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INTERRELATIONSHIP AND IMPORTANCE OF SPORT AND PSYCHOLOGY IN PERSONALITY EDUCATION

Abstract

In the practice of professional sports and in the education of children through sports activities, psychology and physical activity are interconnected. Sports help not only to develop skills, but also maintain a psycho-emotional state, which contributes to the successful achievement of goals and personal development. The interaction of sports and psychology allows a person to develop comprehensively: health is strengthened, moral qualities are developed, and social ties are strengthened. The psychology of physical education and sports is a field of psychological science that studies the patterns of manifestation, development and formation of the human psyche in specific conditions of physical education. Physical education is one of the most important elements of the human education system. The formation of personality occurs through harmony between the physical and psychological state, which creates resistance to external and internal challenges.

Keywords: relationship, meaning, sports, psychology, personality, skills, formation.

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ЖЕКЕ ТҰЛҒАНЫ ТӘРБИЕЛЕУДЕГІ СПОРТ ПЕН ПСИХОЛОГИЯНЫҢ БАЙЛАНЫСЫ МЕН МАҢЫЗЫ

Аңдатпа

Кәсіби спорт тәжірибесінде және спорттық іс-әрекеттер арқылы балаларды тәрбиелеуде психология мен дене белсенділігі өзара байланысты. Спорт дағдыларды дамытуға ғана емес, сонымен қатар мақсатқа табысты жетуге және жеке тұлғаның дамуына ықпал ететін психо-эмоционалдық жағдайды сақтайды. Спорт пен психологияның өзара әрекеттесуі адамның жан-жақты дамуына мүмкіндік береді: денсаулығы нығаяды, адамгершілік қасиеттері дамып, қоғамдық байланыстар нығаяды. Дене шынықтыру және спорт психологиясы-дене тәрбиесінің нақты жағдайларында адам психикасының көріну, даму және қалыптасу заңдылықтарын зерттейтін психология ғылымының саласы. Дене тәрбиесі-адамның білім беру жүйесінің маңызды элементтерінің бірі. Тұлғаның қалыптасуы сыртқы және ішкі қиындықтарға қарсы тұруды тудыратын физикалық және психологиялық жағдайдың үйлесімділігі арқылы жүзеге асады.

Түйін сөздер: қарым-қатынас, мәні, спорт, психология, тұлға, дағды, қалыптасу.

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ВЗАИМОСВЯЗЬ И ЗНАЧЕНИЕ СПОРТА И ПСИХОЛОГИИ В ВОСПИТАНИИ ЛИЧНОСТИ

Аннотация

В практике профессионального спорта и в воспитании детей через спортивные занятия психология и физическая активность взаимосвязаны. Спорт помогает не только развивать навыки, но и поддерживает психоэмоциональное состояние, что способствует успешному достижению целей и личностному развитию. Взаимодействие спорта и психологии позволяет человеку развиваться всесторонне: укрепляется здоровье, развиваются моральные качества и укрепляются социальные связи. Психология физического воспитания и спорта – это область психологической науки, изучающая закономерности проявления, развития и формирования психики человека в специфических условиях физического воспитания. Физическое воспитание является одним из важнейших элементов системы воспитания человека. Формирование личности происходит через гармонию между физическим и психологическим состоянием, что создает устойчивость к внешним и внутренним вызовам.

Ключевые слова: взаимосвязь, значение, спорт, психология, личность, навыки, формирование.

INTRODUCTION Sports and psychology play a vital role in the formation of personality. The interaction of these two spheres ensures the harmonious development of a person, promoting physical, intellectual and social growth. The main goal of the psychology of physical education is to promote a rational approach to solving practical problems related to general health, education and upbringing, by analyzing the psychological aspects of activities in the field of physical education. Sport, as a specific type of activity, mainly solves the problems of special preparation of a person for fairly high mental stress, while the main thing is the narrow focus of the tasks [1].

At the moment, there is no consensus regarding the essence of the concept of "physical education". Some researchers interpret it as a process of purposeful formation of human functional capabilities, based mainly on the biological approach to the laws of psychophysiological development. Other approaches focus on physical education as the development of physical qualities and the teaching of motor skills. Probably, in a broad sense, the concept of "physical education" is identical to the concept of "physical education" [2].

