

STUDYING THE LEVEL OF STABILITY OF ADOLESCENT ATHLETES TO THE STATE OF STRESS

Eshmonov Otabek Bakhridin Oghli

Samarkand State University, Department of psychology teacher, independent researcher

ABSTRACT

This article highlights the results of scientific research conducted on the study of stress resistance in stressful situations and situations of teenage athletes.

Keyword. Teenage athletes, stress, stress resistance, level.