

RESEARCH ON THE PSYCHOLOGICAL DETERMINANTS OF KARATEKA'S PREPAREDNESS FOR COMPETITION

K. G. Atabekova

Republican Scientific and Practical Center for Sports Medicine

ABSTRACT

Recently, studies of mental readiness for activity in extreme conditions, directly related to solving the problems of psychological preparation of a person, readiness for sports activity, in this regard, are a convenient model for studying general psychological patterns. In most specific types of sports, including karate, the agenda is to identify psychodiagnostic readiness indicators for the selection of appropriate techniques. All these questions, generalized by the concept of "personal factors of mental readiness" and constitute the essence of the problem.

Keywords: Karateka, mental readiness, pre-launch state, competition, anxiety, motivation, willpower, reaction, attention, noise immunity, communication.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Sport is one of the extreme activities that requires a person to reveal the boundaries of their capabilities. In recent years, the load on the athlete has been increasing more and more, the effectiveness of sports achievements is growing, which in turn forces the athlete to surpass himself.

Everyone knows that in order to achieve high results, an athlete must overcome enormous physical stress and psychological pressure inside the team and outside. In most cases, with continuous training, before going out to the public, the relationship within the group with coaches and partners, especially in relation to rivals, the athlete has psychological discomfort. Often this discomfort ceases to anxiety, and then to stress. Excessive stress can undermine the strength of an athlete, especially before the start of the competition. There are often cases when, due to anxiety and excitement, an athlete cannot fully reveal his athletic readiness in competition. Because very often athletes show high performance in the training process and at competitions, alas, the opposite is true. Our task is to avoid such phenomena, to observe and regulate the physical and psychological stability of the athlete.

The aim of the study is to study the psychological determinants of the readiness of karatekas to compete.

Research objectives

- To analyze the psychological determinants of the readiness of karatekas to compete;
- To study the features of pre-start behavior and the state of karatekas of various qualifications in competition conditions;
- To reveal at the empirical level the psychological correlates of readiness for competition;

In our study, descriptive statistics of the methods used were carried out, which are aimed at identifying the psychological determinants of the readiness of athletes for responsible competitions, among 145 candidates of masters of sports, karateka, the relationship between various variables was revealed. The structure of psychological readiness includes; motivational components, intellectual components, communicative components, emotional components,

volitional components - characterizing sports performance, prospective and staged goal-setting, confidence in success, indicators of mobilization of executive functions, subjective-psychological characteristics of personal qualities, abilities for self-regulation mental states in extreme conditions of sports activity, psychological indicators of technical and tactical skill. An integral characteristic of high mental readiness is sports-competitive motivation, adequate self-assessment of sports activity of karatekas. The battery of techniques that we used was carried out the day before the competition in order to accurately study the "pre-start state" of karate athletes.

Our respondents participated in sportsmen of the CYSS, from all regions of Uzbekistan, such as; Tashkent city, Andijan region, Bukhara region, Jizzakh region, Kashkadarya region,, Navoi region, Samarkand region, Surkhandarya region, Syrdarya region. Tashkent region, Fergana region, Khorezm region, Republic of Karakalpakstan.

The research was carried out in the scientific practical medical center at the "NOC" (National Olympic Committee.) And in the National Karate Federation WKF.

We tried to analyze the correlations between the methods, as well as the components of the athletes' psychological readiness for competition. And so let me present the following research results.

Table 1. Results of the correlation analysis of the cognitive component Karate

Methodology	Speed reaction
Diagnostics of motivation of competitive activity (G. D. Babushkin).	-,350(**)
"Noise immunity of an athlete" (G.D. Babushkin, Yu.V. Yakovy)	,230(**)
Self-assessment of the prelaunch state (I.P. Volkov)	,032
Physical component	
Self-assessment of the prelaunch state (I.P. Volkov)	,161
Emotional Component	
Self-assessment of the prelaunch state (I.P. Volkov)	,215(**)
Cognitive component	

Note: * statistically significant differences are noted

Motivation of competitive activity, as well as the reaction rate of athletes, have a negative correlation. That is, the higher the competitive motivation, the lower the reaction rate of athletes at competitions. That is, when an athlete is too determined to win, his reaction falls, then he loses vigilance in important competitions. Only a few seconds decides the fate of an athlete, which means that the task of a coach and a sports psychologist is to maintain a moderately high competitive motivation of athletes.

And so in table 1., you can see that the athlete's noise immunity is positively correlated with the reaction rate. The presence of noise immunity indicates high self-control, which is important for an athlete. Such athletes know how to control themselves despite the fact that there are interference (for example, biased refereeing, the actions of opponents, an unsuccessful start of the competition; unsuccessful performance of teammates; etc.) during the competition and most importantly, troubles do not affect its results. This means that athletes with noise immunity have a good speed response.

It should be noted in the analysis of a number of methods, the cognitive component and the reaction rate of athletes correlate positively. As you know, the cognitive component characterizes the direction of the athlete's thinking, in which the athlete analyzes his sensations, feelings and thoughts. The more an athlete is able to assess his emotional state, the higher his reaction rate at competitions.

Table 1. Results of the correlation analysis of the cognitive component Karate

Methodology	Attention (Landolt proof test)
Diagnostics of volitional qualities. "Determination of a Fighter" (A. N. Martynenko)	-,222(**)
Self-assessment of the prelaunch state (I.P. Volkov) Physical component	-,096
Self-assessment of the prelaunch state (I.P. Volkov) Emotional Component	,000
Self-assessment of the prelaunch state (I.P. Volkov) Cognitive component	-,176(*)

Note: * statistically significant differences are noted

In a comparative analysis of a number of methods, we can say that the attention of athletes negatively correlates with the decisiveness of the wrestler. This means that if an athlete has too high confidence in the competition, then his attention falls. And of course, his result in the competition has a negative outcome. We must make sure that the athlete is not "arrogant in his abilities" but maintains optimal determination in competition.

