

Bogdan Mytskan, Sergij Kurylyuk, Oleksandr Fotujma

Psychic qualities and their role in the system of psychological training of judoists

Idō - Ruch dla Kultury : rocznik naukowy : [filozofia, nauka, tradycje wschodu,
kultura, zdrowie, edukacja] 6, 248-251

2006

Artykuł został zdigitalizowany i opracowany do udostępnienia w internecie przez Muzeum Historii Polski w ramach prac podejmowanych na rzecz zapewnienia otwartego, powszechnego i trwałego dostępu do polskiego dorobku naukowego i kulturalnego. Artykuł jest umieszczony w kolekcji cyfrowej bazhum.muzhp.pl, gromadzącej zawartość polskich czasopism humanistycznych i społecznych.

Tekst jest udostępniony do wykorzystania w ramach dozwolonego użytku.

Psychic qualities and their role in the system of psychological training of judoists / Właściwości psychiczne i ich rola w systemie treningu psychologicznego judoków

Key words: psychology, mental training, judo

The article deals with the main aspects of the process of psychological training of judoists. Psychological training of a judoist is an integral part of the training process. In this context, quite important is rearing of psychic qualities as one of the most important components of general psychological training of sportsmen, which are connected with the specific activity of representatives of the given type of oriental duel.

Problems. The growth of results in the sport of higher achievements, tough competition on the international stage require a high level of preparation from the subjects of competitive activity. The ability to manage one's own movements well, which is based on mastering the mechanisms of the development of psyche is an important component of the training process of an athlete.

Under present conditions the psychological training of judoists is of great importance, which determines the search of ways, means and methods that are directed at the attainment of the optimal state of preparedness and successful realization of the abilities of a human organism in extreme situations.

The victory in sport to a great extent is determined by the individual psychological peculiarities of a person. In this context, investigation of psychic qualities as one of the most important units in the system of psychological training of judoists is quite significant.

Importance. In the process of sport activity an individual constantly develops and perfects himself. At that, there arise some problems of psychological nature, which are necessary to know and take into consideration in one's work [Филатова 1982].

Sport achievement, as well as other achievements of a person, are the result of interaction of external (financial, material) and internal (attitude to training, presence of dispositions) factors that can be interdependent. At that, the external factors influence success indirectly, evoking athlete's subjective states which determine his behaviour. A number of scholars think that every event happens against a certain psychological state, which conditions its passing, and as a result its change [„Физкультура и спорт” 1973].

A.V. Rodionov asserts that in the development of a person main role belongs to the external factors, which induce to the purposeful activity and have a manifold character [Родионова 1979]. V.P. Nekrasov stresses on the importance of situational factors of training and competitive activity, rational implement of which gives a possibility to cultivate necessary qualities, attitudes, motives that determine athlete's striving for high achievements and characterize him as a personality [Родионова 1979; Некрасова 1985]. At a present stage there arose a need to investigate the psychic qualities in the context of consideration of psychological training of judoists.

Purpose of this work was to define the essence of psychic qualities having learned their role in the system of psychological preparation of judoists.

Tasks. 1. To give characteristics of the main psychic qualities of judoists.

2. To view the peculiarities of the formation of judoists' psychic qualities.

Results of the investigation and their discussion. Numerous materials, accumulated by home and foreign specialists, represent different aspects of psychological training of athletes. The works of different scholars deal with separate issues of this problem. Thus, A.V. Rodionov into the process of psychological preparation includes the complex of psychological-pedagogical and medical-biological influences that are directed at the formation of a high level of trainedness, psychological reliability and readiness for participation in important competitions [Родионов 1982].

G.D. Gorbunov considers that the notion "psychological training" is not the broadest in the psychology of sport, it is only a part of professional provision of activity and singles out the

following components: psychodiagnostics, managing of state and behaviour of a person under training and competitive conditions [„Физкультура и спорт” 1973].

