



THE ROLE OF THE SOCIAL ENVIRONMENT IN SHAPING ATHLETES' EMOTIONAL AND PSYCHOLOGICAL STATES IN EMERGENCY SITUATIONS

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ABSTRACT

This article examines the socio-psychological factors influencing the formation of athletes' psychological and emotional states in emergency situations. The study analyzes theories of stress, motivation, adaptation, and emotional stability within sports psychology. Furthermore, coach–athlete relationships, team environment, motivation levels, and social support are identified as the key factors ensuring athletes' psychological resilience. The findings emphasize the importance of social and psychological support mechanisms in maintaining emotional stability and enhancing athletic performance under stressful conditions.

Introduction

Modern sports activities are characterized by high levels of physical workload, intense competition, and result-oriented performance demands. Under such conditions, athletes' psychological and emotional stability becomes a crucial factor in achieving high-level sports performance. During their athletic careers, athletes encounter not only physical challenges but also psychological pressure, stress, and emergency situations. Therefore, the study of stress resistance, emotional stability, and psychological preparedness has become one of the most relevant issues in contemporary sports psychology (2).

Scientific research demonstrates that athletic success cannot be explained solely by physical preparedness. Psychological readiness, motivation, volitional qualities, and interactions with the social environment also play significant roles in determining athletic performance (5). Particularly in emergency situations, an athlete's psychological and emotional state directly influences performance effectiveness.

Stress theory and adaptation mechanisms occupy an important place in sports psychology. Hans Selye developed the concept of the **General Adaptation Syndrome**, explaining the biological basis of stress and the organism's response to challenging situations (6). In addition, the relationship between emotional arousal and performance effectiveness in sports is explained by the **Yerkes–Dodson Law**, proposed by Robert M. Yerkes and John D. Dodson, which suggests that optimal performance occurs at moderate levels of arousal (9).

Moreover, Yuri L. Hanin developed the theory of the **Individual Zone of Optimal Functioning (IZOF)**, according to which each athlete possesses a unique optimal level of emotional arousal that contributes to peak performance (5).

The purpose of this study is to analyze the socio-psychological factors influencing the development of athletes' psychological and emotional stability in emergency situations.

Methods

The study was based on an analysis of scientific sources in sports psychology, educational psychology, and social psychology.

The following research methods were employed:

- Theoretical analysis of scientific literature;
- Comparative analysis;
- Generalization and systematization;
- Review of scientific articles and monographs related to sports psychology.

Particular attention was paid to the impact of psychological preparedness, team climate, coach-athlete relationships, and social support factors on athletes' psychological well-being (3, 7).

Results

The findings indicate that athletes' psychological and emotional states in emergency situations are associated with several interrelated factors.

First, the psychological climate within a sports team significantly affects athletes' emotional stability. When trust, respect, and mutual support prevail within the team, athletes demonstrate greater resilience in stressful situations (1).

Second, coach-athlete relationships play a vital role in psychological preparedness. Constructive feedback, motivation, and psychological support provided by coaches enhance athletes' self-confidence and strengthen their ability to cope with stress (4).

Third, individual psychological characteristics are also of considerable importance. Motivation level, volitional qualities, and self-regulation abilities determine an athlete's capacity to withstand stress and maintain emotional balance.

Furthermore, the results reveal that social support systems are among the most important factors reinforcing athletes' psychological resilience. Psychological assistance provided by family members, teammates, and coaches helps reduce emotional exhaustion and burnout symptoms.

In sports psychology, athletes' emotional stability is explained through various theoretical approaches. According to stress theory, the organism responds to emergency situations through physiological and psychological reactions (8). However, stress in sports is not merely a biological process; it is closely associated with socio-psychological factors.

Coach-athlete relationships significantly influence motivation and psychological stability. Positive pedagogical approaches strengthen self-confidence and reduce competitive stress levels.

Contemporary sports psychology increasingly emphasizes emotional intelligence, self-regulation, and psychological preparation techniques. Visualization, relaxation methods, breathing exercises, and mental training programs contribute to improving athletes' resistance to stress and emotional disturbances (5).

Research findings indicate that outstanding sports performance can be achieved only when psychological preparation is integrated with physical training.

Conclusion

The results of the study demonstrate that athletes' psychological and emotional stability in emergency situations develops through the interaction of multiple factors.

The main components of athletes' psychological resilience include:

- A psychologically healthy team environment;
- Constructive coach–athlete relationships;
- High levels of motivation and volitional qualities;
- Self-regulation skills and emotional intelligence;
- Effective social support systems.

To enhance athletes' psychological preparedness, it is important to introduce psychological support services within sports organizations, improve coaches' psychological competencies, and implement modern psychological training programs. Such measures contribute to strengthening athletes' emotional resilience and improving performance under stressful and emergency conditions.

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