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**PSYCHOLOGICAL QUALITIES THAT DETERMINE SUCCESS COMPETITIVE
ACTIVITY THE ATHLETE**

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Abstract

The article is devoted to the study the influence of psychological qualities on the success of competitive activity of athletes. Observation of performance of athletes of various qualification at competitions of various rank (weightlifters, swimmers, skaters, shooters from the gun) for the purpose of identification of success of performance is carried out. A number of athletes identified the average level of development of these qualities that has a negative impact on the pre condition of the athlete and the success of the activities at the event. Athletes who have high rates of these qualities, doing the bidding results, demonstrated at the competition of high sports results, won prizes and had set personal records. In process increase sports qualification influence psychological qualities on success performance athletes increases.

Keywords

Athletes different qualifications – Psychological qualities – Performance success

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Introduction

Competitive activity is characterized by high emotional tension, is associated with a high degree of responsibility for the results, and the need to solve operational problems arising in the competition. This represents a high mental burden for the athlete, which affects the condition, behavior and success of competitive activity¹. In training athletes, coaches pay special attention to the physical, tactical, and technical training of an athlete². Before the competition, coaches pay attention to creating motivation³. The present findings indicate that sport coaches can become more skilled in adopting a need-supportive coaching style, to the benefit of athletes' autonomous motivation and engagement⁴. An important role is played by the relationships among coaching style (autonomy-supportive, controlling), athlete motivation (autonomous, controlled), sport commitment (enthusiastic, constrained), and intention to continue in sport. Demonstration by athletes of high athletic performance in competitions with high physical and technical preparedness is largely due to psychological factors⁵. Highly qualified athletes: masters of sports, masters of sports international class, honored masters of sports with a high level of physical and technical preparedness can not always demonstrate them at high-ranking competitions: the championships of Russia, the World. Olympic Games.

The search for factors determining the success of athletes in competitions is an urgent problem of sports psychology, as well as the theory and methodology of sports training⁶. The psychological impact on the athlete is provided by educational institutions⁷, the parents of the athlete⁸. The search for factors determining the success of athletes in competitions is an urgent problem of sports psychology, as well as the theory and methodology of sports training⁹

¹ R. J. Keegan; C. G. Harwood y C. M. Spray, "A qualitative investigation exploring the motivational climate in early career sports participants: Coach, parent and peer influences on sport motivation", *Psychology of Sport and Exercise*, Vol: 10 num 3 (2009): 361-372

² V. V. Kozin y A. A. Geraskin, "Tactical and technical training of young athletes taking into account the situational activity", *Health, Physical Culture and Sports* Vol: 7 num 4 (2017): 53-61.

³ G. M. Avanesyan, "Scientific and applied aspects of the application of projective methods in sports selection", *Health, Physical Culture and Sports* Vol: 10 num 3 (2018): 3-11.

⁴ Bart Reynders; Maarten Vansteenkiste y Stef Van Puyenbroeck, "Coaching the coach: Intervention effects on need-supportive coaching behavior and athlete motivation and engagement", *Psychology of Sport and Exercise* num 43 (2019): 288-300

⁵ E. B. Kuzmin, "Sports motivation as a mental state of an athlete's personality", *Health, Physical Culture and Sports*, num 1 (2016): 97-110; Charity Simmons; Jordan Blazo y Mitzi Desselles, "Coaching behaviors and athlete motivation: A test of psychological safety", *Journal of Sport & Exercise Psychology* num 40 (2018): 117-121 y A. Rui Gomes; Vasco Araujo; Rui Resende, "Leadership of elite coaches: The relationship among philosophy, practice, and effectiveness criteria", *International Journal of Sports Science & Coaching* Vol: 13 num 6 (2018): 1120-1133

⁶ Richard L. Light y Stephen Harvey, "Positive Pedagogy for sport coaching", *Sport Education and Society* Vol: 22 num 2 (2019): 271-287; Courtney Teatro; Melissa Thompson; Kulinna y H. Pam, "Coaching behaviors and stakeholders' views of coaches' efficacy", *International Journal of Sports Science & Coaching* Vol: 12 num 4 (2017): 452-460

⁷ Ana Fernandes; Liliana Moreira y Carlos Goncalves, "Student-athletes identity and motivation towards dual career: the context matters", *Kinesiologia Slovenica*, Vol: 25 num 2 (2019): 15-29

⁸ Logan Lyons y Travis Dorsch, "The Impact of Global Parenting Style and Parent-Initiated Motivational Climate on Intercollegiate Student-Athlete Motivation", *Journal of Sport & Exercise Psychology* num 41 (2019): S76-S77

⁹ Ricard L. Light y Stephen Harvey, "Positive Pedagogy for sport..."

