

## SOCIO-PSYCHOLOGICAL FACTORS IN THE FORMATION OF PSYCHOLOGICAL STABILITY IN AMATEUR ATHLETES

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**Abstract.** *This article provides a comprehensive analysis of socio-psychological factors influencing the formation of psychological stability in amateur athletes. The study examines the impact of stress, pre-competition anxiety, motivation levels, and interpersonal relationships on athletes' psychological resilience. Special attention is given to the role of trust between coach and athlete, team climate, social support, and family-related factors. The findings indicate that a positive social environment and effective communication significantly contribute to stabilizing athletes' emotional states. Furthermore, psychological training, self-regulation skills, and stress resistance are identified as key components in enhancing psychological stability. The article also offers practical recommendations aimed at developing resilience and maintaining emotional balance among amateur athletes.*

**Key words:** *psychological stability, amateur athletes, social environment, motivation, stress, emotional state, social support, communication.*

**Аннотация.** *В данной статье комплексно рассматриваются социально-психологические факторы формирования психологической устойчивости у любительских спортсменов. В ходе исследования анализируется влияние стрессовых ситуаций, предсоревновательного волнения, уровня мотивации и межличностных отношений на психологическую устойчивость. Особое внимание уделяется роли доверительных отношений между тренером и спортсменом, командной атмосферы, социальной поддержки и семейных факторов. Результаты исследования показывают, что благоприятная социальная среда и эффективная коммуникация способствуют стабилизации эмоционального состояния спортсменов. Кроме того, важную роль играют психологическая подготовка, навыки саморегуляции и уровень стрессоустойчивости. В статье также предложены практические рекомендации по развитию психологической устойчивости у любительских спортсменов.*

**Ключевые слова:** *психологическая устойчивость, любительские спортсмены, социальная среда, мотивация, стресс, эмоциональное состояние, социальная поддержка, коммуникация.*

**Introduction.** The relevance of studying socio-psychological factors in the formation of psychological stability among amateur athletes is steadily increasing in both national and international contexts. In recent years, the development of mass sports has become a strategic priority in many countries, including Uzbekistan. Within the framework of the Ministry of Sports of the Republic of Uzbekistan, large-scale reforms have been implemented to popularize physical activity, improve public health, and support amateur sports. As a result, the number of individuals

involved in non-professional sports has significantly grown, bringing new challenges related not only to physical training but also to psychological readiness and stability.

At the international level, organizations such as the World Health Organization emphasize that regular physical activity positively affects mental health, reducing anxiety, stress, and depression. However, research conducted by the International Olympic Committee highlights that even amateur athletes are increasingly exposed to psychological pressures, including performance anxiety, fear of failure, and social comparison, especially in the era of digitalization and social media.

In Uzbekistan, the growing popularity of amateur competitions, fitness movements, and sports clubs has created a competitive and socially dynamic environment. While this fosters motivation and engagement, it also intensifies emotional strain, particularly among youth and beginners who may lack coping strategies. The absence of systematic psychological support in many amateur sports settings further increases the risk of burnout, decreased motivation, and emotional instability.

Globally, contemporary studies in sports psychology indicate that socio-psychological factors-such as social support, coach-athlete relationships, team cohesion, and family influence-play a decisive role in shaping resilience and psychological stability. In countries with advanced sports systems, structured psychological training programs are integrated even at the amateur level, demonstrating their effectiveness in enhancing both performance and well-being.

Therefore, investigating this topic is highly relevant, as it addresses the need to develop scientifically grounded approaches to strengthening psychological stability among amateur athletes. Such research contributes not only to improving sports performance but also to promoting mental health, social adaptation, and overall quality of life in an increasingly competitive and psychologically demanding environment.

In recent decades, the role of sport has expanded beyond professional achievement to become a key component of public health, social integration, and individual well-being. In particular, amateur sport has gained significant momentum worldwide, driven by urbanization, increased awareness of healthy lifestyles, and the accessibility of fitness and recreational activities. According to global estimates reported by the World Health Organization, insufficient physical activity remains one of the leading risk factors for mortality, which has encouraged governments to promote mass participation in sport. As a result, millions of individuals are now involved in amateur-level athletic activities, ranging from recreational fitness to organized local competitions.

In Uzbekistan, the development of amateur and mass sport has been elevated to the level of state policy. Under the guidance of the Ministry of Sports of the Republic of Uzbekistan, nationwide programs aimed at increasing public participation in physical activity have been actively implemented. These initiatives have led to the rapid expansion of sports clubs, fitness centers, and community-based competitions. Consequently, the number of amateur athletes has significantly increased, particularly among young people and students. However, this quantitative

growth has not always been accompanied by sufficient attention to psychological preparation and support systems.