Thus, physical education is a pedagogical process aimed at the comprehensive physical development of people, their specific preparation for the performance of social responsibilities in society [3]. This understanding covers the process of training and education aimed at the physical development of the individual. This includes the influence on the formation of basic and specialized physical qualities, as well as on increasing the functional capabilities of the body, which contributes to the most complete implementation of the genetic program determined by the biological characteristics of a particular person.

The Importance of Sports in Personal Development

1. Physical Health:

Sports strengthen the body, develop endurance, coordination and physical strength. Regular training forms a habit of an active lifestyle, which lays the foundation for health for many years.

2. Character development:

Sports help develop such personal qualities as discipline, hard work, determination and responsibility. Regular training requires self-organization and overcoming difficulties, which helps to develop willpower.

3. Social skills:

Participation in team sports develops the ability to work in a team, find a common language with different people and achieve a common goal. This promotes social adaptation and the formation of leadership qualities.

1. Emotional stability:

Sport teaches how to cope with defeats, maintain a positive attitude and overcome stressful situations. This helps to develop resilience to life's challenges.

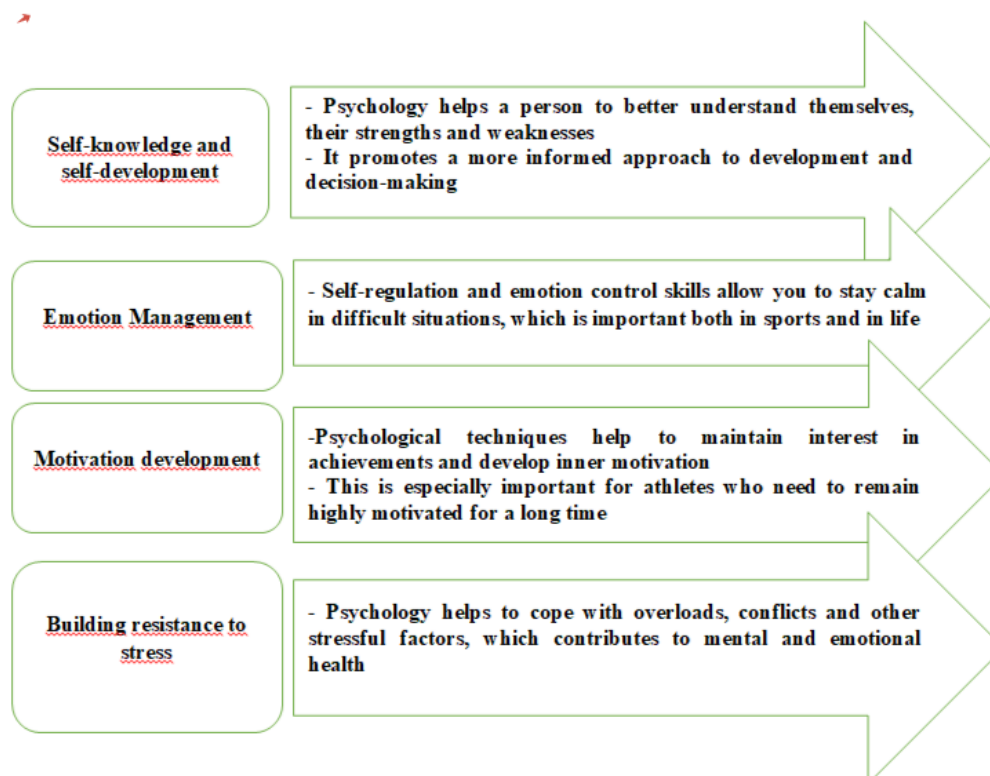


Figure 1. The Importance of Psychology in Personal Development

The Relationship between Sports and Psychology

Sports and psychology are closely intertwined, since success in sports is impossible without psychological stability, and physical activity has a significant impact on the psycho-emotional state.

1. The Role of Psychology in Sports:

- o Helps athletes cope with pressure and fear of competition.
- o Develops concentration and the ability to manage attention.
- o Develops strategic thinking and self-confidence.

