

PSYCHOLOGICAL TRAINING OF ATHLETES

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Abstract: The article presents the results of studying the psychological training of athletes of various qualifications of different levels and individuals who do not have persistently expressed interests, and also discusses the reasons for various types of aggression, depending on their level of training.

Key words: Athlete, psychological preparation, sports qualification, aggression.

French psychotherapist Pierre de Coubertin, fascinated by the history of Ancient Hellas, while still a student at the Paris University of the Sorbonne, decides to combine sport, which makes people perfect, strong and enduring with psychology. Largely thanks to his selfless devotion, international public activity in 1894, the founding congress of the International Olympic Committee (IOC) was held. Coubertin owns the term "sports psychology", which appeared in 1896. At the 1913 IOC Congress, the first ever symposium on sports psychology was held.

More than a hundred years have passed, modern psychology has more than a dozen applied areas. As for the psychology of sports, the following questions are still being discussed: is it an independent applied direction of psychological science, or is it one of the academic disciplines at the coaching faculties; what psychology can give to the practice of sports; who can or should be a sports psychologist.

Sport is a special human activity, which, first of all, is associated with great physical stress and requires the athlete to maintain stable positive motivation for daily loads, the formation of an active internal attitude towards self-improvement, self-education and self-development. As a result, such a specific activity leads to the formation of professionally important mental qualities and personality traits in an athlete, which are significant both for a particular sport and useful in everyday life.

Sports psychologists and experienced coaches believe that without knowing the characteristics of the needs-motivational sphere of a young athlete, it is difficult to "bring" him to competitions, to form a stable, "effective" motivation for achieving success. A coach, armed with information about the personal motivation of his ward, acts as a subtle creator and a true creator of his sports result.

Speaking about motivation, it should be emphasized that it is one of the manifestations of an athlete's personality traits. Leading motivation, like character, is formed throughout a person's life, starting from early childhood. The nature of the motivation for achieving success (the need to be the first in everything, dissatisfaction with the loss, the need for recognition of personal achievements, the propensity for active motor actions, the position of a leader in communicating with peers, etc.) in childhood is mainly determined by the characteristics of the child's psyche.

Modern sports activities aimed at achieving the highest results in various sports are characterized by a steady and significant increase in sports performance, a significant expenditure by participants in sports competitions not only physical, but also mental energy. According to a number of researchers dealing with this problem, even a very well physically and technically prepared athlete cannot win (for which he is potentially fully prepared) if he has insufficiently developed mental qualities and psychological personality traits necessary for this.

When studying the formation of the psychological stability of athletes, we found that the accumulated, both positive and negative energy can be expressed in certain forms of aggression, and the psychological preparation of the athlete in this regard is of the same great importance, since otherwise increasing the athlete's mood for victory, we increase its aggressiveness. A distinctive feature of sports activity and modern sports, in comparison with many other types of activity, is that sport is an activity that always requires overcoming certain difficulties, endurance, patience and psychological endurance.

Many studies of psychologists are devoted to the study of perseverance, patience, perseverance of athletes, but self-esteem also plays an important role in the psychological preparation of athletes, since an adequate assessment of their capabilities, optimal preparation for competitions, and taking into account the capabilities of the individual will depend on it.

Having studied the literature on this topic, we were able to draw the following conclusions:

1. Aggressiveness is a personality trait, expressed in the preference for the use of violent methods to achieve their goals. There are two forms of manifestation of aggression: non-destructive aggressiveness and hostile destructiveness.

2. Self-esteem and aggressiveness are inextricably linked to each other as follows:

- the regular inability to satisfy their own needs can cause aggression;
- adequate self-esteem contributes to the constructive expression of dissatisfaction with oneself and others.

3. Practicing various kinds of sports activity contributes to the constructive transformation of negative aggressive tendencies.

4. High-class athletes have such personality traits as emotional self-control, which allows them to restrain high aggressiveness and anxiety, a high level of intellectual development, and a strong nervous system.

The following features of the relationship between aggressiveness and self-esteem were revealed:

1. In athletes, adequate self-esteem affects a positive assessment of their health, inadequate - they consider their health as bad, which contributes to irritation, suspicion, decreased activity, overestimated self-esteem contributes to the emergence of resentment.

2. For the younger generation that does not have persistent interests:

- adequate self-esteem improves mood, well-being and activity;
- overestimated self-esteem for mental abilities increases the likelihood of indirect aggression, negativism;
- high self-esteem for wealth contributes to an increase in physical aggression and resentment, and a decrease in verbal.

Between athletes and people who do not have persistently expressed interests, the following conclusions can be drawn:

- increasing self-esteem helps to reduce verbal aggression, increases activity and mood;

- overestimated self-esteem for mental abilities is positively associated with the manifestation of negativism and resentment, while with high health and high activity.

Thus, sports activity requires from athletes, regardless of the type of sport, the level of sports training and qualifications, the development of a large complex of mental processes and states that literally permeate all aspects of the athlete's activity during the training process and competitive activity, but not development in general, but taking into account the specifics of each sport.

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