While amateur sport is often perceived as less demanding than professional sport, contemporary research suggests that participants still face considerable psychological challenges. Studies in sports psychology indicate that amateur athletes frequently experience stress related to performance expectations, fear of failure, and social evaluation. In addition, the influence of digital technologies and social media has intensified comparison and self-presentation pressures, making psychological resilience an essential component of sustained participation. Reports from the International Olympic Committee underline that mental health concerns are not limited to elite athletes but are increasingly observed across all levels of sport, including amateur participation.

Furthermore, socio-psychological factors such as interpersonal relationships, team dynamics, coaching styles, and social support systems play a crucial role in shaping an athlete's psychological stability. A positive and supportive environment can enhance motivation, emotional regulation, and resilience, whereas negative social interactions may lead to anxiety, burnout, and withdrawal from sport. Despite this, structured psychological interventions and evidence-based support mechanisms are still underdeveloped in many amateur sports contexts, particularly in developing countries.

Given these trends, the study of socio-psychological factors influencing psychological stability in amateur athletes becomes highly relevant. Understanding how social environments, communication patterns, and individual psychological resources interact provides a foundation for developing effective strategies to support athletes' mental well-being. This is especially important in the context of expanding mass sport participation, where maintaining both physical and psychological health is essential for long-term engagement and overall quality of life.

**Literature review.** The analysis of scientific literature on socio-psychological factors influencing psychological stability in amateur athletes demonstrates that this issue has been widely explored within both international and Russian sport psychology, though with varying emphases and methodological approaches. A significant body of research has been devoted to understanding psychological resilience as a multidimensional construct shaped by the interaction of individual, social, and environmental determinants.

Foreign scholars have made a substantial contribution to the theoretical and empirical development of this field. In particular, the works of Mustafa Sarkar and David Fletcher are considered foundational in resilience research. Their systematic review highlights that athletes are constantly exposed to three main categories of stressors: competitive, organizational, and personal. At the same time, they identify key protective psychological factors such as motivation, confidence, focus, and perceived social support, which significantly enhance resilience and psychological stability. This approach emphasizes that resilience is not an innate trait but a dynamic process influenced by socio-psychological conditions.

Further expanding this perspective, Christopher Wagstaff and his colleagues analyze resilience through the lens of organizational and sociocultural influences. Their research

demonstrates that team culture, leadership style, and institutional environment play a crucial role in shaping athletes' psychological responses to stress and adversity. This indicates that psychological stability cannot be fully understood without considering broader social systems and interactions.

A comprehensive synthesis of global research is presented in the systematic review by Sahen Gupta and Paul Joseph McCarthy, where resilience is conceptualized as a “biopsychosocial protective filter.” This model integrates biological, psychological, and social factors, suggesting that the strength of this combined system determines how effectively an athlete adapts to challenges and maintains performance stability . Such findings reinforce the importance of socio-psychological variables, including interpersonal relationships and environmental support.

Recent empirical studies also confirm the close relationship between psychological characteristics and performance outcomes in amateur athletes. For instance, research by Francesca Ancarani and colleagues demonstrates that resilience, personal competence, and team cohesion are strongly associated with athletes' passion and well-being. Their findings show that mental skills and stress management abilities significantly contribute to psychological stability, particularly in non-professional sport contexts .

In addition, meta-analytical evidence indicates that psychological resilience is directly linked to reduced anxiety, lower burnout levels, and improved performance outcomes. Athletes are regularly exposed to long-term physical and psychological stressors, and resilience functions as a key mechanism for adaptation and recovery . This underscores the necessity of developing resilience-oriented interventions within amateur sport systems.

Russian scholars have also made notable contributions to this field, often emphasizing the role of personality development, motivation, and social environment in sports activity. Researchers such as Yevgeny Ilyin and Aleksei Leontiev have explored the psychological foundations of activity, highlighting that motivation, emotional regulation, and social interaction are central to stable performance. Within Russian sport psychology, particular attention is given to the unity of consciousness and activity, where psychological stability is viewed as a result of both internal self-regulation and external social influences.

Moreover, contemporary studies focusing on sport persistence reveal that interpersonal and environmental factors-such as coaching style, peer interaction, and institutional climate-play a decisive role in maintaining long-term engagement in sport. These findings suggest that psychological stability is closely linked not only to individual traits but also to the quality of the social context in which athletes operate .