2. The Impact of Sports on Psychology:

- o Improves mood and reduces anxiety due to the production of endorphins.
- o Develops a positive attitude towards oneself and one's abilities.
- o Strengthens social connections and promotes the development of communication skills.

3. Comprehensive Personal Development:

Sports combined with psychological development help to develop a harmonious personality capable of achieving success in different areas of life.

Practical psychological significance in the education of personality promotes the development of confidence and teamwork skills, helps to increase self-esteem and protect oneself from negative influences, improves physical health and helps to cope with the academic workload, develops time management skills, motivation and stress resistance.

Sports and psychology complement each other, forming the foundation for comprehensive education of personality. Sports strengthens the body and spirit, and psychology helps to manage emotions, overcome difficulties and achieve goals. Education based on this relationship allows a person to reveal their potential and achieve harmony in life.

Mental states in sports play a key role in achieving high results. They include emotional, cognitive and motivational aspects that affect the behavior and performance of an athlete [4].

Table 1. The main aspects of mental states in sports

Basic aspects of mental states in sports		
Emotional states		
Positive emotions: enthusiasm, joy, confidence, inspiration. They contribute to increased energy, motivation and improved results	Negative emotions: fear, anxiety, frustration, anger. They can interfere with focus and reduce productivity, but when managed correctly, they can sometimes become a source of motivation	
<i>Anxiety and stress</i>		
Pre-race anxiety: normal, but if it is excessive it can reduce concentration and cause mistakes	Stressful situations: intense moments during competition, injuries or pressure from coaches and fans. Stress management is an important part of an athlete's preparation	
<i>Motivational states</i>		
Intrinsic motivation: the desire to improve yourself, to enjoy the process	External motivation: desire to receive rewards, recognition, approval	Demotivation: a state of apathy and loss of interest that can occur due to overtraining or failure
Concentration and attention		
The importance of focusing on the present moment and the task at hand	The ability to block out distractions such as crowd noise or pressure from opponents	
Self-esteem and confidence		
Confidence in your abilities helps you perform better at tasks	Low self-esteem can lead to doubts and passivity on the pitch.	
Focus and "flow"		
Flow state: a state in which an athlete is completely immersed in an activity,	Achieving "flow" is possible with an optimal level of task complexity and self-confidence	

loses the sense of time, and achieves maximum efficiency	
Mental endurance	
the ability to maintain concentration, motivation and resilience in difficult situations	Develops through training, meditation practice, visualization and work with psychologists
Working with errors	
The ability to quickly switch after failures and use mistakes as experience	Avoiding dwelling on negative things

Methods for managing mental states:

- Meditation and relaxation: reducing stress and anxiety.
- Visualizing success: creating a positive attitude.
- Breathing exercises: improving control over emotions.
- Working with a psychologist: helping to develop strategies to improve mental state.

Mental preparation should be an integral part of the training process to achieve a balance between physical and mental aspects.

In sports, there are several types of mental states that differ in their nature, impact on the athlete's activity and duration. These states can be classified as follows (Table 2):

Table 2. Classification of mental states in sports

Duration		Examples
	Short-term states: Rapid changes in the psyche caused by a specific situation, such as pre-start anxiety or joy after a victory	agitation, confusion, frustration
	Long-term states: Continuing over a long period of time, often associated with a general psycho-emotional background	persistent stress, motivational decline, emotional burnout.
emotional coloring		
	Positive states: Increase confidence, motivation and overall mood	joy, excitement, satisfaction, flow state
	Negative states: May cause a decrease in productivity, but sometimes motivate the athlete to work on himself	fear, anger, disappointment, apathy
functional orientation		
	Optimal states: Help the athlete to show maximum results	confidence, flow state, combat readiness
Disorganizing states		
	They disrupt concentration and reduce the effectiveness of actions	panic, fatigue, excessive euphoria
motivational criterion		
	Motivating states: Promote goal achievement, increase desire to win	passion, confidence in success
	Demotivating states: Reduce interest in training and competitions	apathy, disappointment, indifference
the degree of excitation of the nervous system		
	States of high activation: Associated with maximum mobilization of the body's resources	adrenaline rush, pre-start fever
	States of low activation: Characterized by lethargy, insufficient concentration	apathy, fatigue
According to the dynamics of changes during the competition		
	Pre-start conditions: Occur before the start of competitions, affect preparation and mood	pre-launch fever, pre-launch apathy
States during the competition		

