
Formation and Development of Psychological Readiness of Young Sambo Fighters

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Abstract: The article provides a theoretical justification for the need for psychological training of young sambists. The purpose of the study was: 1. Experimental substantiation of the psychological training of young sambists by means of psychological and pedagogical influence. 2. Development of a system of classes to improve the psychological preparedness of young sambo wrestlers of the older age category (16-17 years old).

Key words: psychological preparation, psychopedagogy, young wrestlers (sambists), mental training, sports psychology, system of methods, moral-volitional training.

Introduction. A high level of psychological readiness is necessary for the transition to the sport of the highest achievements; therefore purposeful work on its formation is required. At the present stage of sports development, when the objective indicators of sports records and achievements have reached the limits of the natural capabilities of the human body, psychological support becomes an integral part of sports activities [1, 2, 3].

At the level of preparation for the sport of the highest achievements, psychological support is provided, but at the moment this experience is fragmented and not systematized. One of the important tasks of the psychological support of an athlete is to find and use the psychological resources for the growth of sports results. Such an opportunity is given by the study of the problem of the psychological preparedness of athletes, as a criterion for the effectiveness of sports activities [4, 5, 6].

In the conditions of an equal sports struggle, it is the best psychological readiness that becomes the decisive factor that makes it possible to most effectively demonstrate the physical, technical, tactical and theoretical preparedness of an athlete [7, 8]. Therefore, the stability of the athlete's psyche is one of the factors that largely determines his achievements. Psychological and pedagogical influence in sports is a universal tool that allows to increase the overall preparedness of athletes and thereby improve their performance [9, 10, 11].

At present, various methods of psychological and pedagogical influence have been developed in the field of practical psychology. The system of methods of moral and volitional training of athletes traditional for sports psychology in the system of mental training is supplemented by autogenic, ideomotor, plot-role mental training of athletes, methods of mental rehearsal of competitions [12, 13, 14].

But the scope of their application is the educational process. There are practically no developments on the use of these psychological methods in sports activities, taking into account the characteristics of a particular sport. Therefore, our study is an experience of applying specific methods of psychotherapy in such a sport as sambo [15, 16].

After the development of a correctional and developmental complex aimed at increasing the level of psychological preparedness of young wrestlers (sambists), we conducted a formative experiment. It was carried out with the aim of adapting pedagogical methods to sports activities

using the example of working with wrestlers [17, 18]. The subjects were sambo wrestlers aged 16-17, who are engaged in training groups of the sixth and seventh years of study. The experimental and control groups (15 subjects each) were formed on the basis of already established groups by the method of matching pairs, taking into account age (16-17 years), length of service (6-7 years). These groups, according to the schedule, were engaged on the same days consecutively one after another, six times a week.

Classes in the experimental and control groups were conducted on the basis of the current SAMBO program using the content and teaching methods indicated in it. It should be noted that if the training process of preparation for the athletes of the control group took place without making any changes (with the exception of the preliminary and final checks of the subjects), then for the wrestlers of the experimental group, it was supplemented by the application developed by the correctional and developmental complex [19, 20, 21]. Moreover, examinations of the subjects of the experimental and control groups were carried out on the same day. At the beginning of the formative experiment, a preliminary examination of the subjects was carried out. This examination was necessary both to determine the initial level of psychological readiness of young wrestlers, and to compare it among the subjects in order to verify the identity of the formed groups. This survey was carried out by determining the level of: noise immunity; physical aggression; verbal aggression; situational anxiety; personal anxiety; expressiveness of emotional-volitional qualities and comparison of the obtained indicators in young wrestlers [22, 23, 24].

The study of the psychological preparedness of wrestlers before the experiment showed that the most pronounced in the control and experimental groups are: noise immunity at a level above the average (33% and 35%) and average (28% and 30%); high level of physical aggression in 65% of the experimental group and 60% of the control group; verbal aggression in 45% of the control and experimental groups; the average level of situational anxiety (70% and 67%) and personal anxiety (72% and 67%); in 48% of the wrestlers of the experimental group and in 53% of the control group, the average level of expression of emotional-volitional qualities prevails; a high level of success motivation was found in 35% of the wrestlers in the experimental group and in 28% of the control group, and a very high level in 55% of the wrestlers in the experimental group and in 48% of the control group.

Based on the results obtained, we determined that a high level of psychological readiness is observed in 53% of the wrestlers of the experimental group and in 40% of the control group, an average level in 33% of the wrestlers in the experimental group and in 46% of the control group, and a low level is present in 14% of the respondents in both groups.

Statistical data processing showed that there are no significant differences between the control and experimental groups, which indicates the homogeneity of the sample and gives us the opportunity to carry out corrective work in the experimental group. On the basis of the results obtained and the analysis of scientific and methodological literature, we developed and carried out a correctional and developmental complex for the formation of the psychological preparedness of wrestlers, including 30 training sessions of 1.5 hours each [25, 26]. All classes were divided into six blocks: the 1st block was aimed at the development of the cognitive sphere; 2nd block to increase the level of control; 3rd block for the development of the emotional-volitional sphere; 4th block for teaching relaxation techniques; 5th block to create a mood for victory; 6th block for mobilization at high physical and psychological stress, in a competitive environment.

To determine the effectiveness of the work done, we conducted a repeated pedagogical study, which showed that there were no significant changes in the control group, while significant differences were revealed in the experimental group.

So the results of the repeated study of the noise immunity of the wrestlers showed that in the experimental group after the experiment there was a significant increase in the number of athletes with a high level of noise immunity (before the experiment in 19%, after the experiment in 46%

($t=0.01$; $p<0,01$). This indicates an increase in the ability of athletes to resist the effects of visual and auditory stimuli that interfere with the performance of a given work.

The study of the features of the manifestation of various types of aggression after the inclusion in the training process of the correctional and developmental complex for the formation of the psychological preparedness of wrestlers showed significant changes on all scales. There has been an increase in the number of wrestlers with a high level of physical aggression and a high level of general aggression. The indicators of the low level of objective aggression decreased by 85% ($t=0.34$; $p<0.01$) and the low level of self-aggression by 82% ($t=0.34$; $p<0.01$). Therefore, we can talk about the formation of the optimal level of aggression in young wrestlers, which allows athletes to productively solve the tasks.

There was a significant decrease in situational and personal anxiety at the middle level and an increase at the low level, which indicates the ability of athletes to control their fear and excitement before competitions.

Conclusion. Thus, studies of the process of formation of psychological preparedness among young sambists, carried out on the basis of the work carried out on the formation of psychological preparedness of wrestlers and the results of the experiment, convincingly proved that their use contributed to an increase in the level of psychological preparedness of young wrestlers and the formation of professionally important qualities in them, necessary for a successful transition to a new level of professional excellence.

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