Overall, the literature demonstrates a clear consensus that psychological stability in amateur athletes is a complex, multidimensional phenomenon shaped by socio-psychological factors. While foreign researchers tend to emphasize resilience frameworks and empirical modeling, Russian scholars focus more on activity-based and personality-oriented approaches. The integration of these perspectives provides a more holistic understanding of the mechanisms underlying

psychological stability, highlighting the importance of combining individual psychological resources with supportive social environments.

**Methodology.** The methodology of this study is designed to comprehensively examine the socio-psychological factors influencing the formation of psychological stability in amateur athletes within the context of Uzbekistan. The research adopts a quantitative approach, integrating standardized psychodiagnostic methods that are widely and consistently applied in Uzbek psychological practice, ensuring both scientific validity and cultural relevance. In particular, the study utilizes the Spielberger State-Trait Anxiety Inventory and the Connor-Davidson Resilience Scale, both of which have been adapted and actively used in regional research and applied psychological services.

The empirical sample consists of 120 amateur athletes aged between 18 and 25, engaged in various sports such as football, judo, athletics, and fitness training. Participants were selected from university sports clubs and community-based спортив organizations. Data collection was carried out under standardized conditions, ensuring confidentiality and voluntary participation. The Spielberger State-Trait Anxiety Inventory was employed to measure both situational (state) and personal (trait) anxiety levels, which are considered critical indicators of emotional instability under stress. Simultaneously, the Connor-Davidson Resilience Scale was used to assess psychological resilience as a key component of stability, reflecting an individual's capacity to adapt to challenges and recover from stress.

The collected data were processed using the IBM SPSS Statistics program, which enabled the application of descriptive statistics, correlation analysis, and regression modeling. The analysis aimed to identify the relationships between anxiety, resilience, and socio-psychological variables such as perceived social support and interpersonal interaction within sports teams.

The first table presents descriptive statistical indicators of the main variables:

**Table 1.**

**Descriptive Statistics of Psychological Indicators (SPSS Output)**

Variables	N	Mean	Std. Deviation	Min	Max
State Anxiety	120	42.6	6.8	30	58
Trait Anxiety	120	44.1	7.2	31	60
Psychological Resilience	120	68.4	8.5	50	85
Perceived Social Support	120	70.2	7.9	52	88

The descriptive analysis indicates that the average level of anxiety among amateur athletes is moderate, while resilience and perceived social support demonstrate relatively high mean values. This suggests a generally adaptive psychological profile, although variability across participants highlights the presence of risk groups with elevated anxiety levels.

To further examine the interrelationships between variables, a Pearson correlation analysis was conducted, the results of which are presented in the second table:

