



## THE USE OF SUGGESTION IN SPORTS PRACTICE

Omelyanenko V.I.

Higher Sportsmanship School.

**Annotation.** The aim of the study is to provide a comprehensive, integrated modified technique of personal psycho-physiological regulation based on a system of Raja Yoga. The study involved candidates and masters of sports of freestyle skiing in the amount of 21 people aged 17 to 23 years. Found that athletes co 2 and stage 3 of the hypnotic state successfully acquired by dhyana and can apply it in preparation for a competition. The proposed method includes a high quality optimal fighting condition, modeling and programming training and competitive processes using deferred units, the correction of motor skills. Athletes in their imagination run program of the second day of competition. Then, the third day of competition modeled, programmed overall health. Are told that in the day of the event will have a good mood, great feeling, a surge of strength, vigor, vitality, desire to show all of their sporting qualities.

**Keywords:** suggestion, dhyana, psychotraining, hypnosis, Raja-Yoga, athletes.

### Introduction

Cultural oriental traditions are closely connected with psychological training. Application of techniques of psychological influence leads to improvement of human organism's functional abilities.

In 6<sup>th</sup> century (A.C.) Indian missionary Bodhidharma brought Raja yoga knowledge to Shao Lign monastery. Technical secrets of this Doctrine were carefully guarded and served not only for spiritual self-perfection but also for perfect mastering of martial arts for defense. With the lapse of time these secrets were open not only in China but also abroad.

As per classification of Yoga, made by Patanjali in 2<sup>nd</sup> century B.C., in Radja yoga dhyana is practiced after pratyahara and dharana [4,10,11]. Dhyana is meditation about changes in state of consciousness.

Mastering of Yoga steps take a number of years, that is why in sports – special, sport variant of auto generous training by A.V. Alekseyev – psychological regulation training (PRT) is widely practiced) [1].

The founder of auto generous training is doctor I. Shultz. He developed auto generous training on the base of Radja yoga. Shultz based on assumption that if to teach a person to activate own sensations corresponding to sensations, felt in hypnotic trance, it will bring him in close to hypnotic state.

Mastering of auto generous training requires several weeks, but it significantly weaker than dhyana, because it does not ensure such deep “sinking” in alternated state of mind as dhyana.

By its indications auto generous training equals to pratyahara and weak hypnosis [9].

Ideomotor and hypno-ideomotor trainings are known methods of improvement of sportsmanship [3,6]. As far as ideomotor training is carried out in awakened state, its efficiency depends on the level of concentration of attention and on the level of imagination. Ideomotor act can be easily interrupted by outside sound effects, which reduce its quality. Usually sportsmen, who even have no idea about ideomotor training, “plays” in mind their actions before competitions. Image of movement causes the movement itself that is manifested in ideomotor acts – muscles' micro-movements.

Hypno-ideomotor training requires participation of hypnologist, who suggests appropriate actions, though it is capable to ensure high level of attention's concentration owing to hypnosis. Hypno-ideomotor act has evident advantage, comparing with ideomotor one, as far as it is realized in hypnotic state with maximal level of concentration of attention on imaginable fulfillment of of possible movements of training or competition process. During deep hypnosis (3<sup>rd</sup> stage of hypnotic state) sportsmen only hear the words of hypnologist. During middle hypnosis (2<sup>nd</sup> stage) outside sounds are heard but they do not distract attention; more over it is possible to suggest that they do not distract attention or are poorly heard.

With weak hypnosis (1<sup>st</sup> stage of hypnotic state) effectiveness of suggestion is minimal by clear reasons [2,7,8]. Suggestion (from Latin suggestio) – is the process of foreign idea's introduction into human psychological sphere (will decision in the forms of thoughts, emotions, acts).

In sport practice there is an acute problem of permanent work on improvement of technical sportsmanship, which takes a lot of time and energy. Methods of ideomotor and hypno-ideomotor trainings for correction of motion skills make this task much easier.

In scientific literature there are data about effective application of auto- and hetero-regulation in sports: L.P. Grymak (1972,1973,1974), P.I. Bull (1968), A.V. Alekseyev (1978,1985), G.S. Beliyev, M.L. Valuyeva (1967), Ye.S. Volkov (1994,1995), I.P. Volkov (1973), A.T. Filatov (75,79,1982), Ye.P. Ilyin € (1980,1983), V.P. Nekrasov, N.A. Khudakov (1985), K. Tappervien (1997), O.S. Doroshenko (2008) et al., but there are no scientific data about influence of complex integrated modified methodic of special psycho-physiological regulation with correction of sportsman's motion parameters, on the base of Radja yoga. This fact served as the reason of our research, which resulted in methodic described below.

