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А. Р. Кутырина

Влияния жизнестойкости на спортивные достижения спортсменов-волейболистов

В статье обосновывается роль жизнестойкости в игровых видах спорта. На примере волейбола рассматриваются стрессовые ситуации, возникшие в соревновательной деятельности и требующие от волейболистов высокого уровня жизнестойкости для достижения спортивного результата.

Ключевые слова: жизнестойкость, спортсмены волейболисты, спортивные достижения.

The impact of hardiness on sports achievements of volleyball athletes

The article substantiates the role of resilience in game sports. On the example of volleyball, we consider stressful situations that arise in competitive activities, which require volleyball players to have a high level of resilience to achieve sports results.

Keywords: resilience, volleyball players, sports achievements.

Volleyball is one of the most successful sports in our days. Unlike individual sports such as tennis, gymnastics, and martial arts, this is a team sport where teamwork and collaboration are of paramount importance. Pass, set, kick, block, and other sequences in volleyball occur in the blink of an eye, so here each player must be ready to contribute and use their full potential on the court so that their team can score a point.

Achieving a good competitive level in this sport requires strong arms, powerful strikes, high jumps, defensiveness and blocking skills. These qualities and skills can be developed through intensive training. In training, athletes also learn to organize and carry out attacks, change and apply team tactics, think over and implement unique strategies. In addition, team sports are characterized by the need for good cooperation with all team members and coaches.

High sports results place high physical and psychological demands on athletes. Consequently, the number of stressful situations and their importance in teamwork is much higher than in non-team sports, and intense training combined with short recovery periods lead athletes to overload and exhaustion. The stress that athletes are exposed to can lead to health problems, and in the end, it often happens that due to increased psycho emotional burnout and reduced well-being throughout the competitive season, volleyball players leave the sport.

A volleyball player is primarily a person engaged in sports, which is characterized by age and individual characteristics.

In the psychology of sports, it is customary to understand the personality — as a holistic formation, which includes many characteristics and

elements, united by certain connections [1]. Each personality is formed and developed according to his or her innate qualities and abilities. Social factors also influence the formation of personality. Practice shows that social factors of personality formation are more significant. The definition of personality given by V. Yadov seems to be satisfactory: «Personality is the integrity of human social properties, the product of social development and the inclusion of the individual in the system of social relations through active activity and communication» [2]. In accordance with this view, the personality develops from a biological organism exclusively through various types of social and cultural experience. At the same time, the presence of innate abilities, temperament and predisposition that significantly affect the process of forming personal traits is not denied [2].

For volleyball players to develop personality traits necessary for this kind of sport, is required good psychological preparation, which is revealed through the system of psychological, pedagogical and social influence. In sports activities, the formation of an athlete's personality, starting from a young age, is considered as a specially organized, purposeful and controlled process using methods of training and education. In accordance with the goals and objectives of training an athlete, his age and individual characteristics, methods of forming consciousness, organizing activities, forming and stimulating the experience of behaviour are selected.

To be psychologically prepared means to be able to control and regulate your own thoughts, emotions, and mental processes, as well as to control the environment in order to be able to adapt to the situation and effectively use every moment of the game.

Phenomenology, reflecting various aspects of personal potential, in different approaches in foreign and domestic psychology was denoted by such concepts as will, ego strength, internal support, locus of control, action orientation, will to meaning, etc. From the point of D. A. Leontyev's view, this concept in foreign psychology corresponds to the concept of «zhiznestoykost'» or introduced by S. Maddi to such a concept as «hardiness».

Through deepening attitudes of commitment, control and challenge (acceptance of the challenge of life), designated as «hardiness», a person can simultaneously develop, enrich his potential and cope with the stresses encountered on his life path [3].

According to M. V. Loginova, hardiness is a belief system and a key resource for overcoming stressful situations, it is the ability and willingness of the subject to take an interest in situations of increased complexity, control them, manage them, be able to perceive negative events as experience and successfully cope with them [4].

L. N. Rogaleva, V. R. Malkin, T. A. Fassakhova, D. K. Gevorkyan in their article «Hardiness as a personal resource of athletes» provide data on the influence of sports on the development of athletes' hardiness. Hardiness is considered here as a personal resource of athletes that allows them to achieve a higher level of skill and successfully cope with stress at competitions [5]. The relationship between the success of activity (performance) under stressful conditions and hardiness was shown in a study of basketball players [6]. As a result of a study carried out on athletes of the Faculty of Physical Culture and Sports, University of Tehran, it was found that there is a positive correlation between hardiness and its components (commitment, control and challenge), with athletic performance and psychological well-being [7].

Despite the fact that the phenomenology of hardiness, its laws and mechanisms have recently received a lot of attention in sports psychology, the impact of hardiness on the sporting achievements of volleyball athletes is a problem that has been poorly studied and insufficiently developed. A deep study of the problem of volleyball players' hardiness is one of the most relevant interdisciplinary problems, the understanding of which is just beginning and requires further scientific development. In sports, various personal and social factors can cause both the development of sports and the premature end of a sports career. Stressful conditions, burnout syndromes, professional deformity are not many negative effects that a volleyball player should be able to cope with, and for this, an athlete should have a high level of hardiness.

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Д. С. Лысенко, Е. С. Снегирева

Современные подходы к развитию навыков саморегуляции и стрессоустойчивости спортсменов

В экспериментальном исследовании была усовершенствована методика саморегуляции с учетом характерных черт адаптационных процессов представителей разных поколений. Методика была адаптирована для тренировочного процесса в синхронном плавании с целью коррекции стрессоустойчивости спортсменов. Использование методики способствовало повышению результатов выступлений на соревнованиях.

Ключевые слова: саморегуляция, адаптация, синхронное плавание, надежность спортсмена, стрессоустойчивость, ресурсные состояния.

D. Lysenko, E. Snegireva

Modern approaches to development of the self-regulation skills and stress resistance of athletes

The self-regulation technique was improved taking into account the characteristic features of the adaptation processes of different generations representatives. The technique was adapted for the training process in synchronized swimming in order to correct the stress resistance of athletes.

The use of the technique helped to improve the results of performances at competitions.

Keywords: self-regulation, adaptation, synchronous swimming, reliability of an athlete, stress resistance, resource states.