	Include changes depending on the course of events	confidence, excitement, stress from mistakes
	Post-competition states:	satisfaction, devastation, disappointment
Specific conditions		
	Flow state:	Typical for high-level athletes
	Maximum concentration and total immersion in the process, leading to better results	Requires recovery and work with a psychologist
	Burnout state:	

These states must be taken into account when training athletes. It is important to develop self-control skills and mental state management in order to minimize negative aspects and enhance positive ones.

Yes, mental states in sports can be considered in pairs of opposites, where one state has a positive effect on activity, and the other interferes. Such opposites help to better understand how to manage emotions and mood.

Table 3. Examples of opposite states

Confidence	Lack of confidence
the athlete believes in his/her own strength, remains calm, which contributes to the successful completion of actions	doubts about one's abilities cause mistakes, indecisiveness and fear of failure
Concentration	Absent-mindedness
attention is focused on the task, distractions are ignored	lack of focus leads to mistakes and decreased efficiency
State of "flow"	Confusion
complete immersion in the process, high efficiency and satisfaction	disorganization of actions, lack of clarity in thoughts
Calmness	Anxiety
control over emotions, the ability to remain cool in stressful situations	increased tension that prevents concentration and control of actions
Motivation	Apathy
desire to win, desire to develop and achieve goals	lack of interest and energy, unwillingness to participate in training and competitions
Joy	Disappointment
positive emotions from successfully completing a task or achieving a goal	negative emotions due to failure or discrepancy between expectations and results
Energy	Fatigue
high level of physical and mental activity	decreased strength and motivation due to overload or lack of recovery
Fighting spirit	Apathy
readiness to act, determination to overcome difficulties	lack of desire to participate in the struggle, inertia
Control	Panic
ability to maintain rationality and consistency of actions	loss of self-control, chaotic actions and emotional disorganization
Frustration	Satisfaction
feeling of dissatisfaction due to failure or obstacles	feeling of joy and harmony after achieving goals

How to manage opposing states:

- Awareness of the current state: understand which state prevails.
- Self-regulation training: meditation, breathing exercises, visualization.
- Working with a psychologist: developing individual strategies.
- Creating a positive atmosphere: support from coaches, the team and loved ones.

The ability to recognize and manage states allows athletes to effectively cope with difficulties and improve their results.

MATERIALS AND METHODS

Sports development in student age is an important stage that combines the formation of physical fitness, the development of personal qualities and the maintenance of a healthy lifestyle. Student age (approximately 17-25 years) is a period of active physical and intellectual development of the individual. Sports development during this period plays an important role in strengthening health, forming social skills and maintaining the psycho-emotional state.

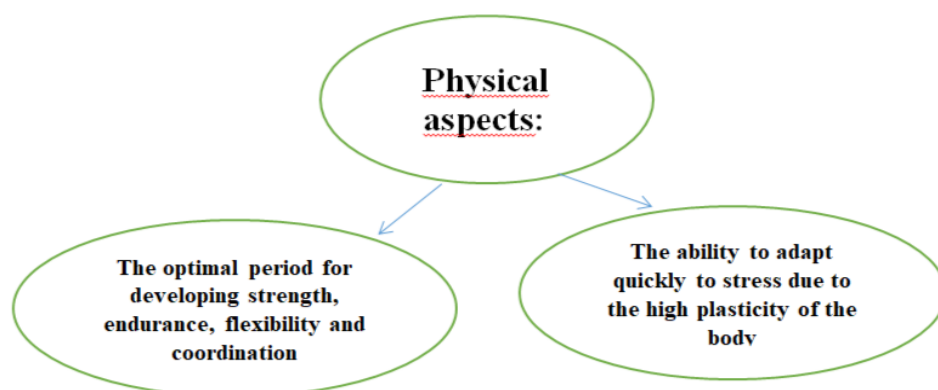


Figure 2 - Features of sports development in student age

The formation of physical fitness is a complex process that covers both physical and psychological aspects. Psychology plays an important role in motivation, developing habits and achieving goals. In this context, it is necessary to consider the key psychological factors that influence the development of physical fitness.