Methods

The following methods were used in the study: analysis of literature and competition protocols, testing, observation, methods of mathematical statistics. The study took place at a number of weightlifting competitions (Championship of Russia, Cup of Russia), swimming (Championship of Russia, Cup of Russia), speed skating (Championship of Russia, Sochi Olympic Games), pistol shooting (championship of Omsk region). Athletes of various qualifications took part in the competitions (mass categories, athletes, athletes, athletes, honors).

Results and discussion

Properties of nervous processes (strength, mobility, balance) are the most important psychological qualities that determine success in mastering sports activities and in competitive activities. This position is confirmed by a number of studies in various sports. It is believed that strength, mobility, balance of nervous processes are conservative formations that largely determine the choice of sport, behavior in competitions and the achievement of high results¹⁰. If the psychocomplex does not correspond to the chosen type of sports activity, athletes do not achieve high results, which affects their attitude to sport and competitive activity¹¹. Pre-competitive psychological preparedness is an integral psychological education and acts as the basis for creating a pre-start mental readiness of an athlete¹².

When examining highly qualified athletes (weightlifters) with a maximum value of athletes' psychological preparedness of 33 points, it averages 30 points, which characterizes it high level (table. 1). It is shown that the revealed high indicators of the formation of psychological preparedness in highly qualified athletes, including the motivational-needful, reflective and sensorimotor components, do not provide high competitive performance.

A significant factor in this is the emotional component of psychological preparedness as the most dynamic and sensitive to the effects on the athlete of various factors. The structure of the emotional component revealed significant shortcomings, which affects the effectiveness of the competitive activity of athletes. Weightlifters with low levels of psychological readiness received zero marks (did not take the initial weight). The success of the weightlifters was only 35% (table. 1).

¹⁰ Richard J. Keegan; Chris G. Harwood y Christopher M. Spray, "A qualitative investigation exploring the motivational climate in early career sports participants: Coach, parent and peer influences on sport motivation", *Psychology of Sport and Exercise*, Vol: 10 num 3 (2009): 361-372

¹¹ B. P. Yakovlev; A. V. Pribega y I. V. Korchmar, "Emotional tension in the conditions of sports training of qualified athletes", *Health, Physical Culture and Sports* Vol: 8 num 1 (2018): 110-124.

¹² Kelly Barcza-Renner; Robert C.; Morin Eklund y J. S. Alexandre, "Controlling Coaching Behaviors and Athlete Burnout: Investigating the Mediating Roles of Perfectionism and Motivation", *Journal of Sport & Exercise Psychology* Vol: 38 num 1 (2016), 30-44 y N. Smith; D. Tessier y Y. Tzioumakis, "The relationship between observed and perceived assessments of the coach-created motivational environment and links to athlete motivation", *Psychology of Sport and Exercise* num 23 (2016), 51-63

	Weightlifters / Qualifications (IMS - International Master of Sports; MS - Master of Sport)									
The components of psychological preparedness	IMS	2 IMS	3 MS	4 IMS	5 IMS	6 MS	7 MS	8 MS	9 IMS	10 MS
Sports motivation	2	3	3	3	3	3	2	3	3	2
Competitive motivation	2	3	3	2	3	2	2	3	3	2
Striving for high results	3	3	3	3	3	2	2	3	3	1
Situational anxiety	2	3	3	2	3	1	2	2	3	2
Emotional condition	3	3	3	2	3	2	1	3	3	1
Motivational state (Luscher test)	2	2	2	2	2	3	3	2	3	2
Ability to psychoregulate	1	2	3	1	3	2	2	3	3	1
Reproduction of muscle effort	3	3	3	3	3	2	3	2	3	2
Reaction to a moving object	3	3	3	3	2	3	2	3	2	2
Attitude towards the upcoming competition	3	3	3	3	3	1	2	3	3	1
The personal significance of the competition	3	3	3	1	3	2	2	3	3	1
Amount	27	31	32	24	31	23	23	30	32	18

