

SPORTS PERFORMANCE. THE ANALYSIS OF THREE DISTURBING PSYCHOLOGICAL FACTORS

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Key words: performance, motivation, winning, experienced

Abstract

The performance is not born from an agglomeration of facts and happenings. It is a product of the effects caused by concerted actions of objective and subjective factors.

Performance serves to self-realization and self-assertion, representing a goal of man since ancient times until present.

Harnessing the full potential of individual sportsman in order to obtain the best results is the addiction to mental efficiency. Mental efficiency is based on self-knowledge and awareness of all the factors that can influence positively or not the process of preparation, on the way to achieve great performance.

Introduction

Hypothesis Sport performance doesn't appear as a result of chance of some random happenings, it is the result of successful combination of many factors. Knowing the importance of the psychological part and its impact on sportsman efficiency, we proposed the analysis of some of the most important disturbing factors of sport performance.

The period of performance is an outcome measure, a qualitative difference of performances, activities, accomplishments, etc.

Man, as a performance being, constantly feels the need for approval, prestige, need which then becomes an incentive for activity.

Performance sports is an educational process by methodology, an educational measure, through the principles that divides it and the effects found in the behavioral plan, in the sportsman attitude.

In sport, top performance, meaning the one that defies the maximum limits of human possibility, is the product of a true industry, highly specialized, which involves a large number of specialists, trainers, doctors, psychologists, etc... Sport is an interdisciplinary field that holds the industry characteristics, competitiveness being on the forefront, which means high quality standards. In sports, the quality's upgrade is made by performance.

The performance behavior of the athlete includes the wish to assert, the dedication, the effort and not least the demands of social ambiance.

As the main performance generator, to the sportsman it is given a big number of characteristic attributes for its achievement. He can develop only if he meets both of those conditions affecting the correlation interdependence of the attributes , qualities - skills, and the determinants material, social, etc.

Sports performance is an objective outcome, which stimulates the process of success. It derives from a specific combination of a number of factors, each of them having a certain weight and variability depending on the sport.

Factors which depend on a sportsman's performance can be physical, psychological, material and environmental.

In this paper work we will focus our attention on the analysis of three psychological factors, disruptive of obtaining performance, such as: fear, feelings of inferiority and decreased training motivation.

Fear

Fear is nothing but a negative emotion accompanied by a feeling of discomfort, which appears in front of a real or imaginary danger. Doubt, anxiety, panic are its close relatives.

The fear is accompanied by acceleration of heart rate, sweating, tense muscles, empty stomach, etc...

Psychologically, this leads to loss of concentration, blurred mind and the tendency to quit. It affects the thinking clarity, making the choice of the best solutions or decisions not to be possible.

Fear of failure

Fear of failure makes a sportsman evolve in order not to lose, instead of evolving in order to win.

This derives from the fear of being unable to crown through a successful outcome, emotional load which supports the competitive confrontation. Most times, exaggerated importance attributed to a contest,

match, race, etc. is one of the causes of the emergence of fear.

"What will they say about me if I lose?" "How will my family or coach react in case of a failure?" "What if by defeat I can not meet my objective?" are examples of thoughts that accompany the fear of failure.

Fear of success

Although apparently incomprehensible, how a sportsman, in the middle of sportive confrontation, may be afraid of victory, this phenomenon is often encountered.

In general, fear of success occurs among athletes of lower value compared with their opponents. One of these successful inhibition causes is given by the occurrence of the impressions of guilt, claiming that any victory is an undeserved prize. A second cause would be that the athlete can fulfill an unexpected wish, which makes him unable to know how to manage the situation and to be surpassed by the event.

Feelings of inferiority

It represents a feeling of obedience, characterized by the feeling of being unfit as individual for the task that could be attributed to: the replacement of a champion, including a national representative, etc...

This feeling can occur from the lowest intensity implemented by a state of annoyance, to the attempt to remove the disruptive element, flee of responsibility.

The feeling of inferiority not only occurs when the sportsman is underestimating himself, but also when he is considered below the level that he believes to have the right. In this case, there is a discrepancy between self-assessment and the opinion of others.

In some cases, feelings of inferiority may develop into complexity state, in order to install a deep sense of powerlessness, of incapability, which can be extended by developing exaggerated reaction introversion, abandonment and can create as a disease, depression. This usually occurs in obsessive-phobia state, especially the fear of the unknown future, lack of awareness of self-worth, self-blaming, loss of energy.