Further, when analyzing the study, unfortunately, the attention of athletes negatively correlates with the cognitive component. That is, the higher the assessment of the emotional state of athletes is, the lower the attention.

Table 3. The results of the correlation analysis of the motivational component

Methodology	Diagnostics of motivation of competitive activity (G. D. Babushkin)
Determination of the state of the level of anxiety. (Ch.D. Spielberger, Yu.L. Khanin). Personal anxiety	,192(*)
Determination of the state of the level of anxiety. (Ch.D. Spielberger, Yu.L. Khanin). Situational anxiety	-,017

Note: * statistically significant differences are noted

And so we see in Table 3. that the athlete's personal anxiety is positively correlated with competitive motivation. Many coaches and sports psychologists strive to eliminate personal anxiety during competition, but our research shows the opposite. The results show that the higher the personal anxiety, the higher the athletes' determination at competitions is developed.

Table 4. The results of the correlation analysis of the emotional-volitional component

Methodology	Diagnostics of volitional qualities. "Determination of a Fighter" (A. N. Martynenko)
Attention (Landolt proof test)	-,222(**)
Studying the mental reliability of an athlete. (V.E. Milman, V.L. Marishchuk)	,203(*)
Self-assessment of the prelaunch state (I.P. Volkov) Physical component	,177(*)
Self-assessment of the prelaunch state (I.P. Volkov) Emotional Component	-,018
Self-assessment of the prelaunch state (I.P. Volkov) Cognitive component	,094

Note: * statistically significant differences are noted

Further on in Table 4, we see that athlete determination is negatively correlated with attention. That is, the stronger the athlete's determination is, the lower the attention;

The next technique is mental reliability, which positively correlates with the determination of the athlete. Mental reliability, considered as the stability of the functioning of the main mental mechanisms in difficult competitive conditions, consists of a number of components: competitive emotional stability, self-regulation, motivational and energy component, stability and noise immunity. Each of the components of mental reliability is characterized by a set of typical indicators. The higher these qualities, the more the athlete's determination, willpower is developed;

We can see in Table 4 that the physical component is positively correlated with the athlete's determination. The physical component (bodily-behavioral) component characterizes the physical activity, as well as the muscular sensations of the athlete. This means that the more the athlete's muscular sensation is developed, the higher will be the determination in the competition.

CONCLUSION

Based on the studies carried out, the following conclusions were made:

1. Motivation of competitive activity, as well as the reaction rate of athletes, have a negative correlation. That is, the higher the competitive motivation, the lower the reaction rate of athletes at competitions. That is, when an athlete is too determined to win, his reaction falls, then he loses vigilance in important competitions. Only a few seconds decides the fate of an athlete, which means that the task of a coach and a sports psychologist is to maintain a moderately high competitive motivation of athletes.
2. An athlete's immunity to interference is positively correlated with the reaction rate. The presence of noise immunity indicates high self-control, which is important for an athlete. Such athletes are able to manage themselves despite the fact that there are interference (for example, biased refereeing, the actions of opponents, an unsuccessful start of the competition; unsuccessful performance of teammates; etc.) during the competition and most importantly,

troubles do not affect its results. This means that athletes with noise immunity have a speed response.

3. It should be noted in the analysis of a number of methods, the cognitive component and the reaction rate of athletes correlate positively. As you know, the cognitive component characterizes the direction of the athlete's thinking, in which the athlete analyzes his sensations, feelings and thoughts. The more an athlete is able to assess his emotional state, the higher his reaction rate at competitions.

4. Further, we can say that the attention of athletes negatively correlates with the decisiveness of the wrestler. This means that if an athlete has too high confidence in the competition, then his attention falls. And of course, his result in the competition has a negative outcome. We must make sure that the athlete is not "arrogant in his abilities" but maintains optimal determination in competition.

5. Further, when analyzing the study, unfortunately, athletes' attention negatively correlates with the cognitive component. That is, the higher the assessment of the emotional state of athletes is, the lower the attention.

6. The athlete's personal anxiety is positively correlated with competitive motivation. Many coaches and sports psychologists strive to eliminate personal anxiety during competition, but our research shows the opposite. The results show that the higher the personal anxiety, the higher the athletes' determination at competitions is developed;

7. The next technique is mental reliability, which positively correlates with the athlete's determination. Mental reliability, considered as the stability of the functioning of the main mental mechanisms in difficult competitive conditions, consists of a number of components: competitive emotional stability, self-regulation, motivational and energy component, stability and noise immunity. Each of the components of mental reliability is characterized by a set of typical indicators. The higher these qualities, the more the athlete's determination, willpower is developed;

8. The physical component is positively correlated with the athlete's determination. The physical component (bodily-behavioral) component characterizes the physical activity, as well as the muscular sensations of the athlete. This means that the more the athlete's muscular sensation is developed, the higher will be the determination in the competition.

The athlete should be reminded that pre-competition anxiety may decrease during competition. At the same time, the athlete must be informed about how, as a result of pre-competitive anxiety, newly mastered motor skills or complex actions requiring accuracy can be disturbed, while its other components can significantly improve for the same reason.