Table 1

Pre-competitive psychological preparedness of weightlifters at the stage of preparation for the championship of Russia (2018), (points)

Thus, an essential factor determining the success of the competitive activity of weightlifters is the insufficient level of formation of pre-competitive psychological preparedness, which amounted to 18-25 points out of 33 possible for five athletes (Table 1). The following are insufficiently formed of the components of psychological preparedness: the ability to psychoregulate, the desire to achieve high results, personal significance for the athlete of the results of the upcoming competition, and attitude to the upcoming competition. One-way analysis according to Fisher showed a significant influence of the formation of pre-competitive psychological preparedness on the effectiveness of competitive activity ($F_{\text{Frasch}} = 8.7$ at $F_{\text{crit}} = 4.2$). The results of the weightlifters are presented in table 2.

Weightlifters	Jerk Plan	Jerk Rresult	Push Plan	Push Result
1- IMS	165	165	210	206 -
2 - IMS	160	150 -	190	185 -
3- MS	160	160	210	212 +
4- IMS	175	0 -		0 -
5 - IMS	135	134 -	165	165
6 - MS	160	158 -	200	0 -
7 - MS	170	0 -		0 -
8 - MS	155	157	195	191 -
9 - IMS	140	145	170	175 +
10- MS	175	165 -	200	0 -

Table 2
Weightlifting Performance at the championship of Russia (2018), (kg)

Of the 20 approaches in 6 athletes received zero marks. In the clean and jerk 7 athletes, in the jerk 6 athletes did not fulfill the declared results (Table 2). It should be noted that the performance of weightlifters is not high enough (35%). What was the reason for such poor results of weightlifters - candidates for the main team of Russia?

To identify the reasons for the unsuccessful performance of weightlifters before the competition, an analysis was made of the formation of pre-competitive psychological preparedness and tactical attitudes of athletes in the competition. The first reason is the insufficient level of formation of precompetitive psychological preparedness (Table 1). Four of them received zero marks. The following are insufficiently formed of the components of psychological preparedness: the ability to psychoregulate, the desire to achieve high results, personal significance for the athlete of the results of the upcoming competition, and attitude to the upcoming competition. The second reason for the unsuccessful performances, in our opinion, was the incorrect programming of the competitive activity, which consists in the fact that the athletes ordered the maximum weight of the bar at the first approach. As a result, in 6 approaches, weightlifters did not lift the first weight ordered. In this regard, careful preliminary programming of the upcoming competitive activity is necessary and to check its effectiveness at the pre-competitive stage.

The content of the mental activity of the athlete. Our studies of mental activity (its positive orientation) among athletes of various sports and sports qualifications made it possible to formulate the following points: 1) the level of mental activity of athletes is not high enough; 2) with an increase in sports qualifications, the level of mental activity rises; 3) the mental activity of athletes is associated with the effectiveness of competitive activity and affects the results achieved in competitions¹³. The nature of this influence is significantly higher among highly qualified athletes. When analyzing the content of pre-competitive mental activity among weightlifters of the Russian national team (basic and

¹³ G. D. Babushkin, "Mental load tolerance and its impact on the competitive performance of athletes", Omsk Scientific Herald num 3 (2014): 171-174.

youth teams), a high level of the positive component was revealed in 9 people, all of them took 1-2 places in high-ranking competitions (Table 3). Athletes with an average and low level of mental activity took 3-4 places and subsequent. The calculated Fisher coefficient was $F_{\text{ras.}} = 19.8$ at $F_{\text{crit.}} = 4.74$. Similar results were obtained by us in the study of skaters and highly qualified swimmers.

The content of the pre-competitive mental activity and the emotional intelligence of the athlete (its positive component) are essential in the structure of the psychological preparedness of athletes¹⁴. The high level of the positive component of mental activity and emotional intelligence, identified in some weightlifters, is an essential psychological factor determining success in competitive activity (Table 3). This position indicates the need for athletes to identify the content of pre-competitive mental activity and increase its positive component.