In other cases, feelings of inferiority can lead to vigorous action in overcoming deficiency. It is hyper-motivation, that living that makes a sportsman to react mostly to events and situations insignificant to others.

Overcoming this feeling is carried out frequently by the compensation mechanism. The phenomenon of compensation, as a counterbalance process of deficiencies, failures or dissatisfaction, was widespread by *Alfred Adler* (Austrian psychologist who lived during 1870 - 1937) for the person's whole psychological development.

Decreased motivation of preparation

Motivation in sports is very important and is composed of the active process for sport activities. In the absence of activation of motivational type, a sportsman will face difficulties in overcoming the challenges of sport and personal and performance boundaries, as well as in development.

Motivation is a quality that is built and based on self-knowledge.

Normally and ideal would be that in every sportsman to dominate the desire of a continuous training. It would then mean that they are based primarily on themselves and not expect to be externally motivated by parents, coaches, etc... Obviously we need their consideration of encouragement, advice, but do not expect them to do all the work.

A cause of decreased motivation in training is the lack of objectives in sports matter. Objectives can be short, medium or long. They maintain the "fire" that burns within each and express the most expected aspirations.

The participation in competitions of inadequate value in relation to the training of the athlete may be a cause of the diminishing motivation. If the sportsman participates too much in too "hard" competitions, where he is definitely surpassed by the other participant or always loses in the first round, he loses his interest and pleasure in participating in contests and in preparing.

Criticism is the third cause of decreased motivation. Every sportsman should be criticized or punished depending on the features, whenever necessary, but not more. The person who is criticized more than should be, begins to have a pessimistic view on things, losing in this way the confidence.

Conclusion

Harnessing the full potential of individual sportsman in order to obtain the best results is the addiction to mental efficiency. Mental efficiency is based on self-knowledge and awareness of all the factors that can influence positively or not the process of preparation, on the way to achieve great performance.

PERFORMANȚA SPORTIVĂ, ANALIZA A TREI FACTORI PSIHICI PERTURBATORI

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Cuvinte cheie: performanta , motivatie , victorie , experienta

Rezumat

Performanta nu se naste dintr-o aglomerare de fapte si intamplari. Ea reprezinta un produs al efectelor, determinate de actiunea concentrata a unor factori obiectivi si subiectivi .

Performanta serveste la realizarea de sine si la autoafirmare, reprezentand un deziderat al omului din cele mai vechi timpuri si pana in prezent .

Valorificarea la maxim a potentialului individual al sportivului, in vederea obtinerii celor mai bune rezultate este dependenta de eficienta psihica. Eficienta psihica are la baza autocunoasterea si constientizarea tuturor factorilor ce pot influenta pozitiv sau nu procesul de pregatire, in drumul catre obtinerea marii performante .

Introducere

Ipoteza Performanta sportiva nu apare in urma hazardului a unei nimereli conjuncturale , ci este rezultatul imbinarii cu success a mai multi factori. Cunoscand importanta componentei psihologice si impactul acesteia asupra randamentului unui sportiv, ne-am propus analiza unora din cei mai importanti factori perturbatori ai performantei sportive.

Termenul de *performanta* reprezinta, un rezultat masurat , o diferentiere calitativa a unei prestatii , activitati, realizari , etc

Omul ca fiinta performantiala , simte continuu nevoia de aprobare , de prestigiu , nevoie ce devine ulterior *stimulent* pentru activitate .

Sportul de performanță constituie, un proces pedagogic prin metodologie, un act educativ, prin principiile ce-l structurează și prin efectele surprinse în plan comportamental, în atitudinea sportivului.

In lumea sportului , performanta de varf , adica cea care sfideaza limitele maxime ale posibilitatii umane, este produsul unei adevarate industrii, extrem de specializate, ce implica un numar mare de specialisti antrenori, medici, psihologi, etc. Sportul este un domeniu interdisciplinar ce detine toate caracteristicile industriei, pe primul plan situandu-se competitivitatea, ceea ce presupune inalte standarde de calitate. In sport, actualizarea calitatii se face prin performanta .

Comportamentul de performanta al sportivului include dorinta de afirmare , daruirea , efortul si nu in ultimul rand cerintele ambiantei sociale .