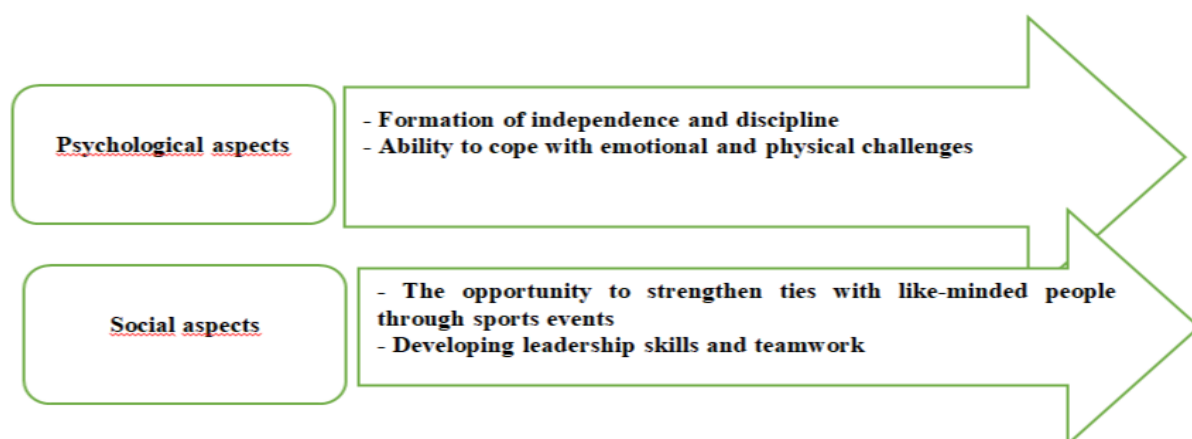


Figure 3 - Psychological and social aspects of physical fitness development

Key aspects of sports development in student age: Systematic training (integration of sports activities into the daily routine; emphasis on developing basic physical skills: cardio, strength training, stretching exercises); participation in competitions (local and intercollegiate tournaments help to assess

your level and motivate you to grow); development of mental stability (work on concentration, stress management and motivation, use of self-regulation methods such as meditation and breathing practices); balanced nutrition and recovery (providing the body with the necessary resources for training and studying; paying attention to sleep and rest); participation in student clubs and sections (the opportunity to train under the guidance of experienced mentors, social support and development of sports identity); benefits of sports for students (physical health: improving overall health, reducing the risk of diseases associated with a sedentary lifestyle); improvement of cognitive functions (sport stimulates brain activity, improving memory, concentration and speed of thinking); development of healthy habits (the foundations of a healthy lifestyle are laid, which are maintained into adulthood); social and personal qualities (strengthening self-confidence, developing leadership and teamwork skills); stress reduction (physical activity helps to cope with stress associated with studies) [5].

Tips for Effective Sports Development

1. You need to plan your training schedule.

Combine sports with studies so that both areas do not suffer.

2. Set goals:

Divide them into short-term and long-term.

This will help you track your progress and stay motivated.

3. Choose the right sport:

Team sports strengthen social skills.

Individual disciplines help you focus on personal achievements.

4. Work with coaches and mentors:

Their experience and knowledge accelerate athletic growth.

5. Don't forget about balance:

Don't overload yourself, alternate studies, sports and leisure.

Developing sports during student age not only helps improve physical fitness, but also contributes to harmonious personal development, the formation of leadership qualities and the creation of a foundation for a healthy life in the future.

Physical education during student age plays a key role in personal development, strengthening health and increasing the effectiveness of educational activities. This period is characterized by high physical activity, the body's ability to adapt and the formation of habits that will remain in the future.