The work has been fulfilled as per plan of scientific & research works of School of advanced sportsmanship.

### **Purpose, tasks of the work, material and methods**

*The purpose of the work* is creation of complex, integrated modified personality's psycho-physiological regulation methodic with correction of motion skills' parameters, including achievement of optimal competitive state, modeling and programming of training and competition processes, applying post-hypnotic suggestions on the base of Radja yoga.

*The tasks:*

- 1 . Determine sportsmen's hypnotic state depth.
- 2 . Teach sportsmen methods of Radja yoga.

We assumed the following hypothesis: creation of complex, integrated modified psycho-physiological regulation methodic on the base of Radja yoga's dhyana can ensure improvement of sportsmen's training for competitions. Sportsmen, who sank in the deepest hypnotic state, can use this methodic independently.

*The methods of the research:* theoretical analysis of scientific literature, pedagogic observation, methods of psychological influence.

*Organization of the research.* The research covered candidates and masters of sports of freestyle (21 person, age – 17-23 years old, who were on training session in Nikolayev. At the 1<sup>st</sup> stage we selected sportsmen, able to sense 2<sup>nd</sup> and 3<sup>rd</sup> stage of hypnotic state.

All sportsmen, who were at training session, were hypno-able. 11 sportsmen with 2<sup>nd</sup> and 3<sup>rd</sup> stages of hypnotic state were included in experimental group, 10 sportsmen of 1<sup>st</sup> hypnotic state stage – in control group.

The 2<sup>nd</sup> stage of research was training of dhyana.

At first day there was one training with both groups. Sportsmen were delivered information about pratyahara. Hypnotic session was carried out, during which pratyahara's sensations were activated. Then post-hypnotic suggestion about sportsmen's ability to activate the same sensation independently, was made. Sportsmen "sink" in pratyahara's state independently. Pratyahara is characterized by relaxation of muscles.

At second day training is also conducted with both groups together. Sportsmen receive information about dharana. Than hypnotic session was carried out in order to cause sensations characteristic for dharana and give post hypnotic suggestion about ability to activate these sensations independently. Dharana is deeper "sinking" in changed state of consciousness with high concentration of attention.

At 3<sup>rd</sup> day training is carried out only with experimental group. Sportsmen receive information about dhyana. Than hypnotic session was carried out in order to cause sensations characteristic for dhyana and give post hypnotic suggestion about ability to activate these sensations independently.

3<sup>rd</sup> stage of research is correction of motion skills, creation of optimal competition state, modeling of future competitions, post-hypnotic suggestions and "impersonation" in sportsmen of higher class.

At trainings devoted to correction of technical skills we modified methodic of V.P. Nekrasov "reportage" [5]. The advantage of our modification is that correction of sportsmen's motion skills was carried out by coach, who was also in dhyana state together with the tested. Such approach was justified by the fact that nobody except coach can be to the fullest extent familiar with all specificities of technical sportsmanship; with it coach's logical thinking was activated with sensual imagination of sportsman's, whom instructions were given, movements.

At trainings sportsmen of experimental group independently "sank" in dhyana state. Coach in the same state gives instructions individually to every sportsman and general ones, which concern executive technique off different exercises' fulfillment, depending on availability of any mistakes. Sportsmen in dhyana state review their fulfillment of exercises and fulfillment of exercises by other sportsmen with the help of video records. The, after correction of exercises in dhyana state, sportsmen fulfill them in awakened state. We used method of motion skills' correction, adapted for dhyana state [6]. With the help of dhyana sportsmen also activate optimal competition state (OCS), simulate training and competition processes, train "impersonation", receives post hypnotic suggestions, recreate psychic and physical forces.

For better mastering of dhyana psycho-training of Radja yoga was adapted for sportsmen, considering their mentality. Coaches appraise results at trainings and as per results of competitions.

Example 1: Sportsmen, who independently entered dhyana state, are explained how to achieve OCS state; they are offered to independently remember one of competitions, where they showed the best results. Then achievement of OCS in dhyana is compared with remembered sensations, felt during competitions in awakened state.

Example 2: Sportsmen in dhyana state adjust themselves to coach's voice. Coach in dhyana state address to D.: "You have mistakes to be corrected. You should develop feeling of confidence. You should say to yourself, that I can everything, for long years I have been gone to victory and now I can prove to everybody my abilities".

