

FACTORS OF PSYCHOLOGICAL CORRECTION IN THE TRAINING PROCESS

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Abstract. The main psychological factors, which influence on the athletes' trainings are determined: volitional, strategic, perceptive-aimed, anticipatory, managerial, psychophysiological, intellectual, introspective and motivational. The content and forms of their manifestation in competitive activities are examined. It is shown that the most significant factors are motivational, volitional and psychophysiological.

Key words: sports psychology, psychological correction, training of athletes, psychological factors.

INTRODUCTION. Nowadays new psychotherapeutic scientific foundations are appeared. Among them a synthesis of psychotherapeutic techniques, various directions trainings and psychological counseling in combination with national cultural and scientific traditions.

Intensive development of psychological technologies in modern society and their using as an instrument of stimulating athletes' performances effectiveness is a cause of wide attention to the search and development of new methods of psychological preparation and psychocorrection in sports.

The effectiveness of various methodics for psychocorrection in the elite sports [3, 8], the experience of the complex using psychotherapeutic methods [2]1.2, as well as researches about optimization of the training process by modern psychotechnologies [3, 5] is reflected in the scientific papers. However, the system of knowledge about the methods of athletes' psychological correction in modern sport has not been finally formed.

METHODS. Analysis of scientific literature data and survey were used. In expert survey took part 12 experts with a high level of skills in their field (6 – specialists in the field of sports science, 6 – highly qualified athletes). The concordance coefficient was calculated to determine the expert opinions consistency. According to the concordance coefficient a high level of consistency expert's opinions ($W=0,78$) was indicated.

RESULTS OF THE RESEARCH. The study of the scientific and methodological literature about psychological correction in the training process allowed us to formulate and systematize a number of key psychological factors that affect the athlete's mental state.

Key psychological factors are: volitional, strategic, perceptive-aimed, anticipatory, managerial, psychophysiological, intellectual, introspective and motivational. Most of the proposed psychological factors are unexplored, what pushed us to make more attention to it.

In the scientific literature the most explored psychological factors are: volitional, motivational and psychophysiological [1, 4, 6].

Volitional factor characterizes the psychological ability of an athlete to voluntarily mobilizing of volitional efforts to overcome obstacles, achieve goals, perform complex tasks, control emotions, etc.

Motivational factor shows which causes (motives) and to what extent encourage the athlete to struggle (victory in the competition).

Psychophysiological factor in our study includes the basic characteristics of the temperament type: strength and weakness, mobility and inertia, balance and imbalance of the nervous system according to I. Pavlov, as well as introversion-extraversion and neuroticism according to H. Eysenck [2, 6]. Additionally, the athlete's stress resistance (determines on the basis of indicators of psychological and physiological stress) and other indirect indicators is located in area of this factor influencing.

Less studied are the anticipatory and intellectual factors [3, 8].

Anticipatory factor allows to the athlete intuitively anticipate the actions of the opponent, to demonstrate accurate forestall reactions (especially in martial arts and game sports), helps to reduce the risk of injury. Athletes with a sensitive nervous system have well developed anticipation.

Intellectual factor in sport is manifested through the realization of the athlete's mental cognitive processes (thinking, attention, memory, etc.), which reflect his ability to cognize, understand and solve problems, and determine the effectiveness of strategy of achieving a competitive goal. Due to the intellect, the athlete can analyze the game situations, the actions of the opponent, his own mistakes, make conclusions, plan the preparation rationally, use the ability to abstract, quickly perceive and process information, etc.

Practically unexplored are strategic, perceptive-aimed, managerial and introspective factors. Thereby, let us explain their content.