Sportsman/ Qualification	Plan / Result	Biathlon	Place Occupational	Thinking Activity (points)	Emotional intelligence (points)
MS	305/310 +		2	56 выс.	73 выс.
MS	325/326 +		3	53 сред.	65 сред.
MS	350/330 –		4	34 низ.	63 сред.
MS	280/290 +		2	45 сред.	60 сред.
MS	370/370 +		2	58 выс.	71 выс.
IMS	380/380 +		1	60 выс.	73 выс.
IMS	380/375 –		1	54 сред.	71 выс.
MS	320/305 –		3	44 сред.	58 сред.
MS	370/370 +		1	58 выс.	68 сред.
IMS	430/430 +		1	60 выс.	75 выс.
IMS	420/415 –		1	60 выс.	73 выс.

Table 3

The results of the performance of weightlifters at the international tournament in memory of Jan Sparre (2015)

Note: «+» the plan is completed; «-» plan not fulfilled

Highly skilled swimmers revealed an average level of positive orientation of pre-competitive mental activity, reflecting its insufficiently positive orientation, does not contribute to the realization of the potential accumulated during training in competitive conditions. Swimmers in only 40% of cases were able to fulfill the claimed result. According to the results of the research, it can be argued about the positive influence of pre-competitive mental activity and emotional intelligence on the success of athletes in competitions.

¹⁴ Joy Gaston Gayles; Robert Lang y Ezinne Ofoegbu, Motivating student-athletes for academic success. collegiate athlete at risk: strategies for academic support and success (Advances in Service-Learning Research. 2019), 77-91

Emotional intelligence is a significant factor in the success of athletes in competitions. Of the five components of the emotional intelligence of weightlifters with a maximum of 18 points, high indicators were found in: emotional awareness (14 points); management of emotions (14.6 points); self-motivation (14.8 points). A high level of development of emotional intelligence was found in 10 weightlifters. This group includes international-class masters of sports and honored masters of sports who took 1-2 places in the competitions (international tournament for the prize of Jan Sparre and the Cup of the President of Russia), athletes with an average level of development of emotional intelligence took 3-4 places and the following (tab. 3). The calculated coefficient of R. Fisher showed a significant influence of emotional intelligence on the success of weightlifters in competitions, $F_{ras.} = 5.65$ at $F_{crit.} = 4.74$.

The athlete's intellectual activity is an important quality, which largely determines the solution to operational competitive situations. In the intellectual sphere of the individual, great potential is laid, which today has not yet been studied in the field of sports activity, and is far from being fully used¹⁵. The basis for the manifestation of intellectual activity by an athlete is a cognitive-psychological resource that includes special knowledge and skills necessary to control the pre-launch state and manage your condition and behavior in competitions. The Siberian State University has developed a program for the formation of special knowledge and skills among young skaters¹⁶, which has passed an experimental test, as a result of which a positive influence of special knowledge and skills on the implementation of athletes' physical fitness in competitions has been revealed.

Tolerance of mental stress by an athlete. Mental stress tolerance by an athlete is described in international journals¹⁷. Competitive activity of an athlete is associated with the influence of various kinds of interferences that cause mental tension, indicating that the athlete has a mental load¹⁸. Diagnosis of athletic tolerance of mental stress by athletes includes an analysis of the following mechanisms of self-regulation: motivation, emotions, will, intellect, intuition¹⁹. Diagnosing the tolerance of mental stress of athletes-shooters revealed a high level of this indicator in a group of highly qualified shooter athletes with a pistol and an average level in mass shooting athletes.

Indicators	Highly qualified athletes (n=23)		Mass sportsmen (n=41)	
	F calculated	F critical	F calculated	F critical
1. Tolerance to mental stress:	4,9	3,4	0,4	3,2
2. Components:				
1) motivation	5,6	4,3	0,3	3,2

¹⁵ E. V. Grabinenko y V. V. Zhurba, "Features of functional asymmetry of the brain and the lateralization factor of athletes depending on specialization", Health, Physical Culture and Sports" Vol: 6 num 3 (2017): 22-34

¹⁶ G. D. Babushkin, Intellectual and psychological preparation of the athlete (Omsk: Sibgufk, 2013).