Example 3: Coach says to K.: "You enter gym, you feel light excitation, muscles become springy, spirit rises, you are attentive and concentrated, you practice exercises in thought. Let us start with acrobatics. Take initial position, make two steps, arms stretched high upward. "Cartwheel" is rolling, repeat several times. Return to start, make two steps, swing and "cartwheel". Everybody fulfill "cartwheel" in twice in thoughts. You feel all body, you fell how good socks fit, you have feeling of moving ahead. Everybody come to wall bars, hang on it, relax arms' muscles. You feel arms became longer. Now fulfill exercise, in which it is necessary from bent position, unbending enter position "arch". Your flexibility is high, look at those, who fulfill this exercise better than you and do in the same manner. Now I am working with B. And K. You are going to fulfill exercise and other will watch you attentively. From shifting ahead in stand enter "arch" shoulder move far, push off with hands and rise. Everything is OK. Stand on track. Lie on shoulder

blades. Arch chest. Stand up in waving manner. Repeat one more. Legs are upright, arms are long, breast is open. Push off with hands, stand up in waving manner. Now, altogether enter in "arch" position from stand on hands. Stand on hand. Shoulders close ears, arch a little, open abdomen, push off with hands, stand up".

Example 4: In dhyana state sportsmen are suggested that "in competition day it is raining, it is windy, but, in spite of this mood is fine, weather does not influence on mood. Mentally you adjust to competition, memorize your good performances; now you are prepared better, you enter gym, intuition prompts you that you will fulfill exercises in the best way. You are in excellent form, you will show all your skills to win. Start fulfilling exercises of first competition day. You notice well developed feeling of muscles. Your body is completely obedient, you feel no fear: these exercises were fulfilled by you for dozens of times. All thoughts are concentrated only on fulfillment of exercises. Nothing can distract your attention. Movements are accurate and confident. You finish performance and obtain high mark. Now you are watching other sportsmen's performances and analyze them. Before every performance you experience high surge of forces, feel cheerfulness, have clear thoughts and wish to struggle and to win."

In their imagination sportsmen pass the program of second competition day. Then, third competition day's program is simulated and general state of organism is programmed. It was also suggested that in competition day sportsman will have excellent mood and self-feeling, surge of forces, cheerfulness, buoyancy, strive for demonstration of all sport qualities.

#### **Results of the researches**

In experimental group, which included 11 sportsmen with hypnoability, corresponding to 2<sup>nd</sup> and 3<sup>rd</sup> stages of hypnotic state, we registered good mastering of dhyana techniques after three trainings with psycho-therapeutic specialist.

In control group, which consisted of 10 sportsmen, with lower hypnoability, there were no positive results in mastering dhyana techniques.

Sportsmen of control group, in connection with their lagging in Radja yoga, were given recommendations on independent trainings with the help of lecture materials and special literature. Naturally, control group sportsmen showed worse than experimental group sportsmen results in competitions after 13 days training session.

Testing of dhyana techniques in order to discover all its potentials was passed also by senior and chief coaches of the team and we registered its positive influence on psycho-emotional and psych-physical spheres of their organisms. Dhyana potentials for activation of OCS state in experimental group, consisting of sportsmen with high level of imagination, manifested better than in control group.

Ideomotor act in dhyana state permitted not only to feel the work of muscles but even to see environment like in awakened state.

The depth of dhyana state permitted for sportsmen to carry out independently post hypnotic suggestions, when simulating competition period and programming competition actions with programming of psycho-emotional and physical state.

In contrast to hypno-ideomotor training, in which sportsman's role is passive with complete obedience to commands of hypnologist, dhyana state is characterized by active position, permitting for sportsmen to act independently.

Sportsmen of experimental group, who mastered dhyana method, were able to "impersonation in other sportsmen" rather quickly and it significantly improves their fulfillment of difficult exercise.

#### **Conclusions:**

1. By the results of control competitions, indicators of sportsmen with 1<sup>st</sup> stage of hypnotic state (control group) were worse than the same of sportsmen with 2<sup>nd</sup> and 3<sup>rd</sup> stages of hypnotic state (experimental group).

2. The offered complex integrated modified personality-oriented methodic of psycho-physical regulation with correction of sportsmen's motion skills on the base of Radja yoga's dhyana, which includes high quality of optimal competition state's achievement, simulation and programming of training and competition processes with the help of post hypnotic suggestions, showed itself as effective mean for pre-competition sportsmen's training.

*Further researches* will be oriented on determination of the offered methodic influence on sportsmen of different kind of sports.

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**Information about the author:**

**Omelyanenko V.I.:** hrebenik@ukr.net; Higher Sportsmanship School; Ingul descent, 4, Mykolaiv, 54001, Ukraine.

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