Strategic factor determines the sequence of thoughts and actions of the athlete in order to obtain a result. In our study, it characterizes the direction of the athlete's actions to creation or destroying, the practical realization of plans or their ideological thinking, the predominance of strategic or tactical thinking. All these psychological aspects are important for the successful implementation of competitive activities but realizing psychic potential by athlete influence on the choosing the way to achieve the desired result. For instance, performing the same technical element (for example, scoring a goal in playing sports or striking in martial arts) the "destroyer" will have a mental attitude for destroying the opponent, demonstrating strength and aggression, and the "creator's" thoughts will be focused on beauty and accuracy of movement, pleasure from the process of struggle and professional success. Management of the strategic factor will be accented not on changing the athlete's attitude, but on maximization of the athlete's present psychic characteristics adaptation to the conditions of competitive activity.

Perceptive-aimed factor reflects the athlete's perception of his future (optimism-pessimism). The optimistic perception of life enables the athlete to make accent on best sides of people, things and phenomenon, to believe in themselves, in their victory and the favorable outcome of events, to seek for improvement and don't lose heart in difficult situations. At the same time, excessive optimism does not allow the athlete to see obstacles, neglect their significance, which can have both a positive and a negative impact on the sport result. Pessimistic perception is usually manifested in imaginary obstacles creates by athlete or exaggerating the importance of real problems, which usually leads to anxiety and stress increasing, especially during high physical and psychoemotional loads. On the other hand, pessimism helps to see the difficulties in achieving the goal. It can be used for developing programs to overcome these difficulties.

Managerial factor characterizes the role of the athlete in the team and his social functions (teacher-student, leader-followership, ideologist-performer). This factor is present in almost all sports, but mostly expressed in team game sports, as it is directly related to the playing role of the athlete. For example, forward or defender in football, ice hockey and basketball, the skip (team captain) in curling, who makes strategic decisions. This factor more often has an indirect character, expressed in interaction with the trainer and colleagues, and depends on the volitional, motivational and psychophysiological characteristics of the athlete.

Introspective factor is the most in demand, in our opinion, in the modern psychological athlete's preparation, because it determines the degree of his awareness, meaningful attitude to work and vision of the goal, which undeservedly is underestimated and often ignored in practice.

Introspect involves observing your own mental processes and experiences: thoughts, visualization and feelings. At the same time, self-analysis is carried out through reflection – immersion in one's own consciousness and rethinking of values, interests, motives, perceptions and reasons for decision-making, emotional reactions, behavioral patterns, etc. Due to the ability to introspection, an athlete can analyze his mistakes qualitatively, which will reduce his energy costs in future performances, and also prevent new ones, learn to recognize his strengths and weaknesses, which will give him an undoubted advantage over his opponents.

To assess the significance of psychological factors in the athletes' activities, we studied the experts' opinions and the priority of the factors influence was determined on their basis (Fig. 1).

