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ATHLETES STRESS RESISTANCE IN VARIOUS SPORTS

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Annotation: In the modern psychology of sports, the study of the possibilities of increasing stress resistance, identifying the main factors of stress in various sports are the main problems. The main condition is the creation of effective ways to cope with psychological stress. Check stress resistance among athletes in a variety of sports; find the main differences in the formation of stress resistance in athletes and identify this mechanism.

Key words: coping mechanisms, stress tolerance, types of behavior, motives.

Introduction

At the current stage of development of society, in connection with the intensified increase in the requirements for human life, the stress problem becomes actual and urgent. It is known that playing any kind of sport associated with an exhibition performance and competition with others is accompanied by heavy loads and leads to a general condition disorder and increased stress frequency, which causes a decrease in immunobiological reactivity and an increase in sickness rate. The study of such a phenomenon as stress will help to improve the performance of athletes, reduce emotional burnout and increase stress resistance due to the fact that understanding of the psycho-emotional state of athletes of different groups in this work will be studied.

The problem associated with the formation of coping strategies of athletes also becomes relevant, because success in the formation of stress resistance will depend on

the success of this process, which, in turn, provides a level of performance. The formation of coping strategies and coping resources, which play the most important role in choosing the type of behavior, will allow athletes to safely overcome traumatic and stressful situations.

The purpose of the study is to check the stress resistance of athletes in different sports; find the main differences in the formation of stress resistance in athletes and identify this mechanism.

Materials and research methods

The sample consisted of 54 people aged from 13 to 25 years. Among the subjects were 15 young men and 39 girls participating in team and individual sports.

As a psycho-diagnostic tools, the “Methodology for the psychological diagnosis of coping mechanisms” was used (E. Heim); “Stress-symptom-test” (R. Frester); “How effectively do you deal with stress?” (C. Schreiner).

Research results and discussion

At the first stage, the diagnosis of coping mechanisms by E. Heim was carried out, according to the results of which it was revealed that the “RPR” is the most common strategy among members of both individual and team sports. People with this coping strategy tend to maintain self-control, set their own values, and make sense to overcome difficulties.[1] From the point of view of emotionality, such people can be described as optimists: they are sure that they will find a way out of a difficult situation and protest against difficulties. The behavior of athletes with the “RPR” coping strategy is usually aimed at constructive activity and communication. They enter into cooperation with more experienced people, seek support in the immediate social environment. Sometimes they are seeking to move away from solving problems with the help of alcohol, medicines, and immersion in your favorite business. The rest of the coping strategies of representatives of individual and team sports do not match by percentage. The results are shown in table 1.

Table 1.

Comparison of coping strategies according to E. Heim among representatives of individual and team sports (in %).

Coping strategies	Members of individual sports	Members of Team Sports
RPR	46,3	34,6
RUR	-	30,8
PPR	25,0	-
UUR	3,6	11,6
RPP	7,1	-
RPU	3,6	7,7
RRR	-	7,7
UPR	3,6	-
PRR	3,6	-
PPU	3,6	3,8
RUP	-	3,8
RPU	3,6	-

According to the table it can be seen that in second place among athletes of individual and team types, different strategies are presented. 30.8% of athletes playing in a team are characterized by the “RUR” strategy, characterized by maintaining self-control, adding meaning to difficulties and setting their own value. The emotional part of the strategy includes the suppression of emotions, relaxation, humility, self-accusation, and sometimes aggression. A person is in a state of hopelessness, blames himself and others. In behavior, athletes with such a strategy are characterized by immersion in their favorite business, communication with more experienced people, and a temporary departure from solving problems. In second place among athletes of individual sports is the strategy "PPR" – 25%. This group is characterized by a problem analysis, during which the difficulties encountered and possible ways out of them are analyzed. In terms of emotions, athletes with the “PPR” strategy are optimistic, they are confident that they will find a way out of this situation and protest against difficulties. [3] The behavioral part of the strategy includes altruism, compensation, seeking help from more experienced people, seeking support from loved ones, and immersion in your favorite business.

For other strategies, differences between members of individual and team sports are not so pronounced.

At the second stage of the study, a diagnosis was made according to the Stress-symptom-test method of R. Frester, according to the results of which it was revealed that members of individual sports have an average stress level higher than that of team sports. Perhaps this is connected with a higher share of personal responsibility for the result of the competition. The results are shown in table 2.

Table 2.

Comparison of stress indicators in representatives of individual and team sports according to the method of R. Frester “Stress-symptom test” (in %).

Stress indicator	Members of individual sports	Members of Team Sports
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High	-	-
Average	60,7	57,7
Low	39,3	42,3

According to the results of K. Schreiner's methodology "How effectively do you cope with stress?", Carried out in the third stage, it was found that members of individual sports more effectively deal with stress and, probably, found more personal methods of self-regulation. According to the results of the methodology, we can conclude that all members of individual sports (100%) and the predominant part of team sports (96.2%) in a stressful situation behave quite restrained and are able to regulate their own emotions. These athletes do not break into other people and are not set to blame themselves. 3.8% of members of team sports do not always behave correctly in a stressful situation. Sometimes athletes of this group are able to control themselves, but there are also cases when they start up because of nothing and then often regret it.

Based on the analysis of the results of the study, it was found that neither individual nor team sports found members who were overworked, exhausted, unable to control themselves and lose their self-control [2].

Conclusions:

The structure of stress resistance of athletes is presented as a systemic feature that appears at the time of sports training and performance, where stress factors are most expressed [1]. The direct responsibility of sports psychologists is the development and introduction of the necessary programs for the formation of constructive coping behavior among athletes. Based on the analysis of the results of the study, it was found that neither individual nor team sports found representatives who were overworked, exhausted, unable to control themselves and lose their self-control.

Thus, the analysis of these methods shows that athletes have developed mental and psychological stability in stress.

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ENGLISH FOR RUSSIAN DOCTORS

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