Sportivului , fiind principalul subiect generator al performantei i se atribuie un nr mare de attribute caracteristice pt realizarea acesteia . El se poate dezvolta numai daca indeplineste atat acele conditii ce vizeaza corelarea interdependentă a atributelor – insusiri , calitati – aptitudini , cat si a determinantelor materiale , sociale , etc.

Performanta sportiva este un rezultat obiectiv, care stimulează procesul reușitei . Ea deriva dintr-o imbinare specifica a unui numar de factori , fiecare din acestia avand o anumita pondere si o variabilitate in functie de ramurile sportive .

Factorii de care depinde performanta unui sportiv pot fi de ordin fizic, psihic , material sau de mediu.

In lucrarea de fata ne vom orienta atentia asupra analizei a 3 factori de ordin psihic , perturbatori ai obtinerii performantei , si anume : teama , sentimentul de inferioritate , scaderea motivatiei de pregatire .

Teama (frica)

Teama nu este altceva decat o emotie negativ insotita de o senzatie de discomfort , aparuta in fata unui pericol real sau imaginar . Indoiala , nelinistea , panica sunt rudele apropiate ale acesteia .

Frica este insotita de accelerarea frecventei cardiace , transpiratie abundenta , muschi incordati , gol in stomac , etc.

Din punct de vedere psihologic , aceasta duce la pierderea capacitatii de concentrare , la incetosarea mintii si la tendinta de a renunta . Ea afecteaza claritatea gandirii , facand ca alegerea celor mai bune solutii sau decizii de moment sa nu mai fie posibila .

Teama de esec

Teama de esec face sportivul sa evolueze pentru a nu pierde , in loc sa evolueze pentru a castiga .

Aceasta derivă din teama de a nu putea încorona printr-un rezultat favorabil , încărcătura emotivă care susține confruntarea competițională . De cele mai multe ori , importanta exagerata atribuita unui concurs , meci , cursa , etc. este una din cauzele aparitiei fricii .

“Ce o sa zica lumea despre mine daca pierd?” “Cum o sa reactioneze familia sau antrenorul in cazul unui esec?” “Daca printr-o infrangere nu mai pot sa imi indeplinesc obiectivul?” sunt exemple de ganduri ce insotesc frica de esec .

Teama de success

Aparent de neinteles , cum , un sportiv in mijlocul confruntarii sportive poate sa se teama de victorie , totusi acest fenomen este deseori intalnit .

In general frica de success apare in randul sportivilor de valoare inferioara in raport cu adversarii lor . Una din cauzele aparitiei acestei inhibitii de success este data de aparitia unor impresii de culpa , pretinzand ca eventuala victorie este un premiu nemeritat , nesperat . O a doua ar fi faptul ca sportivului i se poate indeplini o dorinta poate nesperata , neasteptata , ceea ce il face sa nu stie cum sa gestioneze situatia sis a fie depasit de eveniment .

Sentimentul de inferioritate

Reprezinta un sentiment de supunere, caracterizat prin senzația individului de a fi inapt pentru sarcina atribuită care ar putea fi : înlocuirea unui campion , includerea într-o reprezentativă națională , etc.

Senzația aceasta se poate manifesta de la cea mai mică intensitate concretizată dintr-o stare de neplăcere, până la tentativa de îndepărtare a elementului perturbator, fuga de responsabilitate .

Sentimentul de inferioritate nu apare numai atunci când sportivul se autosubestimeaza, ci și atunci când este apreciat sub nivelul la care crede că are dreptul . În acest caz, este vorba de o neconcordanță între autoapreciere și opinia celorlalți .

În unele cazuri, sentimentul de inferioritate poate evolua spre starea de complex , spre instalarea unui profund sentiment de neputință, de incapacitate care poate se poate prelungi prin dezvoltarea unei reacții de introversiune exagerată , de abandon și care poate crea ca boală, depresia. Aceasta se manifestă , de obicei, prin stări obsesivo-fobice, în special teama de necunoscut , de viitor , lipsă de conștientizare a propriei valori , autoînvinuire , pierderea energiei.

În alte cazuri însă, sentimentul de inferioritate poate determina acțiuni energice de depășire a deficienței. Este vorba de hipermotivitate, acea trăire care îl face pe sportiv să reacționeze intens la evenimente și situații nesemnificative pentru alții

Depășirea acestui sentiment se realizează frecvent prin mecanismul *compensării*. Fenomenul *compensării* , ca proces de contrabalansare a unei deficiențe , insatisfacții sau nerealizări , a fost generalizat de **Alfred Adler** (psiholog austriac care a trăit în perioada 1870 – 1937) pentru întreaga dezvoltare psihică a persoanei .

