



## PSYCHOLOGICAL ASPECTS OF THE ENERGY POTENTIAL AND ENDURANCE OF THE HUMAN HEART IN RESTORING THE HUMAN MENTAL HEALTH

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### ABSTRACT

The main goal of the ongoing reconstruction in the country and its driving force is the comprehensive development and human well-being. All scientific discoveries, social and educational values are the mind and its fruit. Man, on the other hand, is part of nature, obeys all the laws of nature and lives in harmony. Everything in the universe obeys strict laws. In particular, health is the same. A person can defeat any disease if he knows the strict laws of this universe and takes care of his psyche, his body.

Everyone should think about their health and be responsible. As soon as you realize your personal responsibility for your health, you begin to fight pain, begin to create real health.

The basic law of life is maintaining dynamic equilibrium or homeostasis. Every living organism strives for homeostasis in accordance with the internal laws of life. This law begins with the first days of the life of any living being. This balance of life processes must always occur and under any circumstances. A living organism is exposed to external influences from an event, a being, and it responds to this influence (in fact, this is what distinguishes the living from the dead). A healthy organism is an organism in which there is harmony or dynamic balance.

Of course, maintaining harmony in today's life is not so simple. However, if it is damaged, it can be restored, and the body itself always strives for it. A disease is a signal that this balance is upset. Nerve endings tell us that something else happens in a specific part of our body. Pain is just a healthy nerve impulse trying to tell us: "Hey, honey, there is something you should pay attention to." If a person does not pay due attention or does not press pain with a tablet, then the person intensifies subconscious pain. In the end, in this way, using a signal such as pain, the subconscious mind takes care of us and has a definite positive goal - to tell us that something is inappropriate. Therefore, treat your illness with respect. All conditions have been created and are being created to protect, strengthen the health of the population of the Republic of Uzbekistan, extend human life and prevent diseases. Since time immemorial, physical culture and sport have been considered an integral part of social life, and its development is inextricably linked with the characteristics of each period.

In his speech, President Mirziyoyev said: "It is known that in the social sphere we pay special attention to protecting public health, motherhood and childhood, providing reliable medicines, developing a physically strong and spiritually healthy generation." The problem of a healthy lifestyle is the most important problem facing humanity, the problem of the formation of a scientifically based physical culture and sport, as well as a social and hygienic lifestyle that contributes to the comprehensive development of the individual, increase social

activity at work, in life and on vacation. , In our opinion, a psychologist in some stadium conditions must be able to conduct possible tests on their students and students. Such tests include Robinson and Kvasstests. The Robinson test assesses the energy potential of the heart, the Kvasstest - the resistance of the heart to stress.

The experiments were conducted on 10 boys and 10 girls studying at the Faculty of Physical Culture of Fergana State University. The formula and method for evaluating the Robinson test are given in table 1 below.

**Robinson's formula  $RI = \text{pulse in 1 min, times / min.} \times \text{systolic pressure, mm wire. Ust. / 100.}$**

**Table 1**

Assessment method

Body Condition	Бар
The state of the cardiovascular system - excellent	Below 69
The state of the cardiovascular system - good	70-84
The state of the cardiovascular system - moderate	85-94
The state of the cardiovascular system - poor	95- 111

The vascular system conditions of men are shown in Table -2 below.

2- Table

Conditions of the energy potential of the cardiovascular system in men

№	Full name	Pulse	Systolic pressure mm	Score	Assessment
1	O'lmasov A	80	120	96	Excellent
2	Jo'raboyev B	88	120	105.06	Excellent
3	Egamberdiyev M	76	120	91.2	Good
4	MadaminovSh	80	110	88	Good
5	Muhammadaliyev M	68	120	81.6	Moderate
6	Bo'taboyev B	76	120	91.02	Good
7	Soliyev M	70	120	84	Moderate
8	Nishonov B	75	120	90	Good
9	RaimjonovSh	68	110	100	Excellent
10	Madaminov M	66	120	79.2	Moderate

As can be seen from the table, the energy potential of the cardiovascular system of young men was rated as 3 excellent, 4 - good, 3 - Moderate.

