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ОСОБЕННОСТИ ПСИХОЛОГИЧЕСКОЙ ТРЕНИРОВКИ БОРЦОВ

***Аннотация:** в современном спортивном мире упражнения не считаются ключевым фактором успеха. Спорт – это та среда, в которой человеку необходимо мотивировать себя на достижение долгосрочных целей. Спортсмены постоянно сталкиваются со стрессом и давлением, в связи с чем встает вопрос о необходимости контроля их эмоций. Целью исследования является анализ литературы по исследуемой теме. Также авторами была предпринята попытка изучения эффекта танцевальных упражнений на двигательную способность девушек.*

***Ключевые слова:** спортивные единоборства, психологическое здоровье, тревога.*

PECULIARITIES OF COMBAT SPORTS ATHLETES PSYCHOLOGICAL TRAINING

***Abstract:** in the modern world of sports, exercise is not considered a key success factor. Sport is an environment in which individuals need to motivate themselves to achieve long-term goals. Athletes are constantly required to cope with the stress of*

training and competitive pressure and thus manage and regulate their emotions. Research aim – to analyze the literature and to reveal aspects of the effect of dance on girls' motor abilities.

Keywords: *combat sports, psychological health, anxiety.*

Introduction

Stress control is an important aspect in promoting psychological and physical health. Chronic stress over time can cause adverse health effects by affecting physiological processes such as anti-inflammatory processes in the cardiovascular, lung, and immune systems. Perceptions of stress are associated with misbehavior and health, such as increased consumption of high-fat products, decreased physical activity, and increased use of smokers and alcohol. In addition, higher levels of stress are associated with an increased risk of depression (Enns et al., 2018).

An athlete needs to recognize and manage their emotions as well as understand the emotions of their opponents and teammates to perform well in the sport. For athletes, higher emotional skills were associated with better results in sports. In the modern world of sports, exercise is not considered a key success factor. Sport is an environment in which individuals need to motivate themselves to achieve long-term goals. Athletes are constantly required to cope with the stress of training and competitive pressure and thus manage and regulate their emotions. *Research aim – to analyze the literature and to reveal peculiarities of combat sports athletes psychological training.*

Results and Conclusions

Dueling is a high-intensity intermittent activity characterized by complex skills and tactical action. Coordination, physical fitness associated with highly skilled athletes in dueling sports has been explored for four decades. However, over time, more and more attention is paid to the emotional, psychological factor that differs at each level of competition mastery and can have a negative impact on the competitive outcome (Merino Fernández et al., 2019).

Emotional intelligence is one of the essential components for a dueling sport that requires maximum effort in managing emotions, anxiety and physical fatigue and this can affect performance during competition. There are three main emotional models attributed to emotional intelligence: a) social communication skills related to an emotional state that can influence behavior, b) a wide range of skills that can increase productivity, c) the ability to perceive, understand, manage, and regulate one's emotions; and the emotions of others (Merino Fernández et al., 2019).

Motivation is one of the most studied psychological factors due to its great potential to explain human behavior, as motivation influences certain actions, changes their intensity and direction (Alekrinskis, Bulotienė, Dagytė, 2019). The motivational research in this study is based on self-determination theory and achievement goal theory, focusing on the motivational climate, which is a set of indicators that people perceive in their sporting environment that will fail or define success. This theory focuses on the idea that coaches can create a motivational climate focused on task (mastery) or ego (performance), depending on the success criteria chosen (Agans, Su, Ettekal, 2018). If the coach focuses on the result, he will promote an motivation-oriented, ego-oriented climate (the coach uses unequal recognition of athletes based on abilities and individual skills, thus fostering competition within groups), and a task-oriented climate will be encouraged if the motivational climate is focused into the process (coach promotes effort and personal development, a sense of equality between members of the same team and collaborative learning) (Castro-Sánchez et al., 2018).

When an athlete focuses on a task, the enjoyment and enjoyment of the activity increases, with a focus on achieving internal goals. Therefore, athletes will focus on the task or ego, largely depending on the motivation promoted by the coach. Nevertheless, ego-oriented goals are associated with a higher level of anxiety because athletes behave in pursuit of external goals, are independent of themselves, and the pressure increases to show their abilities and outdo others, leading to personal development problems (Agans, Su, Ettekal, 2018).

The key question for practicing two martial arts is how to improve the practice plan to make it easier to transfer skills from training to competition. One way to improve practice is to simulate key aspects of competition by designing representative learning tasks. Creating appropriate modeling for a competitive business environment is not straightforward, and factors and actions other than information need to be considered. During the competition, representatives of dueling sports are faced with such factors as restrictions on actions, consequences of improper actions, prizes, judges, crowds, unfamiliar opponents. These factors and the environment are constantly encountered by members of the dueling sports and this can affect the athlete's emotional state and the outcome of the competition. One way is to anticipate and plan a scenario for the possible emotional reactions that can occur in a competitive environment. Practical scripting is taken from a competitive environment to find out how an athlete can think and feel in a particular competitive situation (Maloney et al., 2018).

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