The importance of physical education: physical health (strengthening the cardiovascular and respiratory systems: reducing the risk of diseases caused by physical inactivity (lack of exercise); maintaining normal body weight and improving metabolism). Psychological health (reducing stress and anxiety, improving mood and energy levels due to the production of endorphins, improving sleep and overall well-being). Cognitive functions (stimulating brain function, increasing concentration and memory; improving the ability to learn and quickly absorb new information). Social development (developing teamwork skills, strengthening interpersonal ties through participation in sports sections and events).

Forms of physical education in college age

1. Compulsory physical education classes:

o Include classes within the curriculum aimed at developing general physical fitness.

2. Sports sections and clubs:

o Allow students to engage in their favorite sport in depth.

o Popular areas: football, volleyball, basketball, athletics, swimming.

3. Independent training:

o Walking, running, working out in the gym or fitness club.

o A convenient way to stay in shape with a busy schedule.

4. Mass sports events:

o Participation in Spartakiads, sports festivals, interuniversity tournaments.

o Motivation for development due to the spirit of competition and team support.

Problems related to physical education

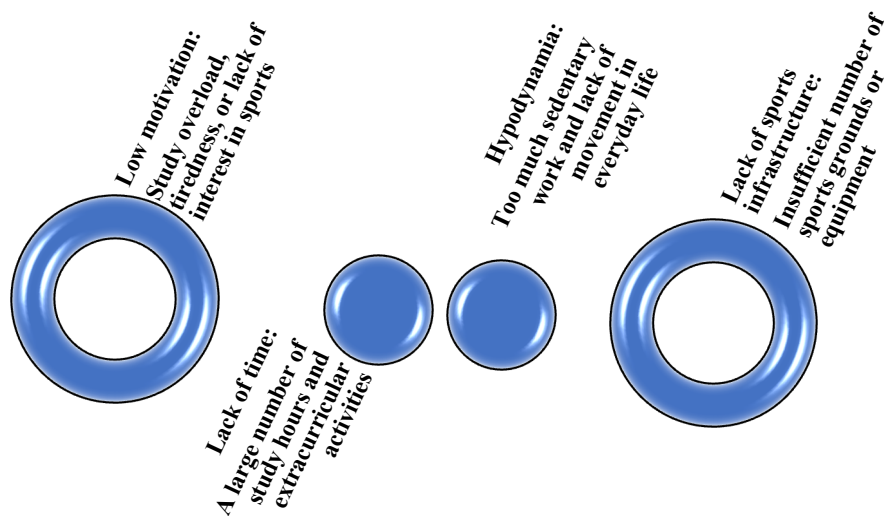


Figure 4. Physical Education Issues

Recommendations for Students

1. Plan physical activity:

- Include training in your schedule, devoting at least 2-3 hours a week.

2. Set goals:

- For example, improve endurance, lose weight, or learn a new sport.

3. Choose an activity you enjoy:

- This will increase motivation and enjoyment from training.

4. Maintain a balance:

- Alternate intense and recovery training.

5. Monitor nutrition and recovery:

- Regular sleep and a balanced diet will help improve results.

Physical education in college age is not only a way to improve health, but also an opportunity to develop personal qualities, make friends, and improve your performance. Regular exercise creates a solid foundation for a healthy and active lifestyle in the future.

Regular exercise plays a key role in maintaining health, improving physical fitness, and developing personal qualities. They are especially important at a young age, when the body is able to quickly adapt to stress, and habits formed now have a long-term impact on lifestyle. **Benefits of Regular Exercise**

1. Physical Health:

- o Strengthening the cardiovascular and respiratory systems.
- o Increased endurance, strength, and flexibility.
- o Reduced risk of obesity, diabetes, and other diseases.

2. Mental Health:

- o Reduced stress and anxiety.
- o Improved mood due to the production of endorphins.
- o Increased self-confidence.

3. Cognitive Functions:

- o Speed up reaction times and increase concentration.
- o Improved memory and learning ability.

4. Social and Personal Skills:

- o Developing discipline and self-organization.

o Strengthening teamwork and leadership skills.

5. Lifestyle:

o Forming a habit of active recreation.

o Reducing the harmful effects of a sedentary lifestyle.

