

UDC 796.89

DOI: 10.14526/2070-4798-2023-18-10-13

Increasing the level of qualified female swimmers-stayers' psychological training on the basis of self-regulation methods

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Abstract: The article considers the training of qualified female swimmers-stayers based on self-regulation methods use. The existing problem of independent preparation for competitions in swimming among many highly qualified athletes is based on the significant aspect that starts imply a clearly defined structure of training for competitions. It includes both the interaction of an athlete with the coaching staff and independent periods in work. It should be taken into consideration that the process of training individualization at a high sports level has quite pronounced nature. This leads to difficulties in correcting the course of trainings development chosen with the mentor, as well as regulating one's mental and functional state. Mastering the skills of self-regulation is a significant direction in training athletes. The work presents the main directions of self-regulation in which swimmers were offered to work. The offered solutions have direct practical significance, since they make significant changes in the ways of the approach to the training process. The scientific novelty is in the introduction of effective approaches of the defined group of mental states self-regulation methods in the preparatory period of swimmers.

Materials. The article considers the ways of the training process optimization – improving psychological training based on self-regulation. We summarize the most effective systems of influence on the motivational component of athletes. **Research methods.** Information sources analysis and summarizing, pedagogical observation, video analysis of competitive activity of female stayers-swimmers, the received results analysis. **Results.** The applied methods and means of psychological influence, the correct guidelines during self-suggestion and self-persuasion helped to change the attitude to the monotonous character typical of cyclical sports. Owing to the mastered goal-setting skill, the motivational component of the training process increased, as a result of which athletes started in an optimal psychophysiological state. The received results can be the base for making changes in the training process of female stayers swimmers aimed at its effectiveness improvement. **Conclusion.** The carried out research proves positive impact of self-regulation methods on training for starts, the training process and athletes' life quality in general. The functional state of the swimmers improved due to the acquired ability to regulate their mental state. The presented data can be used as the base for the analysis of the long-term training process quality optimization in the preparation of highly qualified swimmers.

Keywords: swimming, qualified female stayers-swimmers, self-regulation methods, individualization of the training process.

For citation: Svetlana N. Karpova*. Increasing the level of qualified female swimmers-stayers' psychological training on the basis of self-regulation methods. Russian Journal of Physical Education and Sport. 2023; 18(1): 9-11. DOI: 10.14526/2070-4798-2023-18-10-13.

Introduction

Since ancient times swimming gained the character of a necessary water obstacle overcoming. It was extremely significant for survival. In course of the centuries-old history of mankind this kind of motor activity didn't lose its significance among the representatives of sports society. Swimming is one of the most popular kinds of sport in the world. As a

result great percentage of those, who train can gain the medals that prove high level of mastery [3,4,5]. Moreover, swimming means are included into the system of training athletes in many kinds of sport.

The present research work studied the preparatory training process for the competitions. It differs from the system of training in terms of which there goes the training process among the pupils of

sport schools and athletes. They didn't achieve the level of high sportsmanship.

The training process of highly-qualified swimmers provides the work with the coaching staff. It includes sport psychologists. For the better effect of competitive activity the training process is based on an individual schedule. There is the range of objectives for independent mastering of the separate components of an athlete's development. This condition leads to difficulties in correcting the course of trainings development chosen with the mentor, as well as regulating one's mental and functional state [6,7]. That is why an athlete should master the skills of self-regulation. He can use both in the training process and in own everyday life. The psychological base of it has competitive source.

Self-regulation means that a person, who trains, controls himself. In case of a high level of this process mastering, an athlete would have high results and other achievements. They are not directly connected with sports activity. Having high level of this skill – self-regulation, a person would be able to create necessary for him traits of character, forming a new system of values. They would influence all his life [1,2].

Materials and methods

In the pedagogical research the respondents were offered to develop the principle of system thinking. It helps to consider the diversity of objectives and combine them into one unit [2]. Many specialists, including G.D. Gorbunov, define the following ways of mental states self-regulation:

- 1) the content of inner mental world control (communication with oneself);
- 2) somatic display of emotions control;
- 3) inductive stimuli control and correction (environment and society);
- 4) own socium management.

For a harmonious existence the percentage ratio of these four sides should be equal. In the present research work we mastered each group of self-regulation ways, revealing the parts and the ways of application in each direction. Taking into account the age of the respondents (starting since 16 years-old), social status, interest in professional sport, the prospects of career development and etc., we created the training complexes of lessons. During the realization of which the athletes used different techniques of psychological influence. For example, during long distance swimming we used plot conceptualization with imagination. Psychological stimulation methods fulfillment was realized not only in the training process. The definite part of the techniques was to be fulfilled during the organized rest, going to bed (switching attention to interesting and pleasant accents, complete muscles relaxation

and etc.).

The Olympic Games, World Championships are the competitions of the highest level. Athletes train for them according to the individual programs, as they want to show their best.

Results and discussion

The results of the research were defined by means of interviewing and questionnaire survey among the respondents. The main changes in them were connected with the approach to the training process. The applied methods and means, the correct guidelines during self-suggestion and self-persuasion helped to change the attitude to the monotonous kind of activity, typical of cyclical sports. Owing to the mastered goal-setting skill, the motivational component of the training process increased. As a result of it athletes started in an optimal psychophysiological state. At the same time, the training process orientation toward long distances swimming provided effective process of mastering psychological parameters. The fulfilled monotonous actions during swimming led to quicker mind switching from everyday problems to the part of self-regulation. It was mastered during the definite moment of training. The respondents mentioned that the training process became the source of inspiration for them. Owing to this circumstance positive changes happened not only in sports life, but also in other spheres of life.

Conclusion

The training process of highly-qualified athletes includes different aspects of training. One of the most significant aspects is psychological training. In terms of a rational competent approach it helps a swimmer to realize own potential during the competitions. In order to achieve the best results, records, the specialists, who take part in the training process, should study the dynamics of achievements increase and the most effective methods.

The carried out research proves positive impact of self-regulation methods on training for starts, the training process and athletes' life quality in general. The functional state of the swimmers improved due to the acquired ability to regulate their mental state. The presented data can be used as the base for the analysis of the long-term training process quality optimization in the preparation of highly qualified swimmers.

Modern methodologies of training female stayers-swimmers are known to the coaching staff. They constantly try to search for the new means of their interaction. It is necessary to realize a thorough scientific search for the effective means, methods and forms of their training. The presented data can be used as the base for the analysis of the

long-term training process quality optimization in the preparation of highly qualified female stayers-swimmers; the materials can be also included into the system of training on the basis of the training process individualization.

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Submitted: 26.12.2022

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