For the attainment of high results, it's necessary to know the peculiarities of the kind of sport and the demands required of the athlete, his psychological qualities and level of their perfectiveness [Колесник 1985]. Psychic qualities can be conditioned by natural dispositions that are polished up at the judo classes [Филатова 1982].

High level of development of psychic qualities is one of the important conditions of mental reliability and high potency of a judoist. However, the mechanisms of their formation are not sufficiently studied. Attention of sport psychologists is drawn mostly to the study of psychic processes and states of a sportsman [Стамбулова 2003]. R.V. Pavelkiv thinks that psychic processes are the primary regulators of a person's behaviour. They have certain dynamic characteristics, including the factors that determine durability and stableness of a psychic process. Psychic processes are closely connected and are the primary factors of the formation of person's psychic states. At the same time, psychic states influence the course and the result of psychic processes and can raise the effectiveness of activity or impede it [Павелків 2004]. The ability to regulate a psychic state is an essential part of wrestler's training. However, despite the fact that the importance of mental self-regulation is generally recognized and there are many mechanisms of its development, the systematic teaching of them in judo wrestling is hardly conducted. Only individual well-known sportsmen learn by themselves to regulate their psychic state [Колесник 1985].

The issue of development of the ability to self-mobilize and control one's emotional state, which is developed in the process of long-term purposeful training, acquires a specific meaning during the performance in the competitions and preparation for them [Родюнова 1979; Некрасова 1985].

The level of psychological preparedness determines the psychological state of the sportsman, which is very important and necessary for the sporting activity, revealing of psychological functions and is characterized by a certain level of their activity.

The matter of formation of psychic qualities of athletes is one of the aspects of general psychological problem of development of characteristics and abilities of a person based on the psychic processes and states [Павелків 2004]. Formation of psychic qualities on the basis of psychic processes have been viewed by authors from different positions: as a result of consolidation of the process in consequence of repetition of motor actions; as a result of generalization of processes; as a result of synthesizing various processes of one modality with the following consolidation and generalization of the generated system [Стамбулова 2003].

In our opinion, such trend of psychological provision of sporting activity though gives certain positive results over a short period of time, but cannot be considered quite reliable, as psychic states depend not only on the situation but also on the individual qualities of a person.

Judo puts forward extremely high criteria to the psyche of a person. For a present-day duel is characterized by high intensity. At that, the speed of sportsman's actions, under the conditions of momentary change of competitive situations, depends on their practical evaluation. The reaction must be adequate and timely.

The necessity to endure considerable physical and psychic loads, to resist tiredness – all this demands from the athlete a high level of development of psychological qualities, increases the demands on the development of cognitive sphere of a person, i.e. concentration of attention (ability to keep the concentration on important aspects of surroundings), formed imagination – kind of imitation that includes extraction from the memory of fragments of information of different experience and their transformation into the meaningful images (our brain is able to imagine what haven't yet happened), thinking of subjects of training and competitive processes [Некрасова 1985].

Judoist's thinking runs under the conditions that are constantly changing against the morpho-functional tension and is characterized by flexibility, creativity, ability to quickly make right decisions and realize them. Wrestler's thinking has a visual-effectual character, is based on the knowledge of judo techniques and tactics, requires quick orientation and momentary making of necessary decisions, is realized and tested by practical actions [Колесник 1985].

Will is a psychological phenomenon of very difficult complexity, which is characterized as a functioning part of mind, a special function of brain that allows a sportsman to control oneself

in the conditions of negotiation of obstacles of different difficulty, and comprises gnostic (intellectual), emotional (motivational) and operational (skills) components. The concrete demonstrations of will are volitional qualities [„Физкультура и спорт” 1973].

In rearing volition qualities of judoists the key factor is the orientation of activity on systematic negotiation of difficulties. Orientation on the achievement of high results, constant rise of training demands contribute to rearing of volition qualities

In literature, there differentiate the following volition qualities of judoists: courage, bravery, determination, self-dependence, purposefulness, persistence, endurance, self-control [Колесник 1985; Стамбулова 2003; Филатова 1982].