¹⁷ Joy Gaston Gayles; Robert Lang y Ezinne Ofoegbu, Motivating student-athletes...

¹⁸ G. D. Babushkin, Intellectual and psychological preparation...

¹⁹ G. D. Babushkin, "Mental load tolerance and its impact..."

2) the need to achieve	4,3	3,4	0,2	3,2
3) emotional stability	0,3	3,4	0,2	3,2
4) the ability to self-regulation	3,8	3,4	0,04	4,09
5) determination	0,3	4,3	1,3	4,09
6) courage and determination	6,01	4,3	0,002	4,09
7) perseverance and perseverance	17,3	4,3	0,17	4,09
8) initiative and independence	1,3	4,3	3,7	4,09
9) self-control and endurance самообладание и выдержка	2,7	4,3	0,01	4,09
10) strength of character	3,9	3,4	1,3	4,09
11) intelligence	1,3	4,3	0,5	4,09
12) intuition	0,2	4,3	1,9	4,09

Table 4

The Impact of the tolerance of mental stress on the effectiveness of the competitive activity of athletes-shooters (Fisher)

Note: Indicators in bold indicate the effect of tolerance of mental stress on the results of competitive activity of athletes

When diagnosing the degree of tolerance of mental stress by individual components in highly qualified shooters, the following indicators were revealed that exceeded those of mass sportsmen: motivation to engage in a chosen sport; need for achievement; ability to self-regulation; strength of character; level of intelligence. It should be noted that the indicators of self-control, strength of character, emotional stability, initiative, independence are not high enough. We can say about the availability of reserves to increase the degree of tolerance of the competitive loads of athletes by increasing the level of development of certain qualities that are not high enough, as confirmed in Russian studies²⁰.

The one-way analysis of variance by R. Fisher showed that the degree of tolerance of the mental load of athletes-shooters as a whole has a significant impact on the effectiveness of competitive activity only in a group of highly skilled shooters (table. 4). Of the 12 studied indicators of tolerance of mental stress, a significant impact on performance is exerted by: motivation, need for achievement, ability to self-regulation, courage and determination, perseverance and perseverance, strength of character. This position indicates their importance in the competitive activity of pistol shooters and the need for their timely development to a high level.

²⁰ G. I. Karapetov; V. V. Iokhvidov y T. D. Fedotova, "Development of special endurance for long distance runners in athletics classes", Health, Physical Culture and Sports" Vol: 15 num 4 (2019): 434-439.

Conclusions and Recommendations

The competitive activity of highly qualified athletes is largely due to a number of psychological qualities that make up the athlete's psychological preparedness for the competition. High indicators of psychological qualities have a positive impact on the success of competitive activity. Further improvement of the psychological preparation of athletes is seen in the development of psychological qualities that reflect psychological preparedness. This work should begin at the stage of initial sports specialization and continue at subsequent stages.

The Siberian State University has developed a program for the formation of special knowledge and skills among athletes²¹, which passed an experimental test, the result of which revealed the positive impact of special knowledge and skills on the implementation of athletes' physical fitness in competitions. This technique was effectively used in physical education classes at Altai State University²²

Tolerance of the athlete mental stress. Competitive activity of an athlete is associated with the influence of various kinds of interferences that cause mental tension, which indicates the athlete's transfer of mental stress. Diagnosing athletes' tolerance of mental stress includes an analysis of the following mechanisms of self-regulation: motivation, emotions, will, intelligence, intuition²³. Diagnostics of the psychic load tolerance of athletes-shooters made it possible to identify a high level of this indicator in a group of highly qualified pistol-shooting athletes and an average level in mass-shooting athletes. Dispersion analysis according to Fisher showed that the degree of tolerance of the mental load of athletes-shooters affects the effectiveness of competitive activity only in a group of highly skilled shooters.

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²¹ G. D. Babushkin, Intellectual and psychological preparation...

²² P. Ya. Dugnist y E. V. Romanova, "Effectiveness of the method of teaching a game in volleyball in the lessons to choose sports from students of the altai state university", Health, Physical Culture and Sports Vol: 15 num 4 (2019): 18-23

²³ G. D. Babushkin, "Mental load tolerance and its impact..."

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