

## CAUSES AND WAYS TO ELIMINATE FEAR IN SCHOOLGIRL DURING THE ENDURANCE TEST

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The modern generation of young people grew up in completely different conditions than their grandparents and parents. They did not see war, deprivation, did not experience need. Living conditions were favorable. In this regard, psychologists note the pampering and spoiled nature of the modern generation.

In addition to today's rapid development of society, the quality of life of people has improved significantly, which leads to weakness of will and lack of patience. Therefore, when passing the endurance test, more girls experience a strong fear of running a middle distance and the sensations of the body that arise during the distance

*The purpose of the work is* – to identify the reasons for the emergence of fear during endurance running in schoolgirls.

**Material and methods.** The study involved 36 girls from a school in China. Research methods: theoretical analysis and generalization of literary sources, survey, testing, mathematical statistics.

**Results and discussion.** We analyzed the results of 800-meter running among schoolgirls. 73% of the subjects had low and below average results in endurance running. 65% reported feeling unwell, dizzy, and nauseous after the run. Only 18% reported feeling well. Thus, unpleasant physical sensations and the requirement to endure cause girls to have a negative attitude toward long-distance running.

As the survey and observation results showed, the practice of teaching physical education is not particularly attractive for girls due to the lack of new exercise content, and at the same time, with the use of uniform methods and a large volume of physical exercises, girls feel that physical education classes are boring.

The physical education teacher must provide theoretical training to students, explain the need for training the cardiovascular and respiratory systems, the importance of good endurance in life [2]. In order to maintain the interest of students, it is necessary to include various interesting tasks for developing endurance and active games in the educational process.

**Conclusion.** An analysis of the causes of the psychology of fear in the 800-meter run for girls will eliminate this fear. Cultivating motivation to overcome unpleasant physical sensations during endurance running during physical education classes will contribute to the development of volitional qualities of those involved. This will help avoid stressful situations that arise during the passing of control standards.

### **List of sources used**

1. Li, H. Athletics / H. Li. – The Beijing body Yu University, 2017. – P. 93–98.
2. Den, S. Physiology of Sport / S. Den. – Beijing Sport University, 2018. – P. 140–142.