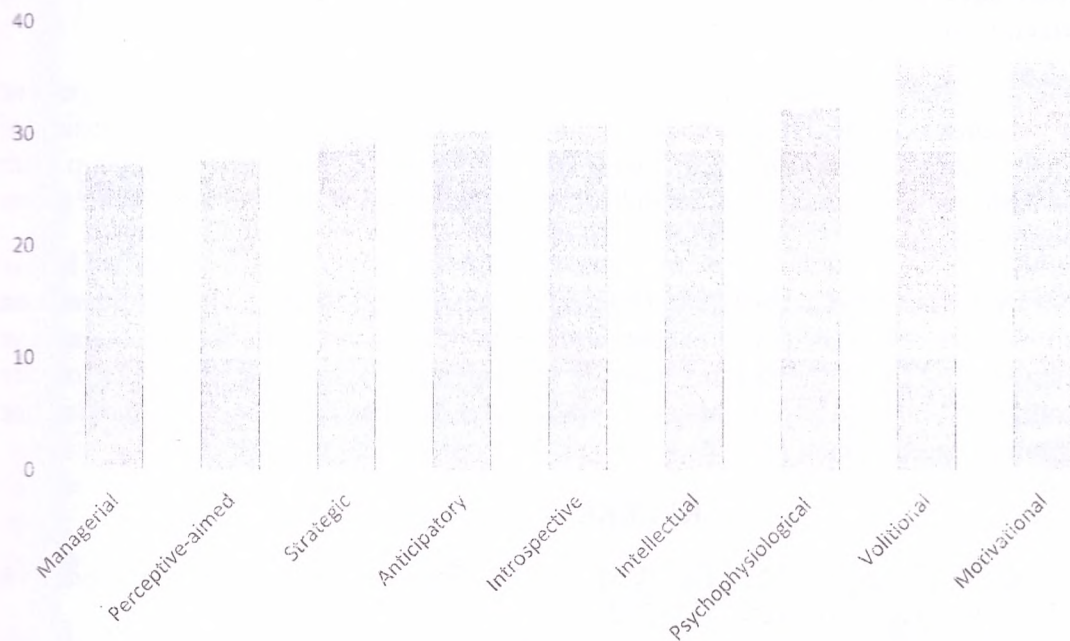


Fig. 1. Integral indicators of the main psychological factors affecting on the competition activity

In general, the analysis of the experts' opinions showed that the motivational and volitional factors (36.5 points) are leading among the integral indicators of the psychological factors, which influence on the athletes' activity. It confirms the established opinion [1, 3, 6]. The next important is the psychophysiological factor (32.3 points), which characterizes the genotypically conditioned properties of the athlete's psyche. Then, equally, the intellectual and introspective factors influence on the athlete's activity (30.8 points each), which can be regarded as complementary. In the absence of a correlation relationship between them, it is obvious that the degree of manifestation of the ability to self-knowledge or introspection, is largely determined by the functions of thinking, attention and memory. And vice versa, as more an athlete shows mindfulness and works on himself psychologically, as higher his intellectual capabilities. The lack of correlation between them is due to the fact that the intellectual factor predominates in the game sports, and introspective in the martial arts.

According to the integral evaluation of psychological factors' influence on the athlete's personality, less significant of them are anticipatory, strategic, perceptive-aimed and managerial. However, the place and contribution of these factors in the overall structure of psychological factors

indicate that they must be taken into account in developing programs for the psychological preparation of athletes. An interesting, that behavioral component combining these factors. So, the anticipation is manifested in the intuitive reactions of the athlete, especially in time limit conditions. Optimism or pessimism, which characterize the perceptive-aimed factor, form a characteristic way of thinking and determine the choice of actions (for example, in an unfavorable competitive situation surrender and stop making efforts or fight). The strategic and managerial factors reflect the athlete's behavioral style, which shows the way they achieve success. Here are reserves and prospects for scientific research in the psychology of sports in our opinion.

Analysis of the correlation relationship between psychological factors, which influence on the athletes' activity, indicates that the motivational factor greatly influences on the other factors, especially united by a behavioral component: strategic ($r=1,00$), perceptive-aimed ($r=0,67$), anticipatory ($r=0,99$) and managerial ($r=0,71$). Need to be noticed that all these factors have significant positive correlation relations among themselves. In addition, the perceptive-aimed and managerial factors have positive relationships with the intellectual factor ($r=0,91$ and $r=0,60$, respectively), which indicates the neediness for an analytical approach in these areas.

At the same time, the volitional factor has a high level of interrelation with the introspective ($r=0,81$), which indicates its reflexive character, or the neediness of an internal comprehension of volitional attitudes. The psychophysiological factor has a negative correlation relationship with introspective ($r=-0,86$), which reflects the low indices of introspection in gaming and cyclic sports with high psychophysiological.

DISCUSSION AND CONCLUSIONS. The main psychological factors, which influence on the athletes' trainings are determined. The content and forms of their manifestation in competitive activities are examined. Based on the expert survey, it is shown that the most significant factors are motivational, volitional and psychophysiological. And the most demanded and perspective for further studying is introspective factor.

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