphere for him. To realize the goals and objectives of the training process in the sports section for the social adaptation of the child, it is necessary to create an integrative form of a set of activities in the gym, which includes: target, content, activity, analytical and productive components.
3. A necessary condition for successful adaptation is the consistency of the actions of parents and coaches, the convergence of approaches to the individual characteristics of the child in the family and sports institution. Uniform requirements of parents and teachers, observance of the daily routine, careful hygienic care, proper organization of independent activities and classes create a healthy environment for the formation of emotionally balanced behavior of children and successful adaptation to the conditions of a sports institution.

In conclusion, it can be concluded that the process of social adaptation of a child of early preschool age to a sports institution will be successful if a set of measures is developed on the basis of timely diagnostics of children's social adaptation. Based on the analysis of theoretical and practical aspects of the problem of social adaptation of children of early preschool age to the sports section, a set of measures aimed at providing training and educational support to children with a severe form of adaptation in a sports institution has been developed to date.

Literature has been used as:

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