Scaderea motivatiei de pregatire

Motivatia in sport, reprezinta un factor foarte important, constituindu-se ca proces activator pentru practicarea activitatilor sportive. In lipsa activarii de tip motivational, un sportiv va prezenta dificultati in fata provocarilor sportului si in depasirea limitelor personale si performantiale, precum si in dezvoltare .

Motivarea este o calitate care se bazeaza si care se construiește plecand de la autocunoastere .

Ideal si normal ar fi ca in fiecare sportiv sa domine dorinta de o perfectionare contiunua in procesul de pregatire sportiva . Atunci inseamna ca acesta se bazeaza in primul rand pe el insusi si nu asteapta sa fie motivat din exterior de catre parinti , antrenori , etc. Evident ca este nevoie sin din partea acestora de un anumit aport de incurajare , sfaturi , dar sa nu se astepte ca ei sa faca toata treaba .

O cauza a scaderii motivatiei in pregatire , o reprezinta lipsa obiectivelor in plan sportiv . Obiectivele pot fi pe termen scurt , mediu sau lung. Ele intretin “focul” ce arde in interiorul fiecaruia si exprima aspiratiile mult asteptate .

Participarea la turnee necorespunzatoare valoric in raport cu nivelul de pregatire al sportivului poate fi o alta cauza a diminuarii motivatiei . Daca sportivul participa prea des la competitii prea “tari” , unde este depasit categoric de ceilalti participant sau pierde mereu in primul tur , duce la pierderea interesului si a placerii de a participa la concursuri si de a se pregatii .

Critica este cea de-a treia cauza a scaderii motivatiei . Orice sportiv trebuie criticat sau chiar pedepsit in functie de particularitati , ori de cate ori este necesar , nu mai mult inasa . Persoana care este criticata mai mult decat trebuie , incepe sa aiba o viziune pesimista asupra lucrurilor , pierzandu-si astfel increderea .

Concluzie:

Valorificarea la maxim a potentialului individual al sportivului , in vederea obtinerii celor mai bune

rezultate este dependentă de eficiența psihică. Eficiența psihică are la bază autocunoașterea și constientizarea tuturor factorilor ce pot influența pozitiv sau nu procesul de pregătire, în drumul către obținerea marii performanțe.

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A STUDY REGARDING THE WEIGHT OF THE SPECIFIC MEANS IN THE POLYATHLETIC TRAINING PATTERN FOR 11-14 YEAR OLD CHILDREN

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Key words: weight, specific means, polyathletic, pattern training, children

Abstract:

The development of psycho-motric abilities in 11 – 14 year old children is a good motivation for monitoring some of the specific aspects during this age period by analyzing the weight of the main training means over the annual cycle. The research was achieved through an integrative approach of the training by correlating the subjects' growth and development characteristics with methodical training requirements specific to the age group.

The progress obtained by the subjects during the second test series after running through the adopted training pattern confirms the correctness of the adopted methodical orientation. Progress of physical training level and physical development corresponds with the stage of growth and development of the subjects.

Significant progress was obtained in both motric qualities level as well as in athletics abilities by applying the proposed training means and methods.

Introduction

Present situation: the lack of data regarding the basic physical training level and the weight of the training means over the annual cycle lead to inadequate training approaches with negative consequences on the subsequent evolution of the athletes like sports activity abandoning or limiting access to performance sports.

Research hypothesis: we assumed that an adequate rationalization of the main means of action has a positive influence on the polyvalent poly-athletic training level while modifying the structural and functional parameters of the children's organism can improve their motric behavior.

Research objectives:

- Determining the weight of the training means over the annual cycle for children in the 11-14 year age group
- Verification of the work effectiveness weight in accord with the developed training pattern
- Recording the dynamics of physical training parameters and progress degree interpretation.

The research was conducted on 10 subjects aged 11-14, from CSS Mediaș and the selection criteria included health condition assessment, training frequency analysis, sports activity motivation, school (learning) efficiency and family relationship.

The training was designed over one macro-cycle with the following structure: the preparing period (September - April), the competition period (May-July), the transition period (August), the training means were specific to running events: light running, uniform and variable rhythm running, special running exercises. The jumping exercises were: standing long jump, jump step, hop step, multiple jumps. The tossing exercises were medicine ball and oina toss.