Regular exercise is not only a way to improve physical fitness, but also a tool for maintaining mental health, increasing vitality and achieving harmony in life. The main thing is to choose an activity that brings joy and gradually turn sports into an integral part of your daily routine. Popular sports for regular exercise have a diverse and positive impact on physical, psychological and social development. Each category of sport has its own unique benefits that help improve certain aspects of health and quality of life.

Table 4. Regular participation in popular sports

	Influence:		
	Physical Health:	Mental health:	Social aspect
Aerobic sports (Running, swimming, cycling, dancing, aerobics)	Strengthens the cardiovascular system by improving blood circulation	Increases endurance and overall energy	Reduces the risk of obesity and diabetes
	Helps relieve stress and improve mood	Increases concentration by improving oxygen exchange in the brain	
	Group dancing or jogging brings people together, creating a sense of community		
Strength training (Working with weights, body-weight exercises)	Increase muscle mass, strengthen bones and ligaments	Increase self-confidence through noticeable improvements in physical fitness	Training together motivates and strengthens bonds with training partners
	Improve metabolism and help maintain normal weight	Reduce anxiety through the release of tension	
Game sports (Football, volleyball, basketball, tennis)	Develop coordination, agility and reaction	Promotes strategic thinking and quick decision making.	Strengthens teamwork and interaction skills.
	Strengthen the cardiovascular system due to high intensity.	Reduce stress and create a sense of joy from victories and communication	Creates a sense of belonging to a group.

Overall Impact of Regular Participation in Popular Sports

1. Physical Development:

o Regular exercise improves all aspects of physical health.

o Reduces the risk of chronic diseases.

2. Mental Resilience:

o Sports help you cope with stress and maintain a positive attitude.

o Increases concentration and productivity in other areas of your life.

3. Social Skills:

o Sports develop communication skills, mutual assistance, and teamwork.

o Creates friendships and maintains social activity [6].

Each sport chosen for regular participation has a unique positive effect on the body and personality. The main thing is to choose the type of activity that suits your level of training, goals, and interests, so that the activities bring joy and become a sustainable part of your life.

RESULTS AND DISCUSSION

Development of sports and maintenance of psychological health of students are important aspects that have a mutual influence on each other. Regular sports not only improve health, but also contribute to the harmonization of the psycho-emotional state. However, there are certain problems that hinder the development of sports and maintenance of psychological balance among students.

The results of testing done before the experiment in physical education classes showed that 65% of students have a low level of stress and anxiety due to the production of endorphins, 28% have an average level, and only 7% have a high level of preparedness. A survey of students showed that 60% expressed a desire to bring self-confidence and develop determination to the "norm", 35% wanted to gain muscle mass, and 5% wanted to improve endurance. The lessons, which took place in the university gym, primarily included exercises to overcome the weight of one's own body or its individual parts, with weights and objects, i.e. exercises from gymnastics. These exercises were aimed at strengthening the main muscle groups of the legs, abdomen, back, arms and shoulder girdle.

At the end of the study, we obtained the following results:

- the level of stress and anxiety increased by 20% due to the production of endorphins;
- 10% of the girls brought their physique back to "normal";
- all those involved increased their overall endurance. It became much easier for the girls to withstand endurance loads, in particular running. Some students (5%) also noted that it became easier for them to move up and down stairs and take long walks.

Discussion of results and possible solutions

1. The impact of sports on psychological state: Sports have been proven to reduce cortisol (stress hormone) levels and increase serotonin levels, improving overall mood. Participation in team sports helps to cope with feelings of loneliness.

2. The need to integrate sports into the educational process: Regular physical education classes included in the schedule can motivate students to actively participate.

Sport should be perceived as a tool for personal and academic growth.

3. The role of university administration: It is necessary to develop sports programs, including sections, competitions and educational courses. Providing access to psychological help to maintain motivation and emotional well-being.

4. Social impact: Team sports improves the atmosphere in the student community, promoting integration and socialization.

Students who regularly play sports are more likely to demonstrate leadership qualities and strive to achieve goals. Thus, the development of sports and the psychological state of students requires an integrated approach, including improving infrastructure, motivation and educational programs. Regular exercise can improve both physical and psychological well-being, which in turn affects academic and social success. To achieve this, it is important to create accessible conditions, support student initiatives, and integrate sports into the culture of educational institutions.