In practice, wide-spread are the cases when a sportsman who shows considerable results during training classes demonstrates much lower showing during the official competitions. The solution of this task is a component part of athlete’s training and is a development of psychic qualities, perfection of the ability to control one’s own behaviour.

For the rational influence on the judoist’s psyche it’s necessary to have objective information about functional and motor abilities of a wrestler, information about his mental state before each class. For this it’s necessary to exercise daily control of the sportsman’s health, to teach him the methods of autoregulation.

Special place in the development of psychic qualities belongs to the stage of initial and basic sport-training. For at this stage the basis for the formation of athlete’s effective activity is laid. One of the principal mental peculiarities that determines success in sport activity of each beginner is considered personal motives that brought the youth to judo. One of the problems of psychological training is preservation of sportsmen’s desire for constant perfection within a long period of time. During the last years, because of the abrupt rise of training and competitive extents of load, physical and mental tensions this problem has acquired special importance.

Motive is a key factor in the conscious and purposeful activity of a sportsman. It’s necessary to know what purpose the learner has set for himself, in what way he hopes to achieve it; at this, analyzing his behaviour and activity one should not only define the main objectives, but also those personal peculiarities that determine his life position, attitude to different aspects of reality. This will help to increase the trainer and sportsman’s work effectiveness in the solution of the tasks set [Филатова 1982].

On the basis of analysis of scientific data of the investigated problems we can make such conclusions:

1. Development of psychic qualities is one of the most important components of general psychological training of sportsmen. One of the main periods of rearing psychic qualities is the period of initial and basic sport-training of athletes. The peculiarities of the formation of psychic qualities of judoists are connected with the specific activity of the representatives of the given kind of oriental duel.

2. The system of psychological training presents all the aspects of external influence that are based on athlete’s knowledge, skills and experience, on the characteristics of his personal qualities, special preparation and individual methods of the negotiation of obstacles on the way to sport mastery. Disregard of psychological training in the conditions of training and competitive processes makes the mobilization of will efforts for the achievement of a high result by a sportsman impossible.

REFERENCES

1. Борьба дзюдо / Под ред. Коблев Я. К., Рубанов М. Н., Невзоров В. М. (1987) – М.: „Физкультура і спорт”, 160 с.
2. Павелків Р. В. (2004), Загальна психологія. – К.: 506 с.
3. Психология и современный спорт / Сборник научных работ по психологии спорта.- М.: „Физкультура и спорт”, 1973, 328 с.
4. Психология соревнующегося спортсмена / Под. ред. Родионова А. В. (1979), – М.: „Физкультура и спорт”, 224 с.
5. Психорегуляция в подготовке спортсменов / Под ред. Некрасова В. П. (1985), – М.: „Физкультура и спорт”, 176 с.

6. Родионов А. В. (1982), Психологические аспекты подготовки спортсменов высокого класса / Психология и современный спорт: Межд. Сб. науч. работ по психол. спорта.- М.: „Физкультура и спорт”, с. 311-360.
7. Спортивная борьба: Ежегодник / Под ред. Колесник Л. Ф. (1985) – М.: „Физкультура и спорт”, с. 57-61.
8. Стамбулова Н. Б. (2003), О формировании спортивно-важных психических свойств спортсмена // Спортивная психология в трудах отечественных психологов. – СПб-б.: Питер, с. – 64-73.
9. Эмоционально-волевая подготовка спортсменов / Под ред. Филатова А. Т. (1982), – К.: Здоров'я, 296 с.

Słowa kluczowe: psychologia, trening mentalny, jūdō

STRESZCZENIE

W artykule określone zostały podstawowe aspekty psychologicznego treningu judoków. Kształtowanie profilu psychologicznego stanowi istotną część procesu wyszkolenia kadry.