

Psychological Preparation of Athletes

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Abstract: It is important for athletes to psychologically and mentally prepare themselves during pre-competition training. In this case, it is appropriate for the coaches to give proper instructions to the trainee based on their skills and qualifications.

Key points: sports psychology, aesthetic sense, preparation for sports competitions, mental preparation, mental preparation, competition.

Nowadays, sport is not only a hobby and lifestyle of a person, but also an independent culture with its own structure, content and mechanisms of manifestation. Professional sports are divided into two components: the training process and the competitive activity. Therefore, when considering the topic of "athletes' psychological preparation", we have no other choice but to go through both of these processes. Their essence is to ensure the development and improvement of neuropsychic mechanisms that regulate actions, experience and behavior. Based on this, we can determine that the psychological preparation of athletes is a complex which aimed at the development and improvement of various systems of the athlete's body that regulate his psychological state and behavior.

There are four sections in the psychological preparation of an athlete:

1. Psychological preparation for the long training process;
2. General psychological preparation for competitions;
3. Correction of mental states at the final stage of preparation for competitions;
4. Special preparation for a specific competition.

The human need for movement and desire to improve physical qualities led to the emergence of various types of sport activities. Physical exercises performed according to specific characteristics and specific rules constitute a special type of human activity - sports activity. Modern sport is always a sea of bright and strong emotions and experiences. It is impossible to imagine sports without emotions. In addition, sports events that are saturated with strong emotions and emotional involvement have a positive effect on the formation of a human disposition.

The participation of an athlete in various types of competitions is always associated with a strong excitement, which is called "sports rage". As a result, the athlete feels a large reserve of energy, does not feel tired, and all processes in the body work at increased rhythms.

Aesthetic feelings.

These feelings are associated with the perfect execution of sports elements, their beauty, as well as falling into the rhythm of movement. Such feelings are often characteristic of gymnasts, figure skaters and synchronized swimmers. The peculiarity of this feeling is that the level of its

manifestation can affect the external environment of competitive objects. For instance, a bright opening ceremony, musical accompaniment, support of fans - all this encourages the participant to succeed, giving him confidence and the desire to show his preparation from the best side. But if the external environment is too ordinary and typical, it can cause asthenic feelings in the athlete and lead to bad mood and weak results. Moral feelings are related to a deep understanding of the social importance of sport. These feelings are a strong motivational factor for the athlete and give him great strength to overcome challenges and assigned tasks. It is moral feelings that can decide the outcome of the struggle. Many athletes feel the responsibility to the team, look after its interests, show high results, and do not give up in difficult times. Thus, sports activities are characterized by:

1. Bright and strong emotional experiences that deeply cover the athlete's personality and have a great impact on his activities; at the same time, being able to control his emotions and resist those who are naturally asthenic is required from the athlete;
2. A variety of emotional experiences covering feelings of the most diverse quality - from simple physical feelings related to muscle activity to deep moral feelings based on the community of interests that unites the sports team into a single whole;
3. Dynamics of emotional states during sports competitions, rapid transition from one feeling to another, sometimes contradictory in nature. This is facilitated by the dynamism of sports competitions, which are very intense and often accompanied by quick and sharp transitions from defeat to victory.

Features of the psychological state in preparation for sports competitions.

The psychology of competitive activity studies the mental tension, emotional arousal, stress, and pre-competition excitement of the athlete. This is the pre-workout state of the athlete, which results from future actions with increased responsibility.

There are three stages of mental stress:

1. Getting nervous.
2. Strong stenicity.
3. Asthenic.

Importance of psychological preparation for sports competitions.

Psychological preparation is an understudied field, and its main problem is choice and decision-making at the time of selection. When preparing for a specific competition, the athlete's task is to reach a level where his psychological state is most effectively and reliably reflected in his behavior and actions. When forming a mindset for the future type of activity, the athlete must clearly understand the possibilities and set clear goals for himself. In addition, mental preparation also depends on the level of competition in competitions. By comparing his capabilities with those of his opponents and taking into account the approximate conditions of the upcoming competition the athlete evaluates the probability of achieving the goal.

Psychological preparation of the athlete.

Psycho-emotional preparation for the competition is the result of individual activity of the athlete. However, when competing against relatively equal contestants, everything can be decided by a mistake or two. Therefore, in such conditions, the maximum result can be achieved only with creative emotion and carefulness. An objective sense of skill level, as well as the difference between emotional and rational actions, can provide the right mindset and optimal state for successful performance. Correctly setting realistic achievable goals is a crucial moment of psychological preparation. Top athletes need to be able to control their emotions. In fact, in many sports, especially in individual sports, the athlete who makes fewer mistakes wins. Performing familiar technical and tactical exercises before the competition has a beneficial effect on emotions. These exercises should be very complex, require a lot of attention, and thus distract from uncomfortable thoughts.

Motivation, "talking to yourself" is equally important. It is important for an athlete to set a plan of action, calm down mentally and set clear goals immediately before the competition.

Scientific studies show a correlation between the level of emotional experiences and the results of competitions. Coaches and psychologists must prepare athletes not only physically, but also tactically, and ensure that they can withstand many competitive factors before the competition.

Psychological training includes the systematic development of the necessary qualities that help to develop mental, technical and tactical capabilities of the athlete. Knowing the upcoming difficulties, appropriate preparation, including psychological, allows the athlete to get used to the necessary conditions.

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