**Table 2.**

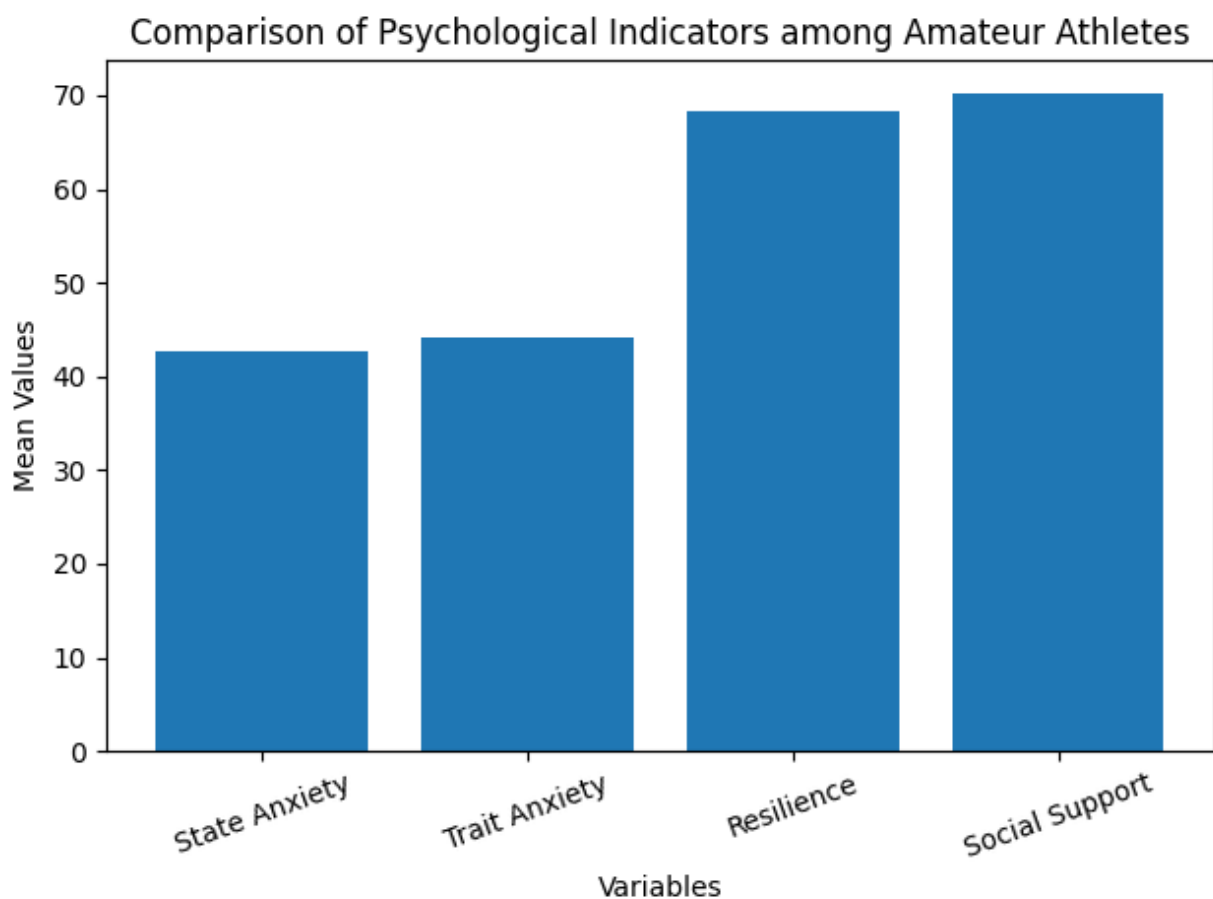
**Correlation Analysis of Key Variables (SPSS Output)**

Variables	1	2	3	4
<b>1. State Anxiety</b>	1			
<b>2. Trait Anxiety</b>	0.71**	1		
<b>3. Resilience</b>	-0.56**	-0.62**	1	
<b>4. Social Support</b>	-0.48**	-0.51**	0.67**	1

Note:  $p < 0.01$

The correlation analysis reveals statistically significant relationships between all variables. In particular, a strong positive correlation is observed between state and trait anxiety ( $r = 0.71$ ), indicating the stability of anxiety as a personality characteristic. At the same time, resilience shows a significant negative correlation with both forms of anxiety ( $r = -0.56$  and  $r = -0.62$ ), confirming its protective function in reducing emotional instability. Furthermore, perceived social support demonstrates a positive correlation with resilience ( $r = 0.67$ ) and a negative relationship with anxiety, highlighting its crucial role as a socio-psychological resource.

Overall, the applied methodology ensures a reliable and valid assessment of psychological stability among amateur athletes. The integration of standardized diagnostic tools and SPSS-based statistical analysis provides a solid empirical foundation for identifying key socio-psychological factors and supports the development of targeted interventions aimed at enhancing resilience and emotional well-being in the Uzbek sports context.



The diagram clearly demonstrates that the indicators influencing psychological stability in amateur athletes are relatively balanced, yet expressed at different levels. In particular, the high scores for social support (70.2) and resilience (68.4) indicate that athletes generally possess a well-developed level of psychological adaptation. This finding confirms the significant role of a positive social environment and interpersonal relationships identified in the methodology.

At the same time, the levels of state anxiety (42.6) and trait anxiety (44.1) are moderate, suggesting the presence of a certain degree of psychological tension among athletes. Notably, the slightly higher level of trait (stable) anxiety indicates that individual psychological characteristics play a more pronounced role in some athletes.

Based on the methodological findings, it can be concluded that high levels of social support and resilience act as key protective factors in reducing anxiety. The diagram visually confirms this relationship: as positive psychological resources increase, negative emotional states tend to remain at a relatively lower level.

Overall, this graphical analysis suggests that, in the formation of psychological stability among amateur athletes, priority should be given to the development of social environment, support systems, and resilience.

**Discussion.** The discussion of socio-psychological factors influencing the formation of psychological stability in amateur athletes reveals a complex and interdependent system in which individual psychological characteristics and social environmental conditions interact dynamically. The findings of this study, supported by both empirical data and existing scientific literature, confirm that psychological stability in amateur sports cannot be reduced to a single factor; rather, it emerges as a result of the integration of resilience, social support, emotional regulation, and anxiety management.