The psychological state of students and the development of sports are interrelated components that reinforce each other. Regular exercise improves the psycho-emotional state, helps relieve stress, and strengthens self-confidence. In turn, a positive psychological state helps maintain motivation for physical activity and achieve new sports goals.

Key findings

1. The impact of sports on the psychological state:

Physical activity promotes the production of endorphins, which reduce stress and improve mood. Sports help develop self-regulation, stress resistance, and concentration skills. Participation in team sports improves interaction skills and strengthens social ties.

2. The role of the psychological state in sports activity:

Self-confidence and motivation increase readiness for regular training.

Mental resilience helps to cope with difficulties, such as failure in competitions or high academic workload.

A positive attitude towards sports forms a habit of an active lifestyle.

3. Problems that hinder harmonious interaction:

Overload, stress and lack of time reduce students' participation in sports activities.

Insufficient infrastructure or financial barriers can limit access to sports. Low awareness of the impact of sports on psychological health hinders involvement. 4. Joint efforts to develop sports and mental well-being:

Universities and sports organizations should create conditions for accessible and diverse sports. It is important to develop psychological support programs aimed at reducing stress and increasing awareness. Focus on the popularization of sports as an integral part of a successful and balanced life for students.

Recommendations for integration

1. Infrastructure:

Modernization of sports grounds and creation of accessible training zones.

Provision of free or discounted sports programs.

2. Educational activities:

Lectures and seminars on the relationship between sports and psychological and physical health.

Inclusion of sports in the cultural and social activities of the university.

3. Psychological support:

Teaching students stress management skills through sports.

Consultations with psychologists and sports coaches to build confidence and motivation.

4. Popularization of sports:

Organization of competitions, marathons and sports festivals.

Support for student initiatives aimed at developing new sports.

CONCLUSION

The main goals of sports psychology are to study the psychological patterns of formation in individual athletes and teams of sports skills and qualities necessary for participation in competitions, as well as the development of psychologically sound methods of training and preparation.

A harmonious combination of physical activity and care for psychological well-being creates the basis for a successful and fulfilling life for students. The development of sports should be a priority in educational institutions, as it not only strengthens health, but also improves academic productivity, social integration and overall quality of life. Only through an integrated approach can we achieve sustainable interaction between sports and students' psycho-emotional well-being.

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СТУДЕНТТЕРДІҢ ТҰЛҒААРАЛЫҚ ҚАРЫМ-ҚАТЫНАСЫНА ЭМОЦИЯЛЫҚ ИНТЕЛЛЕКТІНІҢ ӘСЕРІН ПСИХОЛОГИЯЛЫҚ ЗЕРТТЕУ

Аңдатпа

Бұл мақалада студенттердің тұлғааралық қарым-қатынасына эмоциялық интеллектінің ықпалын психологиялық зерттеу әдістерін таңдауға қазақ студенттері арасында жүргізілді. Зерттеу тұлғааралық қарым-қатынасына эмоциялық интеллект көрінісіндегі қазақтар арасында ортақ белгілер мен айырмашылықтарды анықтауға мүмкіндік береді, оның тек теориялық маңыздылығы ғана емес, сонымен қатар практикалық құндылық жағы анықталады. Сонымен қатар, эмоциялық интеллектті зерттеу психология ғылымның өзекті бағыты нақтыланады. Жалпы алғанда, эмоциялар - бұл ақпараттың үлкен қабаты, оны қолдана отырып, әлдеқайда тиімді әрекет етуге болады деген идеяны білдіреді. Эмоциялық интеллектті анықтайтын әдістер; Э.Торндайк, Дж. Гилфорд, Г.Ю. Айзенк және т.б. ғалымдар әлеуметтік интеллектті зерттеу контекстінде қарастырды, ол басқаларды түсіну және адами қарым-қатынаста ақылмен әрекет ету қабілеті ретінде сипатталды. Зерттеу сыналушы студенттердің тұлғалық қарым-қатынас нәтижелерін анықтау мақсатында эмоциялық интеллекттің дамыту жұмыстарын әзірлеуге