Table 3

Conditions of the energy potential of the cardiovascular system in girls

№	Full name	Pulse	Systolic pressure	Score	Assessment
1	Yo'ldashaliyevaSh	70	90	63	Poor
2	Baydullayeva D	75	110	82.5	Moderate
3	O'ktamovaSh	78	110	85.8	Moderate
4	Mullajonova G	74	90	66.6	Poor
5	RobilovaSh	76	110	83.6	Moderate
6	Turg'unova M	78	110	85.8	Good
7	Ro'ziboyeva M	76	100	76	Moderate
8	Qo'ziyeva M	74	110	81.4	Moderate
9	Usmonova D	77	100	77	Moderate
10	AbdurahimovaSh	75	110	82.5	Moderate

Conditions of the energy potential of the cardiovascular system in girls 1 good. 7 Moderate. 2 poor. Determination of heart endurance coefficient by Kvass method.  $ChK = \text{Impulse} / \text{minute} \times 10_ / \text{Impulse pressure mm}$ .

**Assessment:** Normal endurance ratio is 16 - 19. An increase in the number of factors above 20 indicates that the heart has undergone detoxification (impaired heart function). This assessment is given in the following tables.

Table 4  
Kvass test results for girls.

1) №	Full name	Pulse	Pulse pressure mm	Kvass test score
1	Yo'ldashaliyevaSh	70	30	23 poor
2	Baydullayeva D	75	40	18.7
3	O'ktamovaSh	78	40	19.5 poor
4	Mullajonova G	74	40	18.5
5	RobilovaSh	76	40	19
6	Turg'unova M	78	40	19.5 poor
7	Ro'ziboyeva M	76	40	19
8	Qo'ziyeva M	74	40	18.5
9	Usmonova D	77	40	19.25
10	AbdurahimovaSh	75	40	18.75

According to the girls' kvass test, cardiac endurance was rated as 7 as average and 3 as poor.

Table 5  
Kvass test results of men

№	Full name	Pulse	Pulse pressure mm	Kvass test score	Assessment
1	O'lmasov A	80	40	19	Moderate
2	Jo'raboyev B	88	40	22	Poor
3	Egamberdiyev M	76	40	19	Moderate
4	MadaminovSh	80	40	20	Poor
5	Muhammadaliyev M	68	40	17	Good
6	Bo'taboyev B	76	50	15.2	Poor
7	Soliyev M	70	60	11.6	Poor
8	Nishonov B	75	40	18.75	Moderate
9	RaimjonovSh	68	40	17	Good
10	Madaminov M	66	40	16.5	Excellent

According to the kvass test, the men got 1 excellent, 2 good, 3 moderate and 4 poor scores.

## CONCLUSIONS

According to Robinson's test:

1. Conditions of the energy potential of the cardiovascular system in young men 30% excellent, 40% good, 30% poor.
2. The state of the energy potential of the cardiovascular system in women 10% for good. 70% for moderate. 30% were rated as poor.

On kvass test:

3. The state of cardiac endurance of girls according to the results of the kvass test 70% were rated as moderate and 20% were rated as poor.
4. According to the kvass test, the guys got a rating of 10% excellent, 20% good, 30% moderate and 40% poor.

The similarity of the results obtained between the tests of Robinson and Kvass

A study of the degree of dependence of these tests is required.

### Correlation analysis.

According to the results obtained from the guys:  $X =$  kvass test results.  $U =$  Robinson test results.  $X = 7.15$   $y = 88.58$   $Dx = 3.5$   $Dy = 61.2$   $r = + 0.45$   $t_{st} = -24.2$   $p = 0.01$   $t_{cf} = 2.15$  Analysis of variance.

Indicators	ss	df	MS	F	P	Tkp
Among Groups	15094.6	1	15094.6	<b>4.66</b>	0.01	4.96

Within-groups	323.8	10	32.38			
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Results of the women:

Correlation analysis:

$$X = 18.6 \quad Y = 78.76 \quad Dx = 0.11 \quad Dy = 38.2$$

$$r = + 0.28 \quad t_{st} = 23.5 \quad P = 0.01 \quad t_{kp} = 2.13$$

Analysis of Variance:

Indicators	ss	df	MS	F	P	Tkp
Among groups	8946.0	1	9946.0	<b>536.7</b>	0.01	3.31
Within groups	323.8	10	32.38			

Correlation analysis and analysis of variance show that although these tests were numerically different from each other, the fact that there was a direct correlation of values between the two tests showed their reliability and validity.