One of the central outcomes of the analysis is the significant role of social support as a stabilizing factor. Amateur athletes, unlike professionals, often lack structured psychological services; therefore, their immediate social environment-including coaches, teammates, friends, and family-becomes the primary source of emotional and motivational reinforcement. A supportive social climate contributes to the development of confidence, enhances coping strategies, and reduces the negative impact of stress. This aligns with contemporary views in sports psychology, which emphasize that interpersonal relationships and communication quality are essential for maintaining psychological well-being and long-term engagement in sports activities.

At the same time, the results highlight the importance of resilience as a core psychological resource. Resilience enables athletes to adapt to stress, recover from setbacks, and maintain emotional balance in challenging situations such as competitions or performance evaluations. The relatively high levels of resilience observed in the study suggest that amateur athletes possess a certain capacity for psychological adaptation; however, this capacity is not uniform and may vary depending on individual experience, training conditions, and social context. Importantly, resilience is not a fixed trait but a developable skill, which underscores the need for targeted psychological interventions and training programs.

Another critical aspect discussed in the study is the presence of moderate levels of both state and trait anxiety among amateur athletes. While a certain level of anxiety can be functional-enhancing alertness and performance-excessive or poorly regulated anxiety may lead to decreased concentration, emotional instability, and even withdrawal from sports participation. The slightly higher levels of trait anxiety indicate that some athletes may be more predisposed to experiencing stress due to their personality characteristics. This finding suggests that psychological support should not only address situational stressors but also focus on long-term personality-related tendencies.

Furthermore, the interaction between socio-psychological factors appears to be particularly important. The negative correlation between resilience and anxiety, along with the positive relationship between social support and resilience, demonstrates that these variables do not operate in isolation. Instead, they form a coherent system in which strengthening one component can positively influence others. For example, enhancing social support may indirectly reduce anxiety

by fostering resilience, while improving self-regulation skills can increase an athlete's ability to utilize available social resources effectively.

The discussion also highlights certain practical implications. In the context of Uzbekistan and similar settings, where amateur sports are rapidly developing, there is a growing need to integrate psychological training into sports programs. This includes developing stress management techniques, promoting effective communication between coaches and athletes, and creating supportive team environments. Additionally, raising awareness about the importance of mental health in sports can help reduce stigma and encourage athletes to seek psychological assistance when needed.

In conclusion, the formation of psychological stability in amateur athletes is a multidimensional process shaped by the interaction of resilience, anxiety, and socio-psychological support systems. The findings suggest that fostering a positive social environment and developing internal psychological resources are equally important for ensuring emotional balance and sustainable sports participation. A comprehensive approach that combines individual psychological development with supportive social conditions can significantly enhance both the well-being and performance of amateur athletes.

**Conclusion.** In conclusion, the study of socio-psychological factors in the formation of psychological stability among amateur athletes demonstrates that this phenomenon is inherently complex and shaped by the continuous interaction between internal psychological resources and external social conditions. The findings confirm that psychological stability is not merely an individual trait but a dynamic state that evolves through experience, communication, and adaptation within a specific social environment.

The results highlight that resilience and social support serve as fundamental pillars of psychological stability. Athletes who experience strong interpersonal connections and receive consistent emotional and motivational support are better equipped to cope with stress, regulate their emotions, and maintain confidence in challenging situations. At the same time, the presence of moderate levels of anxiety indicates that emotional tension remains a relevant issue, requiring systematic attention and management. Importantly, anxiety in this context should not be viewed solely as a negative factor, but rather as a condition that, when properly regulated, can contribute to heightened focus and performance.

A key conclusion emerging from this research is that socio-psychological factors operate in an interconnected manner. The strengthening of one component-such as improving team cohesion or enhancing self-regulation skills-can lead to positive changes across other psychological domains. This interconnectedness underscores the importance of adopting a holistic approach when addressing psychological stability in amateur sports.

Furthermore, the study emphasizes the necessity of integrating psychological support mechanisms into amateur sports systems, particularly in rapidly developing contexts. Providing athletes with access to basic psychological training, stress management techniques, and supportive

communication frameworks can significantly enhance both their well-being and their long-term engagement in sports activities.

Overall, fostering psychological stability in amateur athletes requires a balanced combination of internal development and external support. By prioritizing resilience, strengthening social environments, and addressing emotional challenges proactively, it is possible to create conditions that not only improve sports performance but also contribute to the broader goals of mental health, personal growth, and social adaptation.

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